

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

**BACKYARD
AQUAPONICS**

Homegrown Fish
and Veggies

**FRESH FOOD
TRENDS**

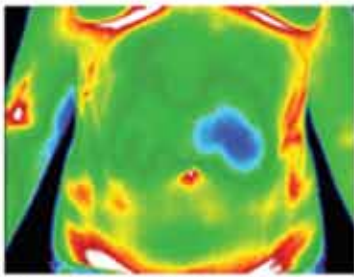
Natural Trailblazers
in Sustainable Eating

**GLUTEN-FREE
ON THE GO**

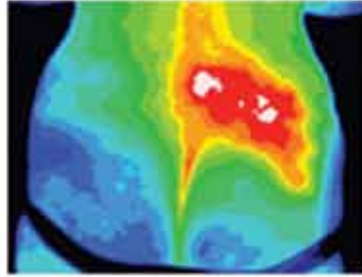
Tips for Eating
Away from Home

20 YEARS OF
PUBLISHING

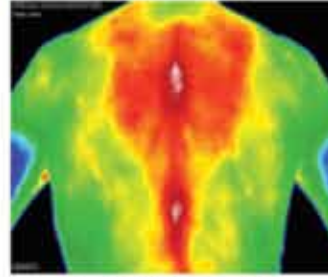
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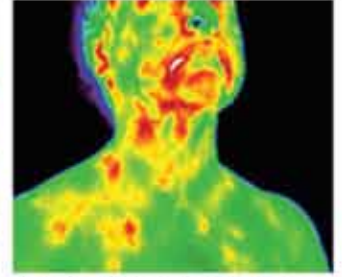
Hypothermia in the Stomach



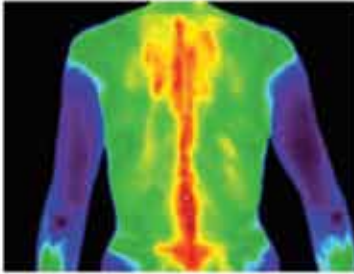
Shingles



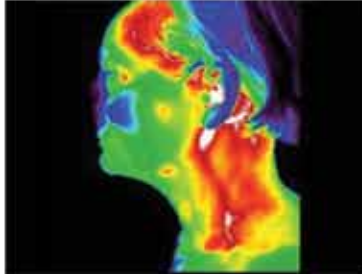
Lung Cancer



Periodontal Disease



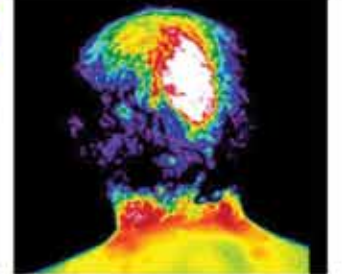
Spinal Inflammation



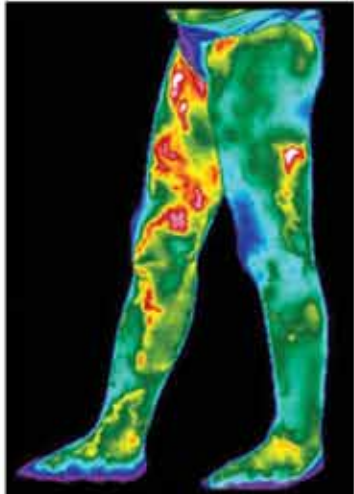
Carotid Artery Inflammation



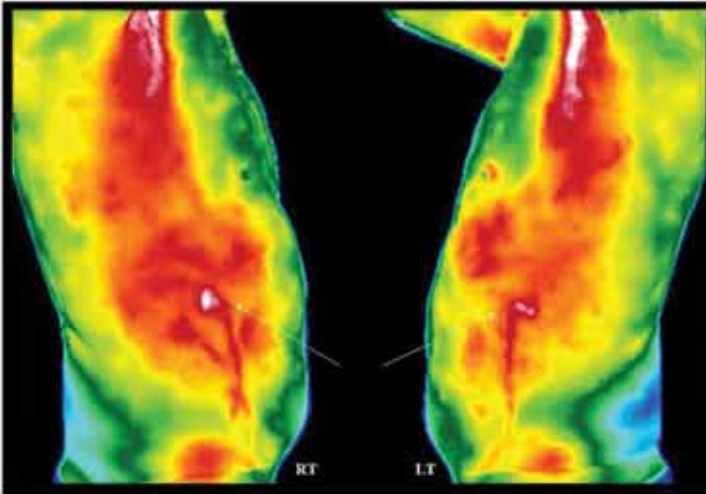
Poor Circulation Left 4th & 5th Finger



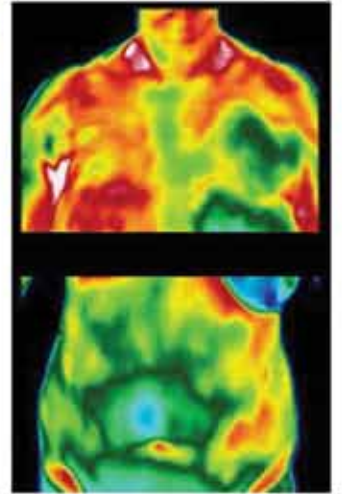
Melanoma-Scalp Cancer



Varicose Veins



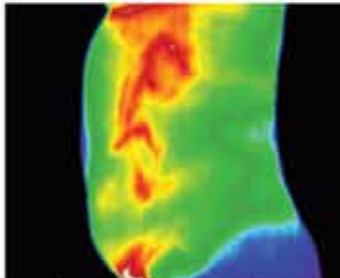
Bilateral Kidney Stones



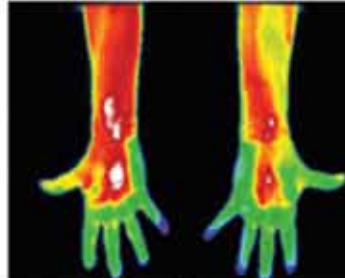
Breast Cancer



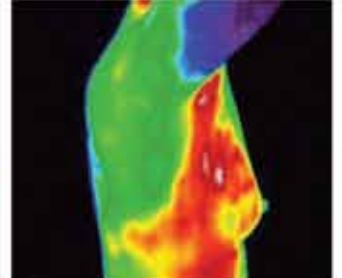
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



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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

GREEN WATERS

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ALKALINE WATER MAJOR BENEFITS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

easiest step to avoid such a problem is to drink alkaline water.

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

Immunity weakens with more and more acidity in our body and thus we fall sick

more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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



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10 Healthy Foods To Prevent Cancer

natural medicine



Blueberries

The free radicals present in the body cause destruction of healthy cells and encourage the growth of cancerous cells. The antioxidants along with flavonoids present in blueberries prevent the damage and neutralize the effect of highly unstable atoms.



Lemons

Lemons and various other citrus fruits are very beneficial for health. The high concentration of vitamin C in lemon prevents the occurrence of cancer. A daily intake of lemon juice helps to keep the lungs and throat cancer free.



Garlic

The allyl sulphur compounds present in garlic help to slow down the growth of tumor cells. Allyl sulphur prevents the division of cells which are caused by stress. The cancerous cells are prone to division and this compound nullifies the effect of division.



Broccoli

Broccoli is highly concentrated with antioxidants, fiber, flavonoids etc. The antioxidants present in the green vegetable help in minimizing the destruction caused by free radical cells and also decrease the growth of cancerous cells. Use steamed broccoli as steaming keeps the flavonoids in the vegetable safe.



Salmon

An incorporation of wild salmon in a daily diet can prevent the occurrence of cancer. Wild Salmon contains omega fatty acids and is low in fats and calories. Wild Salmon can help prevent prostate cancer. Vitamin D present in Salmon helps to constrict the blood vessels and stops the growth of cancerous cells.



Brazilian Nuts

If nuts are consumed daily, they can be very beneficial and healthy for the body as a whole. Being rich in selenium and anti-oxidants, nuts are very useful in fighting cancer. The selenium assists the cancerous cells to wither away themselves and helps in the repair of DNA.



Mushrooms

Mushrooms boost the immunity system of the body and help it fight against cancer. There are various types of mushrooms, but the "reishi" mushrooms work best to minimize the effect of malignant tumors. The levels of haemoglobin are regulated by mushrooms, which reduces the risk of cancer.



Artichokes

Artichokes contain an antioxidant called silymarin, which can help prevent epidermis cancer. The skin of the artichokes should be peeled properly and the spiky edges should be removed. Artichokes should then be boiled until they are soft. The leaves should be dipped in a sauce to get a good taste.



Organic Green Tea

Organic green tea is very healthy and beneficial for health if consumed on a daily basis. Green tea holds various cancer fighting properties and the antioxidants prevents the destruction of cells. Green tea is highly effective towards skin breast cancer etc. and the sucrose levels are highly regulated as well. Supplement with Vitamin D also. Vitamin D present to constrict the blood vessels and stops the growth of cancerous cells.



Kiwi

Vitamin C is highly appreciated as a cancer fighting antioxidant and neutralizes the effect of free radicals. The luteins, carotenoids and vitamin E etc. help reducing the effects of cancer. The kiwi fruit contains all these nutrients and can help the body protect itself against cancer.

Angiogenesis is known to be the catalyst that manifests the disease we know as cancer. Thermography reveals its silent existence.

The Hallelujah Diet A 12-Week Cancer Wellness Plan

12 Week Program that focuses on detoxifying the body, maintaining an alkaline body (pH), increasing oxygen levels, and juicing for nutrition. This is a nutrition program for cancer patients and those at risk for cancer. It also includes a three part program: vitamin therapy, dietary recommendations, and holistic (physical) therapies. Unlimited for the duration of program.

12 Week Program: \$1260

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Lafayette Office Sunset Office

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- Grief Counseling
- Teen Counseling



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Natural Health Center

Family and Natural Health Counseling Services

896-4141

Call for your first appointment

\$94 for first counseling session. \$75 for all follow-up counseling sessions. ** Counseling sessions are one hour. Ask about our rates for additional time.

publisher's letter



How we respond to any situation reveals a lot about our attitude and perception, and our immediate response sets up a corresponding chain of neurological events. If we can control our immediate response, we can change the outcome of those events and create our own realities.

Likewise, if our first response to any given situation is negative, it makes a positive outcome much more difficult to achieve. That initial negative response will trigger our established response patterns and we will begin to follow the ingrained pattern established by previous negative experiences. In essence, we will switch over to autopilot in the wrong direction.

Perception is a powerful thing. So many of our actions are determined by how we perceive things to be. How we perceive is based on what we think we hear or see. Yet, our perception of events, words or people can be entirely wrong. Our perceptions tell us as much about ourselves as they do about the issue. When a person criticizes someone or something, it may come from a negative perception that is a precursor to judgment. Spiritually, we are taught that Christ warned us not to judge lest we be judged ourselves.

How much difference can we create in our life with a subtle little shift in perception? Sometimes the difference between a happy, successful outcome and a dismal failure is only a slight shift. How we represent things to ourselves determines how we will respond to any given situation. In turn, our response will help determine the result.

Many times we take our innermost thoughts and emotions and we project that on to the people around us. This is powerful because it gives us that opportunity to create a new perception for someone else. Always remember that faulty perceptions weaken others, our communities and ourselves unnecessarily. We have been given a gift of love. By changing our own perceptions about who we are first we can then share our gift of love with the world. So love one another as our Creator teaches us and you can be perceived as the change you want to see in the world.

Dear Lord, who we really are inside is what matters to You. We pray again today for You to create a pure heart within us and to renew our spirit. Amen.

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

Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

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contents



14

- 10 **news**briefs
- 14 **health**briefs
- 18 **global**briefs
- 25 **ecotip**



18

- 36 **healing**ways
- 38 **green**living
- 40 **healthy**kids
- 44 **conscious**eating



25

- 48 **wisewords**
- 50 **fit**body
- 52 **inspiration**
- 54 **natural**pet
- 56 **calendar**

advertising & submissions

HOW TO ADVERTISE

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Email articles, news items and ideas to: publisher@NAacadiana.com Deadline for editorial: the 5th of the month.

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www.NAacadiana.com

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

28 FRESH FOOD TRENDS

Natural Trailblazers in Sustainable Eating
by Melinda Hemmelgarn

36 POWERHOUSE HERBS

Four Backyard Plants Protect Against Disease
by Kathleen Barnes

38 FOOD REVOLUTION IN A TANK

Aquaponics Offers Year-Round Homegrown Fish and Veggies
by Avery Mack

40 ACTION PLAN FOR PARENTS

Seven Signs of Food Sensitivities
by Pamela Bond

44 GLUTEN-FREE ON THE GO

Safe Eating Away from Home
by Judith Fertig

48 FROM "WHY ME?" TO "THANK YOU!"

Wayne Dyer on the Value of Hard Lessons
by Linda Sechrist

50 TWEET THOSE FITNESS GOALS

Online Friends Help Us Stay on Track
by Tamara Grand

52 GARDENING AS SPIRITUAL PRACTICE

Cycles of Growth Cultivate Our Divinity
by April Thompson

54 DOG SCOUTS OF AMERICA

Dog Troops Also Earn Badges and Go to Camp
by Sandra Murphy



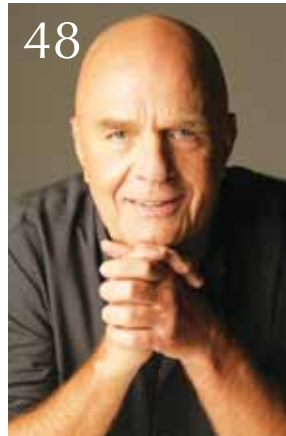
28



36



40



48

Iodine

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Liquid Drops

- Helps regulate basic metabolic rate
- Benefits hormone levels
- Promotes weight loss
- Improves depression and anxiety
- Iodine fights pain and disease



Iodine's primary role is to keep the thyroid gland healthy and manufacturing sufficient thyroxine, a hormone that is needed throughout the body. About 50 to 60 percent of the body's iodine is stored in the thyroid gland, the rest is distributed throughout the body, especially in ovaries, breast and prostate tissue, muscles, and blood. Iodine plays an important role in many of the body's functions.

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

Available at:
Natural Health Center, Carencro
DHARMA Wellness Center, Sunset

WHEATGRASS RESEARCH

Chlorophyllin Influences Death of Colon Cancer Cells

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

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

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

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

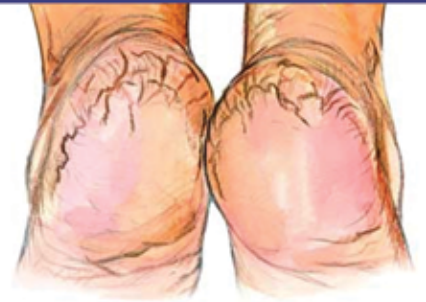
Conclusions: The study found that chlorophyllin was able to induce cell death—apoptosis. They discussed the possibility that chlorophyllin might be interacting with “death receptors” that eventually cause the death of the cancer cell. There were other markers detected for a tumor suppressor gene, which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

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

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

natural awakenings **Wheatgrass**

HOME REMEDIES



Cracked Heels - Grind a handful of rice until you get a fine but coarse flour. Add a few spoons of raw honey to the mixture along with enough apple cider vinegar to obtain a thick paste. If the cracks are very deep, add a spoon of olive oil. Soak feet for 20 minutes and gently massage with this paste.

Starch Complex weight loss



carb blocker

reduces the enzymatic digestion of dietary starches

phase 2 starch neutralizer

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GARCINIA CAMBOGIA



- Helps to prevent fat cells from forming.
- Aids the body in reducing the the manufacturing of its own fat deposits.
- Performs like a fat blocker and reduces the formation of fat cells in the body.

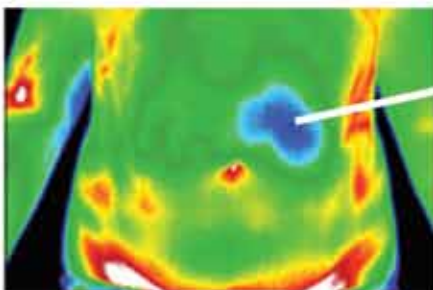
Natural Health Center, Carencro
896-4141

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

Without your health you can not enjoy family or work.

What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



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

\$94 Full-Body Thermography Screening



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Thermography is used to:

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

N V Us Nails Opens in Carencro



There's a new nail shop in Carencro. N V Us Nails opened its doors the first week in February at 200 Hector Connolly Road, Suite 103. Owners Amy Pham and Tony Nguyen welcome folks from all over Acadiana to visit their new nail shop. Located in the Evangeline Court Market Place, Pham and Nguyen say with so many other new stores in the

shopping center, this is a convenient spot for many to get their nails done. The shop specializes in pink and white solar nails, as well as manicures, pedicures and eyebrow waxing.

Although this is their first business venture together, Pham and Nguyen have more than 10 years of experience in the business and are dedicated to providing excellent service.

Walk-ins are welcome. Open Monday through Saturday. For information or to schedule an appointment, call 337-886-6305.

Dinosaurs Coming to Henderson



South Louisiana's first indoor/outdoor dinosaur museum is almost ready! Prehistoric Park is a theme park where visitors of all ages can experience the amazing creatures that once ruled the Earth. Cajun Palms RV Park owner, Lee Venable, is creating the park near Henderson. Thirty life-sized dinosaurs will call the 14-acre forest home. The first shipment of six dinosaurs arrived the first week in February. Visitors will be able to

follow the 2,600-foot winding path through Prehistoric Park and see the various dinosaurs in their habitat. One dinosaur is said to be taller than a three-story house! Park organizers say weather delays are pushing the opening date back to the end of May.

Organizers say they want the park to be a field-trip destination for teachers and students and a place the whole family can visit. This is the first phase of the park, which will eventually have other attractions like go-kart tracks, rafting and stores. Pricing information is not yet available, but organizers say tickets will be affordable.

Location: 1135 N. Barn Rd., Henderson. For more information, visit [Facebook.com/prehistoricpark](https://www.facebook.com/prehistoricpark).

Lafayette General Medical Center Expansion



Here we grow again! Construction has begun on the next phase of expansion and renovation at Lafayette General Medical Center (LGMC). This new development will enhance the appearance of the hospital as it enlarges and upgrades its emergency department and surgical platform. The expansion also adds a new parking garage in the parking area between the hospital and the Heymann Performing Arts and Convention Center.

The \$52.5 million construction project will increase the emergency department (ED) and operating room bed capacity from 31 beds to 45 and add two new trauma rooms. The new surgery area will have 13 state-of-the-art operating rooms, in addition to three existing OB-GYN surgical suites in LGMC's Pavilion for women and children.

LGMC's ED sees more than 60,000 patients annually and is one of the five-busiest EDs in Louisiana. The expansion will allow the facility to continue to provide excellent service as well as expand to meet the growing needs of the community. The expansion is projected to be completed late summer 2014.

Location: 1214 Coolidge St., Lafayette. For more information, call 337-289-7991 or visit LafayetteGeneral.com.

Freux Yeaux to Open in Early March

Wendell Hollier is slated to open Freux Yeaux, a healthy yogurt shop on Louisiana Avenue, the first week of March. The new store will feature 21 flavors of frozen yogurt, including sorbets (ideal for those who are lactose intolerant) and no sugar added varieties (great for diabetics). Customers can choose from 60 toppings—from fresh fruit to hot fudge to nuts—while still keeping track of calories, as each item lists nutritional information.



Hollier grew up in Eunice, Louisiana, but currently lives in Virginia. He has three years of experience in the business, and owns two other yogurt shops. His father-in-law, Robert Landry, will manage the location. Hollier says patrons will love the family-friendly atmosphere, which caters to all ages: sophisticated flavors for adults and fun flavors and toppings for children. Each flavor has five different live cultures in it, making it a healthy option.

Freux Yeaux will offer seasonal favorites like King Cake. However, the top seller is chocolate—Hollier's own recipe!

Location: 3215 Louisiana Avenue #106, Lafayette.

53 Wheatgrass Health Benefits

Why Drink Wheatgrass? Well, Here Are 53 Reasons Why!



MAJOR HEALTH BENEFITS

- Lowers Blood Pressure
- Detoxifies and Cleanses the Body
- Suppresses Appetite
- Boosts Red Blood Cells
- Is an Antioxidant
- Protects Against Cancer

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

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Lecithin Deficiency

The signs and symptoms of lecithin deficiency include:

- forgetfulness
- nausea
- fat intolerance
- soreness and cramps
- hypertension



Lecithin Benefits

- keeps the cell walls soft and supple
- prevents oxidation
- helps to prevent cancer
- reduces anxiety & depression

Lecithin plays a crucial role in the health and structure of the nervous system. Approximately 30% of your brain is composed of lecithin, and this vital nutrient comprises about two thirds of the fatty myelin sheath which surrounds the brain, spinal cord and untold miles of nerves.



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Folic Acid Deficiency

The signs and symptoms of folic acid deficiency disease include:

- Fatigue, tiredness
- Feeling generally weak
- Forgetfulness
- Being irritable, easy irritated



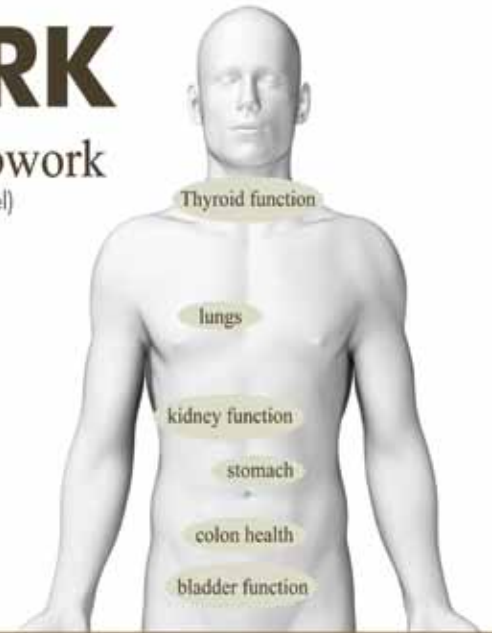
Folic Acid Benefits

- to produce healthy red blood cell
- enhances brain health
- reduces risk of heart disease
- reduces risk of stroke

Folic acid-rich foods include: fortified breakfast cereals; enriched bread, rice, pasta and other grain products; orange juice; green vegetables; and legumes such as navy beans, kidney beans, lentils and garbanzo beans. A large glass of orange juice and a bowl of fortified cereal will provide 50-100% of the recommended daily amount of folic acid.

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The Natural Health Center receives calls every week from people who ask, "What can I do to improve my health and longevity?" Our response is "get a blood test."

Unless we know what your blood looks like under a microscope, there is no way to identify what steps you should take to protect your health and enhance your well-being. Annual blood testing is the most important step aging adults can take to prevent life-threatening disease. With blood test results in hand, you can catch critical changes in your body before they manifest as heart disease, cancer, diabetes, or worse. Having the proper blood tests can empower you to enact a science-based disease-prevention program that could add decades of healthy life.

Sadly, most annual medical check-ups involve the physician ordering only routine blood tests, if blood tests are ordered at all. Far too often, this blood work does not even test for important markers of disease risk. The consequences of failing to analyze blood for proven markers of disease risk are needless disability and death. Blood tests have benefits that go far beyond disease prevention. For example, by monitoring levels of sex hormones, you can take decisive steps to enhance your quality of life, perhaps by correcting a depressive mental state, erectile dysfunction, abdominal obesity, or by improving your memory and energy levels.

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DIY Projects Keep Seniors Moving



The *British Journal of Sports Medicine* reports that a generally active daily life that includes do-it-yourself activities and projects like gardening and car maintenance can cut the risks of heart attacks and strokes by as much as 30 percent and prolong life among adults 60 and over. These routine activities may be as beneficial as exercising for older adults because they decrease total sedentary time, the researchers say.

Scientists in Stockholm, Sweden, tracked more than 4,000 men and women for an average of 12.5 years, starting at age 60. At the start of the study, regardless of exercise habits, high levels of other physical activity were associated with smaller waists and lower levels of potentially harmful blood fats in both sexes, and lower levels of glucose, insulin and clotting factor levels in men.

Those with higher levels of other physical activity were also significantly less likely to experience metabolic syndrome, a first cardiovascular disease event, and early mortality from any cause. The same was true for individuals that undertook high levels of formal exercise, even if it wasn't routine. Participants that both exercised regularly and were often physically active in their daily life had the lowest risk profile of all.

Coconut Oil Manages Cholesterol, Shrinks Waistlines

Reduced physical activity and increased consumption of carbohydrates and saturated fats fuel increased rates of obesity, cardiovascular disease and insulin resistance, plus abnormal lipid content in the blood. Although coconut oil is a saturated fat, its chemical composition appears to prevent it from generating negative effects on lipid profiles, according to a growing body of research.

In an earlier study published in *Lipids*, women that exhibited abdominal obesity consumed supplements of either coconut oil or soybean oil. Throughout the 12-week trial, both groups followed the same weight-loss diet. At the end, the coconut oil group presented a higher level of high-density lipoprotein (HDL), or protective cholesterol, and smaller waistlines, while the soybean oil group showed lower HDL levels and an increase in total cholesterol and low-density lipoprotein (LDL) plus a less desirable LDL-to-HDL ratio. In a later study published in the *Asia Pacific Journal of Clinical Nutrition*, consumption of coconut oil was again associated with a beneficial lipid profile in pre-menopausal women.

Researchers that conducted a concurrent pilot study with male and female subjects found that men also experienced shrinking waistlines when supplementing with coconut oil. They explain that coconut oil contains mainly medium-chain fatty acids, which rapidly convert into energy, thereby circumventing the cycle that makes cholesterol and stores fat (*Pharmacology*).



Chemicals Harm Pets, Too

The nationwide health epidemic of chronic diseases afflicting the human population is also showing up among companion animals. According to a report by the Environmental Working Group, pets, like a canary in a coal mine, may be the environmental sentinels that are now signaling a clear connection between disease and manmade chemicals.

In a study that analyzed blood samples of dogs and cats, 48 of 70 industrial chemicals and pollutants were traced, many recording levels that were substantially higher than previously reported in national studies of humans. Dogs displayed double the concentration of perfluorochemicals (used in stain-proof and grease-proof coatings); cats evidenced 23 times the concentration of polybrominated diphenyl ether (PBDE) fire retardants and 5.4 times the amount of mercury. PBDE levels in hyperthyroid cats have been linked to eating canned cat food and to the increased use of PBDEs in consumer products during the past 30 years. In humans, high levels of flame-retardant chemicals are implicated in endocrine disruption, Type 2 diabetes and thyroid disease.

Suggestions for minimizing exposure include avoiding chemical-laden household cleaners, furnishings and carpet; drinking carbon-filtered water; steering clear of food and beverage containers made from or lined with plastic (including cans); and eating organic produce and free-range meat.





Legumes Improve Blood Sugar, Blood Pressure

A cup of beans a day may keep the doctor away. In a randomized trial published in the *Archives of Internal Medicine* of 121 participants diagnosed with diabetes mellitus, daily consumption of approximately one cup of legumes (peas and beans) was found to improve glycemic control and reduce systolic blood pressure and heart rate, thereby reducing participants' calculated risk score for coronary heart disease (CHD).

Body weight, waist circumference and fasting blood glucose and triglyceride levels also decreased on the legume diet. Legumes appear to make dietary carbohydrates digest more slowly and with a lower glycemic index, which has been associated with reduced hypertension and fewer CHD events in pre-diabetic individuals.

Vitamin E Hope for Cancer Care

Elusive anti-cancer elements of vitamin E, natural tocopherols, have been identified by researchers at Ohio State University as being able to deactivate an enzyme essential for cancer cell survival.

Although both alpha and gamma forms of natural tocopherols worked, the gamma was the most potent in shutting down the troublesome enzyme. Through manipulating the structure of the gamma molecule, the scientists were able to create an agent 20 times more effective than the original vitamin. In mice, this agent reduced the size of prostate cancer tumors.

Over-the-counter vitamin E supplements are limited because many use synthetic forms that do not contain the natural gamma tocopherols. The study's authors, led by Ching-Shih Chen, Ph.D., note that the human body cannot absorb the high dosages of natural vitamin E required to achieve the anti-cancer effect; their goal is to develop a safe pill that could be taken daily for cancer prevention.



Superfoods Defend Against Radiation



Two superfoods show promise for protecting people from radiation damage—cruciferous vegetables and miso, a food paste made from fermented soybeans. Scientists have identified a specific chemical byproduct, 3,3'-diindolylmethane (DIM), derived from the digestion of

cruciferous vegetables and especially concentrated in broccoli, that is responsible for the defensive effect. The source of miso's beneficial properties needs further investigation, but appears to stem from the fermentation process.

Research led by Gary Firestone, Ph.D., of the University of California-Berkeley, and physician Eliot Rosen, Ph.D., of Georgetown University, in Washington, D.C., concluded that administering supplemental DIM before or immediately following lethal levels of radiation exposure protected rats from immediate death. If clinical trials with humans are successful, the compound could be used to minimize acute radiation sickness.

A comprehensive research review published in the *Journal of Toxicologic Pathology* lends credence to miso's shielding power. Mice that ate miso a week before irradiation appeared to be protected from radiation injury.



Candle Meditation

1. Sit in a comfortable position. Light a candle on a small table in front of you at eye level.
2. Take a couple of deep breaths. Let the tension flow out of your body.
3. With your eyes half-open, gaze at the candle flame. Let the candle have all of your attention.
4. When your mind wanders, gently return to watching the flame.
5. After 5 minutes, close your eyes and look at the images behind your eyelids.
6. Slowly count to 20 and open your eyes.

Meditation can release certain facets of your mind that usually remain in the background. They reside in every person's mind, but they come out only when they are welcomed with quietness, awareness, and observation. They are creativity and intuition.

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Turmeric root	100mg

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

Source: www.cancer.org



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globalbriefs

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



Self-Sufficiency

America's Best Community Garden Cities

We don't have to live in a rural area or even the suburbs to be a farmer these days. According to the Trust for Public Land, the 10 best cities for homegrown veggies from urban gardens are Seattle, Washington (a P-Patch program provides 68 gardens for residents throughout the city); Portland, Oregon (its Produce for People program donates fresh produce to local hunger agencies); Long Beach, California (growing anything from sugar cane and lemongrass to sunflowers and tomatoes); St. Paul, Minnesota (17 community gardens—half run by nonprofits and half open to rent); Honolulu, Hawaii (1,254 plots for public use); San Jose, California (19 community gardens on 35 acres); Baltimore, Maryland (community gardens cover 11 acres throughout the city); Washington, D.C. (a Master Peace Farm program tends area gardens and mentors budding veggie growers at an adjoining middle school); Anchorage, Alaska (a city goal is enabling residents to work together in harmony); and Louisville, Kentucky (Brightside's community garden program, established 19 years ago, currently manages 10 of Louisville's 16 gardens).

These gardens not only extol the virtues of fresh, local and often organic foods, they also bring communities together. Some produce food for those in need, others have youth programs and some have even been credited with reducing local crime rates. Many community gardens accept new members in the fall; visit acga.LocalHarvest.org to find one nearby and reserve a space.

Source: TheDailyGreen.com

Homegrown Access

Creative Paths for Local Food Sourcing

Entrepreneurs are creating novel ways to circumvent the commercial food system that ships food, in or out of season, for hundreds or thousands of miles at the cost of quality and too often, accountability. Re:farm Denver, in Colorado, for example, supplies families with everything they need for backyard gardens, from irrigation systems to seeds. In 2013, 200 families participated.

Cottage food laws allow artisans to sell breads, jams, candy and other foods made in home kitchens. While specific restrictions vary, 42 states have some type of cottage law. Beth-Ann Betz, who bakes sweets in her New Hampshire kitchen, says, "It gives me the option to be independent and self-employed at 66."

At the Community Thanksgiving Potluck, in Laguna Beach, California, dinner is shared, not served. For 25 years, those with homes and without, single people, families, city council members and the jobless have gathered to share food and community for the holiday. "It's a wonderful chaos," says Dawn Price, executive director of the nonprofit Friendship Shelter.

At Bottles Liquor, in West Oakland, California, a banner reads "Fresh Fruits and Vegetables Available Here." Bottles is a member of the Healthy Neighborhood Store Alliance, an effort of the nonprofit Mandela Marketplace to bring pesticide-free produce to corner stores throughout the neighborhood.

Source: *Yes magazine*





Farm Relief FDA Wakens to Local Needs

Small farms, farmers' markets, local food processors and community food banks have been given a reprieve, because on December 19, the U.S. Food and Drug Administration (FDA) decided to take a second look at proposed new laws that would have put many of them out of business. The new rules, proposed under the Food Safety and Modernization Act (FSMA), came under fire from consumers, farmers and others with voices that were heard.

The FDA said its "thinking has evolved," and "...significant changes will be needed in key provisions of the two proposed rules affecting small and large farmers. These provisions include water quality standards and testing, standards for using raw manure and compost, certain provisions affecting mixed-use facilities and procedures for withdrawing the qualified exemption for certain farms."

Source: *TheDailyGreen.com*

Mercury Mystery How Sinking Organic Matter Plagues Fish

University of Michigan and University of Hawaii researchers claim to have solved a long-standing scientific mystery of how mercury gets into open-water fish. Based on their study findings, published in the journal *Nature Geoscience*, they also project that mercury levels in Pacific fish will rise in the coming years.



The researchers discovered that up to 80 percent of the toxic form of mercury, methylmercury, is generated deep in the ocean, most likely by bacteria attached to sinking pieces of organic matter. Mercury found in Pacific fish near Hawaii likely traveled thousands of miles through the air before being deposited in the ocean, the team concludes, blaming industrial nations such as China and India that rely on coal-burning power plants. The U.S. Food and Drug Administration notes that large fish have the highest levels of methylmercury because they live longer and have more time to accumulate it.



Portland on Tap City Voters Reject Fluoridation Again

Portland, Oregon, residents have rejected a plan to fluoridate city water for the fourth time since 1956, making it the largest city (pop. 900,000) in the United States without fluoride in its water supply. In the 1950s, cities throughout the U.S. championed water fluoridation as a way of fighting tooth decay, but the effort backfired when a condition called fluorosis emerged, which ironically is characterized by tooth enamel discoloration and erosion.

Anti-fluoride forces say that water treatment is not the key to better dental health for children. Fluoride Action Network Executive Director Paul Connett, Ph.D., has a better idea. "We urge the legalization of dental therapists in Oregon who will treat the low-income children dentists refuse to treat."

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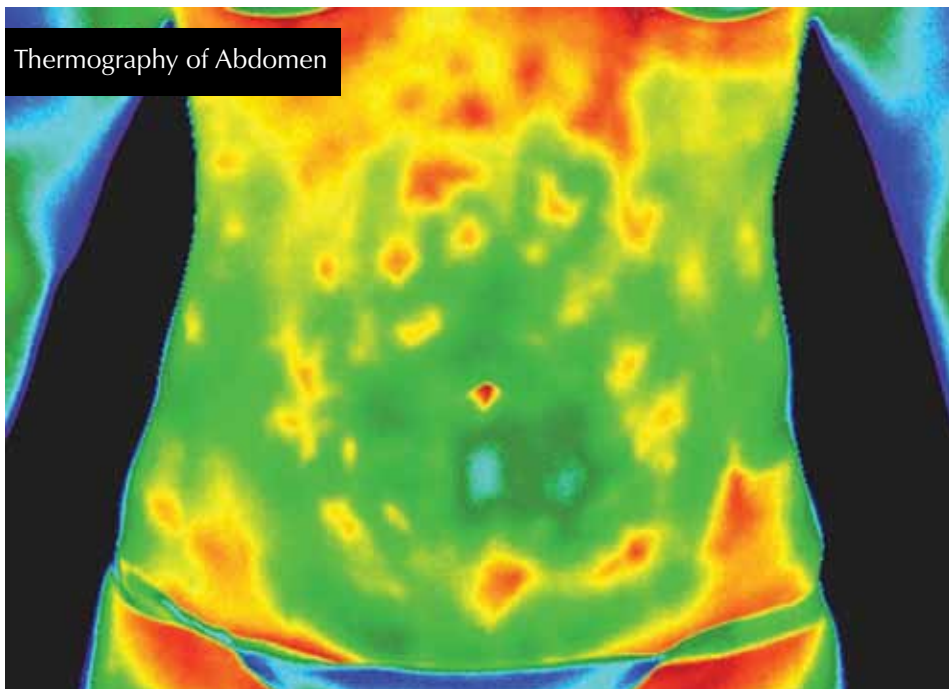
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natural awakenings

March 2014

19

Thermography of Abdomen



Questions & Answers

Breast & Full Body Thermography

ADVERTORIAL

Q. What is Thermography?

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

Q. Is thermography new technology?

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

Q. What role does thermography play in breast health?

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

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

Q. Who should have breast thermography?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Q. Do I need my doctor's referral?

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

Q. How do I prepare for my thermographic scan?

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

Q. How long does the procedure take?

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

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

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

Most lymph nodes are small, but larger nodes are grouped throughout the body. The area under the arms is called the axillary lymph nodes.

AXILLARY LYMPH NODES
The standard for years has been to remove all of these nodes when cancer was detected. Removal can lead to side effects such as pain, swelling and restricted motion.

LYMPHATIC SYSTEM
It aids the circulatory system in fighting infection, delivering nutrients, and filtering waste from the blood.

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Diagnosed with cancer

What are my options for "wellness"

Infrared treatment shrinks tumor volumes 86% in 30 days

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

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

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

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

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

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RIB Research Information Bulletin
natural health and wellness

20 Best Foods for **FIBER**



Corn



White Beans



Black Beans



Kidney Beans



Garbanzo Beans



Avocado



Whole-wheat pasta



Brown Rice



Edamame



Whole-wheat bread



Lentils



Pear



Artichoke



Oatmeal



Raspberries



Peas



Broccoli



Apples



Almonds



Barley

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

But few people are getting enough.

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

- Dr. Steven T. Castille

Illness and Disease are not "caught".

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

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

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

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

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

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

- Oliver Frank Matthews, MD



Kiwi Smoothie

Vitamin C in Kiwis assist the body in absorbing iron, which is found in spinach.

- 1/2 Field Cucumber
- 1 Cup Green Grapes
- 1/2 Cup Spinach
- 2 Small Kiwis
- 1-2 Cups of Water

natural awakenings



Wheatgrass Smoothie

The Alkalinizing Vitamin Smoothie

- 1 ripe avocado
- 6 oz of organic wheatgrass
- Honey to taste
- Purified water as required

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8 TIPS for HEALTHY EATING

1 Base your meals on starchy foods



2 Eat lots of fruit and veg



3 Eat more fish – including a portion of oily fish each week



4 Cut down on saturated fat and sugar



5 Eat less salt – no more than 6g a day for adults



6 Get active and try to be a healthy weight



7 Drink plenty of water



8 Don't skip breakfast



8 HEALTHY EATING TIPS

For good health, eat a balanced diet with a wide variety of foods. Be physically active and only eat as much as you need.

1 Base meals on starchy foods – bread, cereals, rice, potatoes, pasta...

They're the best fill-you-up foods and sources of energy. Choose wholegrain, wholemeal or "high fibre" varieties.

2 Eat lots of fruit and veg. At least 5 portions.

Good for vitamins, minerals, fibre, antioxidants. Fresh, frozen, tinned, dried or 100% juice all count.

3 Eat more fish – including a portion of oily fish each week.

They're an excellent source of protein and other nutrients. Oily fish are rich in omega-3 fatty acids – good for heart health.

4 Cut down on saturated fat and sugar. Eat only occasionally.

Eat in small amounts. They're high in calories but low in nutrients. Choose lower fat and lower sugar versions when you can.

5 Eat less salt – no more than 6g a day for adults.

Throw away the salt cellar. Choose lower salt foods. Too much salt can raise your blood pressure.

6 Get active and try to be a healthy weight. Walking is good.

If you eat more than your body needs, you'll put on weight. Get at least 30 minutes exercise on at least 5 days of the week.

7 Drink plenty of water.

Drink six to eight glasses of water and other fluids a day. Drink more when it's hot and when you're active.

8 Don't skip breakfast.

A good breakfast gives you energy, as well as vitamins and minerals. Wholegrain cereals or bread, with fruit, make a great start to the day.

Janet M.

New Iberia, LA

I drink wheatgrass.

"Both the human immune system and the plant immune system are fundamentally the same. The more nutrients we absorb, the healthier our body's heal and grow."



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globalbriefs

Looming Law

International Pact Could Lower Food Protections

The Trans Pacific Partnership (TPP) is the largest global trade pact to be negotiated since the inception of the World Trade Organization. Many details remain a mystery and negotiations are being conducted in secret. Leaked drafts of its provisions indicate that the TPP would give multinational corporations the power to sue countries, states, counties or cities in order to negate laws specifically designed to protect citizens, such as bans on growing genetically modified organisms (GMO). Corporations would be allowed to resolve trade disputes in special international tribunals, effectively wiping out hundreds of domestic and international food sovereignty laws.

The TPP would require countries to accept food that meets only the lowest safety standards of the collective participants. If enacted, consumers could soon be eating imported seafood, beef or chicken products that don't meet basic U.S. food safety standards, and the U.S. Food and Drug Administration would be powerless to stop imports of such unsafe foods or ingredients. Plus, the labeling of products as fair trade, organic, country-of-origin, animal welfare-approved or GMO-free could be challenged as barriers to trade.

Opposition has grown, thanks to petitions by members of the Organic Consumers Association and other groups. More than 400 organizations, representing 15 million Americans, have petitioned Congress to do away with accelerated acceptance of the measure without full debate.

For more information, visit OrganicConsumers.org and search TPP.



Vanishing Whales

Illegal Hunting Continues to Decimate Species

Whales are still being killed, despite an international ban on commercial whaling. According to Greenpeace, many whale species are down to around 1 percent of their estimated former abundance before the days of commercial whaling.

Fourteen whaling nations came together in 1946 to form the International Whaling Commission (IWC) to manage whale stocks and recommend hunting limits where appropriate, but the continuing decline of populations forced the IWC to call for an outright ban on all commercial whaling in 1986. Yet Japan, Norway and Iceland continue to defy the ban, each harvesting hundreds of whales every year.

Several green groups, including the Natural Resources Development Council (NRDC), recently petitioned the U.S. government to take action against Iceland under the Pelly Amendment to the Fisherman's Protective Act. "The Amendment allows the president to impose trade sanctions against a country that is 'diminishing the effectiveness' of a conservation agreement—in Iceland's case, the whaling moratorium and another international treaty that prohibits trade in endangered species," writes the NRDC. The petition names several Icelandic firms—including major seafood companies with ties to the country's whaling industry—as potential targets for trade sanctions.



To learn more, visit iwcoffice.org, Greenpeace.org and nrdc.org.

Healthy Food at the Front Door

A growing trend is the ringing of a doorbell heralding the arrival of healthy food. In addition to the convenience and time savings, having a grocery delivery van make roundtrips to and from multiple customers' doorsteps generates far less emissions than traditional shopping. Home deliveries of local and organic fresh fruits and vegetables have customers clamoring for more.

After serving most of the New York metro area for more than a decade, online grocer FreshDirect (*FreshDirect.com*) began delivering in the Philadelphia metro area in October 2012 and expanded to other parts of Pennsylvania, plus New Jersey and Delaware, last fall. "Our hyper-local, farm-to-fork food systems result in healthy relationships between consumers, food and farmers," says David McNerney, co-founder of FreshDirect. The company also supports hunger organizations and provides nutritional counseling.

Planet Organics (*PlanetOrganics.com*) serves the San Francisco Bay area. Beginning last fall, Instacart partnered with Trader Joe's, Whole Foods and Costco to begin delivering food to homes in 13 neighborhoods in Chicago. Beginning in Colorado, where it's based, Door to Door Organics (*DoorToDoorOrganics.com*) now provides its service in Michigan, plus metro areas of Kansas City, Chicago and New York. Green BEAN Delivery (*GreenBeanDelivery.com*), based in Indianapolis, now also delivers organic and sustainable foods in Cincinnati, Columbus and Dayton, Ohio; Louisville and Lexington, Kentucky; and most recently, St. Louis, Missouri.

Irv & Shelly's Fresh Picks (*FreshPicks.com*) taps into 100-plus farmers within a day's drive of its Niles, Illinois, center, to serve the Chicago and Milwaukee metro areas. "We're able to concentrate on reaching people of all incomes and get deep into the communities," says co-owner Shelly Herman. The eight-year-old company also partners with community groups, food pantries and schools.

Going a step further, other companies are delivering prepared healthy meals. In one example, Power Supply (*MyPowerSupply.com*) recently partnered with Mindful Chef to foster this connection with 50 yoga and other fitness facilities, as well as other businesses in the Washington, D.C., metro area.



Detoxifying Foot Bath

It all starts when you put your feet in the water. But it doesn't stop when you take your feet out.

The detoxifying foot bath produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins. This allows for the release of these toxins through the 4,000 pores in the feet. Your body will continue to detoxify for up to 48 hours after treatment.

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

How does it Work?

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

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



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Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

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CANCER

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Naturopathic Medicine



Naturopathic oncology providers are specialists who use natural, non-toxic therapies to support the whole person and encourage the self-healing process. Their goal is to minimize the risk of harmful effects from cancer treatments, and apply the gentlest intervention needed to restore your health.

Naturopathic oncology is becoming more mainstream and providers act as a consultant to you and your oncologist to support normal metabolism and diges-

tion during cancer treatment; manage any side effects, such as nausea or fatigue; and boosting immune function.

Naturopathic Therapies

As part of a cancer wellness program, we review your history and make recommendations from a wide variety of natural therapies. In an integrative treatment plan with your traditional oncology and cancer team, your naturopathic doctor will suggest natural therapies to support your immune system and reduce any treatment-related side effects, including:

- **Nutritional supplements and botanical medicines**, including vitamins, minerals, amino acids and herbs.
- **Natural therapies**, such as garlic, antioxidants, ginger, and alkaline and salt water.
- **Homeopathic remedies**, mainly involving plant extracts and minerals that gently strengthen the body's healing and immune response.
- **Physical therapy and exercise therapy**, including massage and other gentle techniques used on deep muscles and joints for therapeutic purposes.
- **Hydrotherapy**, which prescribes water-based approaches like hot and cold wraps, infrared heat and other therapies.
- **Lifestyle counseling**. Many medical conditions can be treated with foods and nutritional supplements, with fewer complications and side effects.

The Naturopathic Medicine Program at the Natural Health Center also provides an educational component as well. Programs include information about vitamin and mineral supplements, natural remedies, nutritional guidance, lifestyle changes, stress management techniques and strategies for long-term prevention of recurrence.

Proper use of supplements

One of the key roles of a naturopathic doctor is to educate you on the facts versus the fiction regarding supplements and other natural therapies, and to help you choose wisely from the myriad of options available. Our naturopathic medicine team have extensive experience with a wide array of natural products and therapies and are continually researching the latest supplements. We will monitor your supplement and vitamin intake to make sure your supplements are appropriate for you, and to ensure safety from potential drug-herb and drug-nutrient interactions.

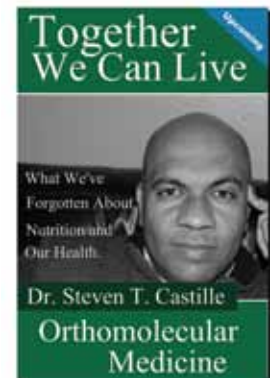
The products available at our on-site Retail *Vitamin Pharmacy* have undergone rigorous quality assurance investigation. Many of the supplements we recommend come from our own line of highly pure and potent vitamins, minerals and herbs, provided by LITEON Natural Health Center.

Nutrition

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough of the foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.

Nutrition therapy is used to help cancer patients get the nutrients they need to keep up their body weight and strength, keep body tissue healthy, and fight infection. Eating habits that are good for cancer patients can be very different from the usual healthy eating guidelines.

Healthy eating habits and good nutrition can help patients deal with the effects of cancer and its treatment. Some cancer treatments work better when the patient is well nourished and gets enough calories and protein in the diet. Patients who are well nourished may have a better prognosis (chance of recovery) and quality of life.



To schedule an office visit (337) 896-4141



Fresh Food Trends

Natural Trailblazers in Sustainable Eating

by Melinda Hemmelgarn

Food experts have listed local, regional and sustainable foods among the top food trends for 2014. Consumers' heightened environmental awareness and their love for fresh flavors are responsible.

There's even a new term, "hyperlocal", to describe produce harvested fresh from onsite gardens at restaurants, schools, supermarkets and hospitals—all designed for sourcing tasty, nutrient-rich foods minus the fuel-guzzling transportation costs. Adding emphasis to the need to preserve vital local food sources, the United Nations has designated 2014 as the International Year of Family Farming.

Here are four thriving food trends resulting from shifts in Americans' thinking and our growing love for all things local.

Foraging

What could be more entertaining and economical than searching for and gathering wild foods in their natural habitat? From paw paws and persimmons in Missouri to palmetto berries in Florida and seaweed in California, Mother Nature provides a feast at her children's feet. Commonly foraged foods include nuts,

mushrooms, greens, herbs, fruits and even shellfish. To learn how to identify regional native wild foods and cash in on some "free" nutritious meals, foragers need to know where and when to harvest their bounty. Conservation departments and state and national parks often offer helpful field guides and recipes.

Jill Nussinow, also known as The Veggie Queen, a registered dietitian and cookbook author in Santa Rosa, California, characterizes foraging as "nature's treasure hunt." Nussinow says she forages for the thrill of it and because, "It puts you very much in touch with the seasons."

On her typical foraging excursions through forests and on beaches, Nussinow notes, "You never know what you might find: mushrooms, berries, miner's lettuce, mustard pods or sea vegetables. It's free food, there for the picking." However, she warns, "You have to know what you are doing. Some wild foods can be harmful."

For example, Nussinow advises getting to know about mushrooms before venturing forth to pick them. She recommends the book *Mushrooms Demystified*, by David Arora, as a learning tool, and checking with local mycological associations for safe mushroom identification. She also likes the advice of "Wildman" Steve Brill, of New York City, who publishes educational articles at *WildmanSteveBrill.com*. "He knows more about wild foods than anyone I know," she says.

Vermont wildcrafter Nova Kim teaches her students not only how to identify wild edibles, but also how to harvest them sustainably. It's critical to make sure wild foods will be available for future generations.

Fermentation

Kefir, kimchi, kombucha and sauerkraut all owe their unique flavors to fermentation. Sandor Katz, author of *The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes From Around the World*, is a self-described "fermentation revivalist". He explains how microorganisms, such as lactic acid bacteria that are universally present on raw vegetables and in milk, transform fresh food into preserved sustenance.

Katz recalls how his boyhood love for sour pickles grew to an "obsession with all things fermented." An abundant garden crop of cabbage left him wondering, "What are we going to do with all that cabbage?" The answer came naturally: "Let's make sauerkraut." Subsequently, Katz has become an international expert on the art and science of fermentation from wine to brine and beyond, collecting recipes and wisdom from past generations (*WildFermentation.com*). He observes, "Every single culture enjoys fermented foods."

Increasing respect and reverence for fermented foods and related communities of beneficial microorganisms is a new frontier in nutrition and medical sciences. For example, several researchers at the Academy of Nutrition and Dietetics annual meeting last fall in Houston, Texas, described the connections between the trillions of bacteria living in the human gut, known as the "microbiota", and mental and physical health. Kelly Tappenden, Ph.D., a professor of nutrition and gastrointestinal physiology with the

Top 10 Food Trends for 2014

- 1 Locally sourced meats and seafood
- 2 Locally grown produce
- 3 Environmental sustainability
- 4 Healthful kids' meals
- 5 Gluten-free cuisine
- 6 Hyperlocal sourcing (e.g. restaurant gardens)
- 7 Children's nutrition
- 8 Non-wheat noodles/pasta (e.g. quinoa, rice, buckwheat)
- 9 Sustainable seafood
- 10 Farm/estate-branded items

Source: *Restaurant.org*

University of Illinois at Urbana-Champaign, explained that gut bacteria play a variety of roles, including assisting in the digestion and absorption of nutrients; influencing gene expression; supporting the immune system; and affecting body weight and susceptibility to chronic disease.

Feed Matters

The popular adage, "We are what we eat," applies to animals, as well. New research from Washington State University shows that organic whole milk from pasture-fed cows contains 62 percent higher levels of heart-healthy omega-3 fatty acids compared to conventional, or non-organic, whole milk. The striking difference is accounted for by the fact that the U.S. Department of Agriculture's national organic program legally requires that organic cows have access to pasture throughout the grazing season. The more time cows spend on high-quality pasture, which includes grass, legumes and hay, the more beneficial the fats will be in their milk. On the other hand, when ruminant animals, designed to graze on pasture, are fed a steady diet of corn and soy, both their milk and meat contain less beneficial fat.

According to Captain Joseph Hibbeln, a lipid biochemist and physician at the National Institutes of Health, American diets have become deficient in omega-3 fatty acids over the past 100 years, largely because of industrial agriculture. Hibbeln believes that consuming more omega-3s may be one of the most important dietary changes Americans can make to reduce the risk of chronic diseases, improve mental health and enhance children's brain and eye development, including boosting their IQs.

Coldwater fish such as salmon, mackerel, tuna and sardines provide excellent sources of omega-3 fatty acids. Plus, dairy and meat from animals raised on pasture can improve our intake, as well.

Faith

How might eating with the "creation" in mind influence food and agriculture trends? Barbara Ross, director of social services for Catholic Charities of Central and Northern Missouri, believes, "People's common denominator is that we are all part of and integral to the creation." She considers how "Food, agriculture, environment and economy are bound together in a way that requires we think, plan and act for the dignity of each person and the common good of the human family." Ross explains that the choices we make in these vital areas affect the richness of our soils, the purity of our air and water and the health of all living things.

Marie George, Ph.D., a professor of philosophy at St. John's University, in Queens, New York, agrees, "The serious ecological crises we see today stem from the way we think," and "reveal an urgent moral need for a new solidarity" to be better stewards of the Earth and its creatures. For example, George sees it as contrary to human dignity to cause animals to suffer; that's why she opposes gestation crates and the push for cheap food that exploits animals and the environment in the process.

Kelly Moltzen, a registered dietitian in Bronx, New York, shares a passion for addressing food justice and sustainability from her faith-based perspective of Franciscan spirituality. She believes that, "When we connect

Naturopathic Medicine Goes Mainstream

Naturopathic medicine going from margins to mainstream - "Since the beginning of my career to now, I've met hard-nosed doctors from respected U.S. hospitals who take seriously the effects of alternative medicine. For example, world-renowned cancer centre Memorial Sloan Kettering has Dr. Barrie Cassileth running its integrative medical department, and Johns Hopkins has Dr. Linda Lee."

- Dr. James Aw

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our spirituality with the daily act of eating, we can eat in a way that leads to a right relationship with our Creator.” By bridging spirituality with nutrition and the food system, Moltzen hopes to raise awareness of how people can care for their body as a temple and live in right relationship with the Earth, which she perceives as “the larger house of God.”

Fred Bahnson, director of the Food, Faith and Religious Leadership Initiative at Wake Forest University’s School of Divinity, in Winston-Salem, North Carolina, is the author of *Soil and Sacrament: A Spiritual Memoir of Food and Faith*. His book takes the reader on a journey to four different faith communities—Catholic, Protestant, Pentecostal and Jewish—to explore connections between spiritual nourishment and the cultivation of food. Bahnson speaks about sacred soil and the communities of mystical microorganisms that lie within and create the foundation for sustenance. He also describes the special power of communal gardens, which welcome all and provide nourishing food, yet come to satisfy more than physical hunger.

Regardless of religious denomination, Amanda Archibald, a registered dietitian in Boulder, Colorado, believes, “We are in a new era of food—one that embraces and honors food producers and food systems that respect soil, environment and humanity itself.”

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

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Why drink wheatgrass? Wheatgrass has been called rocket fuel for the body and here is why:

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

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

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

What is Wheatgrass Juice?

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

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

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

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

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

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

Wheatgrass Benefits for Cancer

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

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

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

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

ADVERTISEMENT



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

Wheatgrass Juice Facts

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



Nutritional Value of Wheatgrass Juice

(Per 100 gm)

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

Why Must Wheatgrass Juice Be Drunk Fresh?

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

How Much Wheatgrass Do I Need?

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

100 grams of wheatgrass contain:

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

Is Wheatgrass a Food?

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

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

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

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

Purchase frozen juiced wheatgrass at the following locations near you:

LAFAYETTE

Drug Emporium

Vitamins Plus
505 Bertrand Dr., Lafayette
337-261-0051

The Road Less Traveled

312 Guilbeau Rd., Lafayette
337-988-9889

Smoothie Factory

125 Arnould Blvd., Lafayette
337-989-7001

CARENCRO

Natural Health Center

100 E. Angelle St., Carencro
337-347-4141 or 337-896-0085

Directions: I-49 into Carencro, Exit 4, Right on Hector Connolly, Left on E. Angelle St. Across from the new Super 1 Food Store, left of the traffic circle.

OPELOUSAS

Benny's Sport Shack

806 S. Union St., Opelousas
337-948-6533

SUNSET

DHARMA Wellness Center

24 Hr Fitness and Workout Room
Across from Janise's Supermarket
166 H Oak Tree Park Drive
337-662-3120





ZERONA: ZAP FAT WITH LASER LIGHT

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

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

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

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

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

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

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

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

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

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

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



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

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



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

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

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

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

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

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Powerhouse Herbs

Four Backyard Plants Protect Against Disease

by Kathleen Barnes

Mother Nature's most potent healing herbs are already on most spice racks or growing nearby, often right outside the door.

Herbs, respected for their healing properties for millennia, have been widely used by traditional healers with great success. Now clinical science supports their medicinal qualities.

Pharmaceutical companies routinely extract active ingredients from herbs for common medications, including the potent pain reliever codeine, derived from *Papaver somniferum*; the head-clearing antihistamines ephedrine and pseudoephedrine, from *Ephedra sinica*; and taxol, the chemotherapy drug commonly used to treat several types of cancer, including breast cancer, from *Taxus brevifolia*. These are among the findings according to Leslie Taylor, a naturopath and herbalist headquartered in Milam County, Texas, and author of *The Healing Power of Rainforest Herbs*.

Even among an abundance of healing herbs, some stand out as nature's "superherbs" that provide an array of medical properties, according to Rosemary Gladstar, of Barre, Vermont, the renowned author of *Herbal*

Remedies for Vibrant Health and related works. Two of these, she notes, are widely considered nuisance weeds.

Plantain (*Plantago major*): Commonly used externally for poultices, open wounds, blood poisoning and bee stings, it also helps relieve a wider variety of skin irritations. According to a study published in the *Indian Journal of Pharmacology*, this common "weed" fortifies the liver and reduces inflammation, which may reduce the risk for many kinds of chronic diseases. At least one study, published in the journal *Planta Medica*, suggests that plantain can enhance the immune system to help fight cancer and infectious diseases.

"Plantain is considered a survival herb because of its high nutritional value," advises Gladstar, who founded the California School of Herbal Studies, in Sonoma County, in 1978. A new study published in the *Journal of Agricultural and Food Chemistry* confirms it's an excellent source of alpha-tocopherol, a natural form of vitamin E and beta

carotene that can be used in salads for those that don't mind its bitter taste.

Dandelion (*Taraxacum officinale*): Like plantain, dandelion is one of the most powerful medicinal herbs on the planet. "Dandelion is revered wherever you travel, except in the United States, where it is considered noxious," observes Gladstar.

Americans should reconsider their obsession with eradication. Dandelion root is an effective treatment against several types of cancer, including often-fatal pancreatic and colorectal cancers and melanoma, even those that have proven resistant to chemotherapy and other conventional treatments, according to several studies from the University of Windsor, in England.

Traditionally part of a detoxification diet, it's also used to treat digestive ailments, reduce swelling and inflammation and stop internal and external bleeding.

Turmeric (*Curcuma longa*): Turmeric gives curry powder its vibrant yellow color. "Curcumin, turmeric's most important active ingredient, is a wealth of health, backed by substantial scientific evidence that upholds its benefits," says Jan McBarron, a medical

Herb: A plant or a part of a plant that is used as medicine or to give flavor to food.

~ Merriam Webster

and naturopathic doctor in Columbus, Georgia, author of *Curcumin: The 21st Century Cure* and co-host of the *Duke and the Doctor* radio show.

Several human and animal studies have shown that curcumin can be an effective treatment for Alzheimer's disease, both in prevention and to slow or even stop its progress. One Australian study showed that curcumin helps rid the body of heavy metals that may be an underlying cause of the memory-robbing disease. Scientists at the University of California, Los Angeles, found that curcumin helped dissolve the plaques and tangles of brain material characteristic to Alzheimer's.

Curcumin is also known to be effective in lessening depression and preventing heart disease, some types of cancer and diabetes, says McBarron.

Ginger (*Zingiber officinale*): Pri-

marily used for its considerable anti-inflammatory properties, ginger makes a delicious and healing tea and an enticing spice in a variety of dishes. This herbal powerhouse has at least 477 active ingredients, according to *Beyond Aspirin*, by Thomas M. Newmark and Paul Schulick.

Considerable research confirms ginger's effectiveness against a variety of digestive problems, including nausea from both morning sickness and chemotherapy. Research from Florida's University of Miami also confirms its usefulness in reducing knee pain.


"Ginger is a good-tasting herb to treat any type of bacterial, fungal or viral infection," says Linda Mix, a retired registered nurse in Rogersville, Tennessee, and author of *Herbs for Life!*

The health benefits of these four vital herbs are easily accessed by growing them in a home garden or pot or via extracted supplements.

Kathleen Barnes is the author of Rx from the Garden: 101 Food Cures You Can Easily Grow. Connect at KathleenBarnes.com.

Note: For referenced studies, check the National Center for Biotechnology Information.

Self-Serve Smoothie BAR
Build Your Own Smoothie



- 2 cups cold water
- 1 banana, cut into chunks
- 1 orange, peeled and separated into segments
- 1/2 apple (your favorite variety), peeled, cored, and cut into chunks
- 1/2 lemon, peeled and separated into segments
- 1/2-inch piece of fresh ginger, peeled and minced
- 2 cups baby spinach

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Wheatgrass has Protective Effect on Blood in Breast Cancer Patients During Chemotherapy

Wheat grass juice may improve hematological toxicity related to chemotherapy in breast cancer patients: a pilot study.

Bar-Sela G, Tsalic M, Fried G, Goldberg H. *Nutr Cancer*. 2007;58(1):43-48.

Background: Chemotherapy has greatly improved our ability to treat cancer, but the treatment comes with a physical cost. One of the most troubling and dangerous side effects of chemotherapy is hematological toxicity. Chemotherapy is designed to kill human cells. Ideally it would kill just cancer cells, but the chemotherapeutic drugs are not always that selective and may destroy healthy, important cells. One of the most commonly affected cells are those of the blood. When chemotherapy destroys red and white blood cells and platelets, it causes anemia, immune system deficits, and blood clotting disorders, respectively.

Clinical Study: Cancer researchers in Israel studied the effect that wheatgrass juice has on patients undergoing chemotherapy for breast cancer. They followed 60 patients receiving cytotoxic (cell-killing) chemotherapy; approximately half the patients received wheatgrass juice and the other half simply received routine care. Significantly fewer patients in the wheatgrass juice group had serious events of blood toxicity than the standard care group. The wheatgrass juice group had fewer instances of neutropenic fever, leucopenia with infection, and prolonged neutropenia (low white blood cells). Hemoglobin levels were negatively affected by chemotherapy in both groups, but to a much lower degree in the wheatgrass juice group. Patients taking wheatgrass needed fewer drugs to support blood cell number and function. The one reported side effect of wheatgrass juice was that a majority of patients had difficulty consuming the juice because of its strong odor and taste. This led to increased nausea.

Conclusion: Wheatgrass juice, when taken along with chemotherapy, helped maintain healthier levels of blood cells and reduced the need for additional supportive medications. The use of wheatgrass juice may be limited because of the strong flavor of the substance in its raw state.

natural awakenings **Wheatgrass**

greenliving



Food Revolution in a Tank Aquaponics Offers Year-Round Homegrown Fish and Veggies

by Avery Mack

Picture a salad of mixed lettuces or romaine accented with microgreens and ripe, red tomatoes alongside an entrée of tilapia, complemented by a dessert of fresh strawberries—all organic, eco-friendly and freshly harvested, even in the middle of winter. The ingredients for this meal don't have to travel many miles to reach the table—they can be found just several feet away, thanks to aquaponics.

"Aquaculture is fish farming, hydroponics is soilless gardening," explains Becca Self, executive director of educational nonprofit FoodChain, in downtown Lexington, Kentucky. "Aquaponics is a mutually beneficial blend of the two. Our indoor aquaponics system produces about 150 pounds of fresh tilapia every month, plus nearly 200 pounds of lettuces, herbs and microgreens."

FoodChain, which shares production space in a former bread factory with Smithtown Seafood and West Sixth Brewing, hosted 2,000 guests and was the destination for 54 field trips last year by farmers, church groups, Rotary clubs and students of all grade levels. The seafood restaurant's website notes, "We can step outside our back door into the farm for our superfood salad greens, herbs and tilapia."

FoodChain is also finding a way to

use waste grain from the microbrewery as fish food. According to brewmaster Robin Sither, the grain is free of genetic engineering, but not organic. He notes that it's rare for a brewery to use organic grain.

The general hydroponics concept dates back to ancient practices in Chinese rice fields, Egyptian bottomlands flooded by the Nile River and Aztec floating gardens perched on low rafts layered with rich bottom muck. By the early 20th century, chemists had identified solutions of 13 specific nutrients which, added to water, could entirely substitute for fertile soil. That's when William F. Gericke, Ph.D., of the University of California-Berkeley, took the science of hydroponics into commercial production.

"In today's space-efficient, closed, recirculating aquaponic systems that combine fish tanks and plant troughs, fish waste provides fertilizer for the plants, while the plants clean the water for fish," says Gina Cavaliero, owner of Green Acre Aquaponics, in Brooksville, Florida. The 2013 Aquaponics Association Conference, in Tucson, Arizona, reported that aquaponic plants grow faster and offer higher yields, plus the sustainable technology recycles 90 percent of the water.

In Denver, JD Sawyer, president

of Colorado Aquaponics, operates a 3,000-square-foot farm in a food desert neighborhood (without easy access to fresh, healthy, affordable food). Koi, tilapia and hybrid striped bass fertilize romaine, bib lettuce, kale, Swiss chard, spinach, chives and strawberries. Other crops include tomatoes, peppers, yellow squash and root vegetables like beets and carrots. Tilapia and bass sell to the community and restaurants; koi are used in livestock ponds.

Sawyer remarks, "An aquaponics system can be indoors or out, depending on the climate, for commercial use or in the home. The basement, garage or a spare room is ideal for growing your own food." Home garden sizes range from a 20-gallon aquarium to a 10-by-20-foot area.

Avery Ellis, an ecological designer and permaculture specialist in Boulder, Colorado, builds dynamic, living, non-conventional systems. "The temperature in most homes is near 70 degrees, an ideal temperature for a tropical fish like tilapia," he says. "A 50-gallon fish tank, a 50-gallon storage bin and a timer to feed the fish automatically and supply light can be a self-sustaining system."

Outdoors, a greenhouse or geodesic

"We like to use heirloom varieties; we don't want just pretty plants that have diluted flavor. Butter lettuce is the tilapia of plants—it's easy to grow for a good yield."

~ Erik Oberholtzer, *Tender Greens restaurants*

dome can house the system. "A harmonious balance maintains itself, and we enjoy maximum yields from little labor," says Ellis. He reflects that the solutions for feeding the world exist if we just open our eyes to what needs to be done. For those that don't care to harvest and clean fish, decorative koi species work well.

Erik Oberholtzer, founder and owner of Tender Greens restaurants, which sources from nearby southern California farms and is exploring ways to install an aquaponics system in each of its restaurants, explains, "The world is suffering from a loss of growing habitat, genetically modified seeds and global warming. Aquaponics enables growers

to stay ahead of climate change, making it the future of sustainable farming. It's an ethical way to make quality food healthy, affordable and profitable."

Aquaponics methods deliver fish free of mercury and genetically modified fish food, plus the freshest vegetables possible, all without the worry of weeds, rabbits, insects, suspect fertilizers, toxic herbicides and pesticides. A home aquaponics system can be one of the best green investments to make in 2014. According to Oberholtzer, "Eating this way should not be a luxury."

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

QUICK FACT

Nutritional Deficiencies:

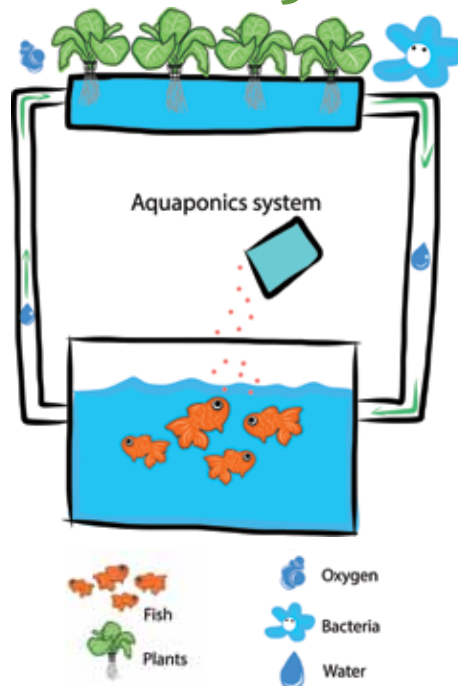
With one-third of adults being obese and two-thirds overweight, Americans don't look like we have nutritional deficiencies - we look like we eat too much food. But extra calories don't necessarily translate into extra nutrients. A study in the *American Journal of Clinical Nutrition* found that less than 5 percent of the study subjects got the government's Recommended Dietary Allowances (RDAs) for key minerals essential to health. In other words, fewer than one in 20 people were taking in the amount needed to avoid deficiencies, let alone the amount needed for optimal health and well-being.

Why are so many Americans deficient in vitamins and minerals?

1. Too much sugar and white flour.
2. Too much processed food.
3. Not enough nutrient-rich foods.
4. Too much modern life.

Aquaponics Advantages

- ✓ Enthusiasts can start small
- ✓ No soil is needed
- ✓ No fertilizer is needed (provided by the fish)
- ✓ No toxic pesticides
- ✓ Uses 90 percent less water than conventional methods
- ✓ Plants help filter indoor air
- ✓ Pests and diseases are easier to spot for treatment
- ✓ Growing basil helps repel pests
- ✓ Operator controls nutrition levels at less cost and waste
- ✓ No nutrients pollute the larger environment
- ✓ Stable, high yields of organic produce and safe-fed fish
- ✓ Year-round production from indoor systems
- ✓ Easy to harvest; fish harvesting is optional
- ✓ Aesthetic enjoyment



Sources: Wikipedia.org, IntegratedAquaponics.net

Mammograms Carry Cancer Risk

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

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

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

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



healthykids

Action Plan for Parents Seven Signs of Food Sensitivities

In recent years, Pediatrician William Sears has seen many more cases of asthma and eczema in his San Clemente, California, office. Dairy and wheat remain the biggest culprits, but experts believe new factors may be contributing to the rise in food sensitivities, including synthetic additives like partially hydrogenated oils, artificial colors and flavors and sweeteners, plus genetically modified ingredients.

Often undiagnosed and untreated, food intolerances can cause long-term tissue damage, warns Sears, author of *The NDD Book*, which addresses what he calls nutrient deficit disorder without resorting to drugs. Increasingly, kids are developing formerly adult-onset diseases, such as Type 2 diabetes, obesity, depression, cardiovascular disease and acid reflux, he says.

If it seems that a child is having a dietary reaction, first look for clues. “A lot of parents already suspect the answer,” says Kelly Dorfman, a licensed nutritionist dietitian and author of *What’s Eating Your Child? Become a “nutrition detective”*, she suggests. Here’s how to assess conditions and find solutions.

Spitting Up

Suspects: Intolerance to casein—a protein prevalent in dairy cow milk different from its form in breast milk that can get into mothers’ milk or formula—tends to irritate an infant’s gut lining, causing gastroesophageal reflux disease (GERD) and then chronic ear infections or constipation, says Dorfman.

Action: Remove dairy from the baby’s and nursing mom’s diet for at least a week. For formula feeding, choose a brand made with predigested casein or whey. To heal baby’s damaged intestinal lining, give 10 billion CFU (colony forming units) daily of probiotic bacteria, mixed in a bottle or sprinkled on food.

Chronic Diarrhea

Suspects: Intolerance to gluten (a protein in wheat and other grains) or lactose (dairy sugar). Diarrhea, the gastrointestinal tract’s way of eliminating problematic substances, plus gas



and bloating, often accompany these intolerances. Lactose intolerance is usually a root cause and is present in nearly everyone that's gluten intolerant, Dorfman says.

Action: Get a blood test to check for celiac disease, then eliminate gluten for at least a month. Although the diarrhea could end within a week, "You need a few weeks to see a trend," counsels Dorfman. Consume fermented dairy products like cheese and yogurt, which have low lactose levels; cream dairy products may also test OK.

Chronic Ear Infections

Suspects: Dairy intolerance and for many, soy sensitivity. Some research has shown that 90 percent of kids with recurring ear infections or ear fluid have food reactions, corroborated by Dorfman's patients.

Action: Quit dairy and soy for several months to verify a correlation. Dorfman recommends eliminating soy milk, soy yogurt and tofu, adding that ultrasensitive individuals may need to avoid processed foods that contain soy byproducts.

Itchy Skin

Suspects: Reaction to gluten, casein (in dairy products) and eggs plus oranges, grapefruit, tangerines, lemons, strawberries and pineapple.

Action: Because itchiness can suggest a histamine response, ask an allergist for an IgE radioallergosorbent (RAST) blood test to detect food sensitivities.

Hyperactivity

Suspects: Sensitivity to artificial colors or sugar. According to Sears, children's

underdeveloped blood-brain barrier increases vulnerability to the neurotoxic effects of chemical food additives, including artificial colors and monosodium glutamate (MSG).

Action: When possible, buy organic foods certified to contain no artificial colors. Otherwise, scrutinize food labels for the nine petroleum-based synthetic dyes in U.S. foods: Blue 1 and 2, Citrus Red 2, Green 3, Orange B, Red 3 and 40, Yellow 5 and 6. Avoid ingredients like high-fructose corn syrup, sucrose, glucose, fructose, cane sugar and syrup—all added sugars.

Crankiness

Suspects: Gluten sensitivity is traditionally associated exclusively with digestive disturbances, but some recent studies have linked it to neurological symptoms, from moodiness and chronic headaches to ADHD and coordination loss.

Action: Eliminate gluten for a month to assess a potential connection between mood and food, possibly signaled by excessive eating of a certain food.

Stunted Growth

Suspects: Gluten sensitivity or zinc deficiency. Because gluten intolerance interferes with nutrient absorption, suffering kids often fail to thrive. "Small size—height or weight—is a classic symptom of celiac disease," Dorfman advises.

Zinc could be another factor; it normalizes appetite and through its relationship with growth hormones, helps the body develop. If levels are too low, growth will be abnormally stunted. In such cases, a child may rarely be hungry, be a picky eater or complain that food smells or tastes funny, Dorfman says.

Action: Eliminate gluten consumption

for a month. A blood test by a pediatrician can determine serum zinc levels, or buy a zinc sulfate taste test online. After sipping a zinc sulfate solution, the child will report either tasting nothing (indicating deficiency) or a bad flavor (no deficiency). Zinc-rich foods include beef, chicken, beans, pumpkin seeds, cashews and chickpeas. To counter a deficiency, ask a family healthcare provider for an age-appropriate supplement dose.

Pamela Bond is the managing editor of Natural Foods Merchandiser.



Rethink your drink

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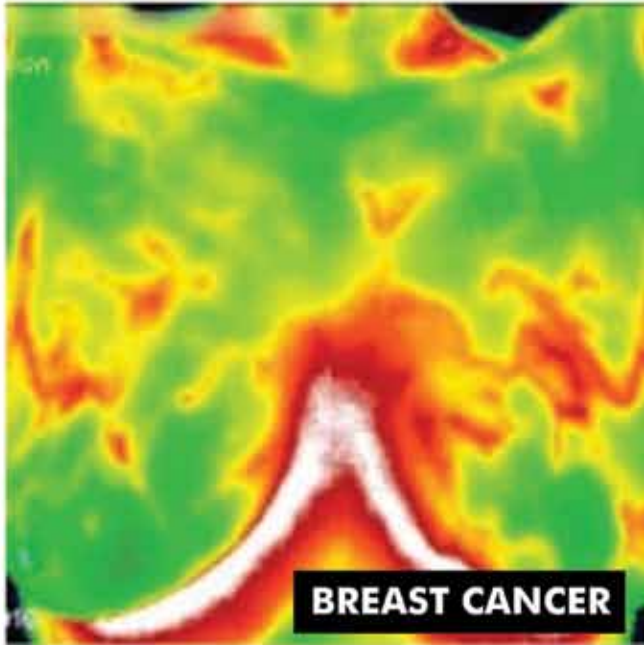
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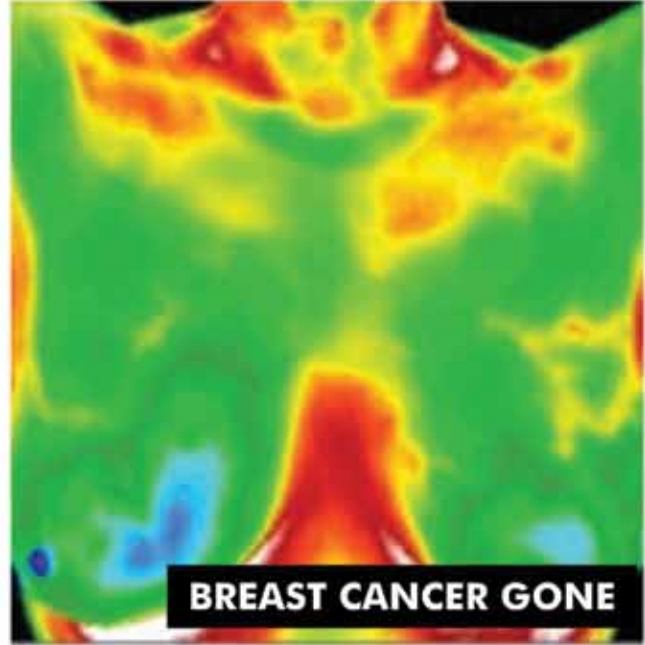
What's Wrong With My Body?

Thermography Imaging of the Breast

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



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



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

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1 in 3 Women Develop Breast Cancer in Louisiana

Source: American Cancer Society

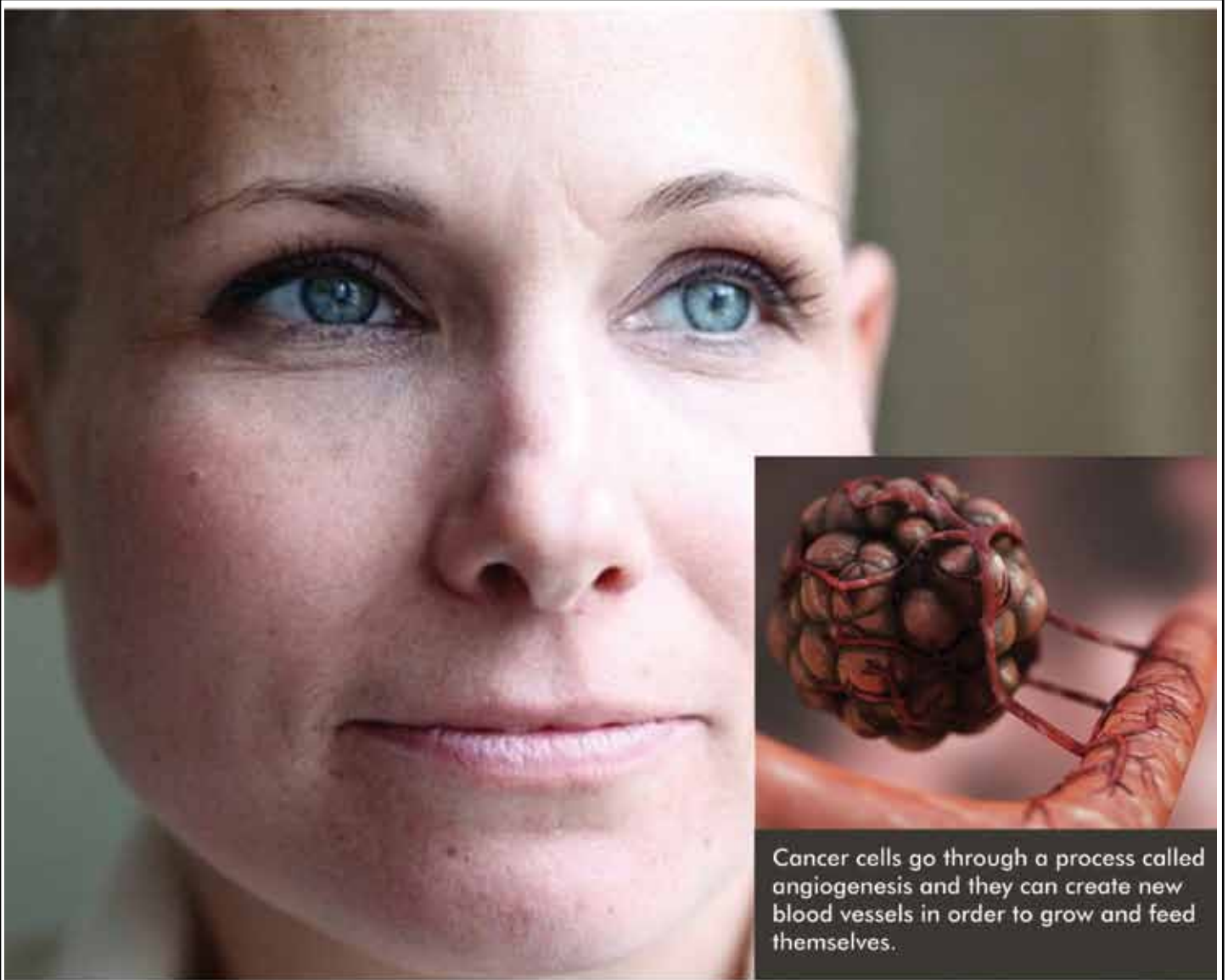
Cancer cells feed themselves through angiogenic blood vessels

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

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

**RESTORE
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**SEE PAGE
63**



Cancer cells go through a process called angiogenesis and they can create new blood vessels in order to grow and feed themselves.

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GLUTEN-FREE ON THE GO

Safe Eating Away from Home

by Judith Fertig

Although following a diet without gluten has become easier due to increased availability and labeling of gluten-free foods, we still need to know how to make sure which foods strictly qualify. We always have more control in our own kitchen, yet we're not always eating at home. *Natural Awakenings* asked experts to comment on reasons for the demand and offer practical tips and tactics for healthy eating on the go.

According to the Center for Celiac Research & Treatment, 18 million Americans are now gluten sensitive, 3 million more suffer from celiac disease, and the numbers continue to skyrocket, says Dr. David Perlmutter, a neurologist and author of *Grain Brain*. Gluten, a naturally occurring protein in wheat, barley and rye, is prevalent in the modern American diet. Perlmutter points to new wheat hybrids and increasing amounts of gluten in processed foods as exacerbating the problem. He particularly cites today's overuse of antibiotics and anti-inflammatory medications as contributors to "inappropriate and excessive reactions to what might otherwise have represented a non-threatening protein like gluten."

Solutions at Work

Jules Shepard, a mother of two in Washington, D.C., and author of *Free for All Cooking: 150 Easy Gluten-Free, Allergy-Friendly Recipes the Whole Family Can Enjoy* who also shares recipes at Blog.JulesGlutenFree.com, remembers when going out for a gluten-free lunch was difficult. "The friendly

lunch spots my coworkers and I used to enjoy on a weekly and sometimes even daily basis were no longer friendly for me," she says. "There was nothing on the menu I could eat, and it seemed better for everyone if I simply stayed in the office. But it isolated me socially from my colleagues and deprived me of a much-needed midday break that had been such an enjoyable part of my routine." Attending catered breakfasts or lunches for office meetings also presented difficulties.

Shepard learned that it's best to be prepared and pack something, even if it's only a snack. "Some of my favorites include fresh fruit, like apples or bananas with peanut or almond butter, washed berries, apple-sauce, coconut yogurt, hummus and red peppers, trail mix, dry cereals like granola, and nutrition bars. I keep a variety of these bars in my purse and car year-round, so I'm never bored with my choices."

"Gluten-free instant oatmeal is a staple in my life," advises

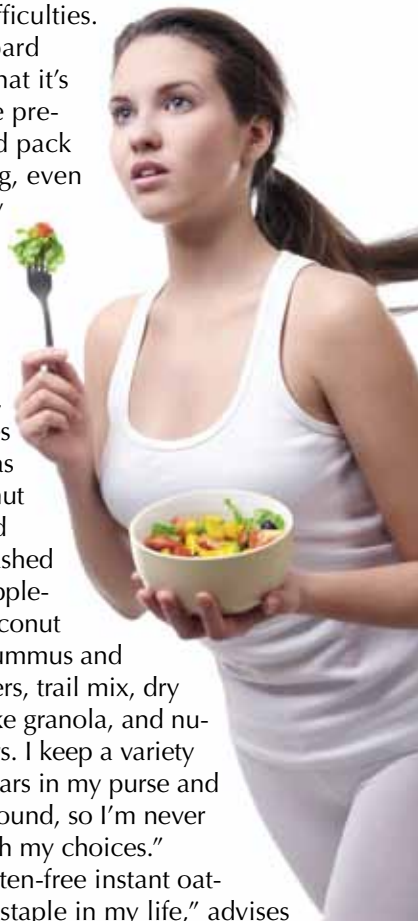
Shepard. She never leaves home without it, regardless of the length of the trip. "All you need is a cup or a bowl and some boiling water. Be sure to buy certified gluten-free oats, because regular oats can be contaminated with gluten grains." Shepard also recommends avoiding pre-sweetened varieties.

Kate Chan, a teacher and mother of two in suburban Seattle, Washington, who has been following a gluten-free diet since 2000, has solved the problem of eating healthy at work another way: The family cooks extra the night before. "While cleaning up the kitchen, I just pack the leftovers for lunch. I like to vary the side dishes a bit if I pack side dishes at all, and toss in fruit and more vegetables," she says. Chan likes to use a bento-style lunch box with several compartments, plus thermal containers, so she can enjoy a variety of gluten-free lunch options.

On the Road

In Los Angeles, California, Kristine Kidd, former food editor at *Bon Appetit*, has recently returned to gluten-free eating. On her menu-planning and recipe blog, KristineKidd.com, and in her cookbook, *Weeknight Gluten Free*, she recommends whole, fresh foods from farmers' markets that are naturally gluten-free. When she and her husband hike the Sierra Mountains, she carries homemade, high-fiber, gluten-free cookies to eat on the way up and packs gluten-free soups such as butternut squash and black bean, corn tortillas with fresh fillings, and fruit for a delicious lunch upon reaching the peak.

Some gluten-free snacks can contain as many empty calories as other types of junk food, notes Registered Dietitian Katharine Tallmadge. "Many 'gluten-free' products are made with refined, unenriched grains and starches, which contain plenty of calories, but few vitamins or minerals." She agrees with Kidd and others that choosing whole, natural, fresh foods, which are naturally gluten-free, makes for healthy eating wherever we go.





You Can Take It with You

by Judith Fertig

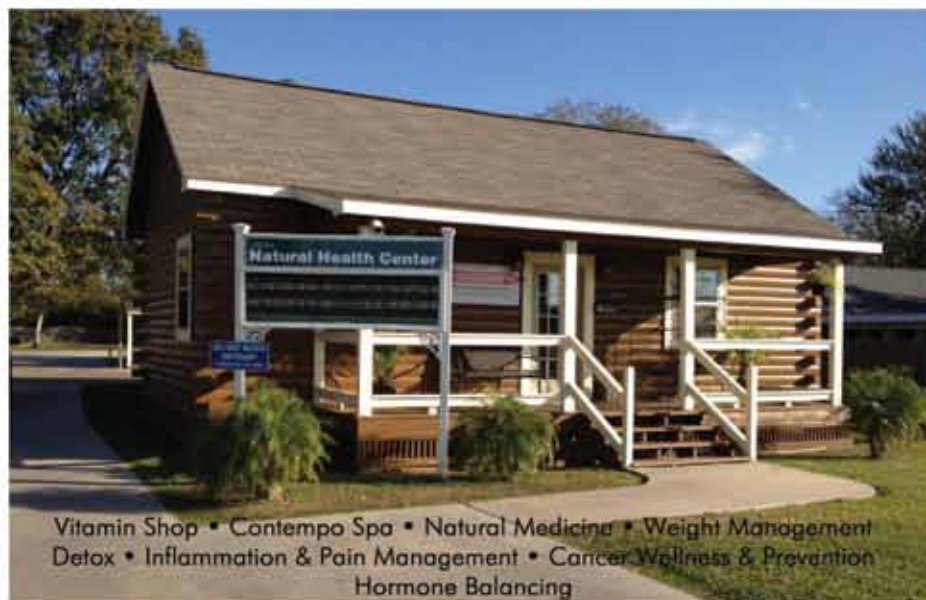
Our experts suggest delicious, nutritious choices for gluten-free eating at work, play or anywhere we wander. For food safety, keep foods that need to be kept hot and cold in separate thermal containers.

- ✓ Asian stir-fry with rice
- ✓ Baked egg frittata or baked egg "muffins"
- ✓ Baked falafel
- ✓ Baked polenta "fries"
- ✓ Baked sweet potato chips
- ✓ Certified gluten-free instant oatmeal, unsweetened
- ✓ Cheese on rice crackers with olive tapenade (purée)
- ✓ Corn tortillas with fresh fillings
- ✓ Fresh fruits
- ✓ Fresh salads, dressing on the side
- ✓ Gluten-free granola or granola bars
- ✓ Nori (seaweed) wraps
- ✓ Precooked quinoa with dried fruit and rice milk
- ✓ Raw vegetables with hummus
- ✓ Sandwiches made with whole-grain, gluten-free bread
- ✓ Smoked fish
- ✓ Stew, gumbo or vegetable sautés packed with cooked rice on top
- ✓ Vegetable soups with beans or rice
- ✓ Vietnamese pho (soup) with rice stick noodles



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Fever Blisters.

Fever blisters, also known as cold sores, are caused by the herpes simplex type 1 virus. An outbreak usually occurs on or around the mouth and typically heals within two to three weeks. Fever blisters can be a lifelong irritant, since the virus remains dormant in the body throughout your life. Outbreaks can be triggered by stress, overexposure to sunlight, hormonal changes, trauma to the skin, or a weakened immune system.

Fever blisters are painful, accompanied by tingling and burning sensations along with swelling and inflammation. They appear as a cluster of small, white blisters and typically manifest on the same spot or area whenever the virus gets activated.

Whole Milk for Fever Blisters

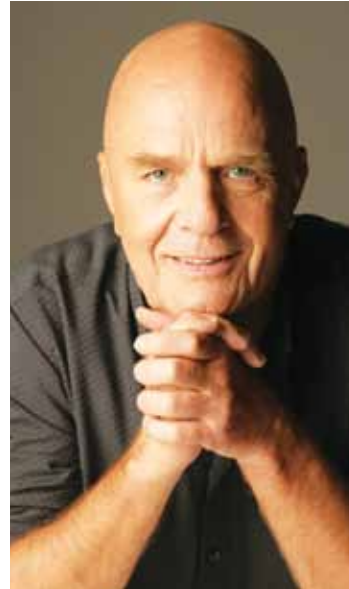
A very simple treatment for fever blisters is whole milk. Whole milk contains immunoglobulins and calcium, which help fight the virus that causes fever blisters. Plus, it has a type of fat known as monoglycerin with antiviral properties. Milk also helps accelerate the healing process. Soak a cotton ball in cold whole milk and apply the milk on the affected area. Leave it on for about 10 minutes. The cold milk will reduce the pain as well as soothe the tingling sensation. Do this several times a day for three to four days. Add turmeric to your milk to help reduce the pain associated with fever blisters.

For more information call the Natural Health Center in Carencro 896-4141.

From "Why Me?" to "Thank You!" Wayne Dyer on the Value of Hard Lessons

by Linda Sechrist

After four decades teaching self-development and empowerment and authoring more than 30 bestselling books, Wayne W. Dyer, Ph.D., shares dozens of events from his life in his latest work, *I Can See Clearly Now*. In unflinching detail, he relates vivid impressions of encountering many forks in the road, from his youth in Detroit to the present day, and reflects on these events from his current perspective, noting what lessons he ultimately learned.



these miracles show up.

There are 60 chapters in the book. Every time I finished one, I would think: "Now I can see clearly why I had to go through all of these experiences and learn all these lessons." As a result, I suggest that whenever something happens that leads you to ask, "Why is this happening to me?" shift instead to the awareness that all experiences, no matter what, are gifts.

What has writing this book taught you and how can it help others better understand their own lives?

My biggest lesson was that our whole life is like a checkerboard. When I looked back on my life, I began to realize this and gained an awareness of the fact that there's something else moving all of the pieces around. The key to attracting this mystical guidance into your life is to start with awareness that all things are possible and to forget about yourself. When you get your ego out of the picture, your inner mantra isn't, "What's in it for me?" and "How much more can I get?" Instead, when your inner mantra is, "How may I serve or what may I do for you?" and you practice consistently living this way, you attract this mystical guidance. I have found that the more I do this, the more

You describe the influential patterns and motivators in your life as diamonds and stones; how would you characterize your childhood years in foster homes?

I can now see that spending the better part of my first decade in a series of foster homes was all a part of God's infallible plan for me. I believe I was in a type of training camp for becoming a teacher of higher spiritual and commonsense principles. If I was going to spend my adult life teaching, lecturing and writing on self-reliance, then I obviously needed to learn to rely upon myself and be in a position to never be dissuaded from this awareness. What better training ground for teaching this than an early childhood that required a sense of independence and need for self-sufficiency? Now that I know that every encounter, challenge and situation is a spectacular thread in a

tapestry, and that each represents and defines my life, I am deeply grateful for them all.

Each of us has a mission of some kind to fulfill at the moment we make the shift from nowhere to now here, from spirit to form. I've seen firsthand how this universe has a creative source of energy supporting it that is literally the matrix of all matter. Nothing occurs by happenstance anywhere, because this universal mind is perpetually on call, going about its miraculous ways in terms of infinite possibilities.

What can you see clearly about your role as a parent?

I've watched my eight children show up from birth with their unique personalities and blossom into their own awakenings. I know for certain that the one Divine mind that is responsible for all of creation has a hand in this engaging mystery. Same parents, same environment, same culture and yet eight individuals, with their own distinctive character traits. Khalil Gibran stated it perfectly in *The Prophet*: "Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you yet they belong not to you."

Each of my children had their blueprint from God. My job has been to guide, then step aside and let whatever is inside them that is their own uniqueness steer the course of their lives.

What has your life taught you about prayer?

I feel that the prayer of Saint Francis of Assisi says it best: "Lord, make me an instrument of your peace. Where there is hatred, let me sow love. Where there is darkness, let me bring light. Where there is sadness, let me bring joy." The masters I've studied pray to become more godly, more like where we originally came from.

My prayer is always, "Help me to remind myself to get rid of this ego and to be like You are. Help me to be my highest self, the place within that is God."


Linda Sechrist is a Natural Awakenings senior staff writer. Visit ItsAllAboutWe.com for the extended interview.

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Online Friends Help Us Stay on Track

by Tamara Grand



Humans are inherently social creatures. Most of us enjoy the company of others and spend much of our waking time engaging in social interactions with colleagues, friends and family. People that spend a lot of time together often adopt one another's eating and exercise habits—sometimes for the better, but often for the worse.

At least one positive side to wishing to conform socially is unexpected. Finding the right circle of friends—our own personal support group—can make sticking to an exercise schedule or diet easier. It's a key factor in the popularity of organized weight-loss groups and exercise classes.

Studies published in the *Journal of Consulting and Clinical Psychology* and the *Journal of Obesity* demonstrate that just having a weight-loss or fitness support system in place results in better adherence to diet and exercise with more pounds shed and kept off over the long term. Researchers believe that in addition to the motivation and account-

ability supporters provide, benefits are also enhanced by learning through observing; changing our behavior through watching the actions and outcomes of others' behavior.

If we don't have physical access to a local support group, we can access one online or create our own, using one of the following social media platforms.

Facebook

The leading social networking website includes thousands of community and group pages devoted to weight loss, exercise and healthy living. Its search function helps find one that fits our needs. Make an introduction and join the discussion. Participating in a special challenge helps everyone stay motivated.

Twitter

This micro-blogging site is informal and fast-paced, providing nearly instantaneous feedback. Use Twitter to identify friends with similar health and fitness goals. Follow links to motivational photos, low-calorie recipes and at-home workouts. Tweeting when feeling the

urge to eat virtually guarantees that we'll receive a helpful response in a minute or two. Twitter chats are also a fabulous way to connect with an established and helpful healthy living tribe.

Pinterest

A visual smorgasbord of clean-eating recipes, at-home workouts and inspirational photos keeps spirits up. Pinterest accesses photos throughout the Internet that we can grab and "pin" to a personal online vision board. It's also possible to create a visual cookbook, pinning recipes to, for example, clean eating, Paleo, pumpkin and oatmeal themed boards. It's fun to connect with our favorite healthy living peeps and start following

their boards for continuous injections of inspiration and motivation.

Instagram

Love to take photos using a smartphone? Instagram provides a platform for sharing snippets of our day via pictures. Fitness fans regularly "Instagram" their meals and workouts, in part to remain accountable to their online followers, but also to help motivate themselves and others to make healthy choices each day.

YouTube

Our go-to resource for music videos is also home to hundreds of healthy living "channels". Want to follow someone's 100-pound weight-loss journey, learn

how to cook quinoa or follow along with free, at-home workout videos? This is the place. Watch, share and comment on a favorite YouTube video to become part of its online community.

The key to using social media to improve our health and fitness is inherent in the name. It's a friendly way to interact, participate and engage with others.

*Tamara Grand, Ph.D., is a certified personal trainer and a group fitness and indoor cycling instructor in Port Moody, British Columbia, in Canada. Her new book is *Ultimate Booty Workouts*. She contributes to *Life.Gaiam.com* and blogs at *FitKnitChick.com*.*

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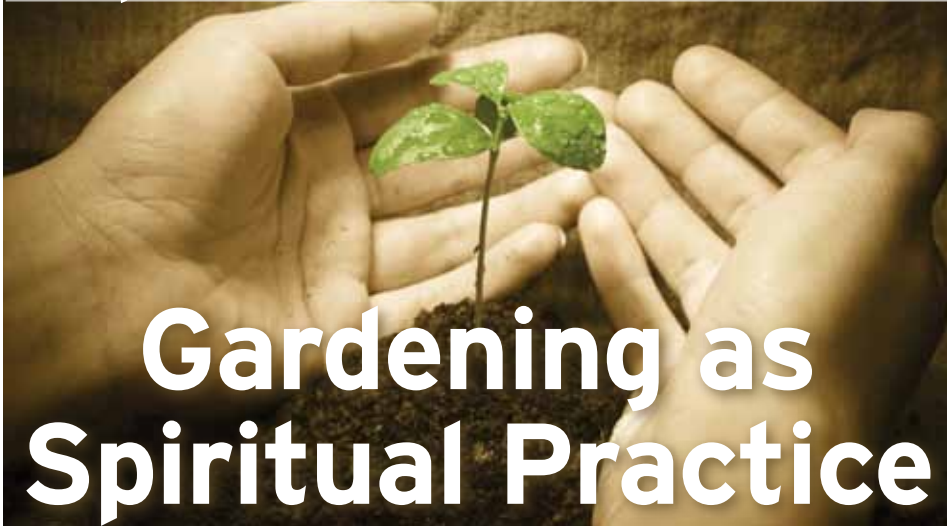
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Gardening as Spiritual Practice

Cycles of Growth Cultivate Our Divinity

by April Thompson

“Gardening is not about having or taking; it’s about giving,” says Connecticut psychotherapist Gunilla Norris, author of *A Mystic Garden: Working with Soil, Attending to Soul*. “And in giving, the garden gives back to you.” She deems the art of practicing gratitude in the garden as an intentional path for cultivating spirituality. “Every day, go out and thank the ground. Life is burgeoning all around us, all the time,” she continues. “If we can just appreciate that, it’s a big deal.”

It’s hard not to be humbled and awed by the miracle of life when we see a seedling push its tiny green head above ground, lean toward the sun and unfurl its first set of leaves. Each bit of plant life is simply fulfilling its mission to grow and be.

“Gardening enhances our relationship to the Earth. Through gardening, we are helping to heal the planet, which is part of the work we are all called to do,” remarks Al Fritsch, a Jesuit priest in Ravenna, Kentucky, and author of the e-book, *Spiritual Growth Through Domestic Gardening* (free at EarthHealing.info/garden.htm). Over his lifetime, Fritsch has helped turn a parking lot, a section of church lawn, and overgrown bottomland all into thriving gardens. In his view, “It gives us a sense of home, roots us in place.”

We can even discover our personal calling through cultivating a garden while gleaning endless spiritual lessons: Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as

we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life, death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again.

Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a spiritual life surpass the striving. We do well to rejoice in the sacred space created, cherishing every spiritual quality nurtured within and reflected in the Divine handiwork. Breathing in the floral perfume carried by the breeze and reveling in the multi-hued textures of living artistry, we celebrate the fact that we too, are playing our part of the natural miracle of life.

Connect with freelance writer April Thompson at AprilWrites.com.

NATURAL MEDICINE

Infrared saunas promote emotional well-being. In a study of 45 people, mood was measured before and after a infrared sauna. Afterward, the participants had less anxiety, depression, and anger, reported Japanese researchers in the journal *Complementary Therapies in Clinical Practice*.

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All cells need a supply of oxygen and nutrients, and cancer cells are no exception. Without their own blood supply to nourish them, tumours cannot grow larger than the size of a grain of sugar.

As a tumour grows, it sends out signals to nearby blood vessels. These cause new blood vessels to sprout towards the tumour, effectively hijacking the blood supply. Scientists call this process angiogenesis.

Source: Cancer Research UK

A cancer cell needs:

- acidic tissue and fluids to survive in
- a low oxygen environment
- stagnant lymph can feed cancer cells

Antiangiogenic Foods:

Green tea Strawberries Blackberries Raspberries
Blueberries Oranges Grapefruit Lemons Apples
Pineapple Cherries Red wine Wheatgrass



Supplement Facts

Amount Per Serving	% Daily Value
Servings Per Container: 30	
Total Carbohydrates	10g 3%
Dietary Fiber	2g 8%
Sugars	4g 8%
Organic Phytonutrient Fruit & Vegetable Blend	440mg **
Organic Apple Powder	
Organic Strawberry Powder	
Organic Cherry Powder	
Organic Blueberry Powder	
Organic Raspberry Powder	
Organic Beet Powder	
Organic Kale Powder	
Organic Carrot Powder	
Organic Spinach Powder	
Organic Tomato Powder	
Organic Greens Blend	320mg **
Organic Spinules	
Organic Wheatgrass Powder	
Organic Batley Grass Powder	
Organic Cat Grass Powder	
Organic Flax Seed Powder	1210mg **

* Percent Daily Value based on a 2,000 calorie diet.
** Daily Value not established.
Other ingredients: Organic evaporated cane juice.

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DIRECTIONS: 2 Tablets 3-4 times daily with water. (See label for full directions.)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 62.5

Amount Per Serving	% Daily Value
Contains:	
Pancreatin 4x USP	750mg
Papain	600,000 USP
Bromelain	720 GDU
Trypsin	8,000 USP
Chymotrypsin	250 USP
Rutin	400mg
White Willow Bark (15% salicin)	100mg
Turmeric root	100mg

* Daily Value not established

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.

AVAILABLE AT:

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Natural Health Center 896-4141

Sunset, LA
DHARMA WellnessCenter 662-3120

Opelousas, LA
Benny's Supermarket 948-6533

Lafayette, LA
Drug Emporium 261-0051

naturalpet



photo by Dog Scouts of America

Dog Scouts of America

Dog Troops Also Earn Badges and Go to Camp

by Sandra Murphy

Scouts, badges, troops and summer camp—they're not just for kids anymore. Dog Scouts of America is a new twist on tradition that is fun for all ages.

Dogs, their owners and the larger community all benefit when a pet earns the basic Dog Scout certification badge. Any dog can participate, as long as he's well-behaved. To qualify for the initial badge, he must be able to heel without pulling, greet a person calmly, meet another animal without overreacting and to see food and leave it alone. The test criteria are similar to that used for the Canine Good Citizen certificate from the American Kennel Club.

Tests can be videotaped if there's no organization evaluator in the area. Once the dog's earned the basic Dog Scout badge, the rest of the badges are optional, depending on how involved human-canine pairs wish to get. Instead of pursuing a particular sport or activity, scouting allows the dog to dabble and find what he likes best. Distinctive badges can be earned in separate ability levels including obedience, community service, trail work, nose work, water sports, pulling, herding and lure coursing (a performance sport first devel-

oped for purebred sighthound breeds). Handlers can also earn badges in canine care, first-aid and sign language. All training is based on positive behavior and reinforcement on everyone's part.

"We don't want dogs to be an accessory or a lawn ornament; they are part of the family, and a lot of fun, besides," explains Dog Scouts president Chris Puls, of Brookville, Indiana. "As trainers, we have to figure out how to communicate with another species."

Most members engage in scout activities with more than one dog. Requirements for operating a troop are flexible, but holding four meetings a year is recommended. Meetings don't have to be formal—a group hike in the woods counts. Other activities may include backpacking, biking, camping and treasure hunts like letterboxing and geocaching.

If Sparky would like to try flyball, (timed relay races with balls) or treib-ball (urban herding of Pilates balls), but has no opportunity for these pursuits on his home turf, summer camp is a good

forum to investigate lots of options. Weekend camps are held in Maryland in July and Texas in November. Week-long camps are held in Michigan in June and July.

“Many people bring more than one dog to camp,” says Allison Holloway, who works in financial account services for the U.S. Department of Defense, in Columbus, Ohio. “I take six dogs with me and each has his or her favorite activity, which I like, because it’s too much for one dog to go from early morning until late at night. New members often say they come to camp just for the fun and camaraderie, but they usually end up collecting badges like the rest of us. It’s a great reminder of what you and your dog did at camp together.”

One of Holloway’s dog scouts has special needs. Lottie Moon is a double merle, all-white, Australian shepherd that doesn’t let being deaf or blind slow her down. Last year she surprised her owner by earning an agility badge at camp. “I think she sees shadows and movements. I place a dowel rod in front of the jump and she knows that when she touches it, it’s time go airborne,”



photo by Dog Scouts of America



photo by Martha Thierry

says Holloway. “Lottie inspires and motivates me.” Holloway received the Dog Scout’s 2013 Excellence in Writing Award for her blog at Lottie-SeeingIntoDarkness.blogspot.com.

Many Dog Scout troops serve their communities to show how dogs can

and should be integrated into daily life. In Wyoming Valley, near Wilkes-Barre, Pennsylvania, Phyllis Sinavage, office manager for a wholesale distributor, reports on recent activities conducted by Troop 221. “We’ve donated oxygen masks for pets to local fire departments and emergency services. We raise funds to buy them and also have oxygen mask angels that donate the price of a mask in memory of a pet. One third grade class raised enough money to purchase two masks after we visited and did a bite prevention class.”

The Dog Scouts of America Hike-a-Thon, in May, is the nonprofit organization’s annual fundraiser, open to everyone willing to ask friends and family members to pledge funds for distances walked. It’s a good way to partner with the dog for quality outdoor time, spread the word about Dog Scouts and enjoy the spring weather.

Learn more and join with others for a troop experience at DogScouts.org.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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calendarofevents

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.

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SATURDAY MARCH 8

New Iberia Azalea Trail – Daily thru Mon, March 31. Azaleas bloom early each Spring flooding the landscape with a sea of red, pink, white, purple and salmon. Self-guided driving tour offers a glimpse of beautiful flowers along the trail at various locations. Main Street, New Iberia. IberiaTravel.com, [Facebook.com/VisitIberia](https://www.facebook.com/VisitIberia). 337-365-1540.

Jeanerette Sugar Rush 5K – 7:30am, Sign-in. Run 8:30am. Welcome speech by Jeanerette Mayor, April Foulcard. Register for 5K run or sign up as a market vendor. Acadiana's Hope for a Cure Society. Phaedra Stockstill, Phaedra.Stockstill@gmail.com, 985-714-6438. Danette Guillotte, DGuillotte@IberiaMedicalCenter.com, 337-519-8576. JeaneretteChamber.org. 337-276-4293.

Jeanerette Farmers Market Spring Fling Market – 8am-2pm. More than 30 vendors with home goods, produce and crafts. Food and entertainment available during extended hours. Jeanerette City Park. JeaneretteChamber.org. 337-276-4293.

Shadows Arts and Crafts Fair – 9am-4pm. More than 90 vendors display in the Shadows gardens. Paintings, jewelry, children's clothing, cypress furniture, candles, wine. Shadows-on-the-Teche, 317 E Main St, New Iberia. ShadowsOnTheTeche.org. 337-369-6446.

Living Legends – 2-6pm. Induction ceremony of business owners Donna and Calvin Touchet into "The Order of Living Legends" with live Cajun music. Free. Museum Café, 102 East Edwards, Erath. AcadianMuseum.com. 337-233-5832 or 337-937-5468.

MONDAY MARCH 10

"Spotlight on Louisiana Artists" Exhibit – 9am-5pm. Mon-Fri thru March 31. Art exhibit by L'Acadian Art Guild. Shadows-on-the-Teche Visitor Center, 320 E Main St, New Iberia. ShadowsOnTheTeche.org, [Facebook.com/ShadowsOnTheTeche](https://www.facebook.com/ShadowsOnTheTeche). 337-369-6446.

TUESDAY MARCH 11

Memorial Service – 6pm. By Deacon James Davis and the chaplain staff for those who have lost a loved one this year. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

SATURDAY MARCH 15

Festival of Live Oaks – 9am-5pm. Festivities include an Easter egg hunt, arts and crafts, music, workshops, barbeque cook-off and refreshments. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-369-2337.

Kaplan Arts Council Annual Zydeco Brunch – 9am-12pm. Breakfast buffet, music by Zydeco Ray & the Creole Knight Riders, artist honoree Gregory Meaux and student art exhibit. \$15. Kaplan American Legion, Kaplan. 337-643-1806, 337-643-2894.

SUNDAY MARCH 16

Celebrating The Spring Equinox – 1-3pm. Get in touch with the Earth rhythms and stay balanced and connected to nature. Learn about spring equinox celebrations and associated herbs. Pre-registration

required. \$20. Diane Queen, Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. Earth-N-Herbs.com. 337-662-4022.

MONDAY MARCH 17

"I Don't Know What to Say" – 9am. Understand the grief process and learn ways to support those who grieve. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

THURSDAY MARCH 20

Keeping our Heart Healthy with Dr Gus Ingradil – 12-1:30pm. Learn about heart disease. Additional information provided by the American Heart Association. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Sounds in the Square Spring Series – 5:30-9pm. Live music concert series with refreshments sold by Allumé Society. Magdalen Square, Abbeville. 337-893-8550, 337-893-4110.

FRIDAY MARCH 21

Maltrait Spring Bazaar – 5:30-10pm. Thru Sun March 23. Family event featuring a street fair, live music, bingo, games and auctions. Vrml.k12.la.us/mnms. 337-643-7765.

SUNDAY MARCH 23

Bowl for Kids Sake – 11am-2pm. Have a good time and help friends in need. Bayou Pins, 1502 E Main St #B, New Iberia. AcadianaBigs.com. 337-364-3075.

THURSDAY MARCH 27

Understanding Colorectal Cancer – 12-1:30pm. Insight on colorectal cancer early detection, screening, risk factors and treatment. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Sounds in the Square Spring Series – 5:30-9pm. Live music concert series with refreshments sold by Allumé Society. Magdalen Square, Abbeville. 337-893-8550 or 337-893-4110.

A Healthy Look At Food – 6:30-8:30pm. A positive view about nourishment. Tune into your body and thoughts. Learn how attitude and commercialism affects the body. Pre-registration required. \$20. Diane Queen, Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. Earth-N-Herbs.com. 337-662-4022.

SATURDAY MARCH 29

Wiener Dog Races – 10am. Family day of fun with wiener dog and other dog breed races. Enjoy dog contests and delicious food. \$5/Adults and \$2/children under 10 yr. Erath High School Stadium, Erath. 337-893-2491.

SUNDAY MARCH 30

Clearing Your Ancestral Energies – 1-3pm. A journey into the realm of your ancestors and the patterns of energy left over from their lives that may be influencing your own. Learn about family spirit and the karma being lived and relived. Presented by Joie Connelly. Pre-registration required. \$20. Diane Queen, Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. Earth-N-Herbs.com. 337-662-4022.



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- DHARMA Wellness Center, Sunset
Address: 166 H Oak Tree Park Drive Telephone: 662-3120
- Benny's Sport Shack, Opelousas
Address: 800 S. Union St. Telephone: 948-6533
- Road Less Traveled, Lafayette
Address: 312 Goubeau Rd. Telephone: 988-9889

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ongoing events

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sunday

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

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

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

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

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

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

monday

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

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

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

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

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

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

tuesday

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

Baby Time – 9:30-10am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

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

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

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

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

Guitar for Kids – 5-5:45pm. From chord structure and progression to rhythm and strumming, this is a great class for building a solid musical foundation.

The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

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

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

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

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. Hosted by the South Regional Library. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

wednesday

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

Toddler Time – 10:30-11am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

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

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

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

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

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

thursday

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

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

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

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

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

Rhythms on the River – 5:30-8:30pm. Live music, fun and refreshments. Leave ice chests and pets at home. River Ranch Town Square, Lafayette. 337-216-6566, RiverRanchDevelopment.com.

friday

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

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

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

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

Begnaud House Cajun Acoustic Jam Session – 6pm. Plenty of music and great fun with locals speaking Cajun French. Fresh coffee, cool drinks, plenty of chairs, friends to share music, stories, jokes

and Joi de Vivre. Come with or without instruments and jam with us. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

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

saturday

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

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

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

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

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

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

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

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, weather and river conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle for free. Margo Addison.

Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

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

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

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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

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

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

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

Jefferson Street Story Times – 10:30am-11am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St Lafayette, 337-261-5787.

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

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

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

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

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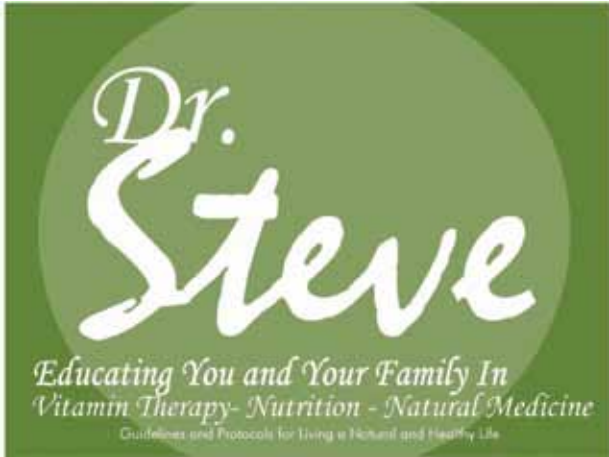
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Naturopathic Doctors

Natural Medicine

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naturopathic medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

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

Naturopathy is a form of alternative or complementary medicine.

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

The Basics of Naturopathy

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

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

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

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

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and

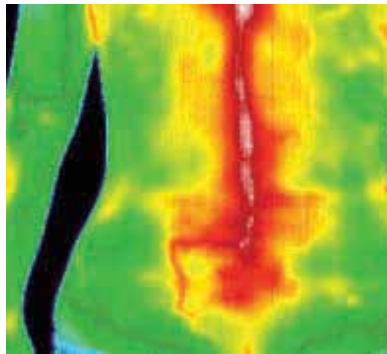
Is Naturopathy for Me?

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

What Can I Expect?

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

the natural path



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See
Page 25

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