

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

Putting the Brakes on

## CLIMATE CHANGE

We Still Have Time

## Trekking as Pilgrimage

A Literal Path to  
Personal Growth

## Shop with the Planet in Mind

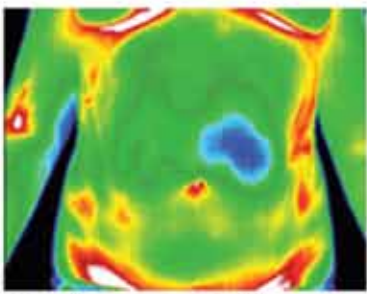
## Creating TIME

To Reclaim Your Life

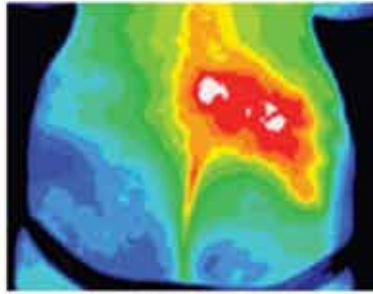


EVERY ISSUE IS  
A GREEN ISSUE

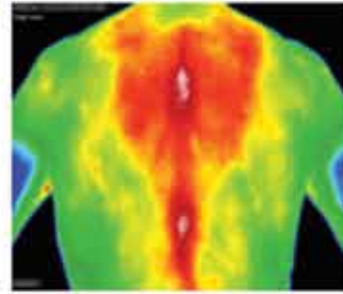
October 2013 | S.W. Louisiana-Acadiana Edition | [www.NAcadiana.com](http://www.NAcadiana.com)



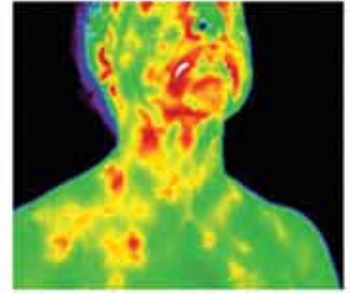
Hypothermia in the Stomach



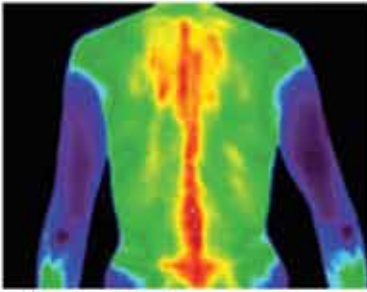
Shingles



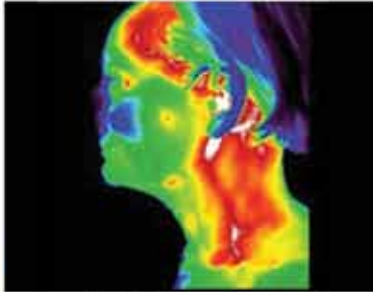
Lung Cancer



Periodontal Disease



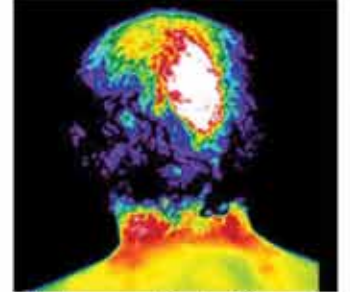
Spinal Inflammation



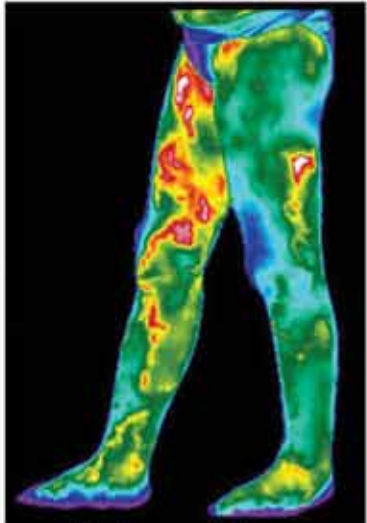
Carotid Artery Inflammation



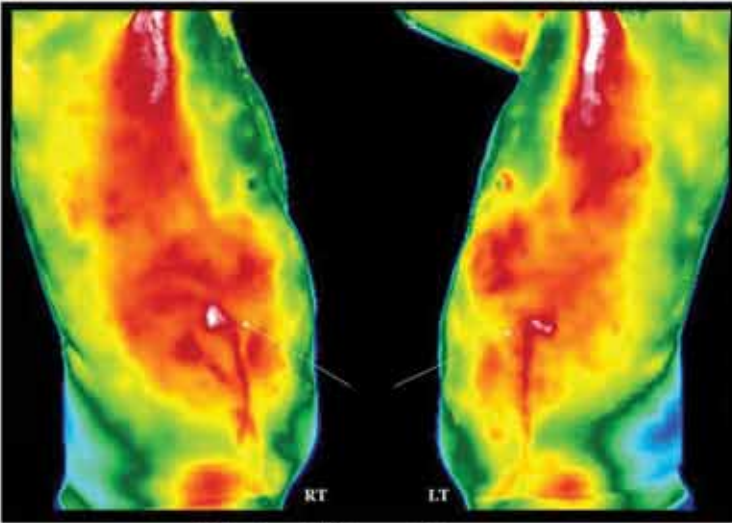
Poor Circulation Left 4th & 5th Finger



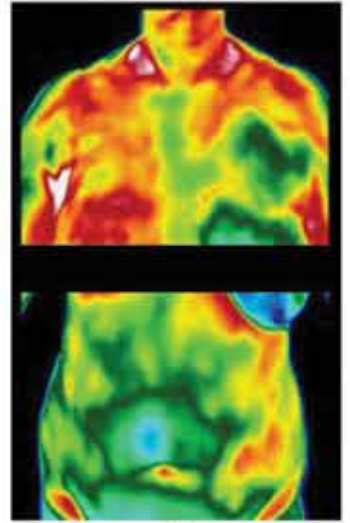
Melanoma-Scalp Cancer



Varicose Veins



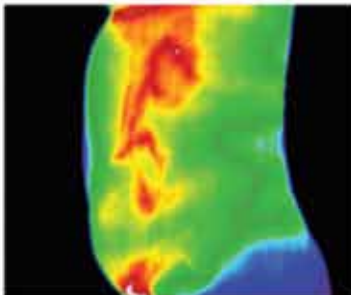
Bilateral Kidney Stones



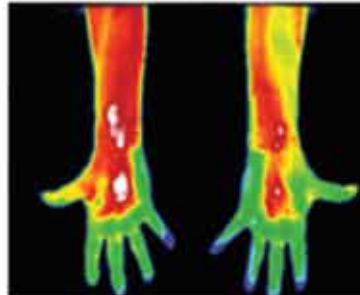
Breast Cancer



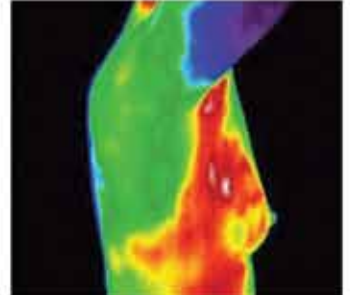
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

## \$94 Full-Body Thermography Screening



liteon

Natural Health Center

*Powerful, Positive Healing for Life*

Call **896-4141** to schedule

Thermography is used to:

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



# Natural Medicine

PAIN RELIEF • SWELLING • INFLAMMATION



- Arthritis
- Tendonitis
- Neck Aches
- Joint Pain
- Muscle Pain
- Stiff Joints
- Cramps
- Back Pain

liteon  
NUTRACEUTICALS  
100 E. Angela St.  
Covington, LA 70520

**Inflammation and Pain**  
**Pain & Inflammation**  
ENZYME BLEND

60 Vegetarian Tablets  
HIGH POTENCY  
Food Based Supplement

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	9,000 USP **
Chyrotrypsin	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:

- Carencro, LA**  
Natural Health Center 896-4141
- Sunset, LA**  
DHARMA WellnessCenter 662-3120
- Opelousas, LA**  
Benny's Supermarket 948-6533
- Lafayette, LA**  
Drug Emporium 261-0051



## Organic Frozen Wheatgrass Juice



Wheatgrass juice is potent raw, living food.

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the juice is 70% chlorophyll and since the

chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body

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

## Green Waters Alkaline Water

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



## WheTea Weight loss drops

**THERMOGENIC FAT BURNER**  
(Wheatgrass + Green Tea Concentrated Extract)

contains  
**100% Organic Wheatgrass**

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

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



# prevention.

is the best way to beat cancer, heart disease, and chronic disease

**wellness is the best way to live**



Dr. Steven T. Castille, BSc, MS, DNM  
natural medicine

*Biochemist, Clinical Herbalist, and Doctor of Natural Medicine*

# THE BEST NATURAL MEDICINE

has to offer

is found in good nutrition, proper immune function, and good elimination and digestion

We offer state-of-the-art thermography imaging, laboratory testing with comprehensive metabolic, lipid, liver, general chemistry, electrolyte, kidney, renal function panels. Every patient and client is tested for full-body composition including pH, body mass index, resting metabolism, and O<sub>2</sub> level. We provide blood pressure and cholesterol screening.

## Our Staff

Our staff includes registered nurses, certified natural health consultants, nutritionists, wellness coaches, laboratory technicians, and thermography imaging specialists.

Miyoko Broussard, Natural Health Consultant  
Kimberly Kasmussen, Licensed Massage Therapist  
Brooke Thevis, Wellness Coach  
China Ledel, Wellness Coach

Gina Sassou, Thermography Tech  
Megan Reed, Thermography Tech  
Martha Francis, Laboratory Tech



We farm, grow, and harvest our own wheatgrass.



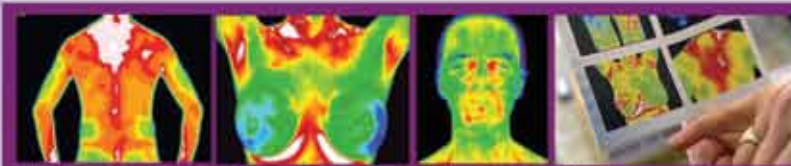
Jennifer Arvie  
Registered Nurse



Tre' Gradnigo  
Certified Natural Health Consultant



We have a licensed medical laboratory and food-based vitamin pharmacy.



We have a state-of-the-art thermography imaging center.

SCHEDULE a

# naturopathic doctor visit (337) 896-4141

\* All Office Visits are \$94 for 30 min to 1 hour visit. Includes written evaluation and recommendations. We only use research-based nutrition and natural medicine.





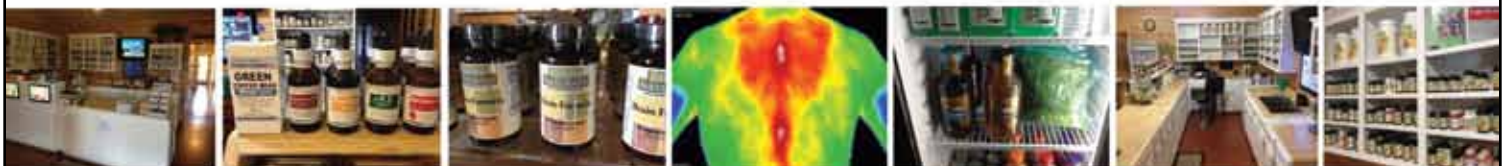
# Natural Medicine

## The Old Way - Before Drug Therapy

Nutrition • Diet & Food • Home Remedies • Naturopathy • Vitamin Therapy • Wellness

See our Natural Remedies Guide for:

- Acidosis
- ADD/ADHD
- Acne
- Age Spots
- Allergies
- Alzheimer's
- Anemia
- Anxiety/Panic Attacks
- Appetite Stimulant
- Appetite Suppressant
- Arteriosclerosis
- Arrhythmias
- Arthritis
- Asthma
- Backache
- Bad Breath/Halitosis
- Baldness
- Bladder Incontinence
- Bladder Infection
- Blood Clots
- Blood Count
- High/Low Blood Pressure
- Boils
- Breast Cysts
- Bronchitis
- Bursitis
- Candida
- Carpal Tunnel
- Cataracts
- Cholesterol
- Chronic Fatigue Syndrome
- Circulation
- Cirrhosis
- Cold Sores
- Colic
- Common Cold
- Constipation
- Dandruff
- Depression
- Diabetes
- Diarrhea
- Diuretic
- Diverticulitis
- Dizziness (Vertigo)
- Dry Skin
- Ear Infection
- Eczema
- Emphysema
- Endometriosis
- Energy
- Estrogen Dominance
- Fever
- Fibromyalgia
- Flu (Influenza)
- Food Poisoning
- Female Problems
- Gall Bladder
- Gingivitis
- Glaucoma
- Gout
- Hay Fever
- Headache/Migrane
- Heartburn
- Hemorrhoids
- Hepatis
- Herpes
- Hiatal Hernia
- Hives
- Hot Flashes
- Hyperthyroid
- Immune System
- Indigestion
- Infertility
- Insomina
- Irritable Bowel Syndrome
- Kidney Stones
- Leg Cramps
- Lupus
- Lyme Disease
- Memory
- Menopause
- Morning Sickness
- Muscle Cramps
- Nervousness
- Osteoarthritis
- Osteoporosis
- Parasites
- Parkinson's Disease
- Pneumonia
- Poison Ivy/Oak
- Prostate Problems
- Psoriasis
- Rheumatism
- Rosacea
- Shingles
- Sunusitis
- Sore Throat - Strep
- Stress
- Sweating
- Tendonitis
- Ulcers
- Varicose/Spider Veins
- Viral Infection
- Warts
- Water Retention
- Weight Loss
- Yeast Infections



Call **896-4141** Carencro Office **662-3120** Sunset Office to schedule an appointment.

# publisher's letter



A good friend recently introduced to me (Steve) the song, *This Time*, by musician and songwriter John Legend. In it, Legend sings, "This time I want it all." For us, that lyric was particularly thought-provoking.

Have you ever lost someone you loved and wished you had a chance to do it all over again? Whether it was a parent, sibling, friend or partner, we often live with regret and wish we could go back in time and make changes. The fact is, we have that chance, right now, to embrace the most

sacred moments in our life—the ones spent with those most dear to us.

Time and our health are our two most valued possessions. Time gives us the opportunity to heal from physical, emotional and spiritual wounds, but our health gives us the time to do it.

Over the past three years, we have seen hundreds of people walk through our doors. With each person we meet, we try to learn something new and something positive that might inspire us to live differently. Our goal is to incorporate what we learn into our own lives and then inspire others to do the same. Recently, we had the pleasure of meeting Mr. and Mrs. Bernard—both in their 70s and a picture of perfect health. When asked their secret to looking so good, they both said, "We live in the present. We spend our money on food, nutrition and health and less on the material things in life. We like to live simple. We learned in our early 40s—after Mr. Bernard suffered a mild stroke—that our life together could end instantly and we were not done living. We had missed so much in life that we could have done." The two looked at each other and Mrs. Bernard added, "After the stroke we promised ourselves that we would live more and this time we wanted it all."

Now is the time to honor what is sacred to us before it is gone. Honoring the sacred means choosing to make each moment count. It's a tiny shift in perception that assigns meaning and importance to each moment. It means stopping to notice the beauty and love around us and within us, and being fully present in each moment, because only the present moment truly exists. Tomorrow and yesterday do not exist—only the present is real.

With more than 7 billion people in the world it is never a mistake when we meet someone. Destiny and faith have a way of making things happen as they are supposed to happen. You might say this is dharma—the natural order of things.

We ask you to remember that your life today is the result of your attitudes and choices in the past. Your life tomorrow will be the result. But, this time is the only time that is real. Live in the present. Most importantly, with this time, you should want it all.

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



*Steve & Michelle*

Steve and Michelle Castille, Publishers



## contact us

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## advertising & submissions

### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-4141 or email [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com). Deadline for ads: the 10th of the month.

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

Email Calendar Events to: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com) or fax to 337-896-4141. Deadline for calendar: the 10th of the month.

### REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit [NaturalAwakeningsMag.com](http://NaturalAwakeningsMag.com).

[www.NAacadiana.com](http://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.*

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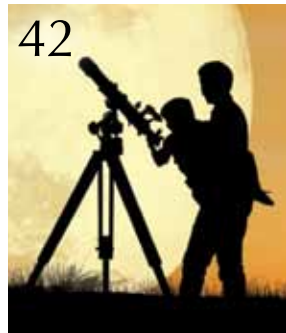
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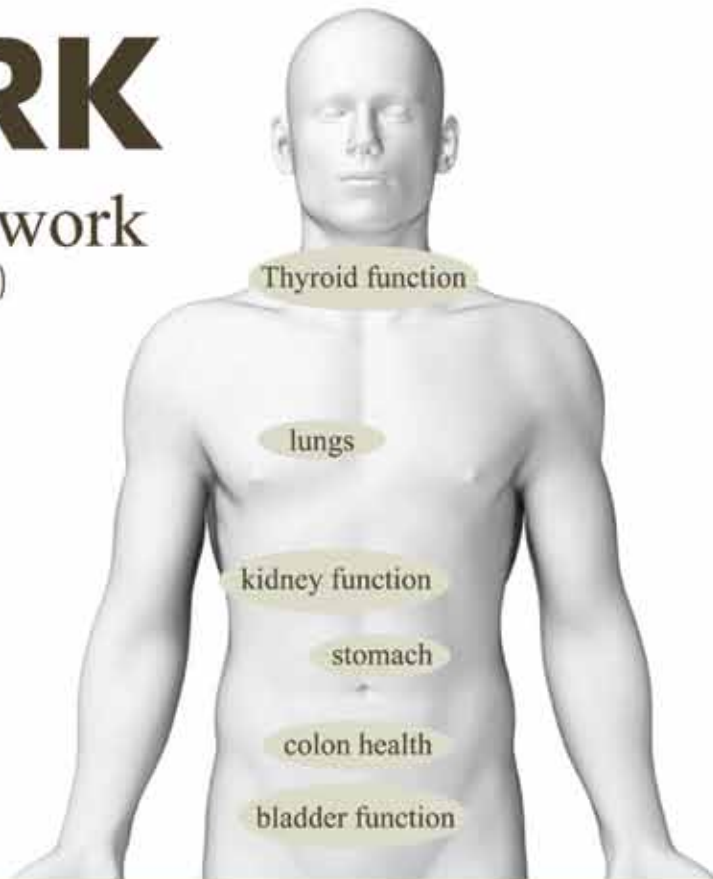
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# LABWORK

\$94 for complete labwork  
(comprehensive metabolic panel)



## Why do doctors have lab work done on a patient?

This will check for things like low iron (anemia), infections, some cancers, arthritis and inflammations, and immune system functionality.

### Now you can get labwork without having doctor's orders.

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.

cancer  
diabetes  
heart disease  
alzheimers  
dementia  
inflammation

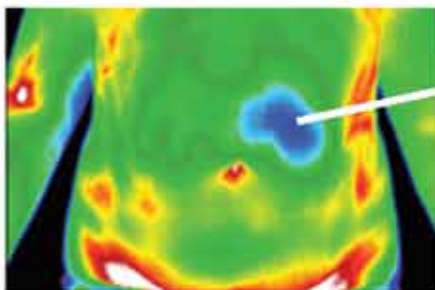
Call our lab and schedule your labwork  
(337) **896-4141**



**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



 **liteon**  
**Natural Health Center**  
*Powerful, Positive Healing for Life*

Call **896-4141** to schedule

Thermography is used to:

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

## New Book Helps Readers Find Joy



Life's journey toward emotional and spiritual healing and recovery does not have to be a dark path that is walked alone. Joy Comes in the Morning, a new book from author Phyllis R. Thompson, helps readers see that joy does indeed come in the morning. The book has been used as a tool to assist young children with their personal losses. Readers are able to identify with the stories written and have expressed that the book was easy to read and hard to put down. It makes the perfect gift to

help someone begin their healing and recovery from any loss.

Within the pages of Joy Comes in the Morning, individuals will read about Thompson's life experiences, real people who have affected her life and significant adversities that she faced during her life. These heartwarming stories will open the mind to the reality of what it really takes to persevere in the world we live in today. She says she wrote the book to enlighten people about family matters, emotions and taking a journey toward recovery after suffering from grief and loss. A companion journal, Joy Comes in the Morning: A Companion Journal of Recovery, is also available.

For more information or to purchase, visit [Oldmp.com/joy.htm](http://Oldmp.com/joy.htm).

## Get Ready to Live Fit



Ready Fit Meals is the easy, affordable way to increase energy and fuel our life with nutritional food that tastes good. Cooked fresh daily with all natural ingredients and never frozen, the gourmet meals and snacks can help individuals manage their weight and achieve their fitness

goals. Convenient options, such as dine in, take out, delivery and online ordering, make it ideal for the busy lifestyle. Whether one is looking to get fit, stay fit or simply eat healthy, the friendly staff is there to help.

Location: 317 Heymann Blvd., Lafayette. A second location on Ambassador Caffery Parkway is coming soon. For more information, call 337-534-0621 or visit [ReadyFitMeals.com](http://ReadyFitMeals.com). Mention Natural Awakenings and receive 10% off your entire purchase.

## Clean and Green



Products from the American Green Manufacturing Company allow people to clean their house the green way. The company has been revolutionizing the way we buy consumer goods and puts customers and product quality first. They offer everything from laundry detergents, bathroom cleaners, wood cleaners, glass cleaners, floor cleaners and over 350 other

consumer goods items manufactured in the U.S. It will be difficult to find a company that cares more about the well-being of individuals and their families.

For those interested, the company allows opportunities to work from home. For more information, visit [FamiliesWorkFromHome.com](http://FamiliesWorkFromHome.com).

## Express Yourself with Sweet Creations



Looking for a sweet treat? At Cookie Express, in Carencro, Norma Broussard creates fresh baked cookies, cakes, cupcakes, cake balls and more. Although the shop has only been in business for the past three years, she has been baking for more than 23 years.

Treats are baked to order and are unique, personalized and delicious. Free consultations are available for weddings and large events. Gift certificates are also available.

For more information, call 337-322-2145 or email [CookieExpress08@yahoo.com](mailto:CookieExpress08@yahoo.com).

## Keith's Ballroom Offers Class and Elegance



Keith's Ballroom, in Broussard, offers a classy and elegant venue for any event—whether modest or formal—including weddings, sorority socials, meetings, reunions, company events and more. The ballroom has many eye-catching features such as beautiful chandeliers, an elegant staircase and a bridal suite.

For convenience, they do onsite and offsite catering and can provide an estimate based on selections and size of the event. Dedicated to superior service, the professional staff at Keith's Ballroom is committed to making events special and unforgettable.

Location: 405 Albertson Pkwy., Broussard. For more information, call 337-837-8008.



to heal the body quickly with nutrition you must juice your fruits and vegetables



# living juices

Our bodies require vital nutrients to function at their optimal levels.

Living juices are raw, organic fresh vegetables, fruit, and spices that will give you the most essential nutrients your body needs.



## Sunset, LA

Available at:

**DHARMA Wellness Center: 662-3120**

**Natural Health Center, Carencro: 896-4141**

# GREEN WATERS

## Pure Alkaline Water

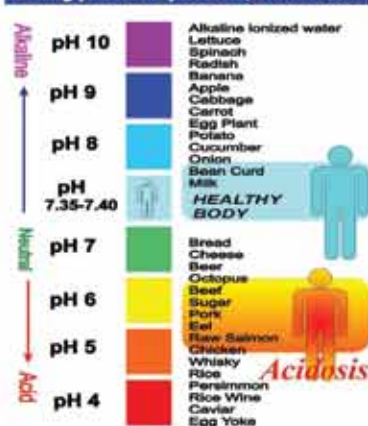
### Why do I have so much abdominal fat?

“In a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect them. When you eat and drink a more alkaline diet your body will not need to produce more or keep additional fat cells.”

~Dr. Steve

Weight also causes additional strain on the body, strain that can produce more acid. (And then more fat...it goes on and on).

#### Testing pH level by tester pH level of food



### Acid or Alkaline

The more we learn about our bodies, the more we will discover the importance of maintaining pH balance for good health.

pH is a measure of the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. The "p" stands for "potenz" (this means potential to be) and the "H" stands for Hydrogen.

A lower pH value (below 7) indicates that body fluid is on the acidic side. A higher pH value (above 7) indicates alkalinity. A pH of 7.0 is considered neutral and is the pH value of distilled water.

If your pH is too acidic, your body borrows minerals such as calcium, magnesium, potassium and sodium from vital organs and bones to neutralize the acid and remove it from the body. Unfortunately a considerable amount of these minerals will simply be lost in the urine, contributing to the development of osteoporosis and other diseases.

When you create a healthy pH, you create a significantly more disease-resistant body. A clinical study at UCLA of more than a thousand people found that those who were healthiest had a pH of approximately 7.46.



### CANCEROUS CELLS

Cancer cells are once-healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissue.

Healthy cells in the human body thrive in mild-, moderate- and high-pH fluids (7.3 to 11 pH). They do not tolerate even a mild acid state. Cancerous cells, on the other hand, thrive in an acidic pH of 5.5.

Cancerous cells become dormant at a pH slightly above 7.365, and transform back to the microzyma or die at a pH of 8.5 (while healthy cells live).

Prevention is the best cure, though the best ways to prevent cancerous conditions will also reverse the symptom if you already have a cancerous condition. Better you should never get that far!

Treatments such as surgery and chemotherapy do nothing to support the immune system or prevent buildup of acids in tissues. That's why cancerous conditions so often come back—nothing has been done to change the conditions that started them—acid!

**“Every single person who has cancer has a pH that is too acidic”**

Page 77

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.



WHERE TO SHOP

Opelousas, LA

# BENNY'S SPORT SHACK

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

## Raspberry Ketones



## FROZEN WHEATGRASS SHOTS



- Alkalizes the body
- Over 91 essential nutrients
- Increases energy levels
- Fights cancer
- Great for weight loss



## WHETEА (powder and liquid)

- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Great for weight loss
- Contains 100% organic wheatgrass

"I suffered with a lot of pain and inflammation for over seven years. I started drinking wheatgrass shots and the first week most of the pain was gone. I am a believer." - Crystal C., Opelousas

## Are you getting the full benefits of WHEATGRASS

Wheatgrass is a powerful health food supplement that is packed with highly concentrated chlorophyll, vitamins, minerals, trace elements and enzymes.

Because wheatgrass is a complete food that contains 98 of the 102 earth elements, it is often called a 'superfood'.

**TOP TEN WHEATGRASS HEALTH BENEFITS**

- one of the best natural sources of living chlorophyll!
- activates white blood cells to boost your immune system
- reduces high blood pressure and alleviates stress
- contains beta-carotene which detoxifies the body
- wheatgrass is high in vitamins A, B-Complex, C, E and K
- helps prevent tooth decay and improves digestion
- no known side effects and very low allergies
- restores alkalinity to the blood and circulatory system
- treats cuts and bruises when applied topically
- contains powerful anti-aging properties

## Acadiana Wheatgrass

AS SEEN IN NATURAL AWAKENINGS

is only available at

Drug Emporium, Lafayette	261-0033
Road Less Traveled, Lafayette	988-9889
Natural Health Center, Carencro	896-4141
DHARMA Wellness Center, Sunset	662-3120
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WHERE TO SHOP AT

Sunset, LA

**DHARMA**  
wellness & SMOOTHIE BAR

662-3120

### DID YOU KNOW?

- ✓ One ounce (shot) contains 103 vitamins, minerals and amino acids
- ✓ One ounce contains roughly the same nutritional value as 2.5 pounds of fresh green vegetables
- ✓ You can buy wheatgrass growing kits and harvest your own!
- ✓ Keeps hair from graying and returns its luster
- ✓ Wheatgrass detoxifies the liver, circulatory & digestive systems
- ✓ Used as an excellent skin cleanser and moisturizer
- ✓ Used to treat cuts, rashes, burns, scrapes bites, poison ivy, tumours
- ✓ Also used to treat sore throats and mouth sores
- ✓ Wheatgrass restores your breath and treats bad morning breath



## Acupuncture's Growing Acceptance

One in 10 American adults has received acupuncture at least once and nearly half of them say they are “extremely” or “very” satisfied with their treatment, according to a survey sponsored by the National Certification Commission for Acupuncture and Oriental Medicine. Sixty percent of survey respondents readily accepted the idea of acupuncture as a treatment option, and 20 percent have used other forms of Oriental medicine, including herbs and Chinese bodywork.

*Acupuncture and Oriental Medicine Day is observed on Oct. 24. For more information, visit [aomday.org](http://aomday.org).*

## MORE PLASTICS, MORE OBESE KIDS



A causal link between the worldwide epidemic of childhood obesity and phthalates commonly used in soft plastics, packaging and many personal care products is becoming more evident. A Korean study from Sanggye Paik Hospital at the Inje University College of Medicine, in Seoul, shows

that the risk of childhood obesity increases with the level of DEHP (di-2-ethylhexyl phthalate) in the bloodstream.

The study indicates that phthalates may change gene expression associated with fat metabolism. DEHP in particular is a suspected endocrine disruptor, or hormone-altering agent. Children with the highest DEHP levels were nearly five times more likely of being obese than children with the lowest levels. The scientists studied 204 children ages 6 to 13, of whom 105 were obese.

A chemical commonly used to soften plastics, DEHP is found in some children's toys, as well as myriad household items. Phthalates can be found in pacifiers, plastic food packaging, medical equipment and building materials like vinyl flooring. Personal care products such as soap, shampoo and nail polish may also contain phthalates.

## Dulse Seaweed a Heart Health Powerhouse

Dulse (*palmaria palmata*), a protein-rich red seaweed, could become a new protein source to compete with current protein crops like soybeans, according to scientists at Ireland's Teagasc Food Research Centre. Dulse harvested from October to January usually has the highest protein content.

This functional food also contributes levels of essential amino acids such as leucine, valine and methionine, similar to those contained in legumes like peas or beans. It may even help protect against cardiovascular disease. The Agriculture and Food Development Authority reports that for the first time, researchers have identified a renin-inhibitory peptide in dulse that helps to reduce high blood pressure, like ACE-1 inhibitors commonly used in drug therapy.



## Grapes Grapple with Metabolic Syndrome

It's high season for grapes, and consuming any variety of this sweet fruit—red, green or black— may help protect against organ damage associated with the progression of metabolic syndrome, according to new research presented at the 2013 Experimental Biology Conference, in Boston. Natural components in grapes, known as polyphenols, are thought to be responsible for this benefit.

Metabolic syndrome comprises a cluster of conditions—increased blood pressure, high blood sugar level, excess body fat around the waist and abnormal cholesterol levels—that occur together, increasing the risk of heart disease, stroke and diabetes.

Working with lab animals, researchers found that three months of a grape-enriched diet significantly reduced inflammatory markers throughout the body, most significantly in the liver and abdominal fat tissue. The diet also reduced the fat weight of the animals' liver, kidneys and abdomen compared with those that were on a control diet. The grape intake also increased markers of antioxidant defense, particularly in the liver and kidneys.

“Our study suggests that a grape-enriched diet may play a critical role in protecting against metabolic syndrome and the toll it takes on the body and its organs,” says lead investigator E. Mitchell Seymour, Ph.D., of the University of Michigan Health System. “Both inflammation and oxidative stress play a role in cardiovascular disease progression and organ dysfunction in Type 2 diabetes.”



## Natural Eye Care for Aging Dogs

Many owners of middle-aged and older dogs worry about their pets' declining eyesight. Cloudy eyes are of particular concern, but that is not necessarily a sign that a dog is going blind, advises Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, Texas.

"While cataracts strike many older dogs, a more common condition is lenticular or nuclear sclerosis, a thickening of the lens of the eye," says Messonnier. He explains that this normal change causes the eye to appear somewhat cloudy or gray, similar to a cataract. However, unlike a cataract, this type of sclerosis does not interfere with the pet's vision. "Veterinarians can easily tell the difference between these conditions," he says. "No treatment is necessary for lenticular sclerosis; cataracts are often treated with carnosine drops or with surgery."

For prevention, Messonnier suggests minimizing toxins that can cause inflammation throughout an animal's body, not just the eyes. This means using blood titer testing instead of annual vaccinations, reducing the use of flea and tick chemicals, using natural pet foods and minimizing the use of conventional medications.

He also recommends feeding a pet nutrients that contribute to health and reduce inflammation and cellular damage, including fish oil, probiotics and antioxidants like bilberry, which supports eye health.



## Cavities are Contagious



Can a kiss lead to a cavity? Yes, says Middleton, Wisconsin, Dentist Chris Kammer, president of The American Academy of Oral Systemic Health. He contends that cavities can be caused by bacteria that are passed from one person to another, just like a cold or the flu.

"We aren't born with tooth decay-causing bacteria," says Kammer. "At some point, it is introduced to us from an external source, usually a family member," through sharing food utensils, licking pacifiers, kissing and more. "Then it takes up residence in our mouths, where it is fed by sugars, which cause the bacteria to produce acid."

Cavity-causing bacteria can be transmitted by sharing food, by drinking out of the same glass and by toothbrushes that make contact with the bathroom counter. If bacteria is not removed from teeth (existing in a protective biofilm called plaque), the acid byproduct is able to directly reach and soften tooth surfaces, creating the holes called cavities.

Easy solutions to the problem start with good oral hygiene for both parents and kids and proper brushing from a very young age, starting with finger brushing as soon as the first tooth erupts. Kammer advises making it fun and thus habit-forming when kids become old enough to do it themselves; one new interactive toothbrush times kids to ensure they brush the dentist-recommended two minutes.

## MERCURY RAISES RISK OF DIABETES AND HEART ATTACKS

Exposure to mercury in young adulthood can trigger serious health issues later in life, according to two recent studies. New Indiana University research confirmed a link between mercury exposure and diabetes in young adults ages 20 to 32 at the beginning of the study in 1987, and was periodically reassessed six times through 2005. Those with high mercury levels at the beginning of the study were 65 percent more likely to develop Type 2 diabetes as they aged.

Also, Swedish researchers report that high mercury levels from eating contaminated fish leads to a higher risk for heart attacks in men. However, eating clean cold-water fish high in healthy omega-3 fatty acids, like salmon, countered the increased risk from the mercury exposure, according to conclusions published in the *American Journal of Clinical Nutrition*.



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# WEIGHT-LOSS SUPPORT

Ultimate Raspberry Ketone Formula  
A Weight-Loss Cornerstone



Raspberry ketone, a natural compound found in red raspberries, helps your body to burn fat by breaking up fats within our cells. It contains the hormone adiponectin that boosts metabolism. Dr. Oz recommends raspberry ketone because we'd have to eat 90 pounds of raspberries to get the same effect.



Doctors on national talk shows are buzzing about raspberry ketones. Why? Because scientists are studying the possibility that a special keton found in raspberries may support health weight loss. Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat).

## AVAILABLE AT



### Natural Health Center

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Across from the New Super 1 Foods  
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# Vitamin Testing \$39

(Takes only 15 minutes for a full screening)

Vitamin E  
Vitamin A  
Vitamin K  
Vitamin D  
Biotin  
Folate  
Niacin  
Panthothenic Acid

Thiamin  
Vitamin B6  
Vitamin B12  
Vitamin C  
Calcium  
Fluoride  
Iodine  
Iron

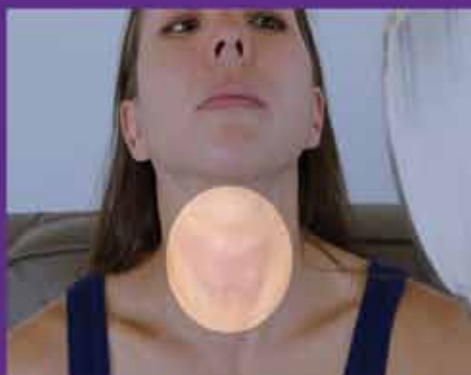
Riboflavin  
Magnesium  
Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

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

# GET TESTED

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

DHARMA Wellness Center

**(337) 662-3120**

CALL to schedule your 15 minute vitamin testing

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



photo by Nic Lehoucq

## Eco-Power Tower

### Meet the World's Greenest Office Building

Even on cloudy days, the photovoltaic-paneled roof of the Bullitt Center, in Seattle, Washington, generates all the electricity the six-story structure requires. Inside, commercial office space is equipped with composting toilets, rainwater showers and a glass-enclosed stairway to encourage climbing exercise over riding the elevator.

The Bullitt Foundation, founded in 1952, has focused since the 1990s on helping cities function more like ecosystems. Seattle's new building not only provides space for eco-conscious tenants, but also functions as a learning center, demonstrating how people and businesses can coexist more in harmony with nature.

The Bullitt Center was constructed according to a demanding green building certification program called the Living Building Challenge, which lists zero net use of energy and water among its many requirements. The standards far surpass those of the better-known Leadership in Energy and Environmental Design (LEED) program.

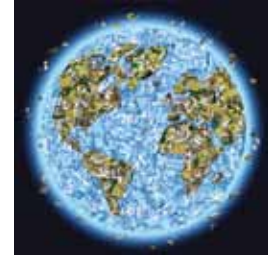
Founder Jason McLennan says the challenge is to encourage others to build more enjoyable, sustainable and affordable structures around the world.

Source: *Yes! magazine*

## Garbage Galore

### A Swirling Southern Patch of Plastic Trash

The Great Pacific Garbage Patch and North Atlantic Garbage Patch have already been well documented, and the trashy family is growing. The South Pacific Gyre is an



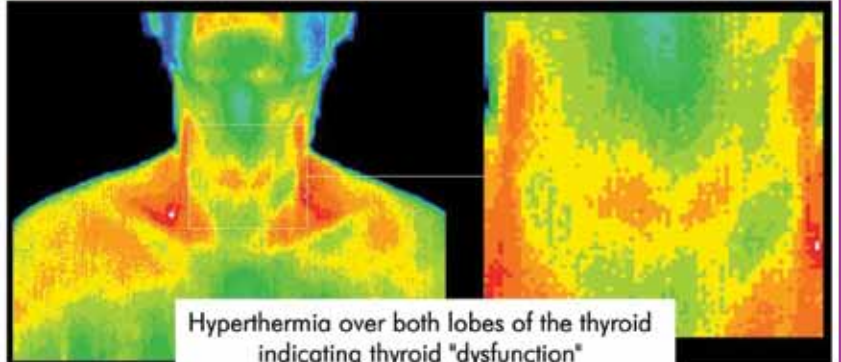
accumulation zone of plastic pollution floating off the coast of Chile.

Scientists at the 5 Gyres Institute, which tracks plastic pollution in swirling subtropical gyres (vortices), discovered this latest mass of plastic by examining ocean currents. A new study published in the journal *Marine Pollution Bulletin* marks the first documentation of a defined oceanic garbage patch in the Southern Hemisphere, where sparse research on marine plastic pollution previously existed.

View a map and find more information at [5Gyres.org](http://5Gyres.org).

## Thyroid Testing

**\$94**



Hyperthermia over both lobes of the thyroid indicating thyroid "dysfunction"

### SYMPTOMS OF THYROID DISORDER

- Difficulty concentrating
- Fatigue
- Enlarged thyroid gland
- Heat intolerance
- Increased appetite
- Increase sweating
- Irregular menstrual periods in women
- Nervousness
- Restlessness
- Unusual weight loss or gain
- Constipation
- Puffiness or swelling in the face
- Muscle aches and weakness
- Depression or anxiety
- Cold intolerance
- Dry skin and hair
- Hair loss
- Heavy menstrual periods

Call to schedule your thyroid test

Sunset Office  
**662-3120**

Carencro Office  
**896-4141**





## Baa-Bye Barnyard Species are Declining, Too

Zakri Abdul Hamid, Ph.D., chair of the independent Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services, states that the disappearance of wild and domesticated plant and animal species constitutes a fundamental threat to the well-being and perhaps survival of humankind. His urgent message was most recently delivered

in Norway to 450 international government authorities responsible for biodiversity and economic planning. "We are hurtling towards irreversible environmental tipping points that, once passed, would reduce the ability of ecosystems to provide essential goods and services to humankind," Zakri stated.

Findings by the United Nations Food and Agriculture Organization show that genetic diversity, among even domestic livestock, is declining. Typically, breeds become rare because their characteristics either don't suit contemporary demands or because differences in their qualities have not been recognized. When a breed population falls to about 1,000 animals, it is considered rare and endangered.

While we know of 30,000 edible plant species, only 30 crops account for 95 percent of human food energy; 60 percent of these crops comprise varieties of rice, wheat, maize, millet and sorghum.

Source: Science Daily

## Course Correction Climate Science Curriculum Update

Millions of young Americans are beginning to learn about climate change and associated science in the classroom. Next Generation Science Standards (*NextGenScience.org*), which have been adopted by 26 states and are under consideration by 15 more, teach how and why fossil fuel emissions are a causal factor in overheating the world.



The previous federal science teaching standards, published in 1996, avoided the issues of evolution and climate change. Scientists and educators jointly developed the new standards with states' input to help students distinguish between scientific fact, religious beliefs and political opinion.

Source: *InsideClimateNews.org*



# COLON CANCER

IS THE **NO. 2 CANCER KILLER** in the U.S.

Colon Cancer Strikes 1 in 20



Both men and women are at equal risk

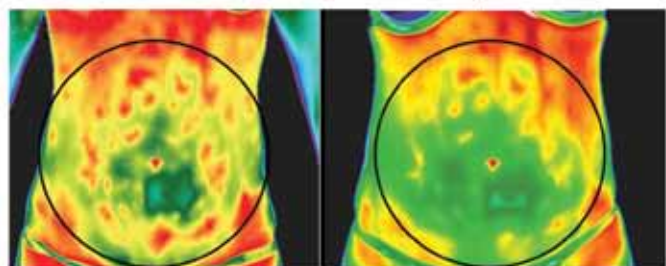
Risk factors include smoking, eating red and processed meat, lack of exercise, and excess body weight

Colon cancer screenings should begin at age 50

People with a family history of colon cancer are at higher risk and should begin screening at a younger age

Before

After 45 Days of Treatment



These images below demonstrate the thermal pattern of one of our patients with potential inflammation of the digestive tract and colon that may be due to food sensitivities or an inflammatory bowel condition. Notice the numerous circular red spotted pattern demonstrating abnormal amounts of heat surrounding the navel in the "Before" image. The "After" image demonstrates the substantial decrease in the thermal pattern following 45 days of care at The Natural Health Center and DHARMA Wellness Center. Notice the clearing of much of the red circular spotted pattern and it being replaced by the increased green area demonstrating a return to a healthier, cooler thermal pattern.

Schedule your colon screening and labwork today.

**896-4141**

**\$94** Thermography Imaging  
**\$164** Thermography & Labwork

Source: U.S. Centers for Disease Control and Prevention, NewYork-Presbyterian Hospital



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**We do bodywraps and massages**  
1 hr Bodywrap \$94      1 hr Massages \$59

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**IS THE ANSWER**

*Who cares what the question is!*

\* Offer Ends 11/15/13  
\* Must present this coupon and mention Natural Awakenings to get Buy 1 Get 1.

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**Adrenal Fatigue**

Aromatherapy  
Seaweed Mud Treatment  
Adrenal Detox

**Do you have low energy levels?      Are you always tired?**





Designed to detoxify, remineralise and open adrenals: an excellent add-on to a weight loss program or just to cleanse the body, the mind and spirit with the seasonal change. (approx 1 1/2 hrs)

Whole Body Vibration (10 min @ H=44, L=21)  
Infrared Sauna Treatment (Min temp = 140F)  
Seaweed Mud with Hydration Treatment (30 min)  
living juices GREENS2 after treatment

One session \$110 / Four sessions \$396

**Call to schedule your spa treatment**

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# Hormone Imbalance

\$30

## Are you suffering from a hormonal imbalance?

Menopause isn't the only cause of imbalanced body chemistry - lifestyle, medication and pregnancy can also throw off your body's hormone levels at any age. So before you give in to living with the discomforts of hormonal imbalance. Use Women's Hormone Balance to reduce symptoms and balance hormones.



Available at:  
Natural Health Center, Carencro 896-4141  
DHARMA Wellness Center, Sunset 662-3120

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\$110  
8 x 15

\$75  
8 x 10

We deliver an empty box to you. You fill it. We pickup the storage box and bring to our secure storage center.

**The STORAGE BOX 896-0085**

# 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.



ADVERTORIAL

# Ionic Detox Foot Spa

- Reduces pain
- Enhances body detoxification
- Deactivates yeast, fungus and viruses
- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

To schedule your first appointment

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# Zerona Laser FAT REMOVAL



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## Benefits of Drinking Wheatgrass:

1. Cleanse the body
2. Increase Energy
3. Source of Amino Acids
4. Build Immunity

## Acadiana Wheatgrass

AS SEEN IN NATURAL AWAKENINGS

is only available at

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**PRIVATE EVENTS ONLY** meaning you are renting the building and all entertainment. This is a private party for you and your guests ONLY.

**Place your deposit and book your party online.**

Located in Opelousas at 12178 W. Hwy 190. Next door to Lucky's Casino and Trucstop

## How to get rid of depression

**Depression is one of the most common disorders affecting millions of people worldwide. YOU ARE NOT ALONE**

An Estimated 1 in 10 U.S. Adults Report Depression  
Depression affects many Americans at different levels.

Depression can be explained as an anxiety disorder wherein one experiences a mixed bag of emotions such as sadness, unhappiness, feeling despondent, feeling of being fed up of everything around oneself, and related emotions.

Depression affects the entire body including a person's frame of mind, feelings and thoughts. Besides, it has an effect on the overall behavior of the person including the manner in which the person eats, carries themselves around, the thoughts that one thinks, the way he/ she interacts with people around, the sleeping patterns, the way one feels about oneself, basically the whole approach towards life.



**High Performance Depression Supplement**  
Depression is more than just feeling blue, this Natural Mood Enhancer Helps to Lift your Mood and Calm Your Mind



### "Balance" Wellness Program

*Natural Health and Wellness Program*  
One month program to assist with mental and physical balance and coping with depression.

- 1-Month Mood Enhancer
- 12 Nutrient hydrotherapy sessions
- 12 Infrared sauna sessions
- 12 Vibrational healing sessions

Cost: Only \$180

Available at:  
Natural Health Center, Carencro 347-4141  
DHARMA Wellness Center, Sunset 534-1110

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# Wheatgrass the KING of Superfoods

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

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

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

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



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

**COUPON VALID AT NATURAL HEALTH CENTER & DHARMA WELLNESS CENTER**

**BUY 1  
GET 1  
FREE**



**FROZEN WHEATGRASS**  
16 1.5oz frozen cups

One coupon per guest. Coupon discount does not apply to previous transactions previously initiated. Coupon cannot be used with any other promotions, associate discount, or other discount. Coupon must be surrendered at time of purchase. Value is forfeited if item is returned. Only original coupons are accepted. By using coupon, purchaser unconditionally agrees that decisions of the vendor are final in all matters of interpretation, fact and procedure in respect to coupon. Void where prohibited. Valid only on in-stock goods.

**Expires 11/15/13**



# Benefits of Wheatgrass

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

- Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.
- Stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.
- Restores alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.
- Is a powerful detoxifier, and liver and blood protector. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants.
- Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.
- Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds...enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.
- Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.
- When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

- Externally applied to the skin can help eliminate itching almost immediately.
- Will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.
- Is soothing and healing for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.
- Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.
- Enhances your bath. Add some to your bath water and settle in for a nice, long soak.
- Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
- Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.
- Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.
- Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.
- Is a beauty treatment that slows down the aging process when the juice is consumed. Wheatgrass will cleanse your blood and help rejuvenate aging cells, slowing the aging process way down, making you feel more alive right away. It will help tighten loose and sagging skin.
- Lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- Restores fertility and promotes youthfulness.
- Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book "Health Magic Through Chlorophyll" he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

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## Suffocating Earth Accelerating Amazon Deforestation

After more than six years of steady decline, the deforestation rate in the Brazilian Amazon, which serves as vital lungs for the planet, more than doubled in just six months this year, according to the nonprofit research institute Imazon. Observers blame the increase in part on Brazil's weakened Forest Code, established to protect the rainforest by limiting how much land can be cleared and developed. Senior researcher Paulo Barreto explains, "Imazon uses satellite images to evaluate the deforestation monthly."

In May 2012, the Brazilian Congress changed the Legal Reserve rule that requires landowners to keep 80 percent of their property forested by eliminating mandatory fines as long as the land is reforested. But enforcement is difficult and the land is often used for growing cash crops such as soybeans or raising cattle.

New guidelines also allow clear-cutting closer to riverbanks, and environmentalists are alarmed about threats to biodiversity. Additionally, 60 new dams are on the government's agenda.

Source: *Living on Earth* (loe.org)



## Fossil-Fuel Freedom New York State Could Achieve It by 2050



A new study lays out how New York State's entire demand for end-use power could be provided by wind (50 percent), solar (38 percent) and geothermal (5 percent), plus wave and tidal energy sources. This ambitious goal could be achieved by 2050, when all conventional fossil fuel generation would be completely phased out. The plan also generates a large net increase in jobs.

Mark Jacobson, a co-author of the study and professor of civil and environmental engineering at California's Stanford Woods Institute for the Environment, analyzes how energy technologies impact the atmosphere and how society can transition rapidly to clean and renewable energy sources if we integrate production and energy use in a systems perspective.

Robert Howarth, Ph.D., the senior co-author and a professor of ecology and environmental biology at Cornell University, in New York, has been tackling climate change and its consequences since the 1970s. He says, "Many pundits tell us that solar, wind, etc., are great conceptually, but that it will take many decades to start to make these technologies economically feasible." However, "New York is one of the larger economies in the world, and New York City is the most energy-efficient city in the U.S."

## Krill Kill

### Core Marine Food Source Faces Depletion

Small, shrimp-like creatures that inhabit the world's oceans, krill are one of the planet's largest and least contaminated biomasses. The tiny crustaceans are the primary food source for a variety of fish, whales, penguins and seabird species. Krill are also used to make feed for livestock, poultry and farmed fish and in nutritional supplements—krill oil is a rich source of omega-3 essential fatty acids and less likely than fish oil to be contaminated with mercury or heavy metals.

Recent studies cited by *National Geographic* suggest that since the 1970s, Antarctic krill stocks may have dropped by up to 80 percent. Environmental groups and scientists worry that new fishing technologies, coupled with climate warming that removes ice algae, the crustaceans' primary food source, could deplete krill populations and potentially devastate the Antarctic's ecosystem.

Denzil Miller, Ph.D., former executive secretary of the Commission for the Conservation of Antarctic Marine Living Resources, advises, "There are a whole lot of dominoes that follow afterwards that just look too horrendous to contemplate." Concerned consumers can opt to avoid farm-raised fish; choose organic, non-grain-fed meat and poultry; and substitute algae-derived omega-3 supplements for fish or krill oil capsules.

Source: *Antarctic and Southern Ocean Coalition* (asoc.org)





## Johnny Appleseeding Tree-mendous Acts Grow Quality of Life

Volunteers will emulate Johnny Appleseed to expand and restore local urban green spaces and improve their quality of life and environment as part of October's ninth annual National NeighborWoods Month program. Last year, local organizations and governments coordinated the planting of more than 45,000 trees by as many as 23,000 volunteers in hundreds of communities nationwide.



In Massachusetts, Boston Parks & Recreation Department workers joined TD Bank employees and public volunteers to revitalize the East Boston Greenway with 50 new trees. In Goleta, California, 80 new trees took root via 12 planting and care events, and more than 500 elementary school students took a cellular-level look at tree leaves during three science nights.

"Their shouts upon seeing the hair-like edges of some leaves that serve to absorb water and control evaporation were terrific," says Ken Knight, executive director of Goleta Valley Beautiful. "We impress on them that they will act as stewards—what we plant will also be their children's trees and onward."

The Alliance for Community Trees (ACTrees), the national nonprofit program coordinator, estimates last year's efforts will capture 23.1 million gallons of stormwater, dispose of 660 tons of air pollutants and save participating cities and towns nearly \$600,000 in water management and air pollution costs each year. Other tree-mendous benefits include beautifying the landscape, improving home property values, providing a natural habitat and reducing home air conditioning costs by supplying more shade.

To date, ACTrees member organizations have planted and cared for more than 15 million trees in neighborhoods nationwide, involving 5 million-plus volunteers. Executive Director Carrie Gallagher remarks, "People understand instinctively that trees are vital to creating safe and successful communities, and a livable, sustainable future."

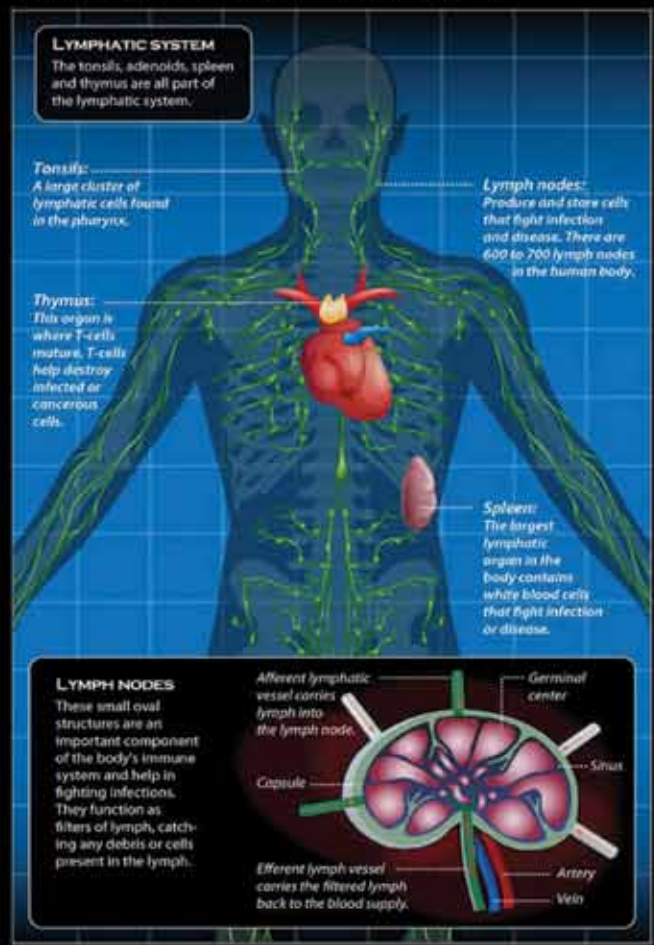
For more information and to participate, visit [NeighborWoodsMonth.org](http://NeighborWoodsMonth.org) or [ACTrees.org](http://ACTrees.org).

Green is the prime color of the world, and that from which its loveliness arises.

~Pedro Calderón de la Barca

## LYMPHATIC SYSTEM

The lymphatic system is a network of tissues and organs that primarily consists of lymph vessels, lymph nodes and lymph. Its primary function is to transport lymph, a clear, colorless fluid containing white blood cells that helps rid the body of toxins, waste and other unwanted materials.



The lymphatic system is a network of tissues and organs that primarily consists of lymph vessels, lymph nodes and lymph. The tonsils, adenoids, spleen and thymus are all part of the lymphatic system.

There are 600 to 700 lymph nodes in the human body that filter the lymph before it returns to the circulatory system. The spleen, which is largest lymphatic organ, is located on the left side of the body just above the kidney. Humans can live without a spleen, although people who have lost their spleen to disease or injury are more prone to infections.

The thymus, which stores immature lymphocytes and prepares them to become active T cells, is located in the chest just above the heart. Tonsils are large clusters of lymphatic cells found in the pharynx. Although tonsillectomies occur much less frequently today than they did in the 1950s, it is still among the most common operations performed and typically follows frequent throat infections.

When bacteria are recognized in the lymph fluid, the lymph nodes make more infection-fighting white blood cells, which can cause swelling. The swollen nodes can sometimes be felt in the neck, underarms and groin.

Unlike blood, which flows throughout the body in a continuous loop, lymph flows in only one direction — upward toward the neck — within its own system. It flows into the venous blood stream through the subclavian veins, which are located on either sides of the neck near the collarbones.

Plasma leaves the cells once it has delivered its nutrients and removed debris. Most of this fluid returns to the venous circulation through the venules and continues as venous blood. The remainder becomes lymph.

Lymph leaves the tissue and enters the lymphatic system through specialized lymphatic capillaries. About three-quarters of these capillaries are superficial capillaries that are located near the surface of the skin. There are also deep lymphatic capillaries that surround most of the body's organs.

There are two drainage areas that make up the lymphatic system. The right drainage area handles the right arm and chest. The left drainage area clears all of the other areas of the body, including both legs, the lower trunk, the upper left portion of the chest, and the left arm.



# EASING EARTH'S RISING FEVER

## The Right Steps Now Can Avert the Worst of It

by Christine MacDonald

Renowned climate scientist Richard Somerville, Ph.D., uses simple language and sports analogies to help us understand climate change and the risks ahead.

A distinguished professor emeritus, researcher at California's Scripps Institution of Oceanography and author of *The Forgiving Air*, he likens greenhouse gases to a scandal that's rocked major league baseball in recent years. "Greenhouse gases are the steroids of the climate system," he says. Although we can't link them to any single weather event, we can see them in the statistics at the end of the season, Somerville says. With the bases loaded, "Look out, because Mother Nature bats last."

To explain how we could confront the problem, he turns to another sport, skiing. If we were serious about avoiding a worst-case scenario, we would have

**"We're not going to stop global warming; it's too late for that. But we can keep it from getting as bad as it could possibly get."**

~ Bill McKibben

opted for the "bunny slope" approach, a leisurely descent from the ubiquitous use of climate-changing fossil fuels. Unfortunately, greenhouse gases would have had to peak two years ago and now be in decline in order to take the easy way out. Instead, the amount of carbon dioxide in the atmosphere shot past 400 parts per million last May, a level that most scientists agree the planet hasn't experienced since long before the arrival of modern humans.

"Science tells you, you can put this much carbon dioxide into the atmosphere, but no more," without changing the planet's climate too dramatically, Somerville says. "Mother Nature tells you, you cannot wait 50 or 100 years to solve this. You have to do it in five to 10 years. There's been a general failure to connect the dots." The bit of good news is that time has not yet completely run out. He and other pioneering thought

leaders believe that we can still reverse the dangerous current course.

"These next few years are going to tell the tale about the next 10,000 years," well-known global environmental activist Bill McKibben, author of *Eaarth: Making a Life on a Tough New Planet*. "We're not going to stop global warming; it's too late for that. But we can keep it from getting as bad as it could possibly get."

### On the Energy Front

McKibben's grass-roots group, *350.org*, opposes the planned Keystone XL pipeline that, if built, is expected to transport Canadian tar sands oil across the United States to refineries along the Gulf of Mexico. Increasing fossil fuel infrastructure, he says, is impractical, and we'd be better off investing in clean and renewable energies such as wind, solar and geothermal.



Bill McKibben

Nancy Battaglia

It's a theme also sounded by Frances Beinecke, president of the New York City-based Natural Resources Defense Council and author of *Clean Energy Common Sense*. With the failure of the U.S. Congress to enact climate legislation, her group, encompassing 1.4 million online members and activists, is pressing the Obama administration to live up to its pledge to regulate the carbon dioxide emitted by power plants. The leading culprits for climate-changing gases, they contribute 40 percent of the country's carbon emissions. "It's time to act, and we have to act now," Beinecke says.



Frances Beinecke

Matt Greenslade / photo-nyc.com

### On the Water Front

Sandra Postel agrees. "Water, energy and food production: These things are tightly linked, and all are affected by climate change." From Los Lunas, New Mexico, she leads the Global Water Policy Project, a group also focused on the climate conundrum, as well



“Tell politicians that you care about this. We’ve got to get countering climate change high on the priority list.”

as *National Geographic’s* Change the Course national freshwater conservation and restoration campaign.

Competition for water is increasing in several parts of the country, she says, and will only get worse as dry conditions increase demands on groundwater. Endangered sources detailed in her extensive related writings include the Ogallala Aquifer,



Sandra Postel

vital to agricultural operations across much of the Great Plains, and California’s Central Valley, the nation’s fruit and vegetable bowl. In the Colorado River Basin, which provides drinking water to some 30 million people, water demands already exceed the available supply—and that gap is expected to widen with changes in the region’s climate.

In other regions, the problem is too much water from storms, hurricanes and flooding, a trend that Postel and other experts say will also worsen

as the world continues to warm and fuel weather extremes. Beyond the loss of lives and property damage, this “new normal” holds stark implications for communities.

“We’ve built our bridges, dams and other infrastructure based on 100-year records of what’s happened in the past,” advises Postel. “In a lot of ways, how we experience climate change is going to be through changes in the water cycle. If the past isn’t a good guide to the future anymore, we’ll have to change our water management.” (See [nrdc.org/water/readiness](http://nrdc.org/water/readiness) by city and state.)

### On the Ocean Front

The world’s oceans are being transformed by climate change in ways we are only beginning to understand. Since the Industrial Revolution, oceans have absorbed a significant portion of the carbon dioxide generated, experiencing a 30 percent rise in acidity; that’s expected to reach 100 to 150 percent above pre-industrial levels by the end of this century, according to the nonprofit National Academy of Science (NAS), in Washington, D.C.

“Thank goodness for the oceans, but they are paying a tremendous price,” says Oceanographer Dawn Wright, Ph.D. She’s chief scientist of Esri, in Redlands,



Dawn Wright

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“Water, energy and food production: These things are tightly linked, and all are affected by climate change.”

~ Sandra Postel

California, that analyzes geographic system relationships, patterns and trends.

The higher acidity levels are “taking a toll on shellfish such as oysters, clams and sea urchins, as well as coral reefs, where much aquatic life is spawned,” Wright explains. Climate change may have other devastating impacts on the ocean food chain—and eventually us—that scientists are only beginning to discern. As just one of myriad impacts: Ocean acidification threatens the country’s \$3.7 billion annual wild fish and shellfish industry and the \$9.6 billion slice of the global tourism business that caters to scuba divers and snorkelers, according to a recent NAS study.

## The Way Forward

We can be grateful for some hopeful developments in the call to act.

Wright, who has advised President Obama’s National Ocean Council, is overseeing her company’s ocean initiative, which includes building an ocean basemap of unparalleled detail. While less than 10 percent of the world’s oceans’ underwater realms are mapped today, Esri is compiling authoritative bathymetric data to build a comprehensive map of the ocean floor. Public and private sector planners, researchers, businesses and nonprofits are already using this map and analysis tools to,

among other things, conduct risk assessments and provide greater understanding of how onshore development impacts oceans’ natural systems.

Municipalities are also taking action. New York City plans to restore natural buffers to future hurricanes, while Philadelphia and other cities are restoring watersheds, replanting trees in riparian areas, adding rain gardens, laying permeable pavement and revamping roofs and parking lots to reduce stormwater runoff. Investing in such “green infrastructure” is less costly than expanding “grey infrastructure” such as underground sewer systems and water purification plants.

Increasingly, local authorities are relocating communities out of flood zones to allow rivers to reclaim wetlands, an effort which also creates new recreation and tourism spots. Floodplains buffer against extreme flooding and drought, plus filter stormwater runoff, removing farm and lawn fertilizers and other chemicals that otherwise enter waterways, creating deoxygenated “dead zones” where aquatic life can’t survive, as exemplified by parts of Lake Erie, Chesapeake Bay and the Gulf of Mexico.

“Thank goodness for the oceans, but they are paying a tremendous price.”

~ Dawn Wright

“These solutions are unfolding here and there,” Postel notes, while also remarking that too many locales are rebuilding levees at their peril and allowing people to return to areas that

flood repeatedly. “An amount of climate change is already locked in. We will have to adapt, as well as mitigate, simultaneously.”

Somerville, who helped write the 2007 assessment by the Nobel Prize-winning International Panel on Climate Change, labels it “baloney” when politicians say there’s not enough time or it’s too expensive to address the problem. “It’s very doable,” he maintains. “First, inform yourself. Second, tell politicians that you care about this. Then raise hell with those who don’t agree. We’ve got to get countering climate change high on the priority list.”

McKibben recommends that the country gets serious about putting a price on carbon emissions. Meanwhile, he’s encouraged by the people-powered regional successes in blocking fracking, a controversial method of extracting natural gas, and credits grassroots groups for holding the Keystone pipeline project at bay.

“We’re cutting it super-close” and need to change the trajectory of climate change, according to McKibben, who says we can still have good lives powered by wind and solar, but will have to learn to live more simply. “I don’t know where it will all end and won’t see it in my lifetime. But if we can stop the combustion of fossil fuels and endless consumption, then there’s some chance for the next generation to figure out what the landing is going to be.”

*Christine MacDonald is a freelance journalist in Washington, D.C., who specializes in health, science and environmental issues. Learn more at [ChristineMacDonald.info](http://ChristineMacDonald.info).*



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## Signs Of Changes To Come

Without actions to significantly curb greenhouse gas emissions, air temperatures could increase as much as 11.5 percent by 2100, according to the U.S. Environmental Protection Agency (EPA).

While the United Nations Framework Convention on Climate Change pledged in 2009 to keep warming from increasing more than 3.6 degrees Fahrenheit, more recent reports by the World Bank and other institutions warn that the goal may be unrealistic. Continued global warming could cause widespread drought, flooding and other changes, with disastrous consequences. Here are some of the ways climate change has already impacted our lives.

**Temperatures:** The average global temperature for 2012—about 58.3 degrees Fahrenheit—was the ninth-warmest year since record keeping began in 1880. It was also the 36th consecutive year that the global temperature surpassed the 20th-century average, according to the National Climate Data Center at the National Oceanic and Atmospheric Administration. The problem comes alive in a video at [Tinyurl.com/NASAEarthTemps](http://Tinyurl.com/NASAEarthTemps).

The EPA reports that the number of days that temperatures will exceed 90 degrees Fahrenheit is expected to increase throughout the U.S., especially in areas that already experience heat waves.

**Drought:** Drought struck two-thirds of America's lower 48 states last year, and continued into 2013 in many parts of the country, costing billions of dollars in crop failures and damage from resulting wildfires.

**Extreme storms:** East Coast weather has become wilder, with storms such as Hurricane Irene and Superstorm Sandy wreaking unprecedented losses in human life and property.

**Freshwater supplies:** As melting shrinks glaciers' historic footprints, reducing the amount of springtime snowmelt, and we continue to deplete groundwater faster than it can be replenished, conflicts between agriculture, industry and municipalities over water are expected to increase. Meanwhile, rising sea levels near some seashore cities have already led to incursions of saltwater, contaminating underground freshwater systems.

**Rising sea levels:** Since 1870, the global sea level has risen by about eight inches, according to the EPA. By the end of this century, it estimates that New York City could see a rise of 2.3 feet and Galveston, Texas, 3.5 feet. Other studies say those estimates are conservative. Research published in the *Proceedings of the National Academy of Sciences* in July concluded that a rise of 3.6 degrees Fahrenheit could result in a corresponding rise in sea levels exceeding 13 feet.

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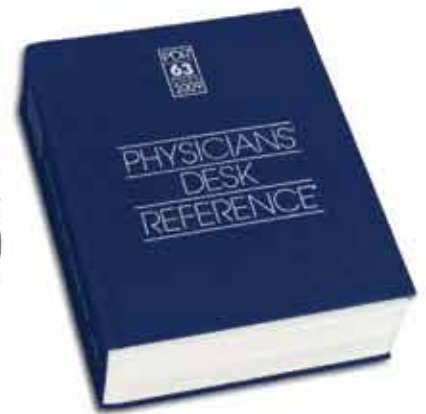
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### Anti Aging:

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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The FDA recently approved ZERONA, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system," says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. It won't give you Brooklyn Decker's body, but it may help your stubborn belly. The fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (two to 12 40-minute sessions, every other day) and costs about \$1,100 to \$1,300.



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ZERONA is a new non-invasive body sculpting procedure designed to remove fat and contour the body without invasive surgery. ZERONA, unlike other procedures, allows the patient to continue their daily activities without interruptions from surgery, pain, or wounds. ZERONA works by utilizing the Erchonia Laser Scanner, which is also FDA market cleared for laser assisted liposuction. The Laser Scanner allows for the emulsification of adipose tissue, which releases into the interstitial space.

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- ZERO Downtime

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## greenliving

# Shop with the Planet in Mind

Daily Choices Help Counter Climate Change

by Christine MacDonald

Until recently, we've been asked to choose between the economy and the environment. Now we're realizing that the two are closely linked, and that our continued prosperity depends on how well we take care of the natural systems that sustain life—clean air, water, food and an overall healthy environment.

**A**lthough the worst impacts of climate change are still decades away, experts say it's already a costly problem. In 2012, U.S. taxpayers spent nearly \$100 billion—approximately \$1,100 apiece—to cover crop losses, flooding, wildfires and other climate-related disasters, according to the Natural Resources Defense Council. That's more than America spent last year on education or transportation.

Given the lack of action on climate change by Congress, more Americans are looking to leverage their purchasing power to make a difference. Yet, as consumers trying to “shop their values” know, it's often difficult distinguish the “green” from the “green-washed”. *Natural Awakenings* has rounded up some tips that can help.

### Dismiss Meaningless Labels

Urvashi Rangan, Ph.D., who leads the Consumer Safety and Sustainability Group for *Consumer Reports* and its Greener Choices and Eco-labels online initiatives, says companies take far too many liberties in product labeling. The dearth of standards

and consistency across the marketplace has rendered terms like “fresh,” and “free range” meaningless. Also, there's more wrong than right about the “natural” label put on everything from soy milk to frozen dinners, she says.

While critics of the U.S. Department of Agriculture's USDA Organic label say its regulations are not tough enough, Rangan says at least we know what we're getting. The same is not true of many claims decorating consumer goods, Rangan advises. Plus, producers get away without identifying myriad other controversial practices, she says, including genetically engineered ingredients.

To help consumers protect themselves, the Consumer Union and other nonprofit public advocates have made their evaluations easily accessible via cell phones and iPads. The Web-based Good Guide's evaluations of more than 145,000 food, toys, personal care and household products are at shoppers' fingertips via an app that scans product barcodes on the spot.

### Calculate Impacts

A number of easy-to-use online tools help us understand the far-flung impacts of a purchase, includ-







- ## Helpful Aids
- [GreenerChoices.org/eco-labels/vk.cfm](http://GreenerChoices.org/eco-labels/vk.cfm)
  - [GreenerChoices.org/eco-labels/labellogo.cfm](http://GreenerChoices.org/eco-labels/labellogo.cfm)
  - [GoodGuide.com](http://GoodGuide.com)
  - [Tinyurl.com/LoveFoodHateWastePortionsGuide](http://Tinyurl.com/LoveFoodHateWastePortionsGuide)
  - [Tinyurl.com/NatlGeographicWaterFootprint](http://Tinyurl.com/NatlGeographicWaterFootprint)
  - [EatFeastly.com](http://EatFeastly.com)
  - [GoHalfies.com](http://GoHalfies.com)
  - [Zipcar.com](http://Zipcar.com)

ing on humans and habitats. The Good Guide, for instance, employs chemists, toxicologists, nutritionists, sociologists and environmental lifecycle specialists to evaluate a product's repercussions on health, environment and society.

Sandra Postel, who leads the Global Water Policy Project, has teamed up with the National Geographic Society to devise a personal water footprint calculator. It helps people understand the wider environmental impacts of their lifestyle and purchasing choices, and provides options for reducing their footprints and supporting water replenishment efforts.

"It takes a per capita average of 2,000 gallons of water each day to keep our U.S. lifestyle afloat," twice the world average, calculates Postel. The typical hamburger takes 630 gallons of water to produce, for example, while a pair of jeans consumes 2,600 gallons, most of it to grow the necessary cotton.

Water is just one of numerous resources overused in the United States, according to author and journalist Danielle Nierenberg, co-founder of Food Tank. "We overbuy food. It goes bad and ends up in landfills," where it lets off methane, a powerful greenhouse gas, as it decomposes.

"We also over-order at restaurants," observes Nierenberg, whose think tank focuses on the interrelated issues of hunger, obesity and environmental degradation. Overall, the U.S. annually accounts for 34 million tons of food waste. "Part of the problem is we've lost home culinary skills," says Nierenberg, who says we need to rethink how and how much we eat. "We don't really understand what portions are," she adds.

### Share Instead of Buy

Collaboration characterizes the broader trend in careful consuming that relies on cell phone apps. Sometimes known as

the "sharing economy" or "collaborative consumption", initiatives can range from car and bike shares to neighborly lending of lawn mowers and other tools and sharing homegrown produce. One of the more innovative food-sharing options is Halfies, in which diners at participating restaurants pay full price for a meal, but receive half of a full portion, effectively donating the cost of the other half to fight hunger.

Whatever the product, experts say, the new sharing business model is part of a fundamental shift in how people think about consuming, with the potential to help us reduce our personal carbon footprint and contribute to a more sustainable future.

*Christine MacDonald is a freelance journalist in Washington, D.C., who specializes in health, science and environmental issues. Learn more at [ChristineMacDonald.info](http://ChristineMacDonald.info).*



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## Energy Healing Comes of Age

### A Historic Milestone in Complementary Medicine

by Linda Sechrist

As recently as 2010, it would have been unimaginable for an annual medical conference including allopathic physicians to hold a meeting themed Illuminating the Energy Spectrum. Yet it happened at the sold-out Institute of Functional Medicine 2013 annual international conference. Workshop topics ranged from bodily energy regulation to presentations by Grand Qigong Master Ou, Wen Wei, the originator of Pangu Shengong, and Medical Anthropologist and Psychologist Alberto Villoldo, Ph.D., whose Four Winds Light Body School offers a two-year program on the luminous light body, also known as a local energy field, aura, life force, *qi/chi* or *prana*.

The energy medicine practiced by acupuncturists and other health practitioners that offer any one of the 60-plus hands-on and hands-off modalities described in *The Encyclopedia of Energy Medicine*, by Linnie Thomas, operates on the belief that changes in the body's life force can affect health and healing. The therapeutic use of any of them begins with an assessment of the body's electromagnetic field. Then, a treatment specifically designed to correct energy disturbances helps recreate a healthy balance in its multilayered energy field, comprised of pathways, known as meridians, and

energy centers (chakras) that correspond to related nerve centers, endocrine glands, internal organ systems and the circulatory system.

The objective for energy medicine practitioners is to uncover the root causes of imbalances—often from emotional stress or physical trauma—and harmonize them at a bioenergetic level before aberrations completely solidify and manifest as illness.

### Clinical Support

James Oschman, Ph.D., an academic scientist and international authority in Dover, New Hampshire, has conducted decades of research into the science of bioenergetics—the flow and transformation of energy between living organisms and their environment. He explores the basis of the energetic exchanges that manifest via complementary and alternative therapies in his book, *Energy Medicine: The Scientific Basis*.

According to Oschman, there is now enough high-quality research in leading peer-reviewed biomedical journals to provide energy medicine the credence to transform from a little-known, alternative healthcare modality into a conventional form of medicine. The progression to more widespread acceptance is similar to that experienced by acupuncture and massage.

### Evolving Platform

For more than 35 years, pioneers of energy medicine like Barbara Ann Brennan, founder of the Barbara Brennan School of Healing; John F. Thie, founder of Touch for Health; and Donna Eden, founder of Eden Energy Medicine, have delved beyond conventional models of healing to confirm that our sensory experience of the world is as limited as our vocabulary to describe it. New language for new concepts is required, such as: nature's drive for wholeness, resonance, a new band of frequencies, restructuring DNA, local fields and the non-local field, encoding, entrainment, strings, strands, attunement, evolutionary healing and vibration.

Eden, who has had a lifelong ability to make intuitive health assessments later confirmed by medical tests, can look at an individual's body, see and feel where the energies flow is interrupted, out of balance or not in harmony, and then work to correct the problem.

"Very little of the natural world that human beings evolved in still exists. In addition, our bodies haven't adapted to modern stressors or the electromagnetic energies associated with technologies that occupy our living and working environments," says Eden. "Energy medicine is invaluable because anyone can learn how to understand their body as an energy system and how to use techniques to restore energies that have become weak, disturbed or unbalanced." Her teaching tools include her classic book, *Energy Medicine*, and Energy Medicine University, which she founded in 2006 in Sausalito, California.

In a 2009 talk at the American Academy of Anti-Aging Medicine, Oschman predicted that energy medicine will become prominent in anti-aging medicine. "When I review the history of medicine, there are periods in which things stay pretty much the same, and then there are great breakthroughs. I think that with the advent of energy medicine, another milestone is upon us."

*Learn more at [issseemblog.org](http://issseemblog.org), the International Society for Subtle Energies and Energy Medicine website.*

*Linda Sechrist is a senior staff writer for Natural Awakenings. Visit [ItsAllAboutWe.com](http://ItsAllAboutWe.com) for the recorded interviews.*

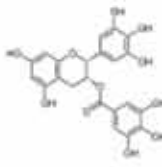


## Obesity is A Major Medical Crisis

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

## WheTea Weight Loss Formula

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



Epigallocatechin gallate  
EGCG

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

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

Burns fat with enzymes and epigallocatechin gallate (EGCG).

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

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



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

**I'm tired of being afraid of cancer.**

# It is time to **RETHINK CANCER**

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

## The Basic Chemistry of a Cancer Cell:

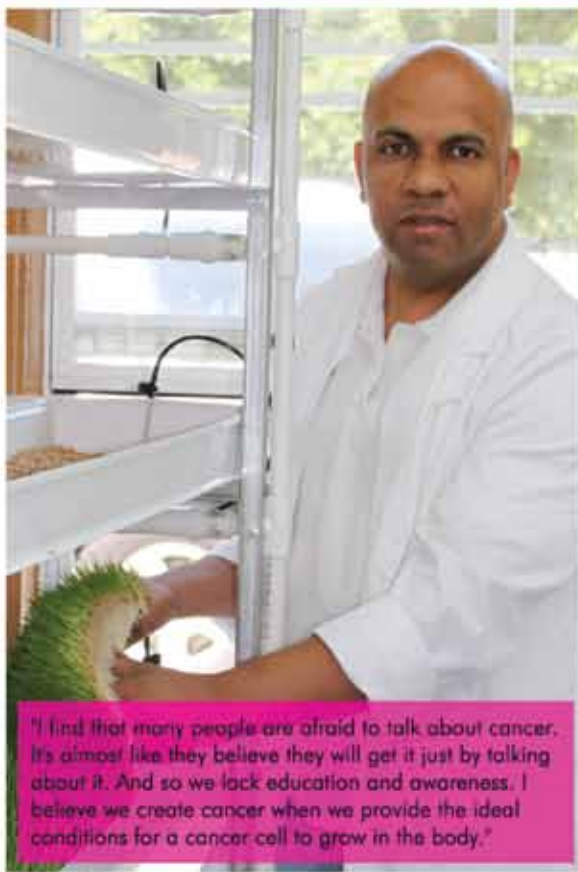
REQUIRES:

High Acid

Low Oxygen

Stagnant Lymph for fermentation\*

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



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

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



Dr. Steven T. Castille, BSc, MS, DNM  
Biochemist and Doctorate in Natural Medicine  
Director, Liteon Natural Health Center

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



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# STARRY-EYED KIDS

## Clear Skies, Cool Nights Open Vast Vistas

by Randy Kambic

Wishing upon a star is an iconic activity steeped in everyone's childhood desire to attain happiness and fulfillment. Actual stargazing can help make parents' dreams for their children's well-being come true, as well.

Children are exposed to imagining the larger celestial realm through popular films, science fiction literature and pop songs, plus more tangibly via current sky events. Consider news of the meteoroid that exploded over Russia in February and the latest images from the surface of Mars beamed to us by the NASA rover Curiosity. Experiencing the excitement of early knowledge can bolster academ-

The magical night sky is a perfect playground for a child's imagination

ics while fostering a calming sense of the order of nature's rhythms.

"Astronomy ties into every educational domain—physics, geometry, algebra, history and ecology," advises former elementary school teacher Hiram Bertoch, of West Valley City, Utah, owner of the KidsKnowIt Network, which maintains 10 free children's learning websites, including *Kids Astronomy.com*. Standing in awe at the wonders of the universe can also instill a centering sense of humility in the face of such grandeur.

Autumn is one of the best times for channeling youngsters' intrigue in constellations, given the clearer skies

and comfortably cool nights. This year, families can anticipate a special viewing of the Comet ISON, which is expected to be visible from much of the United States in late November.

### Getting Started

*Sky & Telescope* magazine's online guide, *Getting Started in Astronomy*, offers easy steps for parents to put stars in kids' eyes. Check out its This Week's Sky at a Glance link. Find an open space like a park or wooded clearing to reduce ambient light and use sky maps in hobby publications or astronomy books from the library as guides.

Binoculars are the best tool to start getting familiar with the night sky—they augment the naked eye enough to identify many Moon craters, Jupiter's moons and the crescent phases of Venus. Planetariums, science and children's museums, nature centers and astronomy clubs often hold public family events that include access to telescopes; some loan or rent them out. (Find local clubs and facilities at [SkyAndTelescope.com/community/organizations](http://SkyAndTelescope.com/community/organizations).)

Other opportunities include NASA's Night Sky Network of astronomy clubs, *Astronomy* magazine's youth programs, [SpacePlace.nasa.gov](http://SpacePlace.nasa.gov) and [Astronomy.com/kids](http://Astronomy.com/kids) programs. Boy Scout and Girl Scout troops both offer astronomy merit badges.

When a family's interest continues sufficiently to buy a telescope, test preferred models at many potential settings before finalizing a purchase. According to the online guide, a first telescope should provide high-quality optics that limit diffraction (the spreading of light as it passes through the lens system to

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the eye) and a sturdy, smooth-working mount. More advanced telescopes have built-in computers and motors that can be programmed to point at specific spots in the sky.

## Rising Stars on Earth

If trying to emulate Galileo is a challenge, youngsters can relate and aspire to the cadre of young scientists profiled in *Astronomy* magazine's "Astronomy's Rising Stars" story in July, available via most public libraries.

Being a "self-described computer nerd" led Mark Krumholz, Ph.D., an associate professor of astronomy and astrophysics in his 30s at the University of California-Santa Cruz, to conduct massive-star formulation simulations. By "plugging in the laws of physics and turning the crank," he has shown why some stars heat gas around them to appear much larger than others. Colors vary, as well.

Stargazing was the catalyst for Anna Frebel, Ph.D., an assistant physics professor at the Massachusetts Institute of Technology, in Cambridge. "I consider

myself fortunate that my initial passion led to becoming a professional astronomer," says this scientist, who is credited with discovering the most chemically primitive star; the oldest known star as of 2007, at about 13.2 billion years; and the red giant star S1020549.

Whether early steps lead to a later career or as a heavenly hobby, helping to convert a child's, "What's that?" to a happy, "I know what that is," becomes worth encouraging. As Bertoch observes, "Kids have an innate excitement about what's out there."

*Randy Kambic, in Estero, FL, is a freelance writer and editor who regularly contributes to Natural Awakenings.*



## Space Songs

Canadian astronaut Chris Hadfield caused an Internet sensation when he sang David Bowie's *Space Oddity* in the International Space Station last May. Here are some other celestial tributes:

*Bad Moon Rising*, Creedence Clearwater Revival

*Champagne Supernova*, Oasis

*Eclipse*, Pink Floyd

*Here Comes the Sun*, The Beatles

*Moondance*, Van Morrison

*Soak Up the Sun*, Sheryl Crow

*Staring at the Sun*, U2

*Walking on the Moon*, The Police

*Walking on the Sun*, Smash Mouth

*We Are All Made of Stars*, Moby

## Faraway Fun Facts

■ Stars appear to twinkle from light distortions caused by temperature differences in our atmosphere. The lifespan of most stars is billions of years.

■ Ancient peoples saw patterns among the 2,000 stars visible to the naked eye and gave them names like The Big Dipper, Cassiopeia and Scorpius.

■ A "shooting star" is actually a meteor with a trail of gases and particles.

■ The Moon's surface is pitted with thousands of craters from long-ago meteor strikes.

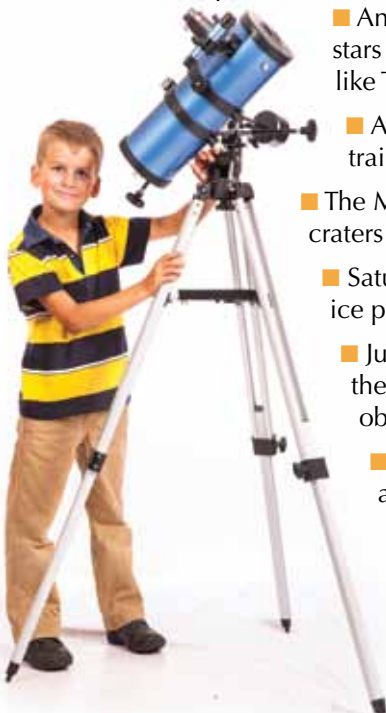
■ Saturn's rings are composed mostly of billions of ice particles and rocks.

■ Jupiter is by far the largest studied planet; after the Moon and Venus, it's usually the brightest object in the night sky.

■ Planets Jupiter, Saturn, Neptune, Mercury and Mars, as well as Pluto, are named for Roman gods—Venus was the Roman goddess of love.


■ Planets and the Moon don't emit light—they reflect light from the sun.

Source: Don't Know Much About the



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# Personal Growth

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November Issue  
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conscious eating



recipe photos by Stephen Blainett

## Ancestral Diets A Lighter Shade of Paleo

by Sayer Ji and Tania Melkonian

Vegetarian Awareness Month provides a timely opportunity to realize that a plant-focused diet does not derive exclusively from plants. Just as a carnivore does not subsist on meat alone, the same applies to a vegetarian.

What can we learn from our Paleolithic, or Stone Age, ancestors? The recent trend toward recreating a Paleolithic diet emphasizes the importance of vegetable nutrition to prehistoric communities, correcting the misperception that they were primarily meat-eaters.

The original Paleo diet, before the advent of agriculture, reflected the hunting and gathering of lean meats, fruits, vegetables, nuts and seeds, and was absent of grains, dairy, starchy foods, sugar and salt. Today's updated version might comprise foods naturally available and/or abundant before the cultivation of food in gardens, crops and livestock.

Loren Cordain, Ph.D., author of *The Paleo Diet* and Nutritionist Nora Gedgaudas, author of *Primal Body, Primal Mind*, each contest the premise perpetuated by many in the weight-loss industry that fat, especially naturally saturated fat, is unhealthy. Those same proponents that maintain low-fat/

non-fat food is a panacea for modern illnesses also purport that cholesterol is the chief cause of heart ailments.

Gedgaudas writes that the diets of hunter-gatherers inhabiting varied landscapes, from the Inuit of the north to tropical forest hominids, included large amounts of fat and cholesterol, which is essential to maintaining cell membranes and regulating hormones. She points out that obtaining cholesterol from food is necessary to augment the liver's function of creating cholesterol internally.

Cordain agrees that even saturated fats in meats can be beneficial, providing the animals are grass-fed, lean and live in clean surroundings. He emphasizes, however, that when our prehistoric ancestors ate fat, they did not also eat grain carbohydrates, sugar and salt, and contends that it is these components, not meat, that can be detrimental to the body.

Doctor of Naturopathy Maureen Horne-Paul adds that organic, lean and game meats are exempt from the acidity inherent in corn-based animal feed. Plus, "When an animal is insensitively confined and killed, stress hormones are released that result in acidity. So, we are changing our pH from a healthy alkaline state to a more acidic condi-



tion when we consume meat from conventionally raised animals.”

Scientific studies published in the *Journal of Gluten Sensitivity*, *Medical Hypotheses* and by the Mercola group attest to key problems related to human consumption of grains. Anti-nutrients such as phytic acid in grains lead to the poor absorption of minerals and related deficiencies. Improper absorption of dietary protein caused in part by enzyme inhibitors in grains also tends to damage the pancreas. Individual sensitivities to proteins in specific grains can further interfere with functioning of the neuroendocrine system and subsequent emotional difficulties like addiction and depression may arise. All of these difficulties have been exacerbated by irresponsible prenatal diets that have made younger generations extra-sensitive to the challenges posed by grains to the human system.

While Cordain doesn't recommend dairy, Gedgaudas suggests organic or raw milk products, provided they retain their full fat content and come from grass-fed cows. She reasons that the presence of the anti-carcinogenic fatty acid conjugated linolenic acid (CLA) and the Wulzen factor anti-stiffness agent in the fat benefit joint lubrication.

Experts suggest that the dietary formula established by our prehistoric ancestors can be the foundation for a modern-day, healthy, non-confining, creative eating experience. We can exchange grains for quinoa, amaranth and buckwheat (not technically grains at all), and include tubers and legumes, due to their folate and protein content. Blue and sweet potatoes also contain high levels of anthocyanins and potassium. Nearly every category of food, in the proper amounts, can be part of such a balanced diet.

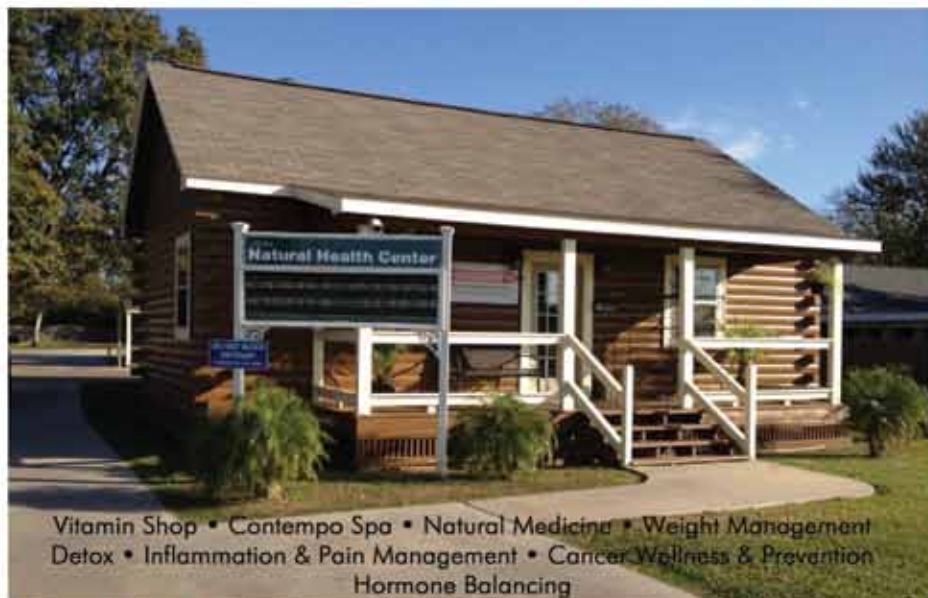
When we explore what makes sense and eat clean and natural foods, we have a good chance of finding our body's own sweet spot.

*Sayer Ji is the founder of GreenMed Info.com and an advisory board member of the National Health Federation. Tania Melkonian is a certified nutritionist and healthy culinary arts educator. Learn more at GreenMedInfo.com.*



# Natural Health Center

*Powerful, Positive Healing for Life*



### What we do:

The Natural Health Center is a holistic health practice, offering state-of-the-art technology combined with individualized service. We believe that each person should be approached as a whole, integrated being and not just a collection of symptoms. Each person is biochemically different from one another. Therefore, no two people who come to us will receive the same recommendations and plan of action. We customize the way we help people based upon their individualized needs. Our goal is to get your body to a healthy, balanced state where it can begin to heal itself the way God created it to do.

**Accidents kill 4% of us.  
Diseases kill 96%.  
"We Are Not Getting Proper Nutrition"**



# Natural Iodine Supplementation

## A Must for Most Americans

**W**e all need iodine, yet most of us don't get enough of it through our diet. A study in the *American Journal of Clinical Nutrition* found that iodine deficiency in the developed world has increased fourfold in the past 40 years and now affects nearly three-quarters of all adults. Numerous U.S. practicing physicians quoted widely in the media estimate that the incidence of hypothyroidism in our adult population may be between 30 and 70 percent.

Thus, we can't efficiently produce the thyroid hormones that serve as chemical messengers triggering nearly every bodily function. The presence or absence of iodine affects our every cell.

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*My wife, who suffered from extreme fatigue and other symptoms, saw a dramatic increase in energy after just a few days of taking the natural iodine drops. Now if she misses a day, she'll end up falling asleep in the middle of the afternoon, like she used to do before taking the iodine. It works!*

~ Aaron

*My doctor told me that I had a hypothyroid condition, prescribed medication and was happy with the follow-up test results, yet I noticed no positive effects on my overall well-being. Within two weeks of using the Natural Awakenings Detoxified Iodine, I had more energy, felt more awake and enjoyed clearer thinking and greater peace of mind. People even comment that I look younger. I am a fan!*

~ Larry

deafness, attention deficient and hyperactivity disorder and impaired growth, according to studies by Boston University, China's Jiao Tong University School of Medicine and France's National Academy of Medicine.

**The answer is simple: Taking the right kind of iodine in the right dosage can rebalance thyroid function and restore health to the thyroid and the whole body.**

### Reasons Behind Iodine Deficiency

**Radiation:** Almost everyone is routinely exposed to iodine-depleting radiation emitted by cell phones, Wi-Fi, microwave ovens and other electronic devices.

**Iodized table salt:** The human body cannot utilize the iodine added to this product.

**Low-sodium diets:** Failure to use healthy salts to fulfill sodium requirements, plus over-

use of zero-nutrient table salt in foods, leads to iodine depletion.

**Bromine:** This toxic chemical overrides iodine's abilities to nourish the thyroid, adrenal and other hormone-producing glands. A known carcinogen, it is used as an anti-caking ingredient found in almost all baked goods, unless the ingredients specifically cite unbromated flour.

**Iodine-depleted soils:** Due to poor farming techniques, iodine and other minerals in soil have declined, so most foods today are devoid of naturally occurring iodine.

**Proper iodine supplementation with a high-quality product like *Natural Awakenings Detoxified Iodine* can prevent harm by protecting the thyroid and other endocrine glands and restoring proper hormone production.**

# Your Thyroid Needs Protection!

## *Natural Awakenings Detoxified Iodine Can Provide the Protection You Need*

Almost everyone is routinely exposed to iodine-depleting radiation emitted by cell phones, WI-FI and microwave ovens.

Proper iodine supplementation with a high-quality product like *Natural Awakenings DETOXIFIED IODINE* can prevent harm by protecting the thyroid and restoring proper hormone production.



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- Hyperthyroidism
- Hypothyroidism
- Weight Gain
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- Radiation
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### Be Aware of Hypothyroidism Symptoms

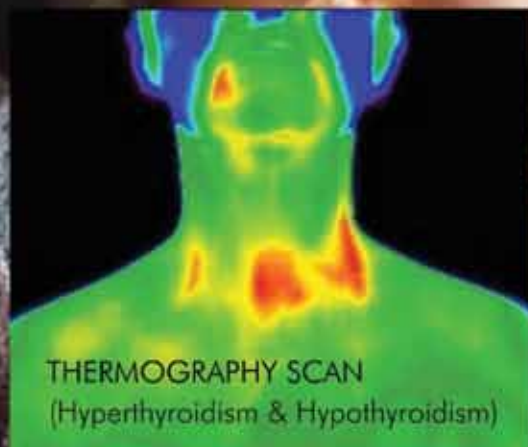
Low thyroid function, or hypothyroidism, is the most recognized and obvious indicator of low iodine intake because the thyroid gland contains more concentrated iodine than other organs. Symptoms can range from extreme fatigue and weight gain to depression, carpal tunnel syndrome, high blood pressure, fibrocystic breasts and a variety of skin and hair problems.

Hypothyroidism can further cause infertility, joint pain, heart disease and stroke. Low iodine levels also have been associated with breast and thyroid cancers. In children, insufficient iodine has been strongly linked with mental retardation,



**Hyperthyroidism** - increased thyroid activity.

**Hypothyroidism** - decreased thyroid activity.



## The TOP 10 Symptoms of a Thyroid Problem

Millions of People Have Undiagnosed Thyroid Conditions

10. Muscle and Joint Pains, Carpal Tunnel/Tendonitis Problems.
9. Neck Discomfort/Enlargement.
8. Hair/Skin Changes.
7. Bowel Problems.
6. Menstrual Irregularities and Fertility Problems.
5. Family History.
4. Cholesterol Issues
3. Depression and Anxiety.
2. Weight Changes.
1. Fatigue.

The thyroid is a small gland located below the skin and muscles at the front of the neck, just at the spot where a bow tie would rest. It's brownish red, with left and right halves (called lobes) that look like a butterfly's wings. It's light like a butterfly, too, and usually weighs less than an ounce.

As small as it is, though, the thyroid has an enormously important job to do, especially for teens. It manufactures the hormones that help control metabolism and growth. To do its job, the thyroid needs a chemical element called iodine that the body absorbs from the foods you eat and the water you drink. The entire body contains about 50 milligrams of iodine. About 1/5 to 1/3 of that supply (10 to 15 milligrams) is stored in your thyroid. The thyroid combines the iodine with tyrosine (an essential amino acid) to make important hormones.



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# The Power of One

## Julia Butterfly Hill Asks, 'What's Your Tree?'

by Judith Fertig



For 738 days, Julia Butterfly Hill lived in the canopy of an ancient redwood tree called Luna to increase awareness of threats to our ancient forests. Her courageous act of civil disobedience gained international attention for California's redwoods, together with related ecological and social justice issues. When she claimed victory for Luna on December 18, 1999, she was recognized worldwide as both a heroine and powerful voice for the environment.

Today, Butterfly Hill's commitment to such causes continues to inspire people worldwide. She has helped fund and launch a host of nonprofit organizations and currently serves as ambassador for the Pollination Project, which awards \$1,000 a day to individuals making a positive difference. The impassioned activist is the inspiration for the What's Your Tree initiative and also leads workshops at eco-villages such as Findhorn, in Scotland, and Damanhur, in Italy. She lives in Belize, where she describes her life as, "Before tree, during tree and after tree."

***What prompted your life shift from being the daughter of a traveling preacher to an environmental activist?***

Before Tree, when I was 22, I was rear-ended by a drunk driver and spent 10 months recovering. As I got better physically, I realized that my

whole life had been out of balance. I had been working nonstop since graduating from high school—obsessed by my career, worldly success and material things. This pivotal experience woke me to the importance of the moment and doing whatever I can to make a positive impact on the future.

***How did you come to climb up a 1,000-plus-year-old redwood tree and stay there for two years?***

After I recovered from the accident, I went on a road trip to California. There, I volunteered at a reggae festival. That year, the event was dedicated to the protection of ancient forests. I listened and learned from the speakers and activists passionate about educating people on the destructive logging practices of the Maxxam-controlled Pacific Lumber Company.

Returning to my place in Arkansas, I sold everything I owned and returned to California to see how I could help. Earth First! was doing tree-sits to call attention to the urgent need to protect ancient trees, and they needed someone to stay in a redwood tree so the loggers couldn't cut it down; because nobody else volunteered, they had to pick me.

On December 10, 1997, I put on the harness and ascended Luna, 180 feet up. What I thought would be three or four weeks in the tree turned into



two years and eight days. I returned to the ground only after the company agreed to protect Luna and the surrounding grove.

**What are some of the legacies of your incredible feat?**

The Luna experience brought international attention to the plight of the last dwindling stands of ancient redwoods. After Tree, I was asked to speak about the issue all over the world. My best-selling book, *The Legacy of Luna*, has been translated into 11 languages. A follow-up environmental handbook is titled *One Makes the Difference*. It all inspires concerned citizens to take action in their own communities.

**Now, as a yoga enthusiast, vegan, peacemaker and anti-disposable activist, how do you stay true to yourself and model the changes you champion?**

I am committed to living with as much integrity, joy and love as I can. If we want to see something in the world, then we have to live it. Like I learn in yoga, I aim to stretch into my life and breathe and see what opens up, trusting that clarity and growth will emerge in the process.

On a personal ecology level, I love swimming in the sea and the sound of the waves rolling over the reef. I love being at home, mixing fresh masa to make tamales and listening to the birds singing as they sway from the palm branches and bougainvillea. These are the moments that make my soul sing.

**How has believing in one person's power to change the world led you to ask, "What's Your Tree?"**

Service is core to my being. It gives purpose and joy to my life. The What's Your Tree project helps people connect with a place of deep purpose that helps guide their lives, choices and actions.

Learn more at [WhatsYourTree.org](http://WhatsYourTree.org) and [JuliaButterfly.com](http://JuliaButterfly.com).

Judith Fertig blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com) from Overland Park, KS.

# HOW TO BURN MORE CALORIES WALKING

**Walking.** Countless numbers of doctors recommend it. Scores of studies extol its benefits. Walking is an incredibly effective exercise. It is also convenient & easily integrated into daily life. Here's how to up the ante & turn a regular walk into a **challenging workout** to burn a ton of calories, lose weight, tone up & get fit.

**POSTURE**  
SHOULDERS BACK & RELAXED, EYES LOOKING FORWARD & CHIN LEVEL.

**HEART RATE**  
GET HEART RATE UP TO BURN CALORIES: WALK AT A BRISK PACE - AS THOUGH LATE FOR AN APPOINTMENT.

**WEIGHT**  
WEAR A WEIGHTED VEST OR A BACKPACK. AVOID HAND & ANKLE WEIGHTS.

**WALKING POLES**  
NORDIC WALKING POLES CAN INCREASE CALORIE BURNING BY ALMOST 50%.

**ARM SWING**  
BEND ELBOWS AT 90° ANGLE & SWING ARMS FORWARD & BACK.

**GLUTE SQUEEZE**  
SQUEEZE GLUTES TOGETHER AS YOU PUSH OFF WITH BACK FOOT TO SHAPE & FIRM BUTT.

**ABS**  
PULL TUMMY MUSCLES IN TO TONE ABS & BURN MORE CALORIES.

**HILLS**  
HILLY TERRAIN TONES BUTT & BACK OF THIGHS, & GREATLY BOOSTS CALORIE BURNING.

**LIFT KNEES**  
ADD INTERVALS: KNEE LIFTS (BRING KNEES TOWARDS CHEST) OR SOLDIER KICKS (KEEP KNEES STRAIGHT).

**LONG STRIDE**  
INCREASE STRIDE LENGTH TO TARGET INNER & OUTER THIGH MUSCLES.

**UNEVEN TERRAIN**  
WALK ON TRAILS, GRASS, SAND, GRAVEL, SNOW OR MANEUVER AROUND ROCKS.

**TOE PUSH-OFF**  
STRIKE THE GROUND WITH HEEL, ROLL FORWARD THROUGH ARCH OF FOOT & PUSH FROM TOES.

**ADD SHORT INTERVALS:** increase speed (walk faster or jog), walk hills, or climb stairs for several minutes to boost calorie burn.  
See [superstinnyme.com/walking](http://superstinnyme.com/walking) for the complete guide on how to burn more calories walking.

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# TREKING AS PILGRIMAGE

A Literal Path to Personal Growth



by Sarah Todd

For more than a millennium, seekers have made spiritual pilgrimages on the Way of St. James, beginning at their chosen point in Europe, winding westward and ending in the Spanish city of Santiago de Compostela. Today,

as portrayed in the 2010 movie, *The Way*, the core route continues to attract both secular and devout trekkers. It's fair to say that every pilgrim derives something from the journey, although it's not always what they expect.

Alyssa Machle, a landscape architect in San Francisco, imagined that walking The Way would be a quietly contemplative and solitary experience. Instead, she spent weeks bonding with fellow trekkers: an Ohio schoolteacher trying to decide whether to become a Catholic nun, and a German woman in her 30s unsettled by falling in love with her life partner's best friend, a war veteran in his 70s.

"Inevitably, each person had some internal battle that he or she hoped to resolve," Machle found. "My own ideological shift was about setting aside preconceived ideas about how I would experience the path, and focusing my energy on the community that I suddenly was part of."

The diverse goals of the people Machle met on The Way speaks to the power of adventurous treks. From the Bible story of Moses and the Israelites crossing the desert for 40 years to young Fellowship of the Ring members hiking across Middle Earth, we like the idea of walking long distances as a way to get in touch with ourselves—and often with something larger. In America, there are as many trails to hike as there are reasons to do it.

For Cheryl Strayed, author of the 2012 bestselling memoir, *Wild*, hiking the Pacific Crest Trail at age 26 allowed her innate courage to blossom. A rank novice, she took to the trails solo, grieving the early death of her mother, and discovered a new kind of self-reliance. "Every time I heard a sound of unknown origin or felt something horrible cohering in my imagination, I pushed it



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away," Strayed relates. "I simply did not let myself become afraid. Fear begets fear. Power begets power. I willed myself to beget power. It wasn't long before I actually wasn't afraid."

Other people on such journeys are inspired by their love for the environment, like Zen Buddhist priest and retired psychotherapist Shodo Spring, leader of this year's Compassionate Earth Walk, a July-through-October protest of our nation's dependence on fossil fuels. It has engaged a "moving community" of shared prayers, meditation and yoga along the path of the pending Keystone XL pipeline from Hardisty, Alberta, Canada, to Steele City, Nebraska.

Spring emphasizes that the walk is intended to connect participants to the land and the people that live on it. "We're going to small towns," she says, "where many residents make their livelihoods from oil. There's a deep division between such people and our group. But when we listen to each other, that division gets healed."

Activist David Rogner says that long-distance walks don't just raise awareness of political and social issues—they also give people hope. He spent 25 months walking across the United States in the first coast-to-coast roadside litter program, Pick Up America.

"As we walked and picked up trash, we inspired people to believe there could be change," he says. His trek gave him hope for his own future, too. He now believes, "If you commit your life to the healing and restoration of community and yourself, you are going to be wholly provided for."

Whatever the purpose, there are many scenic long-distance walking trails to choose from. The Pacific Crest Trail, from the U.S.-Mexico border in Southern California to the uppermost reaches of Washington State, offers stunning views of the Sierra Nevada and Cascade mountain ranges. The Appalachian Trail, which winds 2,200 miles between Georgia and Maine, provides 250 shelters and campsites. In Wisconsin, the 1,000-mile Ice Age Trail offers awe-inspiring views of glacial landscapes. Starting in North Carolina, the Mountains-to-Sea trail extends from the Great Smoky Mountains to the crystal-blue waters of the Outer Banks. In Missouri, the Ozark Trail sweeps through mountains, lush valleys and tumbling waterfalls. Plus, overseas trails await, as well.

Sarah Todd is a writer and editor in Brooklyn, NY. Connect at [SarahToddInk.com](http://SarahToddInk.com).

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# All the Time in the World

## Transforming Anxiety into Artistry

by Marney K. Makridakis

Ask American adults if they're anxious about time and they'll likely say yes. Our society even deems it expected, acceptable and normal to experience such stress, but is it necessary? It's helpful to explore what is at the root of our problems with time and why we believe we benefit from worrying and complaining about it. Both are good first steps to releasing ourselves from the drama of getting caught up in and blaming time as a convenient catchall. Which of the following rationales apply to us personally?

"If I can complain about being busy, I don't have to examine other areas in my life."

"My schedule is wrapped up with my self-esteem; being 'too busy' means that I'm successful."

"Worrying about time gives me something to talk about."

"I don't plan things I might enjoy because it can be too demanding or even scary—it just feels easier and safer to be bored."

"Worrying about time is a convenient excuse for not following my dreams."

Once we identify the perceived payoffs from worrying about time, we can see them for what they are: illusions that keep us from living our true potential. Awareness allows us to make a different choice and to partner with

time, instead of working against it.

Einstein proved that time is subjective, illustrated every time we compare an hour in a dentist's chair to an hour in the company of a loved one. Time behaves and feels differently based on many variables, like emotion, engagement, flow, desire, interest, pain and pleasure. Our perspective counts. With capricious factors dancing around in our every moment, we can see why time isn't constant.

Happily, we can use the relative nature of time to our advantage and choose what our relationship with it will be. Consider that with each instance we choose how we talk about, measure and experience time, we are actually creating a new paradigm of time for ourselves.

We can relinquish general views and limitations of time that hinder us and emerge into the possibilities of time as anything but a defined line. It can be a vibrant, completely moldable, layered, multifaceted work of art that we may adapt as we wish, to custom design each and every day.

*Marney K. Makridakis of Dallas, TX, is the author of Creating Time: Using Creativity to Reinvent the Clock and Reclaim Your Life. She founded Artella magazine, the ARTbundance philosophy and the ArtellaLand.com community.*



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# ORGANIC FRUITS & GREENS BLEND

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		
Serving Size: 1 Rounded Scoop (15g)		
Servings Per Container: 30		
Amount Per Serving		% Daily Value
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Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	4g	
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Organic Spinach		
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\* Percent Daily Values are based on a diet of 2,000 calories.  
\*\* Daily Value not established.  
Other ingredients: Organic evaporated cane juice.

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# Parroting a Wild Diet

Fresh Forage Feeds Birds Well

by Sandy Lender

Wild parrots expend time and energy seeking available foods according to nature's cycle. Parrots in captivity need owners to mimic this routine for their pets.



## Menu Lessons

Ann Brooks, founder of Phoenix Landing, in Asheville, North Carolina, remarks about the deficiencies of conventional packaged birdseed diets. "Most lack essential ingredients like vitamin A, calcium and protein, and are also high in fat," she says.

As an alternative, in recent decades manufacturers have turned to formulated pellet diets. As with any pet food, bird owners are advised to check labels for the nutrients that are best for their type of parrot and take care to avoid genetically modified ingredients.

Fresh foods, always the more nutritious alternative, require more time and some ingenuity. Avian Veterinary Technician Shari Mirojnick, with the Backos Bird Clinic, in Deerfield Beach, Florida, explains that North Americans, even in the subtropics, don't have access to all the foods that parrots eat in the wild.

"We have to make up for what they're missing," advises Mirojnick. "Parrots that live in dense rain forest will often dine on certain tree fruits, which differ from supermarket fruits. Plus, human cultivation has sacrificed much of the nutrient content found in the original fruit in exchange for sweetness." We need to reconcile the loss in other ways, such as with vegetables.

Mirojnick notes, "Many of the best vegetables for parrots are high in key essential nutrients like vitamin A and calcium, which these birds do not efficiently metabolize in captivity." She recommends nutrient-dense dark leafy greens, carrots, sweet potatoes and broccoli. But avoid avocado, which is poisonous to birds, and nightshade produce such as eggplant and mushrooms. When in doubt about a food,





# calendar of events

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

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

## TUESDAY OCTOBER 8

**Hospice of Acadiana Chaplains Memorial Service** – 6pm. Chaplains offer a memorial service for those who have lost a loved one this past year. Deacon James Davis. Hospice of Acadiana, 2600 Johnston Street, Lafayette. 337-232-1234.

**Memorial Service** – 6pm. The Hospice of Acadiana Chaplains offer a memorial service for those who have lost a loved one this past year. Hospice of Acadiana, 2600 Johnston St, Lafayette. Deacon James Davis 337-232-1234.

## THURSDAY OCTOBER 10

**Feng Shui Your Backyard for Peace** – 5:30pm. Cheryl Bowie reveals how to create a sense of peace through tools and techniques in Feng Shui (wind, water), an ancient Asian art designed to encourage harmony and balance. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette. 337-993-2473.

**Harvesting, Drying & Storing Herbs** – 6:30-8:30pm. Diane Queen informs about parts of plants to harvest, when and what methods of preservation are best. Queen reveals how to properly store herbs. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

## FRIDAY OCTOBER 11

**Semi-Annual Antique Fair & Yard Sale** – 9am-5pm. Browse through one the largest antique fairs in the South. Over 200 vendors display items over six acres shopping area. Food, fun and bargains. Old Schoolhouse Antique Mall, 123 Church St, Washington. 337-826-3580.

**Louisiana Cattle Festival & Fair** – 5pm. Thru Oct 13. Fun filled event features baby show, cooking contest, queen's pageant, cattle livestock show, parade, live music, street dancing and street fair. Visit booths with food, drinks, souvenirs, arts & crafts and Cajun. Downtown, Abbeville. Louisiana-CattleFestival.org.

**Festivals Acadiens et Creoles** – 5:15pm. Thru Oct 13. Annual music, food and craft festival. Girard Park, Lafayette. 337-232-3737. FestivalsAcadiens.com.

**World Championship Gumbo Cook-Off** – 7pm. Thru Oct 13. Begins with great music and popular food items. Saturday: bands throughout the day, down town shopping, museum tours and food booths. Sunday: teams compete for bragging to

the best gumbo in the world. Tasting begins early afternoon. Boulogny Plaza (downtown), New Iberia. 337-364-1836. IberiaChamber.org.

## SATURDAY OCTOBER 12

**2nd Annual Cycle for Hospice of Acadiana** – 6am-1pm. Cyclists choose from 25 or 50-mile routes beginning and ending in the Oil Center to support Acadiana's non-profit Hospice. \$30 registration before Oct 10; \$40 after. Hospice of Acadiana Foundation Inc and Lafayette General Medical Center. Oil Center, Lafayette. HfAcadiana.com.

**Haunted Lafayette Louisiana** – 10am-1pm. Author Chere Coen, along with other authors will have a book reading and signing. The Writer's Guild of Acadiana. J&R Educational Supplies, 3123 Johnston St, Lafayette.

**Loss After Loss: The Complexities of Grief in Later Life** – 10am. Dr Sarah Brabant speaks about losses, the impact of multiple losses, and ways older persons and those who want to help them, can acknowledge and facilitate grief in later life. Free, registration required. Center for Loss and Transition, Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

## THURSDAY OCTOBER 17

**Bird Banding** – 5:30pm. Dr Erik Johnson describes why and how researchers study forest birds. Johnson presents results of this work highlighting the diversity of Neotropical migrants south Louisiana has to offer to bird enthusiasts. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette. 337-993-2473.

**Haunted Lafayette Louisiana** – 7pm. See Oct 12 listing. Café Joie de Vivre, 107 N Main St, Breaux Bridge.

**77th International Rice Festival** – 7pm. Thru Oct 20. Events include rice eating, cooking, live music, parades and much more. 110 East 4th St and Courthouse grounds, Crowley. 337-783-3067. RiceFestival.com.

## SATURDAY, OCTOBER 19

**Jeanerette Museum Day Live** – 10am-4pm. Features tours of the museum, entertainment, demonstrations, arts, crafts and more. Free. Jeanerette Bicentennial Park and Museum, 500 E Main St, Jeanerette. 337-276-4408. JeaneretteMuseum.com.

**A Stitch-N-Time** – 10:30am. Learn basics of knitting, including casting on, binding off and types of stitches. North Regional Library, 5101 N University

Ave, Carencro. 337-896-6323. LafayettePublicLibrary.org.

**Fall into the Arts** – 4-7pm. Experience the heart of the community as you stroll along beautiful historic downtown. The art walk begins at the Shadows-on-the-Teche from east to west along both sides to the Episcopal Church and across to A&E Gallery, the Henton House and NILA Gallery on West St Peter St, New Iberia.

## SUNDAY OCTOBER 20

**The Magical Use of Herbs** – 1:00pm-3pm. Diane Queen teaches about herbal wisdom and lore from the Old and New Worlds. Tap into the power of plants and watch magic blossom. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

## WEDNESDAY OCTOBER 23

**An Evening with Darius Rucker** – 6pm. Support Cancer services and research by attending this outdoor concert. Parc International, Lafayette. 337-984-1920. MilesPerret.org.

## THURSDAY, OCTOBER 24

**Candy Corn Wreaths** – 4-5pm. Kids make a Candy Corn Wreath just in time for Halloween and Thanksgiving. Registration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

**Bird Photography** – 5:30pm. Bob Adams, a Lafayette photographer specializing in nature and wildlife work, presents information about equipment to use and how to process them into prints or files. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette. 337-993-2473.

## FRIDAY, OCTOBER 25

**Puppet Making Workshop** – 11am-12pm. Just in time for Halloween, make a kooky spider puppet. Register online or call the library. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

## SATURDAY, OCTOBER 26

**2nd Annual Sweet Dough Pie Festival** – 9am-3pm. Celebrate the unique culture and history of Grand Coteau. Includes a sweet dough pie contest, guest speakers, arts & crafts vendors and music. The Grand Coteau Cultural Foundation, Janice Fox, St Charles Catholic Church, 174 Church St, Grand Coteau. 337-662-3058.

**Haunted Lafayette Louisiana** – 12-1pm. See Oct 12 listing. Barnes and Nobles, 5705 Johnston St, Lafayette.

**New Iberia Beneath the Balconies** – 2-5pm. An afternoon of drama, comedy and musical performances starting at Shadows on the Teche, moving down Main Street with a finale at Boulogny Plaza's Steamboat Pavilion. The New Iberia Preservation Alliance, Cathy Indest, New Iberia. 337-364-1603. IberiaCultural.org.

## SUNDAY OCTOBER 27

**Mystical Magical Mandalas** – 1pm-3pm. Joie Connelly presents Mandalas, beautiful constructs, created by individuals or groups, which are created



from and speak to the subconscious. Learn about the powers of this ancient tool found in cultures. Create this art object to better understand conscious and unconscious. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

## WEDNESDAY OCTOBER 30

**Haunted Lafayette Louisiana** – 7pm. See Oct 12 listing. Carpe Diem Gelato & Espresso Bar, 812 Jefferson St, Lafayette.

## Inward Spiritual Character

The very end and purpose of the atoning work of Christ is to create religious character and practice Christian conduct.



Dear God,  
You teach us that You do not simply require good deeds. You require an inward spiritual character which is developed by constant prayer.  
Amen.

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# ongoing events

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

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

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

## 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](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

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

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

## monday

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

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

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

**Photography for Kids** – 6-7pm. Learn technique, composition and presentation while creating fun,

hands on projects. No experience necessary. The Front Room, 1301 Ave A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto: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.

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

**Lafayette Photographic Society** – 6:45pm. 2nd and 4th Mon each month. Educational programs and guest speakers at 2nd Mon's meeting. Inter-club projected image and print competitions at 4th Mon's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. [Blemarie56@yahoo.com](mailto:Blemarie56@yahoo.com).

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

## tuesday

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

**Toddler Time** – 10:30-11am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

**Teche Area Farmers' Market** – 2:30-6pm. Fresh and frozen produce from local farmers, handmade

crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

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

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

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

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

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

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

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

## wednesday

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

**Baby Time** – 9:30-10am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**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.

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

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

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

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

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

## thursday

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

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

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

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

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

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

## friday

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

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

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

**Bach Lunch** – 11:30-1pm. Free outdoor concert series features variety of musicians. Bands perform noon to 1pm. Lunches available first come first served. Parc Sans Souci, Lafayette. 337-291-5544, 337-291-5461, LafayetteScienceMuseum.org.

**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.

**Downtown Alive** – 5:30-8:30pm. Cultural and traditional music in a family environment outdoors. Great entertainment from musicians representing a variety of genres. Concessions available. Free. Par San Souci, Downtown, Lafayette. 337-291-5566. DowntownLafayette.org.

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

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

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

## saturday

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

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

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

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

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

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

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

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

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

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

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

**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.

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

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

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

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

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

**2nd Saturday 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.

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

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

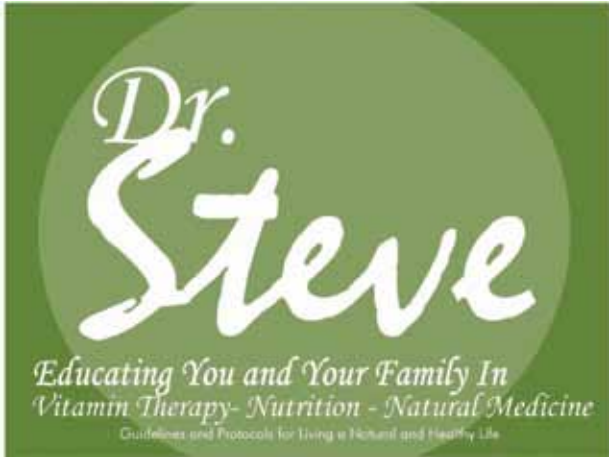
**Showtunes Sing-Along** – 7-9pm. Last Sat each month. Anyone can participate in belting their favorite musical in a piano lounge-style setting. Des Amis Dining and Catering, 225 West Main St, New Iberia. 337-376-6006.



# Naturopathic Doctors

## Natural Medicine

“finding the root cause”



**DR. STEVEN T. CASTILLE, BSc, Ms, DNM**  
natural medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

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

### **Naturopathy is a form of alternative or complementary medicine.**

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

### **The Basics of Naturopathy**

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

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

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

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

### **Traditional Naturopaths**

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



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

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

### **Is Naturopathy for Me?**

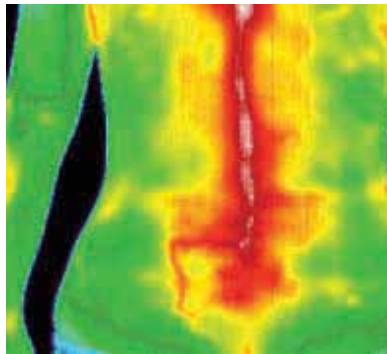
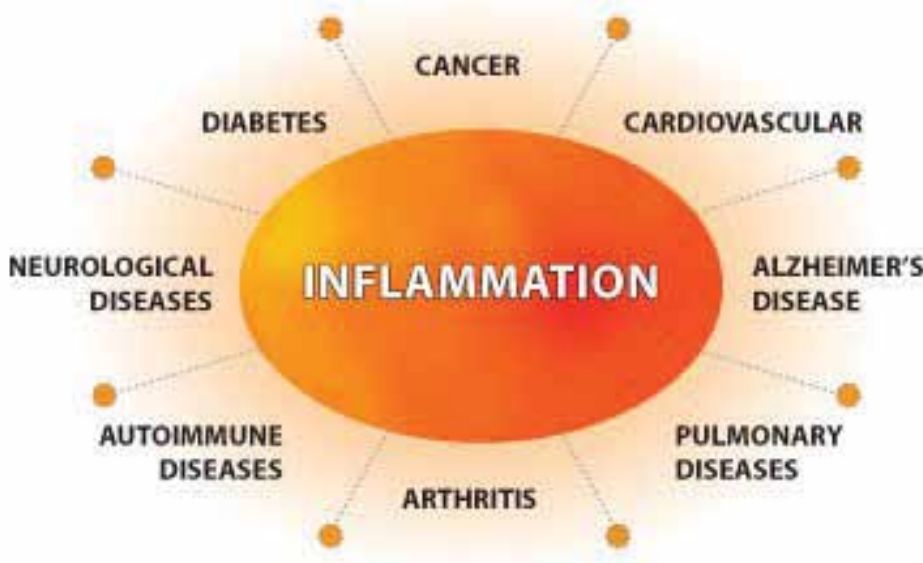
Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine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

### **What Can I Expect?**

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



# the natural path



- Natural Medicine
- Naturopathic Health Care
- Zerona Fat Reduction
- Whole Foods Nutrition
- Hydro Massage Therapy
- Infrared Sauna Therapy
- Whole Body Vibration Therapy
- Nutrient Hydration Therapy
- Thermography Medical Imaging
- Micro-nutrient Testing
- Vitamin Therapy
- Bioidentical Hormone Therapy
- Menopause/Women's Health
- Cancer Prevention
- Detoxification
- Demosonic Cellulite Reduction
- Vibrational Healing

**Call to schedule your office visit:**  
**337-896-4141**  
**337-347-4141**



Tre' Gradnigo  
Natural Health Consultant



Kimberly Rasmussen  
Licensed Massage Therapist



Brooke Thevis  
Health Consultant



China Ledet  
Health Consultant



Megan Reed  
Thermography Tech



Martha Francis  
Office Assistant



John Rhinehart  
Licensed Massage Therapist

# BODY REBOUND

## Weight Loss Program

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



### Includes:

- 60 Day supply of WheTea weightloss drops (fat burner)
- 60 Day supply of Raspberry Ketone (fat burner)
- 60 Day supply of Fat Complex (prevents fat absorption)
- 60 Day supply of B-12 liquid drops (increases energy and metabolism)
- 60 Day Infrared SAUNATOX (makes you sweat out fat, calories, and toxins)
- 60 Day Dermosonic Cellulite Treatment Plan <sup>\*\*</sup>(reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments <sup>\*\*</sup>(pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (depress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
- 3 ZERONA Cold Laser Lipo Treatments <sup>\*\*</sup>(cuts through tough fat cells)

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

CALL **347-4141**

<sup>\*\*</sup> Included in 4 Month Weight Loss Program Only

### AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

**12 - 35 pounds in eight weeks**



# RESTORE

## Restore Your Health

A Customized Health and Wellness Restoration Program

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

### 6-Week RESTORE Health Program \$340

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

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

#### Colon Cleanse

Six-week psyllium husk supplementation

#### Full-Body Detox

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

#### Lymphatic Drainage

Whole body vibration exercising, hydro lymphatic massage

#### 7-Day Rehydrate

Whole body vibration exercising, hydro lymphatic massage

#### pH Balancer

Balance acid/alkaline levels using Green Water and pH drops

\* Supplements sold separately. Above pricing for services only.

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

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

 **liteon**  
**Natural Health Center**  
*Powerful, Positive Healing for Life*

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Working with YOU to grow YOUR business. However, we don't want you to simply advertise with us to help attract more customers - we want you to join the culture that is Natural Awakenings Magazine and try to help your business to grow!

To discuss your advertising needs call 896-4141 or email [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)

## Do you want to lose stomach fat fast?



### ZERONA laser lipo

no downtime • no cutting • back to work same day

**337.896.4141**



# AUTOGRAPH

Happiness lies, first of all, in Health

Get the signature of 4 of your closest friends and win.

#1 \_\_\_\_\_  
#2 \_\_\_\_\_  
#3 \_\_\_\_\_  
#4 \_\_\_\_\_

Some things in life should be free. Health and friendship are two of them.

## PAY IT FORWARD MOVEMENT

Return your copy of Natural Awakenings Magazine with the signature of four of your closest friends or relatives and receive a 30 min Ionic Foot Detox, 16 oz Greenwaters pH 9.5 drink, and a chance to win \$500 CASH giveaway.

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\* Limited to the first 50 customers. Offer ends 11/15/13. This offer is limited to one per customer or household. We reserve the right to refuse service or entry to anyone who is rude or unkind. Pay it forward!