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HEALTHY LIVING HEALTHY PLANET

natural awakenings

SPECIAL
WOMEN'S
HEALTH
EDITION



**NATURAL
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for Serious Ills



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Dashes
of Flavor**
How to Make Tasty
Condiments Healthy

**Moving
Through
Menopause**
Exercising Reduces
Symptoms



publisher's letter



Where are all of the people who enjoyed simple things and who used to go out into the sunlight and sing songs as they gardened – stopping and talking with all of the neighbors?

Where are all of the people who enjoyed life and who used to consider the home the most important place to be, and who used to consider the family the most important people to be with?

Times have changed most of these people and urged them to seek the complicated things in life. However, it is only the very basic simple things in life that can make people truly happy.

To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, to babes and sages, with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never. To live content we have to let the spiritual, unbidden, and unconscious grow and mature in our lives.

We believe that as we grow as people we have to understand that priceless gifts in life are not the ones wrapped up and given on special occasions, but the gifts we give when we give of ourselves. It is the love we share. It is the comfort we lend at times of need. It is the moments we spend together helping each other follow our dreams. The most priceless gifts are the understanding and caring that come from the heart. And each and every one of us has these gifts to offer thought the gift of ourselves.

Accept the gift of life. All you can be is already within you. You are unique in every way; it's up to you to discover what lies within you. You have to trust that the power of life will bring you to your destination. Like a seed that is predestined to grow into a tree or flower, you are destined to bloom with all the blessings of life.

No matter what you are going through, make your life a garden.

We wish you a month of enrichment for the mind, body and soul.



Steve & Michelle

Steve and Michelle Castille, Publishers

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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



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Music Academy of Acadiana Offering Musical Theatre Summer Camp



Music Academy of Acadiana is one of the area's leading music and arts schools offering a unique and friendly music and acting experience that focuses on teaching basics and fundamentals, as well as stressing the importance of one's passion for music and theatre.

This summer, the Academy is offering a musical theatre camp in which children work collaboratively playing fun theatre games, learning scene blocking, lines and stage directions. Students learn to speak confidently in front of a crowd in addition to learning effective listening and communication skills, allowing students to cultivate healthy relationships while making new friends. Following the theatre games and scene work, players and faculty discuss how games and scenes worked to the advantage of the group, which parts of the acting activity were challenging and which parts were the most fun. Students give and receive positive feedback to and from fellow players, and the faculty encourages players and bolsters cohesiveness within the group.

Location: 100 William O Stutes Blvd., Ste. D., Lafayette. For more information or to register, call 337-577-8816, email theater@MusicAcademyAcadiana.com or visit MusicAcademyAcadiana.com.

BeeHive Homes Now Open in Youngsville



BeeHive Homes is now open at 500 Copper Meadows Boulevard, in Youngsville. BeeHive is a senior living home in a residential setting offering unique and fully furnished suite-style rooms.

Providing seniors with modern amenities in a comfortable setting, BeeHive Homes offer various living options and services including daily housekeeping and professional chef prepared meals. In addition, residents can participate in group social activities like bingo and bunko. Personal hobbies are encouraged, along with physical exercise to help improve the overall quality of life for each senior. BeeHive Homes keeps smaller homes allowing for each skilled caregiver to personally address the needs of each resident.

For more information, call 337-451-1212 or visit BeeHiveHomes.com.



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namaste

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166 Oak Tree Park Dr. #H, Sunset

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Screening

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Screening

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Educational Purposes Only
Results

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Eye Contact Syncs Baby and Adult Brainwaves



When an adult looks into the eyes of a baby, a synchronization of brain waves occurs that could indicate an intention to communicate, concludes a Cambridge University study of 36 infants. This coordinating supports the baby's early learning and communication skills, according to the researchers.

The effect, which researchers measured via electroencephalogram (EEG)-wired skullcaps, was strongest with eye-to-eye contact and weaker when the adult's head was turned away. The more vocalizations—little sounds—the baby made, the greater their brainwaves synchronized with the adult.

New Guidelines Lower the Bar for Risky Blood Pressure

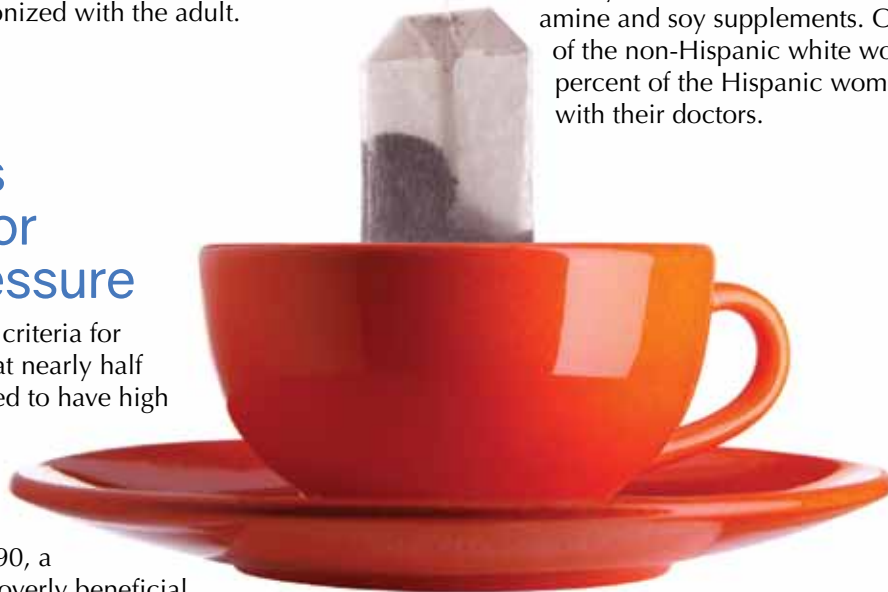
New guidelines that change the criteria for healthy blood pressure mean that nearly half of U.S. adults are now considered to have high blood pressure. The American College of Cardiology and the American Heart Association have redefined the condition as being 130/80 instead of 140/90, a change considered by critics as overly beneficial to pharmaceutical companies. This criteria includes 80 percent of people over 65, triples the diagnosis for men under 45 and doubles it for women younger than 45.

The revised guidelines encourage adopting lifestyle strategies in early stages of rising blood pressure like exercise, diet, weight loss and smoking cessation. Evidence-based alternative methods noted in a Canadian study include coenzyme Q10, dark chocolate, qigong, slow breathing, Transcendental Meditation and vitamin D.



U.S. Midlife Women Choosing Natural Health Care

In a survey of 171 midlife American women, more than 80 percent reported using complementary and alternative medicine, Albert Einstein College of Medicine researchers discovered. The most common choice was herbal teas, followed by women's vitamins, flaxseed, glucosamine and soy supplements. Only 34 percent of the non-Hispanic white women and 14 percent of the Hispanic women discussed it with their doctors.



Young Women Outdo Male Peers in Oxygen Uptake

Young women process oxygen about 30 percent faster and more efficiently than men when they begin exercising, according to a new study from Canada's University of Waterloo. The ability to extract oxygen from the blood is an important fitness marker, which the researchers tested by having 18 young men and women exercise on treadmills. The women's superior results indicate they are naturally less prone to muscle fatigue and poor performance. "The findings are contrary to the popular assumption that men's bodies are more naturally athletic," observes lead author Thomas Beltrame, Ph.D. Previous research had found that older men and male children tend to have faster oxygen uptake than women.

Acetaminophen Linked to Delayed Language Skills

Girls born to 754 Swedish mothers that used acetaminophen during pregnancy showed less ability in acquiring early language skills at 30 months of age, report Mount Sinai Health System study researchers. If the mothers took acetaminophen more than six times in early pregnancy, their daughters (but not their sons) were nearly six times more likely to have language delays than girls born to mothers that didn't take the drug. The U.S. Centers for Disease Control and Prevention estimates that 65 percent of pregnant women in this country use acetaminophen, which is marketed for pain and fever relief in Tylenol and Exedrin, and included in many over-the-counter formulations such as NyQuil and Robitussin.



Seniors Eating Mediterranean Diet Retain Independence



Seniors that ate a Mediterranean diet high in vegetables, fruit, whole grains, nuts and legumes were able to live independently longer, had fewer falls and fractures, and were less frail, according to recent research. In a study published in the *Journal of the American Geriatric Society*, University College London researchers analyzed the eating habits and health data of 5,789 participants in studies in France, Spain, Italy and China. "People that followed the Mediterranean diet the most were overall less than half as likely to become frail over a nearly four-year period compared with those that followed it the least," says lead author Katy Walters, Ph.D. The researchers also noted that the plant-

based diet may help older people maintain muscle strength, activity, weight and energy levels.

Yoga Soothes the Blues

Taking a 90-minute hatha yoga class twice a week for eight weeks steadily lowered symptoms of depression in all 20 men and women with mild to moderate forms of clinical depression that participated in a recent University of California, San Francisco, study. Another 18 depressed adults attending an attention control class for the same period of time, afterwards had somewhat lower depression scores overall, but less than half the improvement, plus they showed greater mood fluctuation.



Who Reads *Natural Awakenings*? Stephanie Marks Does!



Job: Manager and Public Relations for Fred & Culliver Jewelry

Hobbies: Giving, reading, writing, teaching, dancing, shopping

How long have you been a *Natural Awakenings* reader?

A friend introduced me to *Natural Awakenings* one year ago.

What do you like about *Natural Awakenings*?

I appreciate the medical enlightenment that *Natural Awakenings* offers, the locally relevant information and news, the entertainment value and the positive living tips.

What is healthy about your lifestyle? My open-mindedness to new ideas and new opportunities, my eager desire to share my love with my family and my prayer to stay humble.

If you could have one wish for the planet, what would it be? That everyone would do unto others as they would want done unto themselves

From what do you draw inspiration? I draw inspiration from God, my husband, my kids, my family, music and the lessons of self-challenges. I am inspired by others who are deemed less fortunate or who have special needs, but who have broken the "limits" and proven the limitlessness of the human spirit.

What are you doing to be the change you want to see in the world? I reflect on the successes of those who have worked hard and paved the way for us, consider it wisdom, incorporate into my daily life and share these generational tokens of insight with those around me.

Waterborne Drugs Meds in Urban Streams Drive Microbial Resistance



A new study published in the journal *Ecosphere* confirms that in urban streams, persistent pharmaceutical pollution can cause aquatic microbial communities to become resistant to drugs. Researchers evaluated the presence of pharmaceuticals, including painkillers, stimulants, anti-histamines and antibiotics, in

four streams in Baltimore, Maryland. Then they measured the microbial response to drug exposure. Selected study sites represented a gradient of development from suburban to urban.

Emma Rosi, an aquatic ecologist at the Cary Institute of Ecosystem Studies and lead author on the study, explains, "Wastewater treatment facilities are not equipped to remove many pharmaceutical compounds. We were interested in how stream microorganisms, which perform key ecosystem services like removing nutrients and breaking down leaf litter, respond to pharmaceutical pollution. When we expose streams to pharmaceutical pollution, we are unwittingly altering their microbial communities, yet little is known about what this means for ecological function and water quality."

Helping Hands

Recycled Plastic Transforms into Prosthetics

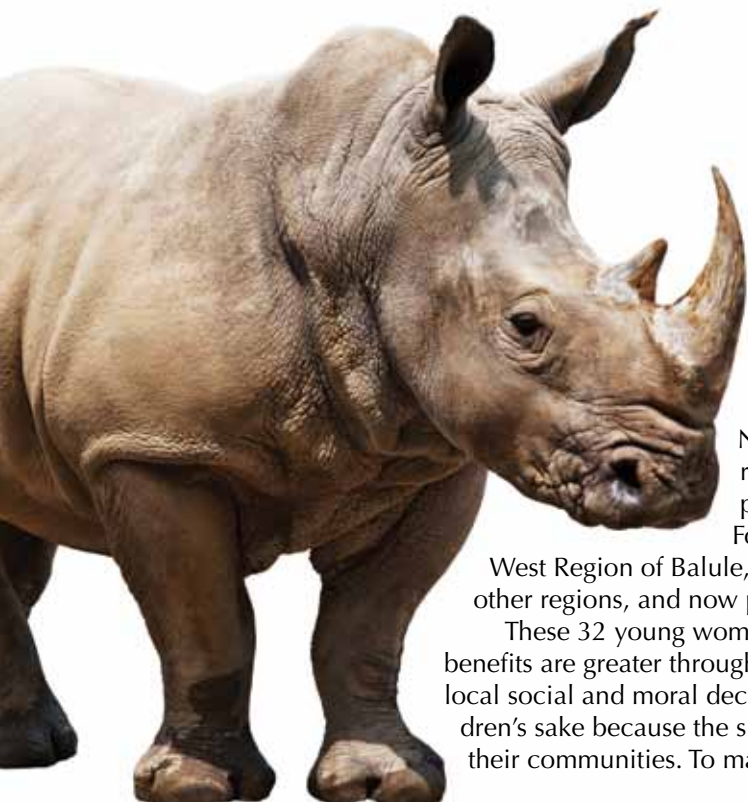
The emerging technology of three-dimensional (3-D) printing can benefit the world in many ways. Re:Purpose for Good, in Australia, creates robotically 3-D printed prosthetic devices from recycled plastic and e-waste. It's difficult to customize prosthetics, so more invasive surgery is often needed to make standard sizes fit the patient. Other companies produce 3-D printed prosthetic hands and arms, but Re:Purpose for Good customizes both hands and feet at a much lower cost.

The company's robotics and prosthetics engineer Gerardo Montoya, who had been working on 3-D printing prosthetics for children in Mexico, merged the idea with a desire to do something about the 8 million tons of plastic entering the oceans. Along with plastic waste, they also use e-waste such as discarded smartphones that have all the circuitry and microprocessors needed for advanced features. The company even plans to teach their prosthetic-making process to children as part of their science, technology, engineering, arts and mathematics (STEAM) curriculum, so they can learn 3-D printing skills. They're making it open source so more people can get involved without patent restrictions.



Irina Kozorog/Shutterstock.com

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Women Warriors

Africans Unite to Save Rhinos

The Black Mamba Anti-Poaching Unit aims not only to protect rhinoceroses in South Africa by patrolling the Balule Nature Reserve, in Greater Kruger National Park, but to also be a role model in their communities. It's the first majority-female, anti-poaching unit in the country.

Founded in 2013 by Transfrontier Africa NPC to protect the Olifants

West Region of Balule, the Black Mambas were invited within a year to expand into other regions, and now protect all boundaries of the reserve.

These 32 young women and two men want their communities to understand that the benefits are greater through rhino conservation rather than poaching, as they address the local social and moral decay that results from poaching. Their concern is also for their children's sake because the sham economy has corrupted morals and brought narcotics into their communities. To make a donation, visit BlackMambas.org.

gualterio boffi/Shutterstock.com

What is Manglier Tea?

We always knew Manglier Tea cured fever, flu, colds, congestion, made you sweat at night, and tastes horrible - but IT WORKED!

In a recent study Manglier Tea has been found to fight inflammation and improve metabolic function (... **in other words - Manglier Tea can help you lose weight and fight inflammation**).

"Groundsel bush (Manglier Tea) was found to mitigate pro-inflammatory and metabolically harmful changes that were induced by tumor necrosis factor-alpha (TNF-) in adipocytes or by lipopolysaccharide (LPS) in macrophages. Although documentation exists indicating that groundsel bush has been used in Creole folk medicine in Louisiana, to our knowledge, there are currently no published studies in peer-reviewed sources supporting any medicinal use of this plant. The novel in vitro experiments described in the present study provide evidence that an ethanolic extract of groundsel bush promotes adipocyte differentiation, improves the endocrine profile of mature adipocytes, and mitigates inflammation-related changes known to promote metabolic dysfunction. The data reported herein provide a basis for further investigation of groundsel bush as a nutraceutical or dietary supplement with the potential to favorably alter metabolic function via its effects on adipocytes and macrophages."

Source: www.ncbi.nlm.nih.gov/pubmed/29587377



Where can you get Manglier Tea?

Manglier Tea is a native plant of south Louisiana. But if you don't want to have to go drudging through uncut fields and along roadsides, you can purchase Manglier Tea drop and tea leaves at:

namasté
wellness and general nutrition center
Lafayette, LA (337) 356-1251

liteon
natural health center
Carencro, LA (337) 896-4141

dharma
wellness and fitness center
Sunset, LA (337) 662-3120

"As an adult I have made tea from the bitter-tasting manglier plant, which is a medium-sized bush or scrub. It worked well; I sweated out the fever and felt refreshed. ... It has three very distinct leaf patterns on the same plant. The leaves are also used for making tea, and they can be used as a dressing for insect bites."

Source: www.theadvertiser.com

"Manglier is the hidden jewel of the medicinal plant collection. Little seems to be known about it outside of Louisiana, but it is well known by our Native American, Cajun and Creole communities as an excellent remedy for fevers, chills, congestion and other cold or pneumonia type symptoms. The leaves of the plant are boiled to make an aromatic yellow/green brew. Because of its strong, bitter taste, it is usually served with honey and lemon, a cough drop or some whiskey to cut the flavor."

Source: www.theadvertiser.com

"A tea made from the leaves is also useful in treating most respiratory problems as well as fever and stomach cramps."

Source: www.vermillionville.org

"Human knowledge of medicinal plants has been declining for hundreds of years as healers die with no record of their knowledge. Despite this trend, more than 70% of the world's population still relies mainly on traditional herbal medications. (Farnsworth and Soejarto 1991; King. 1996)

For inflamed kidneys and fever Boil menguiléand drink the water three times a day.

For "flu" Boil three menguiléroots. Reduce the liquid by half, and add a good drink of whisky. Drink three cups without stopping."

Source: www.botanical.pbrc.edu

"My great grandmother used to make a Monglea tea. She used it when you would have a fever. You would sweat so much when you drank this tea. She said it was an energy booster and you would sweat out impurities."

Source: www.topix.com

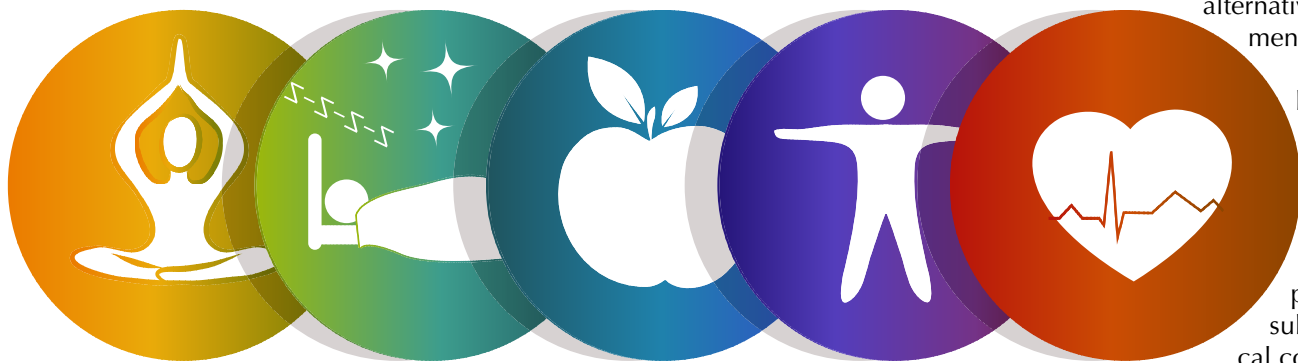
"Groundsel bush [Manglier] Baccharis halimifolia (a horrible tasting tea reputed to cure almost everything)"

Source: www.lpmga.org

HEALING THE HARD STUFF

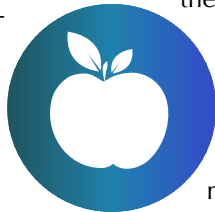
Natural Approaches Resolve Major Illnesses

by Linda Sechrist



Although natural health enthusiasts may recognize alternative healing modalities as a preferred approach to treatment, in the face of major health issues, even they tend to join the crowd that's turning first to conventional medicine.

Thus, many gentler modalities described in *The Encyclopedia of Natural Medicine*, co-authored by doctors of naturopathy Michael T. Murray and Joseph Pizzorno, remain largely untapped resources. Ignored because they are unsupported by traditional science-based medicine, holistic measures such as acupuncture, energy medicine, essential oils, herbs, detoxification, health-promoting diets, homeopathy, prayer and meditation, supplementation, yoga, massage and naturopathy are sacrificed in favor of often painful medical procedures and prescription drugs which can't claim to permanently cure anything and can have many harmful side effects.



Lack of Awareness

"A patient that dabbles in holistic medicine for minor health issues such as indigestion, headache or insomnia often turns to conventional methods after receiving a serious diagnosis such as diabetes, heart disease or cancer because they are scared," observes holistic physician Dr. Wendy Warner, medical director of Medicine in Balance, in Langhorne, Pennsylvania. The co-author of *Boosting Your Immunity for Dummies* suggests that relatively few people turn to natural solutions for both preventive and therapeutic measures because they're unaware they exist.

Integrative oncologists and endocrinologists that are aware of the benefits of natural complementary methods are scarce. Relatively few conventional doctors are educated in functional medicine. "Yet complementary modalities such as acupuncture, massage and some essential oils can support the immune system and help an individual deal with stress experienced from coping with their illness," says Warner.

Outside Pressure

Rob Wergin, an experienced energy medicine practitioner, speaks from experience regarding clients that consult him for life-threatening diagnoses. "When I see them, they're desperate and have exhausted all conventional methods. I'm their last-ditch effort," remarks Wergin. The most frequent reason he hears is, "My family, friends and doctor told me not to waste my money on charlatans."

"People find it challenging to put faith in natural methods and are nervous about going against a doctor's advice until they feel or see positive results; even these may not provide sufficient motivation to continue with alternative treatments," he says.

"I believe this is the result of the influence of pharmaceutical advertising, promising results, the medical community's

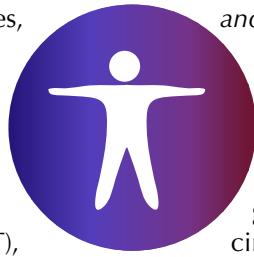
belief in proof solely through clinical trials, websites like *Quackwatch.com* and well-meaning friends insisting that the conventional route is the only way to go. It's sad to see the gravity of these influences pulling clients back into solely believing in the Western model of medicine," says Wergin.

Ann Lee, a doctor of naturopathy, acupuncturist and founder of the Health for Life Clinic, Inc., in Lancaster, Pennsylvania, notes, "This mindset continues to get reinforced by insurance companies that do not cover alternatives. Paying out of pocket for medical expenses also influences a patient's choices."

Kelly Noonan-Gores and Adam Schomer, director and producer, respectively, of the documentary film *HEAL*, suggest that unconscious conditioning plays the biggest role in an individual's choices. "We are deeply conditioned to view medical specialists and prestigious medical institutions as the ones with all the answers. Sometimes they do and sometimes



they don't," says Noonan-Gores, who intends to have her film awaken viewers to the possibilities of alternative paths of healing. As just one other example noted in the film, thousands have used the Emotional Freedom Technique (EFT), tapping on their body to help release the trauma and stress often associated with illness.



and *How to Finally Heal*.

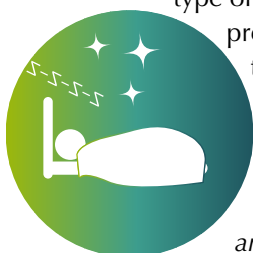
"Before, I wasn't familiar with EFT, which I continue to use and benefit from. However, despite everything I've learned, I can't give up on all Western medicine, put my faith in alternatives and let my intuition and faith guide me to healing. It's easier to be skeptical than to have faith," Lee says.

Resistance to Change

"The conventional medical community wants to maintain the model in which they have heavily invested centuries of time, energy and money. Patients that investigate integrative and complementary medicine may resist hearing that in order to get well, they might need to change their worldview and lifestyle, take a leave of absence from their job, develop a spiritual practice, exercise or maybe even leave a toxic relationship," says Schomer.

"Conventional medicine says take this pill and keep living your life the same way," says Schomer. "We are not demonizing doctors, pharmaceuticals or the medical system. We simply believe that individuals are more empowered to heal when they take control of their health."

Eva Lee, a resident of Los Angeles featured in the documentary, suffers from a rare and unpredictable form of blistering skin inflammation. "I've tested negative for faulty genes and all sorts of rare viruses and bacteria, which helped point me towards holistic methods. So far, following the directives of Dr. Mark Emerson, a chiropractor specializing in nutrition, in Maui, Hawaii, who I met while filming, has helped my body become healthier and deal with inflammation levels that rapidly reduced as soon as I detoxed and eliminated meat and dairy from my diet," says Lee. Still, it's hard for her to accept that her condition could be due to the type of stress and suppressed emotions



that Anthony William explores in his book *Medical Medium: Secrets Behind Chronic and Mystery Illness*

Quiet Role Models

Sheila Tucker, a resident of Navarre, Florida, has been a registered nurse for 20 years, practicing in hospital settings such as critical care, emergency and administration. "I know and understand doctors, surgeries and pharmaceutical treatments and hospitals," says Tucker, who recalls that throughout her life she was taught to believe in a system that suddenly stopped working for her.

"In 2014, I was dying from a rare autoimmune condition, requiring full-time care, and planning my funeral. Doctors had tried everything, yet my health continued to decline. When I saw a friend's Facebook posts about her use of essential oils, I was curious, but reluctant to reach out, and didn't want anyone to know that I called her for advice," recalls Tucker.

"Shortly after my friend arrived with her oils, my husband came home with our daughter, who had strep throat and a fever. She made us promise to use selected oils through the night and prayed with us." Tucker attributes the miracle of her daughter's turnaround the next morning to shifting her paradigm and opening her up to believing in the healing power of essential oils.

Thanks to her friend and role model, Tucker learned how to use therapeutic-grade oils, supplements and a healthy diet to cleanse her body of the heavy toxic load accumulated from several years of expensive drug treatments. Today, she is a healthy and enthusiastic advocate, and her personal results opened the eyes of her physician to the point where she also shifted her own philosophy of healing.

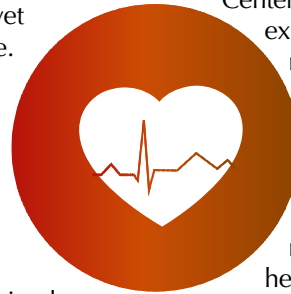
Tucker now offers educational classes in her office and online through her website FloridaOilsRN.com that

reaches hundreds of individuals worldwide. She advises, "Reach out to people that you see are having positive results with a different healing system than yours. Ask them to show, help and teach you. I've seen many people restored to health by using methods that science is only beginning to understand."

It's a Marathon

"Outside of any dominant paradigm, it's easier to cast suspicion than to make curious inquiry and, over time, working within a dominant worldview creates polarity, the antithesis of 'wholism'. An inclusive approach integrates all medical and complementary approaches, as well as interaction with the natural world," says Patrick Hanaway, a family physician and founder of Family to Family Medicine, in Asheville, North Carolina.

Hanaway, the former director of medical education for the Institute for Functional Medicine and the first medical director at the Cleveland Clinic



Center for Functional Medicine, explains, "Doctors have a rigorous job filled with responsibility. Change is difficult and investigating vastly different ways of practicing medicine requires a degree of curiosity and openness. I am heartened by thought leaders and heads of top medical schools who are presently opening up to functional medicine, natural medicine and complementary approaches."

"The paradigm shift we are ushering in has been 50 years in the making," assesses Hanaway. "Some medical professionals are immersed in a polar view of right and wrong, offering personal attacks and disparaging comments to maintain control of the dialogue. This is not appreciated by patients who look to the doctor as a teacher—the Latin *docere* means to teach.

"The movement to change medicine and the cultural paradigm of healing is a marathon, not a sprint, and those of us involved are prepared to stay the course."

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.



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PERSONALIZED HEALTH CARE

Functional Medicine Leads the Way

by Linda Sechrist

Historical Overview

During the last 25 years, a less drug-based grassroots model for dealing with chronic illnesses in the U.S. has emerged. First labeled holistic, the movement gained momentum as alternative approaches morphed into being considered complementary to conventional medicine, warranting studies by the National Institutes of Health. Responding to public interest, an integrative model of care that focuses on the whole person has taken root in medical institutions such as the Cleveland Clinic, in Ohio.

The latest evolution to a systems-oriented, patient-focused clinical model of functional medicine, which seeks to address causes of illness, rather than simply treat symptoms, has been garnering increasing interest by the public and pioneering medical professionals. It's now maturing into personalized functional medicine.

New Standard of Care

One of the best-prepared, traditionally trained medical professionals in explaining this approach is Jeffrey S. Bland, Ph.D., recognized as the father of functional medicine, and author of *The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer and Happier Life*. He co-found-

ed, with his wife, Susan, the Institute for Functional Medicine, in Washington, which provides a system geared to understanding the complexity of chronic illness and design individualized programs for more effective healing.

"Medical science didn't have the advanced technology 25 years ago to perform the research that now helps us better understand the complexity of chronic illness, as well as our present ecological view of the body. Today we're examining how all the networks of our biology intersect in a dynamic process that creates health when in balance or disease when out of balance," attests Bland, whose career has focused on searching for a unifying principle behind all healing that can be used to discern the best possible therapy for specific individuals.

Incorporating what he learned from Linus Pauling, Ph.D., two-time Nobel Prize laureate, and Lee Hood, M.D., Ph.D., as well as systems biology and practicing lifestyle medicine, Bland founded the nonprofit Personalized Lifestyle Medicine Institute (*PLMInstitute.org*) in 2012. Seeking to transform the entire medical approach to chronic illness, the Seattle-based organization is a virtual and onsite hub for health professionals, researchers, educators and

the public to share ideas and converse about how personalized functional medicine can be delivered to everyone as an improved standard of care.

Role of Genetics

The National Human Genome Research Institute, in Bethesda, Maryland, maintains that an evolved approach to medicine starts with using an individual's genetic profile to determine the best path to preventing, diagnosing and treating diseases. By 2003, scientists had delivered the first essentially complete sequence and map of all the genes in the human body.

Three decades ago, the medical fraternity had few reliable explanations for the origins of chronic health issues. Today, accepted factors include predispositions for a specific disease related to an individual's genome, along with contemporary epigenetic influences such as nutrition, environment and lifestyle. None of these elements, however, necessarily define our destiny.

"This genomic personalized medicine approach is creating friends among all healing arts practitioners because it facilitates our using information to design a less-toxic environment, lifestyle, diet and treatment to meet an individual's specific needs and particular circumstances that led to a disease," says Bland.

"Diseases are only names assigned to a collection of symptoms," says Bland. "They don't indicate how the individual became afflicted. If 10 patients with Type 2 diabetes each had epigenetic variations that triggered getting the condition, it would be unwise to treat them all the same; it's far better to treat those factors that specifically led to the disease."

Addressing the concern that genetic test results might be used to deny someone health insurance, Bland notes, "This is a significant misunderstanding about genetic testing. Our genes don't tell us how we are going to die. They tell us how we should live. Understanding how our genes can help us live to 100 is a model of enlightenment. Those that practice this systems biology approach are counting on functional personalized medicine becoming the updated standard of care."

Physicians often offer genetic testing services. At-home DNA testing can be done using a saliva collection kit mailed to a laboratory, offering both ancestry and health information that must be interpreted by an informed professional.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.



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Source: www.cancer.org



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CRAZY-GOOD CONDIMENTS

DIY Versions Add Zest and Nutrients

by Judith Fertig

While not essential to every dish or meal, condiments provide extra flavoring, final flourishes and added enjoyment to any dish. Such meal accompaniments range from vinegars to spreads and sauces, finishing spice mixtures and natural salts.

America's previous king of condiments was ketchup. Today, according to a 2017 poll from *TheDailyMeal.com*, it stands behind mayonnaise and mustard with soy and hot sauce rounding out the top five (generic product ranking at Tinyurl.com/Top20Condiments).

We often take familiar condiments for granted, yet a look at their ingredients can be startling. Many prominently include processed corn syrup and other sugars, sodium, gluten, monosodium glutamate (MSG), artificial flavors and unpronounceable preservatives, according to Dana Angelo White, a registered dietitian in Fairfield, Connecticut.

Homemade versions of condiments provide a happy alternative. They not only taste great, but can be good for us. "Certain condiments add more to your meals than flavor—some actually improve your health," says White. The potassium in homemade mustard is good for the digestive system through stimulating the flow of saliva, suggests a study in the *Indian Journal of Medical Research*. Homemade ketchup made with small cooked tomatoes is rich in

lycopene, a nutrient that protects heart health, according to research published in the *American Journal of Clinical Nutrition*. White's fresh-made "THE Green Sauce," full of vitamin-rich avocado and cilantro, is replete with antioxidants (Tinyurl.com/TheGreenSauceRecipe).

Better Basics

Ketchup

Heather McClees, a plant-based nutritionist in South Carolina who blogs at One Green Planet, once loved commercial ketchup; then she read the labels. "Most ketchup is made of tomato concentrates, sugars, including high-fructose corn syrup, cane sugar, agave nectar, coconut nectar/syrup, brown rice syrup, canejuice and cane crystals, vinegar, "spices" that is likely code for MSG, water and refined salt. All of this makes ketchup addicting," she says.

"While you could pay for pricey organic ketchup and condiments that come without added sugars, you can save money by spending five minutes in the kitchen to make your own." Find a recipe at Tinyurl.com/HealthyKetchupRecipe.

Mustard

Serious Eats food writer Joshua Bousel uses only six ingredients to make a deliciously easy Grainy Mustard: yellow and brown mustard seeds, dry white wine, white wine vinegar, kosher salt

and an optional pinch of brown sugar. Learn how at Tinyurl.com/WholeGrain-DijonRecipe.

Mayonnaise and Ranch Dressing

Eschewing eggs, J. Kenji Lopez-Alt, of San Mateo, California, uses aquafaba, the starchy liquid in a can of chickpeas, for a plant-based twist on emulsified mayonnaise. Find it at Tinyurl.com/AquafabaMayoRecipe.

In her Mebane, North Carolina, kitchen, Kim Campbell, author of *The PlantPure Kitchen*, makes a plant-based ranch dressing with tofu for body and nutritional yeast, herbs and lemon juice to achieve the characteristic flavor. Find it at Tinyurl.com/HealthyRanchDressing.

More Exotic Condiments Pomegranate Molasses

Sweet and tart pomegranate molasses can be used like vinegar in salad dressings, as a marinade ingredient or as syrup over pancakes and waffles. Angela Buchanan, aka Angela Cooks, a professor at the University of Colorado, in Boulder, who blogs at SeasonalAndSavory.com, follows the Whole30 program, which bars sugar. Because she also likes Middle-Eastern food, Buchanan experimented and created her recipe for Pomegranate Molasses without added sugar (Tinyurl.com/PomegranateMolassesRecipe).

Superfood Popcorn Seasoning

Green popcorn is fun. With a spirulina powder, garlic powder, sea salt and cayenne pepper spice mix, even a movie snack can be healthy. "Spirulina is one of the most potent of all superfoods. Available in a powder form, it's a blue-green algae that provides protein, B vitamins and iron. It's used as a natural energizer, digestive aid and detoxifier," says Tara Milhern, a holistic health coach in New York City. She also likes it sprinkled on baked potatoes or vegetables as a finishing flavor. See Tinyurl.com/HealthyPopcornSeasoning.

Without preservatives, homemade healthy condiments don't last as long as commercial versions. McClees advises, "I store mine in a glass mason jar for one week in the fridge. I choose a half-pint-size jar, since the less empty space there is at the top of the jar, the longer it keeps."

Judith Fertig writes cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).

5 Common signs of nutrient deficiency

Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

Weak, spotted or rigged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

Frequent cramps in your lower legs or 'Restless Leg'

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

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Eco-Upgrades for America's Landmarks

Monuments and Parks Adopt Sustainable Practices

by Avery Mack

More U.S. landmarks are now highlighting eco-friendly practices, demonstrating that history can be preserved while incorporating sustainability.

Space Needle, Seattle

Built in 1962, the Space Needle is undergoing a \$100 million makeover. The observation deck will soon feature improved views through glass instead of cage-like barriers. Restaurant patrons will enjoy a first-of-its-kind rotating glass floor. Other eco-updates and upgrades include improved accessibility, internal systems, materials, elevators, paint, and seismic protection along its legs. Because the flame at the needle's top consumed enough gas to heat 125 homes, it was replaced in 2000 with a flagpole mast, a beacon for aviators. When the rehab is completed in June, the structure will qualify for Leadership in Energy and Environmental Design (LEED) Silver Certification.

Golden Gate National Recreation Area, Alcatraz Island, California

A pioneer in hybrid ferries, Alcatraz Cruises combines solar, wind and diesel power to transport visitors. Captured rain freshens park gardens and salt water flushes toilets. In 2013, solar energy produced what would have otherwise necessitated 31,900 gallons of fossil fuel and 325 metric tons of carbon dioxide emissions.

Iolani Palace, Honolulu

Updated lighting units with a life expectancy of 25 years enhance the Iolani Palace facade and provide a 77 percent energy savings, partly through an "instant on" feature instead of power-up lights.

Grand Canyon National Park, Arizona

New buildings are LEED certified and

shuttle buses are fueled by compressed natural gas. In 2010, a Climate Action Plan introduced green office practices, conversion to solar water heaters in National Park Service residences and increased composting to reduce greenhouse gas emissions from internal operations by 30 percent by 2020. The park is unique in its composting program for mule waste.



limited. We installed our ActivePure technology that reduces 99 percent of surface microorganisms and 90 percent of airborne microorganisms,” says Kevin Hickey, president of Aerus, LLC, in Dallas. “It keeps germs from spreading in crowded situations.”

ActivePure is also in place at the Ground Zero Museum. “The nature of the artifacts often caused

itchy eyes and coughs,” Hickey recalls. “We donated freestanding units and saw improved air quality the next day.”

Walking Mountains Science Center, Avon, Colorado

Using both passive and active solar energy, ground-source heat pumps, vegetated roofs and sustainable building materials, Walking Mountains is the first science center in Colorado to achieve LEED Platinum Certification, exceeding requirements. Collectively, three of its buildings use half the energy of an average school building. Straw bale construction in some building walls provides sound-deadening insulation suited to a dry climate.

Gateway Arch National Park, St. Louis

St. Louis’ CityArchRiver initiative raised a mile-long waterfront by 30 inches to reduce flood days by 67 percent without causing flooding downstream. “Spent grain donated by the neighboring Anheuser-Busch Brewery fertilizes our 4,200 trees,” says Eric Moraczewski, executive director of the Gateway Arch National Park Foundation. In another innovation, “To aerate the soil without damaging historic relics, radishes were planted throughout the park, allowing rainwater to seep deeper,” he explains. “As radishes decay, nutrients are added to the soil.”

Liberty Bell, Philadelphia, and Ground Zero Museum, New York City

“The area housing the Liberty Bell is

Empire State Building, New York City

The iconic historic structure is the tallest LEED-certified building in the U.S. It’s also the most photographed building in the world, according to Cornell University researchers in Ithaca, New York. All 6,514 windows were refurbished to be four times more energy efficient than before, reusing 96 percent of the original glass and frames.

Statue of Liberty, New York City

Cooking oils are repurposed as bio-diesel fuel here, annually diverting an average of 10 tons of waste from landfills. More than 6,000 pounds of coffee grounds from serving visitors and staff are composted. Lady Liberty has been 100 percent carbon neutral for 12 years.

South Carolina Aquarium, Charleston

Since 2001, the Aquarium has recycled everything from cardboard and paper to wine corks and ink cartridges. Charleston Harbor water fills the saltwater fish tanks, and landscaping using less-thirsty native plants reduces freshwater use.

While enjoying visits to America’s landmarks, it’s gratifying to realize so many are adopting eco-friendly measures.

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Cellular Inflammation

Cellular inflammation is the type of inflammation that is below the perception of pain. What it does is disrupt hormonal signaling at the cellular levels that leads to increased fat accumulation, acceleration of the development of chronic disease, and decreased physical performance..

What is Inflammation

There are actually two phases of inflammation.

The first phase is the initiation phase that causes the heat, pain, swelling, and redness associated with inflammation from ancient times.

However, there is a second phase called the resolution phase that reverses the initiation phase and allows tissue regeneration. As long as these two phases of inflammation are balanced, this becomes the molecular definition of wellness. If either phase is unbalanced, then we generate a state of low-level chronic inflammation that ultimately leads to loss of function. This inability to manage chronic inflammation can be used as a molecular definition of aging.

AT THE END OF THE DAY IT'S NOT ABOUT WHAT YOU HAVE OR EVEN WHAT YOU'VE ACCOMPLISHED... IT'S ABOUT WHO YOU'VE LIFTED UP, WHO YOU'VE MADE BETTER. IT'S ABOUT WHAT YOU'VE GIVEN BACK.

DENZEL WASHINGTON



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KID TALK

How to Communicate with a Child

by Amber Lanier Nagle

Dudley Evenson didn't set out to devise a strategy to foster constructive, nurturing communications between parents and their offspring. Yet as she and her husband, Dean, raised their three children decades ago, timeless guiding principles emerged.

"We were like other parents—learning and growing along with our children," says Evenson, a certified professional life coach, musician and co-founder of the instrumental recording label Soundings of the Planet (*Soundings.com*), in Bellingham, Washington. "Then, in the early 1980s, I met Joshua Halpern, who wanted to include our perspectives and techniques in his book, *Children of the Dawn: Visions of the New Family*."

So she shared her way of cultivating kind, caring and empathetic youngsters that has worked for two generations of her family: "Our role is not to impose our beliefs on children and grandchildren, but to guide and help them develop their dreams, visions, paths and passions." Other experts agree.

Stay Clear. Evenson contends that children are often mirrors of the surrounding moods and attitudes, so our example is paramount. "Children absorb our feelings and emotions," says Melanie Hogin, a social worker

who counsels foster families in greater Nashville. "'Transference' is its textbook term. Stay calm and clear when you are around children, and keep the lines of communication open."

Be Consistent. Evenson maintains, "Mom and Dad or the primary parental figures should try to establish a unified, mutually supportive program."

"Consistency is one of the cornerstones of effective parenting," says Dana Cooley-Keith, with 20 years of experience working with families in crisis in Northwest Georgia. "Even if it's hard, it's particularly important for divorced parents to be consistent and on the same page. Otherwise, it creates stress for the entire family, adding more confusion to a child's life when the noncustodial parent allows something the custodial parent doesn't."

Be positive, honest, flexible, reasonable and understanding.

"It is key to explain things to children and to listen to them," says Evenson's daughter, Cristen Olsen, of Seattle, who raised her daughter using her family's guiding principles, and now uses them as a nanny. "It helps them learn how to process situations and find their own resolutions to difficult problems."

Olsen says she becomes a mediator when the siblings she cares for don't agree. "We solve the problem together by hearing all sides, talking through the issues and reaching for understanding. Many times, the kids come up with their own solutions."

Provide meaningful boundaries and restrictions. Kids typically push to find their limits. "Establish limits and boundaries when children are young," says Cooley-Keith. "They will be more accepting of rules if you establish them earlier, rather than later. Most often, boundaries provide security for kids."

Accept their point of view. Evenson always encouraged her children to voice their opinions. "This is a great point," says Hogin. "For children to learn to have opinions and speak out, we must value what they say. We don't have to agree with everything they say, but should listen and encourage them to find their voice and use their words."

Trust children. "Believe in them," affirms Evenson. "Be on their side. Let them feel your support and love."

Don't nag. "We all want children to develop their own sense of responsibility," Olsen says. "I find making strong eye contact reinforces my words, so I don't have to nag or repeat myself often."

Be available, rather than putting kids on the spot in public. "If you correct or redirect a child in front of others, they will probably be focused on being embarrassed and fail to understand the lesson or reasoning a parent is trying to project," says Hogin. "Taking a step back and working out an issue one-on-one is usually more appropriate and effective."

Maintain good habits. Evenson emphasizes the character strength that comes from observing and practicing good habits and healthy lifestyles that avoids gossip and incorporates creative exploration of life. This includes "Doing everything in love," she notes. Such all-encompassing love balances love for our own children with love for all children and respect for all life.

Be patient with yourself. "No one is perfect," Evenson remarks. "Just do your best. Guide, console and discipline while keeping a sense of humor."

Connect with the freelance writer at AmberNagle.com.

Thermography Screening BEFORE and AFTER

Why should I have a thermal scan? I have no family history and am not at high risk for breast cancer?

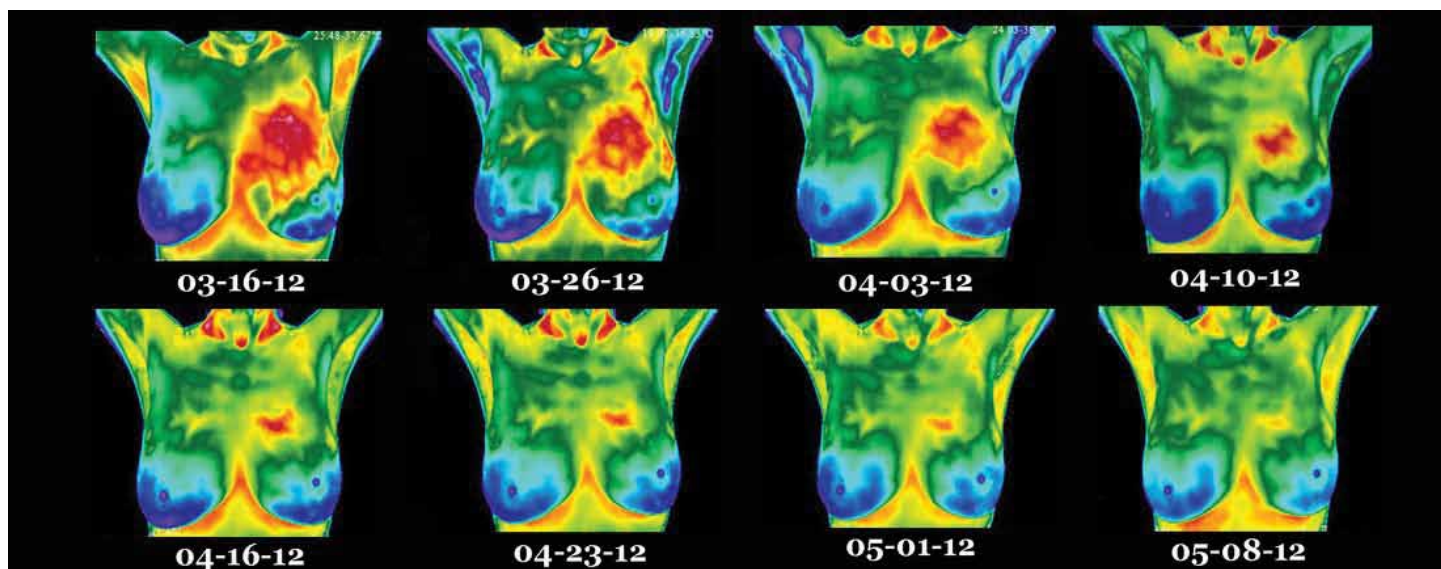
Although family history is considered a risk factor, 90% of women who develop breast cancer have no family history. A positive thermal scan is considered the highest risk marker for the future development of cancer. It is 9 times more significant than a family history. A thermal scan can show if a woman may actually be at high risk despite the lack of a family history of cancer. It can also really show if there is any real risk at all where there is a family history.

I have a suspicious mammogram or felt a lump in my breast. Should I have a thermal scan?

Absolutely. The information provided from the thermal scan can clarify the other findings, ultimately helping your doctor make better decisions as to the best way to manage the situation.

I have cancer and am scheduled for surgery. What benefit is there to a thermal scan this late in the game?

Thermal scans' performed before and after a surgery or other treatment may help evaluate the success of the procedure by monitoring the metabolic and vascular changes of the cancer site. Additionally, once a woman develops breast cancer she is at a higher risk of developing it again. thermal scans' offer early detection of re-occurrence.



This thermography shows how with the proper wellness program, cancer risk can be reduced.

FIRST PICTURE: (3/16/12) shows abnormal blood vessel activity.

LAST PICTURE: (5/8/12) shows that it is gone at the end of the wellness program.

Thermography is designed to detect and reveal abnormal heat and vascular development in the breast tissue, which is attributed to early tumor growth. Every physician knows that a tumor, whether malignant or benign, needs its own blood supply to nourish itself to grow. These vascularities grow in very abnormal patterns, creating the heat and inflammation that a thermal imaging camera detects.

An abnormal thermogram is the single most important marker of high risk for developing future breast cancer, ten times more significant than a family history of the disease. In other words, if someone gets a suspicious thermogram

indicating that something is wrong, something usually is. Did you know that the single greatest risk factor for development of breast cancer is a woman's lifetime breast exposure to estrogen? A woman can have up to fifty times more estrogen in her breast tissue than her blood levels indicate.

With the help of a natural practitioner or qualified nutritionist, a woman can make changes to affect her hormone levels and lower her risk. Throughout this time, a woman can monitor her breast tissue changes with thermography and actually see that the changes made to correct the imbalance are working. This is where breast thermography plays

an unprecedented role in breast cancer prevention. Along with over 800 published peer-reviewed studies on the effectiveness of thermography, a study published in the January 2003 publication of the showed thermography to be a "safe, non-invasive and valuable adjunct to (not replacement for) mammography in determining whether a lesion was benign or malignant, with over 97% sensitivity".

Image courtesy of Donna Tomey. Donna J. Tomey is a Certified Clinical Thermographer. received her certification at Duke University under the auspices of the American College of Clinical Thermology, Inc.

Call (337) 896-4141 to schedule a thermography screening.



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Moving Through MENOPAUSE

Exercising Reduces Symptoms

by Marlaina Donato

Transitioning through menopause and the years of perimenopausal hormone fluctuation leading up to the finale can be physically and emotionally challenging for many women. Consistently following a healthy diet and positive lifestyle are important, and health researchers, doctors and midlife women can attest to the multidimensional benefits of exercise. Perks may include reduction of menopausal discomfort, better brain function, stronger bones and reversal of estrogen dominance syndrome that can set the stage for fibroids, cystic breasts, cancer, migraines and weight gain.

Get Moving

Studies of 3,500 women in South and Central America have shown that a more active life reduces hot flashes and night sweats. The results, published in *Menopause*, the journal of the North American Menopause Society, reveal that sedentary individuals often experience increased intensity of related symptoms like insomnia and irritability. Aerobic exercise such as regular walking, hiking, swimming or biking might also help the brain produce neurochemicals that are compromised when estrogen levels drop.

Sue Markovitch, author and owner of Clear Rock Fitness, in Columbus, Ohio, recommends aerobic exercise. "I believe our bodies were made to move. One of the amazing gifts of fitness is it's truly never too late. When we incorporate daily movement in our lives, all the other systems in the body will work more according to plan. Simply taking a daily walk helps balance brain chemistry," says Markovitch, who specializes in improving fitness levels for women over 40. "Walking is fitness magic, whether it's on a treadmill, outside or in the pool. Get your heart rate into an aerobic

zone, preferably for 30 to 45 minutes. I've heard testimony after testimony of improved sleep, less back or joint pain and better mood." She also suggests adding a few weekly sessions of resistance training to daily walks.

Most health professionals agree that balance is the key. Jeanne D. Andrus, a menopause expert and author of *I Just Want to Be ME Again*, in Covington, Louisiana, recommends cardio, resistance training and exercise that increases flexibility and core strength. "For a beginner, this may include two to four days of walking, one to three days of strength training and one to three days of yoga or Pilates, with the goal being three and a half hours of activity per week."

Of course, all of these need to be at appropriate levels for the woman's condition and goals," advises Andrus.

According to studies led by Helen Jones, Ph.D., from the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University, UK, three, 30-to-45-minute aerobic sessions a week reduced hot flashes and yielded the most significant results.

Go Easy

While some conventional approaches suggest vigorous exercise, many holistic professionals caution against extremes. "It's important to individualize, and in my ongoing research it's clear that the high-intensity strength and sculpting approach so often promoted and perceived as necessary to maintain shape, weight and health is a myth," says Dr. Eden Fromberg, an obstetrician, gynecologist and founder of Holistic Gynecology New York, in Manhattan.

Instead, Fromberg recommends an integrated approach to exercise that supports connective tissue and joints. While some forms of exercise including yoga are perceived as gentler than others, she warns against an all-or-nothing strategy, noting, "Intense, deep stretching and joint-straining may cause injury more easily during hormonal transition."

Andrus concurs, "If high cortisol levels are involved and accompanied by insomnia, stress placed on the body by rigorous exercise will increase these levels and actually lower available energy." She also advises adopting a non-aggressive approach for osteoporosis. "Weight-bearing exercise is a must, but if bone loss is already present, start much more gradually to ensure that bones are protected."

Lighten Up

Exercise can be more enjoyable than doing chores. Recreational activities such as dancing, biking or hopping on the swings at the playground are fun ways to do something good for both body and spirit.

Menopause can be a time for personal expansion and an invitation for self-care that might have been neglected or postponed. Fromberg believes we can all revitalize our resources at any stage of life, and the years surrounding menopause call for us to tune into ourselves even more. "What seems like a disruption is an opportunity to listen deeply and reimagine and reorganize one's life on physical, emotional and spiritual levels."

Marlaina Donato is a freelance writer, author and multimedia artist. Connect at MarlainaDonato.com.

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natural pet

Five Reasons to Love a Cat

They Bring Health and Happiness Home

by Sandra Murphy



Miras Wonderland/Shutterstock.com

As beloved and compatible pets, indoor cats provide emotional, mental and physical benefits.

Time spent with cats is never wasted.

~Sigmund Freud

enjoy nature and make friends. At home, a cat's hunting skill and human creativity can be tapped using do-it-yourself treat dispensers and toys or inventive games.

Companionship

Loneliness is never a problem with a cat around. "Cats need to be fed, have litter changed and be brushed," says Lisa Bahar, a therapist and clinical counselor at Lisa Bahar Marriage and Family Therapy, in Newport Beach, California. "Being comforted by a cat helps with depression and isolation."

While at Indiana University Bloomington Media School, Jessica Gall Myrick, Ph.D., now associate professor at Donald P. Bellisario College of Communications at Pennsylvania State University, in University Park, discovered watching cat videos isn't just fun, but a way to feel more energetic and positive. With some 94 million YouTube tales of cat adventures online, there's no lack of available mood boosters.

Exercise

Some cats enjoy leashed walks, presenting opportunities to mindfully

Improved Health

Talking to kitty can make a bad day better. A lap cat prompts enforced timeouts and excuses to nap. Petting reduces tension and stress. Aimee Gilbreath, executive director of the Michelson Found Animals Foundation, in Los Angeles, points to a study from Life Sciences Research Institute, in Pretoria, South Africa, showing, "Simply petting a cat can reduce stress-related cortisol, while increasing serotonin and oxytocin."

The Second National Health and Nutrition Examination Study Mortality Follow-up concluded that having a cat lowers risk of myocardial infarction (heart attack) and cardiovascular disease including strokes, making cats a novel path to a healthier heart.

When researchers reporting in the *Journal of the Acoustical Society of America* measured the purring sound

I have lived with several Zen masters—all of them cats.

~Eckhart Tolle



of domestic cat purrs, they discovered these resonate at 25 and 50 Hertz (Hz), the two low frequencies that best promote bone growth and fracture healing. Purrs also have a strong harmonic near 100 Hz, a level some orthopedic doctors and physical therapists use for ultrasound therapy.

A child under a year old living with a cat is only half as likely to develop allergies to pets, ragweed, grass and dust mites, much as inoculations guard against disease and boost immune systems. The study, published in *Clinical & Experimental Allergy*, followed children from infancy to age 18.

French researchers discovered autistic children age 5 and older that had a cat were more willing to share, offer comfort to others and show empathy. Sharing cat responsibilities

tightened family bonds.

Cats like routine, especially for meals, making them good pets for Alzheimer's patients that may lose track of time.

Many people like the added warmth of a nearby sleeping cat at night. Fifteen minutes of exercise, followed by a snack, will put kitty on the owner's sleep schedule.

Cats are Low-Maintenance

Overall, cats are self-sufficient animals, requiring only love, food and a spotless litter box. Self-cleaning, most cats don't require regular trips to the groomer for haircuts and a bath. Scratching posts keep nails short. A snack, playtime or welcoming puddle of sunshine persuades kitty that it's naptime.

"In rescue, we say dogs are toddlers and cats are teenagers. Cats live without

constant oversight," says jme Thomas, co-founder of Motley Zoo Animal Rescue, in Redmond, Washington. "They're good pets for busy people. Adopt two at the same time so they bond and aren't lonely."

Cats are Eco-Friendly

A New Zealand study reports that cats have a lower carbon footprint than dogs, comparing dogs to a Hummer and cats to a Volkswagen Golf. Dogs eat more beef, incurring red meat's huge footprint. "Because cats eat less than most dogs overall, it saves money, too," says Gilbreath.

Everyone needs someone to care for and love. With about 77 million cats living in U.S. households and more in shelters or rescues, there's plenty of people- and planet-friendly love to be found.



Connect with freelance writer Sandra Murphy at [StLouisFreelanceWriter@mindspring.com](mailto:FreelanceWriter@mindspring.com).

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Pillow Self-Talk

Three Questions to Ponder Before Sleeping

by Krista O'Reilly Davi-Digui

Asking ourself three purposeful questions before retiring each night can help us rest content knowing that although we may not have lived our day perfectly, we did live it well.

1 What are three things I am grateful for?

It's possible to live with eyes and heart wide open to the amazing beauty of each day, to receive it as a gift, rather than a guarantee. By looking, we can find gifts even amid uncertainty, struggle, pain or loss. In those times when we find ourselves fighting for gratitude, know that the grace found in thankfulness for even tiny blessings sustains us and builds resilience to walk through the storm and emerge intact.

Reading *One Thousand Gifts*, by Ann Voskamp, or *A Simple Act of Gratitude*, by John Kralik, may help inspire us to get started. With practice, expressing gratitude will come easily, like breathing or laughing with children.

2 What are two things I did well today?

Speaking words of life about ourselves, noticing what we do well and where we shine, may meet internal resistance. It seems second nature, especially for women, to see our own struggles or shortcomings, but not our beauty or all the ways we show up to serve others and use our strengths.

Deepening the roots of self-awareness and self-compassion that permit us to accept that we are good enough enables us to step out in calm confidence.

3 What is one thing I would do differently?

Some nights we may find that given the chance, we wouldn't have done one thing differently that day. More often we can identify something: a word spoken in impatience, spending too much time on the phone, being distracted from what's important to us, procrastinating out of fear, or even forgetting to properly nourish ourselves. Instead of criticizing, the goal is to notice how we could better live fully aligned to our bigger goals and established values.

Moment by moment, we can choose a growth mindset. We can learn to be as gentle with ourselves, as compassionate and forgiving, as we are with our children or spouse. We become aware that we get to choose who and how we want to be and that tomorrow is a new gift, a brand-new opportunity to more fully be our best self.

Asking and answering these three purposeful questions may take five to 20 minutes. If we're tempted to rush through it, remember that the resulting clarity and peace is worth the time invested.

Krista O'Reilly Davi-Digui is a holistic nutrition and joyful living educator. She writes at ALifeInProgress.ca, from which this was adapted.

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calendar of events

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

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

Saturday May 5

Celebration of Herbs & Gardens – 9am-4pm. A family oriented day with vendors, featuring garden art, flowers, plants, food and beverages. \$5. Sunset Garden Club. Vivian Olivier. Sunset City Hall, 235 Marie St, Sunset. 337-662-3542.

Classic Car & Antique Tractor Show – 9am-3pm. Enjoy a raffle, arts & crafts, train rides, carousel rides, beverages, food, a motorcycle show and antique bike exhibit. Show trophy awards will be given. Proceeds benefit Crowley Main St. Program, Acadia Rice Museum & Agricultural Park and Autism Society of Acadiana. Historic Downtown Crowley.

Annual Earth Day Celebration and Showcase – 12-4pm. Events include a petting zoo, kayaking, fun jumps, a DJ and concessions. The Environmental Science Academy will showcase their gardens, wetlands and butterfly dome. Leslie Baldridge. Lafayette Middle School, 1301 W University Ave, Lafayette. 337-521-7900.

Crawfish Festival – 12pm. Thru Sun 12 pm May 6. A celebration of crawfish with food, contests, a parade and entertainment. \$5. Parc Hardy, 1290 Rees St, Breaux Bridge. BBCrawFest.com.

Every Woman Series – 2-5pm. Thru May 12, 18 & May 26: The Amazing Journey of Womanhood; Every Woman; Quilt Drawing; and Stone Soup Sister Supper. A celebration of women featuring a series of cultural events on art, spirituality, and social activities for men, women, and children. NUNU Arts & Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

The Tempest – 7:30-9:30pm. Acting Up (In Acadiana) presents this Shakespearean work that ponders human existence. Acadiana Centers of the Arts, 101 W Vermilion St, Lafayette. 337- 233-7060. AcadianaCenterfortheArts.org.

Sunday May 6

Family Fun Day Fair – 8:30am-5pm. Enjoy barbeque pork and chicken dinners, sweets and games. Bingo starts at noon. Thensted Center, 268 Church St, Grand Coteau.

Monday May 7

Leleux Fine Art Classes – 5:30 -7pm & Tuesday May 8. Artist Troy Leleux teaches classical drawing, watercolor, and acrylic painting. Class for children to adults. Call to register. A & E Gallery, 335 W St Peter St, New Iberia. 337- 967-0304.

Tuesday May 8

LEDA Job Fair – 9am-2pm. Job recruitment event in Acadiana. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

Wednesday May 9

Rayne Frog Festival – 5-10pm. Thru Sat 8-12am May 12. A music and food extravaganza with carnival rides and a celebration of frogs with fun competitions. Gossen Memorial Park, 206 Frog Festival Dr, Rayne. RayneFrogFestival.com.

Mom's Night Out – 5-7pm. Vein screenings in the vascular lab, door prizes, finger foods, cocktails, meet & greet with our Physicians and a chance to tour the facility. Attendees have a chance to win a weekend getaway to Nottoway Plantation. Vein Center of Louisiana at Acadiana Vascular, 129 Rue Louis XIV, Lafayette.

Thursday May 10

Ladies Who Lunch – 11:30am-1pm. Support the many women and children experiencing homelessness with prizes, a raffle, and guest speaker, Dr. Bryan Sibley. \$60- \$75. The Outreach Center for Women and Children. The City Club River Ranch, 1100 Camellia Blvd #202, Lafayette. 337-237-7618. OutreachCenterLafayette.org.

Friday May 11

El Festival Espanol de Nueva Iberia – 8am-5pm. Thru Sun May 13. Celebrate Spanish roots with "Running of the Bulls" 5K and 1 mile fun run, re-enactment of the arrival of the Spanish, paella and tapas cook-off, arts and crafts, children's activities, music and dance performances. Bouligny Plaza/Steamboat Pavilion, 102 W Main St, New Iberia. 337-349-7343.

Spring Music & Market – 5:30- 8:30pm & Friday May 18. Enjoy local musicians and pick up fresh vegetables. Le Vieux Village, Farmers Market Pavilion, 828 E Landry St, Opelousas. 337-948-6263. cityofopelousas.com.

Saturday May 12

Comme Ci, Comme Ca – 9am-6pm. A fundraiser yard bird cook-off. St. Landry-Evangeline United Way. Court House Square - Downtown Opelousas. 337-942-7815.

La Grande Boucherie Creole de Mallet – 9am-7pm. An annual fundraiser that continues Creole heritage with food, games, music and people. Purchase fundraiser tickets for \$5 for a chance to win a zero turn lawnmower, cash or a weed-eater. St Ann Catholic Church, Hwy 190 Mallet.

Monday May 14

Crowley Community Street Corner Prayer – 5:30-6:30pm. Pray until something happen event. Councilwoman Proctor, Councilman Martin, Rev. Joseph, Ministerial Alliance, West Crowley Advisor Committee. Greater Love Family Worship Center, North Ave E & W 10th St, Crowley.

Zydeco Dance Lessons – 6 -7pm. Every Monday learn dance moves from a Zydeco dance instructor that can be used at live concerts, festivals or dance halls. Free. Holy Ghost Church Cafeteria, 747 N Union St, Opelousas. 337-942-2732.

Sunday May 20

Drum Circle – 3-4pm. A spiritual and social gathering where the music is completely improvised and open to self-expression, lead by Clare Hernandez. All ages, under 16 accompanied by an adult. NUNU Collective, 1510 Bayou Courtableau Hwy, Arnaudville

Thursday May 24

Blithe Spirit by Noël Coward – 7:00pm. Thru Sun 2pm May 27. Bayou Broadway Productions presents this show by Noël Coward, led by artistic director Logan Frederick. This classic comedy combines farce, emotion, and wit. The Grand Opera House of the South, 505 N Parkerson Ave, Crowley. 337-785-0440. TheGrandOperaHouse.org.

Monday May 28

Zydeco Breakfast for the Braves – 7-11am. All you can eat sit down breakfast with door prizes, games, storytelling and special guests. 4A's Sisters Lupus Foundation Host. American Legion Post 504, 601 Clifford Rd, Lafayette.

Annual Memorial Day Program – 9-10am. Fallen veterans honored with Honor Guards, a speaker and patriotic musical selections. Reception follows. Fountain Memorial Funeral Home & Cemetery, 1010 Pandora St, Lafayette. 337-981-7098.

Memorial Day Ceremony – 6-8pm. A celebration commemorating all of our fallen soldiers with a flag ceremony, 21 gun salute and harmony of patriotic music. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

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YOUR BODY Checkup

“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

Scalp

Dandruff, flakes all over. The person is eating too much refined sugar; eliminating it would improve the dandruff a lot. Probably has insufficient essential fatty acids, too. Keep in mind B complex with emphasis on B6 and selenium.

Thinning Hair

Hair is thinning too much. It could be the estrogen she's taking. B complex, especially B6 and folate may help, but she may need to stop the hormones she is taking. Not taking hormones? She may have hypochlorhydria (low stomach acidity). If so her protein won't digest well, and many minerals won't be absorbed efficiently, so her hair falls.

Redness in the Forehead

Skin looks shiny and scaly, with a slightly yellowish, greasy appearance. Especially bad in the eyebrows, and extends down the nose. It's on her cheeks and even her chest. Think of B vitamins, especially para-aminobenzoic acid, B6, and essential fatty acids.

Inside the Ears

Excess earwax. Not enough essential fatty acids.

Behind the Ears

Skin is cracked. Usually a zinc problem.

Earlobe

See the diagonal crease across the earlobe? Usually a sign of increased susceptibility to cardiovascular disease.

Eyes

Cloudy appearance to the lens of the eye. Cataract. Fortunately, not far gone. Check for glucose-insulin tolerance, blood sugar or insulin abnormalities. Eliminate any refined sugar. Probably doesn't metabolize lactose (milk sugar) well. Consider eliminating all sources of it. Bioflavonoids inhibit an enzyme, aldose reductase, that's reported overactive in the lens of diabetics, leading to cataracts. Think of riboflavin (vitamin B2),

vitamin A, and vitamin C also. Bioflavonoids work to slow down leaking of the retinal vessels. Magnesium is important.

Eyes (nondiabetic)

“Floaters” or blood spots. Think of bioflavonoids, choline, inositol, and vitamin K. The white of one eye has turned all red suddenly on one side. Check blood pressure... it's usually normal, but it's best to be sure. This scleral hemorrhage isn't dangerous, just the result of a broken blood vessel. If it wasn't trauma, consider bioflavonoids and vitamin K.

Eyes-child (dark circles)

This child has had enough sleep, hasn't been crying lately, and still has dark circles beneath the eyes. He has horizontal creases in the lower lids. Sometimes those dark circles are called “allergic shiners”; the lines are called Dennie's lines. Along with puffiness in the lower eyelids, these signs usually mean allergy.

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.

Eyes-adult (dark circles)

Adults may have dark circles beneath the eyes during pregnancy, hormone treatment, and when fatigued, such circles frequently indicate allergy.

Nose

Polyps inside? Allergy is probable but may also indicate salicylate sensitivity. Stay away from aspirin as well as artificial food additives, many of which are salicylate based and foods containing naturally occurring salicylate.

Cheeks and Nose

Dilated capillaries in the cheeks and perhaps on the nose. Could be overcoming alcohol. But if not, correlation is even stronger when the dilated capillaries are accompanied by general reddening of the facial skin, most pronounced in the cheeks and forehead, and scattered medium to large acnelike pimples, a condition called rosacea.

Acne

From mild case to scattered pimples to deep cysts, all over the face and back. Very likely eating and sensitive to sugar and other refined, processed food, and not getting enough zinc or the right types of essen-



tial fatty acids. In a bad case, there's usually allergic involvement. An adult past 25 with acne almost always has food allergy.

Facial skin

Slightly yellow cast to facial skin, no red tones at all. Certainly could be jaundice, on a rare occasion, but that's usually a deeper orange-yellow. More often it's a deficiency of vitamin B12, usually due to a degree of low stomach acidity and vitamin B12 malabsorption.

Tongue

A persistent crack at either corner of the mouth, termed angular cheilosis, signifies B vitamin deficiency with emphasis on riboflavin. When there's a very pale tongue, accompanied by paleness of the inner surface of the lower eyelids (easily seen when pulled down), check for anemia. If anemia is present, it's most often iron deficiency, but could be a lack of other nutrients, too, as well as nonnutritional causes like internal bleeding.

Canker Sores

They keep coming back inside the mouth... Most often, allergies to foods.

Swollen Lymph Glands

Most often a food allergy, but check for serious disease.

Skin Tags

Scattered on the neck? They often appear under the arms, or elsewhere. All location indicate the same thing. Test for blood sugar abnormality.

Sore Shoulder

Tender-to-pressure spot right at the side, where it slopes into the arm. Bursitis, B12 is the related nutrient deficiency.

Numerous Small Bumps in the Skin

On the side and back of the upper arm there are numerous small bumps in the skin. These usually go away with vitamin A; at times, however, B complex and essential fatty acids are needed as well.

Hands

The nails are breaking, chipping, splitting, won't grow. Look for hypochlorhydria (low stomach acidity). Keep calcium, zinc, essential fatty acids, and thyroid in mind, but always look for low stomach acid first.

Source: *Guide to Healing with Nutrition*

Nutrition 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.

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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*

"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.

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The tea is used to treat diabetes and has the ability to build the body’s immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.\$24.00



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DETOXIFICATION OF THE BODY Infrared Sauna Therapy is excellent for detoxifying the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat.

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COMBINATION OF HEAT AND MASSAGE Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

MUSCLE BENEFITS Just like using a traditional massage, an aqua massage can assist in relieving muscle pain, including pain that is caused by fibromyalgia. The massage will also improve circulation and relax muscles.

HEALTH BENEFITS Like other forms of massage, aqua massage is used to reduce pain and inflammation in sore, tense muscles and to encourage a state of overall relaxation. Other benefits of regular treatments may be improved sleep patterns, decreased muscle spasms, improved circulation and better body awareness, as in improved posture and alignment.

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Liquid Vitamin Therapy

INFRARED EFFECTS Reduces and balances the acid level, improves the nervous system, prevention of bacteria growth, normalization of blood cholesterol, speeds up repair of body cells, maintains warmth and promotes better sleep, promotes elimination of waste and harmful heavy metals out of human body

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Ion Foot Detox

Ion Detoxification Therapy Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

How will it make you feel? Healthy individuals can expect to feel lighter and experience a greater sense of well being from each detoxification treatment. You will be able to think more clearly and have more energy. This treatment is especially beneficial to those who suffer from edema, inflammation, gout, osteoarthritis and pain.

How does it work? Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.



\$45 (30 min)

BEST SELLER

WHEATGRASS

FROZEN WHEATGRASS CUPS



- Wheatgrass is good for cancer
- Wheatgrass is good for diabetes
- Wheatgrass helps prevent inflammation
- 1 oz of wheatgrass is equivalent to 2.5 lbs of green vegetables
- Wheatgrass helps to heal the body faster

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BEST SELLER



BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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



Buy 1 Get 1 FREE in May



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

Buy 1 Get 1 FREE in May
12 Treatments \$850
9 Treatments \$675
6 Treatments \$450

Zerona

1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

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WEIGHT LOSS

You have tried everything
but you haven't tried BF-4.



BF-4

Garcinia Cambogia

prevents fat cell formation

Raspberry Ketone

helps fat cells shrink

Green Coffee Bean

signals the body to burn
stored fat

Chromium

builds muscle and burns fat

BF-4 contains all the four major fat burners.
You have no choice but to lose the weight.

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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 jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will

soon power a massive growth spurt. It is this energy that is captured in the juice.

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

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

.....\$30.00 (box of 16 count 1.5 oz frozen wheatgrass cups)

Green Waters Alkaline Water



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

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

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

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

BF-4 Weight Loss FAT GRABBER AND FAT BURNER



BF-4 contains all the four 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.

.....\$45.00



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

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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



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WELLNESS CENTER PROGRAM

Pick 3: \$110
Pick 6: \$200
Pick 9: \$294
Pick 12: \$340

Wellness Programs May Help With:

Diabetes	Liver Function	Blood Pressure	Kidney Function
Cancer	Heart Function	Pulse Oximetry	Electrolyte Balance
Hypertension	Endocrine Function	Grip Strength	Hormone Levels
Inflammation	Thyroid Function	Temp & Balance	BMI, %Body Fat, pH



6-Week
Wellness Program
\$340 **\$420**
 6-Week 8-Week

\$89/month
Memberships

PICK 12 EACH MONTH
 Includes all three wellness center locations

* excludes the massage therapy

1 Whole Body Vibration Therapy

- improves lymphatic circulation
- improves blood circulation
- tones muscles
- burns fat with increased metabolism

1 Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

1 Ionic Foot Detox Therapy

- pulls waste from kidneys, lungs, colon
- detoxes the lymphatic system
- relaxes and resets the body
- helps to balance acids in the body

2 Aqua - Hydro Massage Therapy

- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

3 Zerona Cold Laser Therapy

- reduces the size of fat cells
- destroys fat cell deposits
- improves metabolism

3 iLipo Treatments

- causes fat cells to shrink
- helps you lose weight
- improves cellulite

2 Massage Therapy

- increases blood flow
- reduces inflammation and stress
- helps improve lymphatic flow

3 THERMOGRAPHY Screening

- detects inflammation
- breast cancer screening
- helps identify changes in blood flow
- used for full-body screening

1 VITAMIN Test

- used to identify vitamin deficiencies
- may improve health with supplements
- can help to build a nutrition plan

1 LabWork

- identifies health problems
- aids your doctor in finding health issues
- may serve as a baseline for your health

* the numbers in each circle indicate how many times the service is counted as

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Zerona "TUMMY TUCK" Laser Therapy

"After reading several conflicting reviews I decided to try a six session Zerona "tummy tuck" laser treatment package. I followed all of the program instructions EXACTLY and I lost 4 inches and 13 pounds. I am happy and plan to do more." - Leslie E.



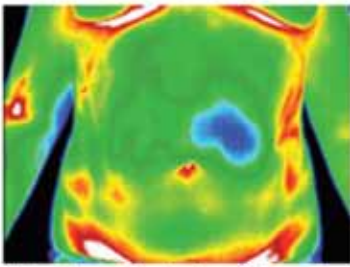
BODY REBOUND Weight Loss Program

"I did sauna, whole body vibration exercises, and detox four days a week for eight weeks. I lost 17 pounds. Before this I couldn't lose anything and I just kept gaining weight. I did a lot of sweating and burned a lot of calories." - Patricia F.

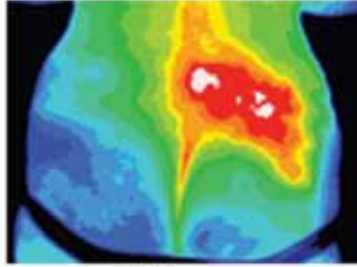


RESTORE HEALTH Program

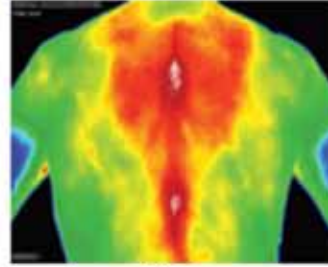
"My mom and my grandmother both died from breast cancer at an early age. I read that infrared saunas were good improving lymphatic and blood circulation as well as reducing the growth of fibroids. I did thermography, vitamin test, saunas, detoxing, juicing, lymphatic massages, and the nutritional supplements. It worked for me." - Jessica R.



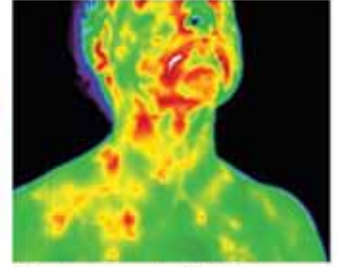
Hypothermia in the Stomach



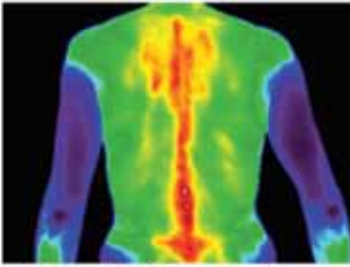
Shingles



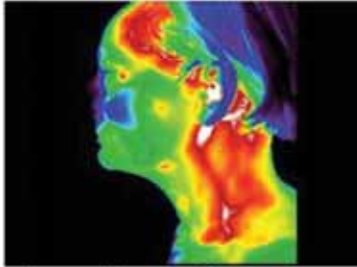
Lung Cancer



Periodontal Disease



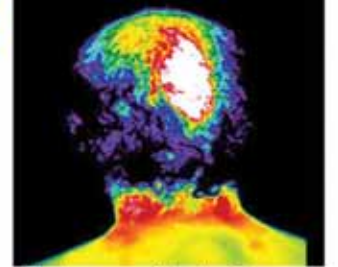
Spinal Inflammation



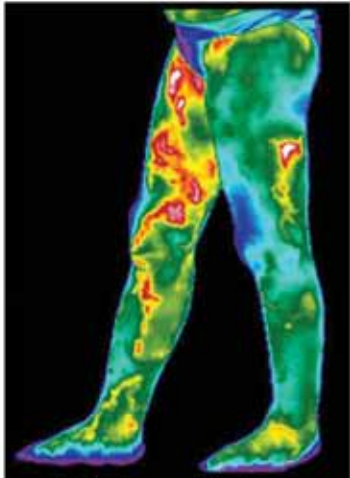
Carotid Artery Inflammation



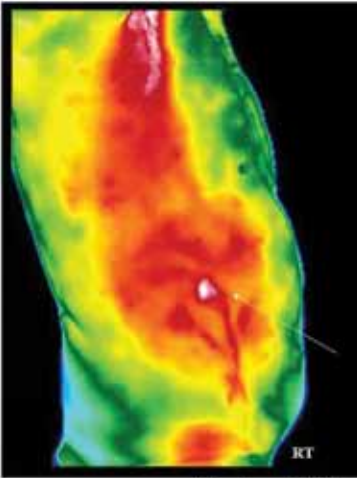
Poor Circulation Left 4th & 5th Finger



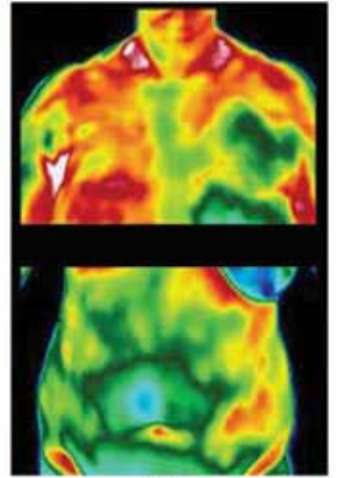
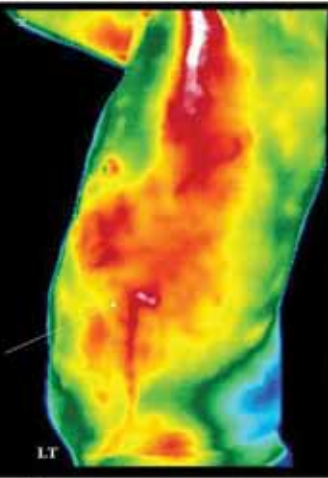
Melanoma-Scalp Cancer



Varicose Veins



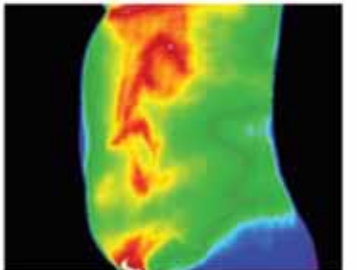
Bilateral Kidney Stones



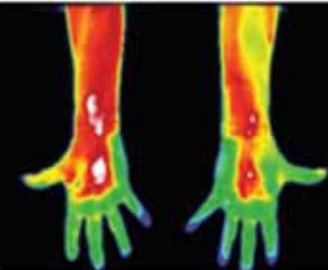
Breast Cancer



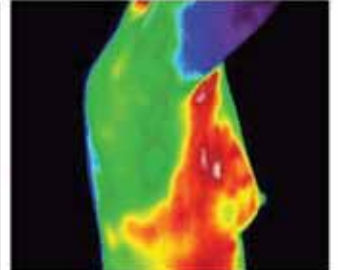
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

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for more information

Call **896-4141** to schedule

Thermography is used to:

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

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