

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings



AYURVEDIC COOKING

Ways to Restore Health and Balance

YOGA FOR THE AGES

Asanas Assure Vitality

VENOUS RISING

Natural Help for Varicose Veins

FAIRY MAGIC

Feeling Their Touch in Nature

Age-Defying Bodywork

How to Turn Back the Clock



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HEALTH BENEFITS

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

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

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HEALTH BENEFITS

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

.....\$45.00

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

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

pH 9.5 Drops

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



Organic Frozen Wheatgrass Juice

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

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



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant

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

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

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

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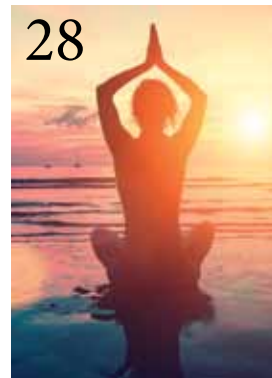
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publisher's letter



Imagine for a moment that you were invincible. That no matter what you did, you could heal from it. For example, imagine that when you were young you jumped out of a tree and broke your leg - and wham - your body heals. Or maybe you put your finger in fire and burnt your finger, and again, your body healed itself. Or you pollute your body with poisons like processed foods, drugs, and alcohol and still your body survives and heals. Are you lucky? Is it genetics? A miracle? Truth is you are a healing machine! And it's actually very difficult to get sick.

Think about what you have put your body through over the course of your life. The physical, mental, and chemical stresses, and yet here you are. Still kicking. And why? Because, your body is designed to heal. It uses a very intelligent and predictable method to determine how fast and how well you will heal. The following are the 3 laws of healing that your body uses every day. From a cut on your finger to healing from cancer - the process and the laws are the same.

Law of Cellular Replacement: this law states that in order for the body to heal it must replace the cells that are damaged or mutated to become healthy again. For example, if you bruise your arm you have damaged cells. Your body will be healed from that bruise when all of the damaged cells have gone away and new healthy cells have replaced them. Fortunately, your body naturally produces over 1 million red blood cells per second. That means healing can happen quickly if we let it.

Law of Time: this healing law states that all healing takes time. How much time? Whatever time that it takes to completely replace the damaged or mutated cells. Although we cannot rush healing we certainly can assist it. Often we get in the way because our lifestyle (or attitude) doesn't allow for "time" to heal.

Law of Supply and Demand: probably the least understood law of the three, and yet, maybe the most important. Also the one you can have the biggest impact on. The law of supply and demand will determine how much time it takes to heal and the quality and frequency of how the cells are replaced. This law states that your body will heal accordingly to the supply and demand of healthy options for your body. For example, if you are trying to heal from a cold, what you supply your body with for fuel (food) will determine the quality of cells that are newly created to replace the sick cells. If you provide poor fuel (food) ie: alcohol, processed foods, then you will produce poor quality cells and healing will take longer. Remember, you are literally what you eat. You will produce cells only to the quality of food you put in your body. This law also takes into consideration things like stress, physical activity, in addition to your diet. When you supply yourself with good nutrition, a sound mind, and plenty of rest, you heal faster.

Healing is not hard, but what can be hard is listening to your body. And it's only hard because you may not have much practice at it. Pay attention to your body to apply these laws daily, and live a healthy and prosperous life.

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

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers



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TownFolk – Neighbors Helping Neighbors



TownFolk is a non-profit resident organization dedicated to improving quality of life for residents and businesses in the LaPlace neighborhood of Lafayette. By creating a strong network of positive, forward-thinking citizens, and partnering with like-minded local businesses and organizations, they hope to restore pride in their historic neighborhood. They believe in sweat equity, lending a helping hand and the true value that comes with investing in the community.

The Victory Garden, established in 2015, is a community garden located at the corner of Olivier and Pierce Streets, which provides fresh fruit and vegetables to neighborhood residents free of charge. The garden is planted and tended by community volunteers and brings to life the vision of one of Townfolk's founders - a long time resident of LaPlace- Jillian Johnson and is dedicated to her memory.

Town Folk, in partnership with Whole Foods Market and Whole Cities Foundation, is also proud to bring a weekly fresh produce market to residents of the neighborhood. Fruits and vegetables from the Victory Garden and Whole Foods Market are provided free of charge while supplies last every Saturday beginning around 10:30 in the morning at the Garden. To find out how your business can partner with TownFolk or volunteer in the garden, visit townfolk.org.

Location: Victory Garden - 217 Olivier Street, Lafayette. For more information visit townfolk.org.

Project Front Yard – Restore. Preserve. Advocate.



Started in the Fall of 2014, Project Front Yard has become a far-reaching effort to restore the local environment with greenspace planting and waterways cleanup, preserving the quality of the environment that is already there, and advocating for future change in the local footprint through behavioral and policy change. Individuals and groups continue to come forward with ideas, plans, and commitments to tackle everything from beautification to revitalization. Together with government, business, education, media, and volunteers, steps have been

taken towards creating a more beautiful and environmentally friendly parish – and has been an encouragement to neighboring parishes in joining the effort.

Greg Gothreaux of the Lafayette Economic Development Authority summed it up by saying, “Project Front Yard is an initiative that brings business, residents and government together to address what our community looks like. It’s about more than litter on the side of the road. It’s about visual pollution. It’s about non-existent or unattractive gateways into the community. It’s about integrating green infrastructure as the community grows. It’s about encouraging and supporting public art projects. It’s about community pride! These issues are important to everyone- the businesses who operate here, our residents, and our prospective businesses, their employees and people who may move to the region.”

Location: 705 W University Ave, Lafayette. For more information call (337) 291-8306 or visit projectforntyard.org.

Manglier Tea mong-lee-AY

Manglier tea has the ability to build the body's immune system quickly to fight cold, flu, and other infections.
- Dr. Steve Castillo

\$24



Steep in hot water for 5-10 minutes and drink slowly.

Manglier Tea mong-lee-AY

natural medicine

NATURAL MEDICINE WITH NO SIDE EFFECTS

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

Instructions for making manglier Tea: Steep in hot water for 5-10 minutes and drink slowly.



My grandfather's grandfather used this medicine. He said the old manglier tree would cure the plague and the virus.

- Mrs. Clara B., Mallet, LA

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health briefs

Eat Vegan Without Compromising Stamina

For runners, food is fuel, and a new study lays to rest debates about which diet is best. Researchers at Leibniz University, in Hannover, Germany, recruited 76 men and women runners, divided equally between vegans, vegetarians and omnivores. They had an average age of 27 and ran recreationally two to five times a week. The runners were asked to pedal to exhaustion on a stationary bike, and researchers found that all three groups had similar exercise capacity and power output, and similar lactate production during exercise. The researchers concluded that vegan diets were “a suitable alternative for ambitious recreational runners.”

Be a ‘Warm’ Parent to Extend Kids’ Lives



Cold or unsupportive mothering styles can harm a child's health into adulthood, Loma Linda University researchers have found. Compared to adults mothered in a “warm” style, adults that had been mothered in a “cold”

manner had an average of 25 percent shorter telomeres, indicating faster cellular aging, a shorter life span and greater susceptibility to disease. The study was based on follow-up blood samples of 200 adults originally enrolled in cohort studies of 130,000 people starting in 1976. Those that described their mothering as cold tended to be overweight or obese as adults, with less education. A father's parenting style had a much smaller effect and was not significant enough to impact telomere length, the authors found.

Soak Up Rays for a Healthier Bowel

Regular exposure to sunlight decreases the incidence of irritable bowel disease (IBD) in children, researchers from the Australian National University report. They compared 99 children with IBD with 396 healthy children using interviews with parents to establish a database. For every 10 minutes of sunlight exposure a day on average, there was a 6 percent reduction in risk, and 30 minutes a day reduced the risk by 20 percent.

Also, children with deeper tans were at lower risk. IBD, which includes Crohn's disease and ulcerative colitis, has been shown in previous studies to be less common among people that live in sunnier places and closer to the Equator.



Sleep Tight to Keep Ulcers at Bay

About one in 10 Americans develops painful peptic ulcers, open sores in the lining of the stomach and duodenum, that are sometimes caused by an overgrowth of the *Helicobacter pylori* bacteria. Drug therapy to eradicate the bacteria involving two antibiotics and one acid suppressant is usually successful, but about 10 percent of cases recur.

A key factor may be sleep quality, suggests a new study from the University of Hong Kong. Researchers followed 1,420 people that had been treated for peptic ulcers for three years. The ulcers recurred in 8.3 percent of them, and those that had poor sleep—including taking longer to fall asleep and waking more during the night—were significantly more likely to be re-infected. Longer total sleep times helped reduce infection recurrence.

Try Maqui Berry for Dry Eyes



Maqui, tiny black berries that grow wild in the rain forests of Chile and Argentina, are beloved by small birds. Now they are showing promise for computer-weary humans with dry eyes. In a recent study, Japanese researchers tested a standardized maqui berry extract on 74 people that suffered from dry eyes and eye fatigue that used computers, smartphones or video games for more than four hours a day. Half took 60 milligrams of the maqui berry extract and half took a placebo for four weeks. The maqui berry group showed significantly greater production of lacrimal fluid in both eyes compared to the placebo group, and also reported less eye fatigue and more relaxed shoulders.

People with generalized anxiety disorders affecting all aspects of life are more likely to have seasonal allergies triggered by grass or tree pollen and people with depression are more likely to suffer from chronic allergies triggered by such irritants as animal hair and dust mites, report German researchers at the Technical University of Munich. In the study of 1,782 people, they also found that food and drug allergies were unaffected by psychosocial disorders.

Lower Anxiety to Ease Allergies

People with generalized anxiety disorders affecting all aspects of life are more likely to have seasonal allergies triggered by grass or tree pollen and people with depression are more likely to suffer from chronic allergies triggered by such irritants as animal hair and dust mites, report German researchers at the Technical University of Munich. In the study of 1,782 people, they also found that food and drug allergies were unaffected by psychosocial disorders.

Be Wary of Dental Antibiotics

Preventive antibiotics are frequently prescribed by dentists for older patients with certain heart conditions, but Oregon State University researchers recently found that those antibiotics, which can expose patients to unwelcome side effects, are unnecessary 81 percent of the time. Using four years of a healthcare claims database of almost 170,000 prescriptions involving more than 90,000 patients with an average age of 63, the research found that fewer than 21 percent should have been given antibiotics based on heart conditions. The findings are important because dentists are responsible for 10 percent of all antibiotic prescriptions written in the U.S., and overuse of antibiotics contributes to bacteria evolving to make the drugs ineffective.



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.)

Acid or Alkaline

Balance is key about the body. An imbalance will decrease the experience of increasing pH balance to good health.

pH is a measure of the balance between acidity and alkalinity. A higher pH value indicates a more alkaline state. The "pH scale" for "normal" pH means potential for acid and "pH" means for alkaline.

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 you are pH 4 or acidic, your body becomes overwhelmed as calcium, magnesium, potassium and sodium leave your organs and before you realize it the acid will remove it from the body, 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 consumed by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissues.

Healthy cells in an acidic body like to split, divide, and high pH foods (7.3 to 7.4 pH). They do not tolerate acid as well as acid. Cancerous cells, on the other hand, thrive in an acidic pH of 6.5.

Cancerous cells become dormant at a pH slightly above 7.300, and transform back to the environment on an acid pH of 6.5. A healthy body is 7.4.

Prevention is the best cure, though the best cure 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 further cell growth or spread. That's why cancerous conditions often come back—nothing has been done to change the conditions that allowed them to!

"Every single person who has cancer has a pH that is too acidic!"

—Dr. Otto

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.

Both women are 60 years old

What is the difference between the two?

They live in a nursing home, is confined to a wheelchair, has heart failure and diabetes, and requires assistance eating her meals and going to the restroom.

Vivian travels four times a year, enjoys her weekends with grandkids, plays tennis, drives to and from Dallas to Louisiana twice a month to visit family, and is enjoying retirement.

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

Nutrition, vitamin therapy and holistic therapies are powerful paths to healing and maintaining a strong body.

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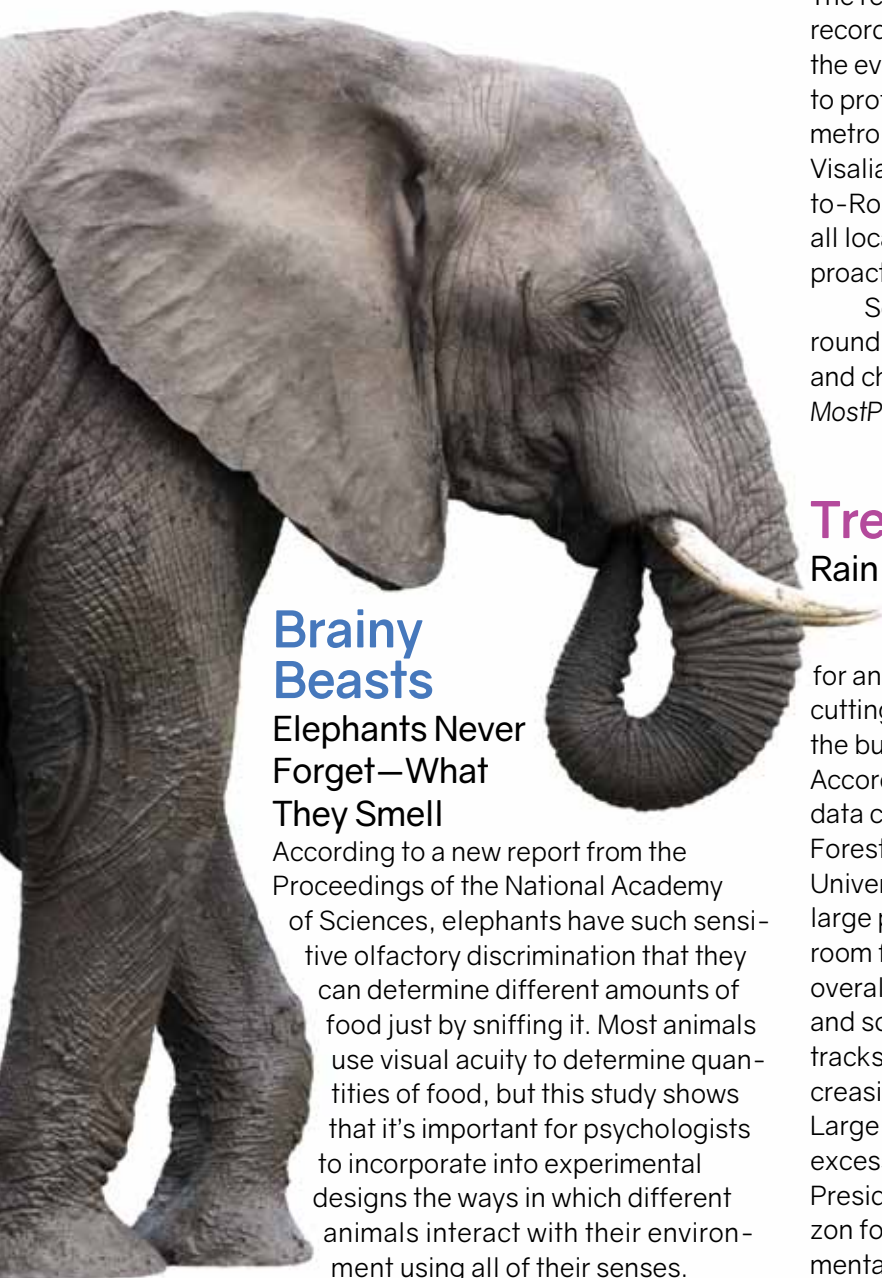
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Enroll in a 6-Week RESTORE HEALTH PROGRAM

Deathly Air

Pollution More Deadly Than Cigarettes

Toxic air is killing more people in Europe than tobacco smoking, according to new research published in the *European Heart Journal*. The number of early deaths caused by air pollution is double previous estimates and the lives of 800,000 people worldwide are cut short by an average of more than two years, the scientists calculated. Although air pollution enters through the lungs, its impact via the bloodstream on heart disease and strokes is responsible for twice as many deaths as respiratory diseases. Penny Woods, chief executive of the British Lung Foundation, says, "Toxic air doesn't just cut lives short. It also seriously affects the health and quality of life of millions of people."



Brainy Beasts

Elephants Never Forget—What They Smell

According to a new report from the Proceedings of the National Academy of Sciences, elephants have such sensitive olfactory discrimination that they can determine different amounts of food just by sniffing it. Most animals use visual acuity to determine quantities of food, but this study shows that it's important for psychologists to incorporate into experimental designs the ways in which different animals interact with their environment using all of their senses.

Breathing Risk

Pollution Rises Across the U.S.



In the U.S., air pollution in general worsened markedly across the country between 2015 and 2017, probably due to rising temperatures, according to the American Lung Association's *State of the Air 2019* report. Based on federal, state and local data, it found that many cities nationwide increased the number of days when particle pollution, often

called "soot", soared to record-breaking levels. More cities suffered from higher numbers of days when ground-level ozone, also known as "smog", reached unhealthy levels. The report's three-year span covered the hottest years on record globally, and as the report noted, the data "adds to the evidence that a changing climate is making it harder to protect human health." Case in point: The top six cities or metro areas in ozone pollution—Los Angeles-Long Beach, Visalia, Bakersfield, Fresno-Madera-Hanford, Sacramento-Roseville and San Diego-Chula Vista-Carlsbad—were all located in California, one of the most environmentally proactive states.

See a map of the 25 worst offenders by ozone, year-round particle pollution and short-term particle pollution and check out other locations by zip code at Tinyurl.com/MostPollutedCities.

Trees Please

Rain Forest Dwindling

The Amazon Rain Forest continues to lose habitat for animals and plants by clear cutting practices that add to the burden of climate change. According to satellite imaging data compiled in 2018 by Global Forest Watch and analysts at the University of Maryland, removing large patches of forest to make room for ranching caused the highest loss of forest cover overall, along with other commercial activities like mining and soy production. The World Resources Institute, which tracks global forest cover, reports deforestation is increasing in Brazil, Indonesia, Colombia, Peru and Bolivia. Large swaths of forest serve as carbon sinks, helping suck excess carbon emissions from the atmosphere. Brazilian President Jair Bolsonaro has promised to open the Amazon for industry and recently slashed funding to environmental and science research groups.



Whale Wipe-Out

Record Numbers Starving to Death



More than 160 dead gray whales have washed up on the Pacific Coast this year, including onto beaches in Canada, Mexico and Alaska, and scientists estimate that they represent

just 10 percent of the total number of the dead, with the rest sinking into the sea. In Washington, officials have run out of public beaches for the huge carcasses to rot, and have asked for owners of private beaches to volunteer space.

This could end up being the deadliest year for gray whales since 2000, when 131 were found on U.S. shores. Many of this year's victims have been malnourished, according to David Weller, a research wildlife biologist with the National Oceanic and Atmospheric Administration Southwest Fisheries Science Center, in La Jolla, California. That could be because of unusually warm temperatures in the northern Bering Sea last year, says Sue Moore, a biological oceanographer at the University of Washington, in Seattle. This results in less of the type of algae that amphipods (shrimplike crustaceans) eat, which in turn lowers the food supply for the whales.

Cola Quandary

Companies Urge Vietnam Recycling Plans

Vietnam is among the biggest contributors to plastic waste in the ocean, and Suntory Holdings, a giant Japanese beverage company, has joined its rivals Coca-Cola and Nestlé to encourage new recycling strategies to fend off such actions as the European Union's move toward outlawing single-use plastic items. A report by Greenpeace last year found Coca-Cola, PepsiCo and Nestlé to be the world's biggest producers of plastic trash, although all three companies have made recycling pledges. Suntory, a maker of whisky and soft drinks, says it plans to switch out pure, petroleum-based plastic bottles in all markets by 2030, using only recycled or plant-based materials, at a cost of approximately \$467 million, but also says it sees no viable alternative yet to polyethylene terephthalate (PET) bottles.



Growing Pains

Climate Changes Upend Farming

Cultivation throughout the U.S. is becoming more difficult because of unpredictable weather patterns, leading to higher prices and lowered productivity. Farmers are finding that a shift of two or three weeks in a growing season can upset supply chains, labor schedules and other agricultural variables, like the routes that honeybees travel to pollinate fields.

Also, climate change is driving a rise in pest infestations that will keep growers scrambling to keep up with rapidly changing conditions. "Decades-long patterns of frost, heat and rain, never entirely predictable, but once reliable enough, have broken down. In regions where the term climate change still meets with skepticism, some simply call the weather extreme or erratic. But most agree that something unusual is happening," reports *The New York Times*.



Cetacean Liberation

Canada Bans Captive Sea Mammals

Canada's Parliament recently passed legislation banning the practice of breeding and keeping whales, dolphins and porpoises in captivity. Violations are punishable by fines of up to \$150,000. While celebrated by animal rights activists, the bill doesn't free marine mammals currently in captivity, those being rescued and rehabilitated, or those being kept for the purposes of licensed scientific research. The Canadian Broadcasting Corporation reported that the measure would especially impact Marineland, the Niagara Falls, Ontario, amusement park and zoo that has 55 beluga whales, five bottlenose dolphins and one orca, according to Fisheries and Oceans Canada. Marineland said it will comply with the legislation.



eco tip

Sustainable Scrubbing

Tips for Toxin-Free House Cleaning



Cleaning the house shouldn't be a health hazard, yet studies have linked many popular cleaning products to asthma and other respiratory ills, developmental problems in young children and breast cancer. The nonprofit Environmental Working Group (EWG.org) warns in its *Guide to Healthy Cleaning* that both toilet and oven cleaners and heavy-duty degreasers that contain hydrochloric

acid, phosphoric acid, sodium hydroxide, potassium hydroxide or ethanalamine can cause skin burns, blindness and lung irritation.

Products containing ammonia or chlorine bleach produce dangerous fumes when accidentally combined. Even air fresheners and scented cleaning or laundry products can trigger allergies, and often contain suspected

endocrine disruptors such as phthalates and synthetic musk.

EWG scientists have evaluated 2,500 cleaning products and posted the results online: Out of 507 all-purpose cleaners, only 59 earned an A for safety and 151 got an F. Other indicators of high eco-standards are a Green Seal or an EcoLogo certification symbol on the product's container.

There are many good, safe and effective cleaning strategies that use natural ingredients. Chasing-Green.org lists 23 ways to use baking soda in the kitchen, including cleaning grease stains, iron pots and baby bottles. For example, to clean both wooden and plastic cutting boards, use a paste made of one tablespoon each of baking soda, salt and warm water.

Vinegar, which is nontoxic and antibacterial, is another natural go-to cleaner. An equal mix of distilled white vinegar and water in a spray bottle can clean windows, stovetops, countertops, porcelain and ceramic tile. TheSpruce.com lists ways to use vinegar to clean everything from crayon stains to mold and mildew, and suggests adding a drop of lavender or citrus essential oil if the smell is unpleasant.

Treehugger.com cautions not to discard old, toxic products down the drain or in the trash, where they'll end up poisoning the water supply or landfill soil. Instead, keep an eye out for local toxic and electronic recycling events.

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BREAST THERMOGRAPHY

An Inexpensive, Radiation-Free and Pain-Free Screening Tool

How Does Thermography Work?

In order for most types of cancer to grow, there has to be a blood supply feeding those cells. The idea behind Thermography is that instead of looking for groups of cells that have already grown into a tumor, why not simply look for changes in your blood flow to indicate where tumors may be growing?

Unlike mammograms, which are x-rays that look at anatomical changes in the breast, Thermography works by creating a thermal image of your body showing heat patterns. Abnormal vascularity, inflammation, or blood flow may indicate a need for further investigation.

Thermography is painless, requires no radiation and has no side effects. Thermography is not diagnostic, but it can be an excellent screening tool to use to detect activity that may lead to a need for further testing.



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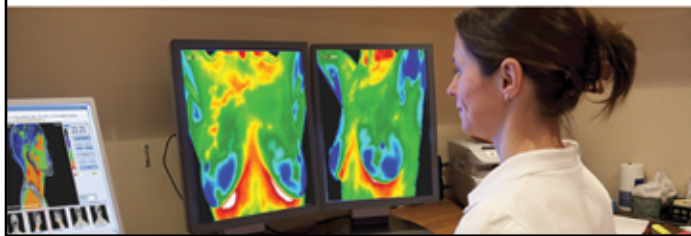
The latest research suggests that 90% of all cancers are linked to nutrition.

Most patients diagnosed with breast cancer **this year (2019)** did a mammogram in
2018
2017
2016, 2015, 2014, 2013
 but somehow they now have breast cancer in 2018

That is because a mammogram can not tell you that you will have breast cancer next year or in two years. A mammogram is a test to tell you if you have breast cancer TODAY. A mammogram is looking for a mass or something with density and physically present today.

A thermography exam of the breast works completely different. It does not care if you have a hardened dense particle "a lump". Thermography is an infrared image of the breast that detects the ACTIVITY (the inflammation) that could lead to breast cancer. With a baseline thermography exam you can see the thermal activity of precancerous cells like fibroids and nodules that lead to breast cancer. If you can see the activity that is leading to a breast cancer you can make a change in diet and nutrition, make certain lifestyle changes, use naturopathic and nutritional supplements, exercise, and possibly prevent breast cancer.

Thermography Imaging of the Breast



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Signs of Nutritional Deficiencies

EYES

Dark circles or bags under the eyes: Allergies, food intolerances, dehydration
 Poor night vision: Vitamin A
 Ruptured blood vessels in the eyes: Vitamin C
 Nearsightedness: Vitamin D
 Pale lower eyelid: Iron

HAIR

Hair loss: B2, B5, Biotin, D, Zinc
 Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin
 Dandruff: Selenium, Omega 3, Vitamin A

MUSCLES AND JOINTS

Muscle cramping: Magnesium, B1, B2, B6
 Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium
 Edema/Swelling: B1, B6, Potassium
 Numbness or tingling: B12, B5
 Clicking Joints: Manganese

SKIN

Bumps on the back of the arms: Vitamin A
 Dry or rough skin: Vitamin A, E
 Unusual nosebleeds: Vitamin C
 Easy bruising: Vitamin C
 Acne during menstruation: B6
 Dermatitis: B2, B3, Biotin
 Red stretch marks: Zinc

NAILS

Spoon shaped: B12, Iron
 White marks: Calcium or Zinc
 Pale Nails: Iron, Biotin
 Brittle Nails: Calcium, Magnesium, Iodine
 Cuticles Tear Easily: Protein

TEETH AND GUMS

Bleeding gums: Vitamin C, folic acid
 Crowded Teeth: Calcium, Vitamin K

MOUTH

Canker sores: B3, B12, Folic acid, Calcium
 Cracks in the corner of the mouth: B2
 Weak tooth enamel: Vitamin A, D, K, Calcium
 Painful tongue: B2, B3, Folic Acid
 Loss of smell or taste: Zinc

EMOTIONAL / MENTAL

Depression: B1, B5, Biotin, PABA
 Dementia: B1, B3, B12, folic acid
 Nervousness/Irritability: B1, B6, B5
 Insomnia: B3, B5, B6, D3
 Dizziness: Iron, B2, B12



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- Increases blood flow
- Lowers blood pressure
- Reduces inflammation
- Improves circulation
- Controls arthritis
- Helps you lose weight
- Helps prevent cancer
- Eases joint stiffness
- Helps with chronic pain
- Improves memory
- Therapeutic for fibromyalgia
- Improves attention span
- Increases sense of well-being
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- Raises core body temperature
- Reduces chances of an early death
- Reduces chances of dementia
- Reduces insomnia
- Improves sleep
- Reduces high cholesterol
- Reduces chances of heart disease
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- Improves breathing
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During stress, the body is primed to resist or escape a threat, and ... it's not going to prioritize restorative activities.

~Margaret Connolly

laureate Elizabeth Blackburn, it is now understood that prolonged daily stress weakens DNA structures by shortening chromosome-protecting telomeres, a major component in premature cell death and the trigger of genetic, predisposed markers for disease.

Studies by Dr. Owen Wolkowitz, of the University of California, San Francisco, demonstrate the link between shortened telomeres and insufficient response to free radicals, resulting in chronic inflammation, now believed to be the catalyst of most degenerative

Age-Defying Bodywork

How to Turn Back the Clock

by Marlaina Donato

It has been said that stress kills, and it often can be a slow and premature process, leading to common but avoidable symptoms of decline: impaired memory, loss of mobility, fatigue and decreased libido. Good nutrition, getting enough sleep and staying active contribute to vitality; however, fortifying the nervous system is critical to combating age-accelerating stress hormones like cortisol.

The key to keeping body and mind young may lie in the therapeutic modalities of bodywork, an umbrella term for up to 350 methods that include massage, energy work and meridian-based therapies like acupuncture, shiatsu and reflexology, which can improve quality of life and promote cellular integrity. Once considered a luxury confined to spas and private home sessions, bodywork is moving into the medical mainstream with reputable hospitals like the Memorial Sloan Ket-

tering Cancer Center, in New York City, which offers reiki sessions and instruction for patients and caregivers.

According to a survey by the American Hospital Association, reiki and its close cousin Therapeutic Touch comprise one of three top complementary therapies in American hospitals, along with massage therapy and music. The Arthritis Foundation recommends massage for all types of arthritis and pain syndromes like fibromyalgia, as it can reduce discomfort and stress.

The Chemistry of Premature Aging

Busy lives without enough downtime can set up the body to be in a chronic state of “fight-or-flight”, which compromises cardiovascular health, nutrient absorption, waste elimination and immunity. Thanks to groundbreaking researchers like Nobel

diseases. Psychological stress, according to research published in *Proceedings of the National Academy of Sciences* by Sheldon Cohen of Carnegie Mellon University, in Pittsburgh, changes how the body regulates inflammatory response.

“Stress and inflammation cause pain and disease,” says Certified Reflexologist and holistic practitioner Martha Garland, of CreativeSpirit Healing Arts, in Baltimore. “All of this that we carry in our bodies will make us feel much older than our years.”

Through application of pressure on specific reflex zones on the feet, hands and ears, reflexologists like Garland can help promote the natural flow of bodily functions. “Reflexology, a modality that is separate from massage therapy, reduces the tension, stress and pain that we hold in our feet and in the rest of our body, which can promote longevity and better quality of life,” she says.

Certified craniosacral therapist Margaret Connolly, of Narberth, Pennsylvania, agrees that mental or emotional

strain plays a key role in the aging process. “During stress, the body is primed to resist or escape a threat, and in that situation, it’s not going to prioritize restorative activities,” she says. Craniosacral therapy (CST) focuses on the cerebrospinal fluid and the meninges surrounding the brain, spinal cord and related connective tissue, and helps the body drop out of excessive fight-or-flight mode.

Pain, Serotonin and Substance P

Bodywork and its ability to impact the chemistry of stress has far-reaching effects on most bodily systems. Studies in 2016 from the Touch Research Institute at the University of Miami School of Medicine have shown that massage therapy helps to regulate hormones, boost immunity, improve attentiveness and ease the symptoms of depression.

Licensed Massage Therapist Michele Duncan King, of Sea Spell Massage, in Cannon Beach, Oregon, knows firsthand how her work can assist in counteracting the energy-sapping effects of stress. “When the digestive system doesn’t go into the ‘rest-and-digest’ state via activation of the parasympathetic nervous system, it can affect muscles, joints, organs and hormones. This, along with elevated cortisol, can certainly make us function less optimally, making us feel older and less vibrant.”

Traditional massage modalities such as Swedish, deep tissue, Thai and Lomi Lomi help reduce blood pressure, boost immunity by augmenting natural killer cells, decrease symptoms of depression and support the cardiovascular system. It can also assist lymphatic movement, which can prevent cold hands and feet and achiness. Massage also raises serotonin and dopamine levels, neurotransmitters that play vital roles in memory, mood regulation and immunity.

Most significantly, higher serotonin levels are linked to lower levels of substance P, a neuropeptide that is central in pain perception. It soars during times of stress, anxiety and insufficient sleep, and has also been linked to tumor growth and inflammatory conditions.

As human beings,
touch is so important.

~Anita Bondi

Multidimensional Well-Being

Bodywork can assist the physical body, but it can also be a restorative balm for the emotions and psyche. “As human beings, touch is so important. Massage modalities invite safe, healing touch,” says Anita Bondi, licensed massage therapist and a founder of the Wellspring Holistic Center, in East Stroudsburg, Pennsylvania. “A good therapist will also educate a client about other benefits of a more holistic lifestyle. I believe any time we give ourselves permission to listen to the body’s wisdom and follow its lead, we reduce stress and increase well-being.”

While women are more apt to include bodywork sessions in their health care,

men can be hesitant. Connolly encourages both women and men to experience CST and other modalities. “Sometimes men are a bit nervous about being touched, whether the practitioner is male or female. Even when open to hands-on therapy, some men believe extremely deep pressure is needed in order to be effective.” Not so, says Connolly, who cites the experience of Mark Bertolini, CEO of the Aetna health insurance company, who credits CST with saving his life when he was contemplating suicide and suffering severe neuropathic pain from a skiing accident.

Menopause and Cognitive Function

CST can also have an impact on women’s hormonal changes. “Very slight movement of tissues near the pituitary gland can exert a subtle pumping motion on the master gland in a way that will facilitate its

Highlighting Bodywork Benefits



For Her:

- Shiatsu and acupuncture for hormonal imbalance, insomnia, migraine headaches, irritable bowel syndrome
- Swedish, deep tissue and aromatherapy massage for stress reduction, premenstrual syndrome, pain, food cravings
- Craniosacral therapy for headaches, back and joint pain, morning sickness, postpartum wellness
- Maya Abdominal Massage (Arvigo techniques) for reproductive health, fertility, bladder health, constipation
- Reflexology for healthier skin, food sensitivities, seasonal allergies, overactive bladder



For Him:

- Shiatsu and acupuncture for back pain, office-related pain syndromes, gout and inflammatory bowel disease
- Swedish, deep tissue and aromatherapy massage for cardiovascular and lymphatic circulation, blood pressure, depression, anxiety, better sleep
- Neuromuscular therapy, myofascial release, trigger point release and cross-fiber friction massage for supporting muscles of the male pelvic floor integral to the prostate, bladder and sexual health
- Craniosacral therapy for pain reduction, headaches, asthma
- Rolfing, structural integration and the Feldenkrais Method for changing structural patterns, pain reduction, body awareness
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ability to produce and release hormones,” explains Connolly.

The therapy is sometimes used in conjunction with acupuncture, which also impacts hormones and works on the brain. A 2018 study by Chinese researchers published in the journal *Evidence-Based Complementary and Alternative Medicine* shows neuronal improvement through acupuncture in both cognitively impaired patients and healthy individuals.

Tools for Life

Most practitioners believe that deriving benefits from bodywork requires consistency, which can support longevity in unexpected ways. Garland says, “What really makes a difference in reducing chronic stress is consistent stress reduction. One session occasionally will feel good and reduce tension temporarily, but will not make a major difference in reducing stress in the long term.” King agrees: “A massage once a month is my recommendation for ideal overall maintenance, and more frequent sessions for specific conditions or goals.”

Research and results confirm that well-being is not a luxury, but a necessity, and puts to rest the idea that bodywork is a guilty pleasure. “The more we do to help ourselves, the better our lives will be as we age,” says Bondi.

Marlaina Donato is certified in massage and bodywork, and is the author of several books. Connect at AutumnEmbersMusic.com.

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Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease, dementia and MS.

SKIN

Chronic inflammation compromises the liver and kidneys, resulting in rosacea, dermatitis, eczema, acne, psoriasis, wrinkles and fine lines.

CARDIOVASCULAR

Inflammation in the heart and arterial and venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis and kidney failure can result.

BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures and leading to conditions like osteoporosis.

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polyarthritis/rheumatism.

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

THYROID

Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupt thyroid hormone function.

LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT

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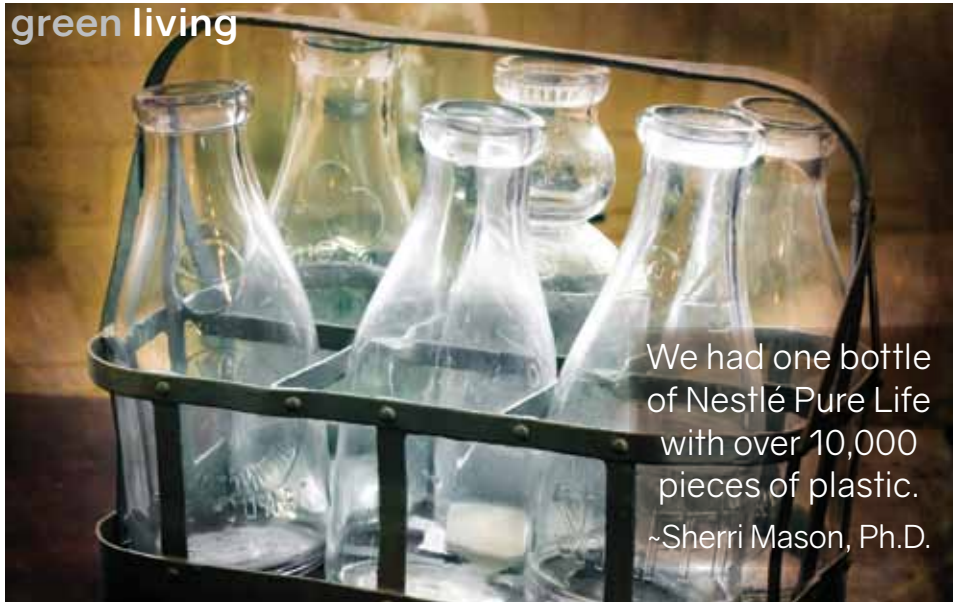
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 pieces of plastic.
 ~Sherri Mason, Ph.D.

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The Re-Use Revolution Plastics Peril Drives New Strategies

by Yvette C. Hammett

Daily news footage and photos capture the damage plastic is doing to the planet's oceans: turtles ensnared in plastic nets, whales with guts full of plastics and aerial views of the burgeoning island of floating detritus known as the Pacific Garbage Patch. Tiny pieces of plastic are even showing up in our food and drinking water.

The growing plastics crisis has some people yearning for the days when soft drinks and beer all came in reusable containers that required a deposit, or when milk and cream were delivered to the front porch in quaint, glass bottles. Sherri Mason, Ph.D., sustainability coordinator at Penn State Behrend, in Erie, Pennsylvania, believes this is exactly the direction this issue may take. "I do think some of it will be a return to glass," she says.

Mason conducted a study in 2018 and discovered that bottled water contained tiny bits of microplastic. An earlier tap water study she conducted showed there were about five particles of plastic in a liter of tap water, if averaged across the globe. "We thought that would shock people into demanding change. Instead, a lot of the comments were to drink more bottled water."

In the 2018 study, Mason and her team, then at the State University of New York at Fredonia, tested 259 bottles of water from nine countries that included all the top brands in the U.S.—Dasani, Aquafina and Nestlé Pure Life, among them. "On average, for every liter of bottled water in total, you would be ingesting 325 pieces of plastic. We had one bottle of Nestlé Pure Life with over 10,000 pieces of plastic. These are the particles that can make their way across the gastrointestinal tract and be carried to your blood, liver, kidneys and brain," Mason says.

Analysis of the particles indicates that the plastics found in bottled water leach from the container itself, while the source in tap water may be PVC pipes and fittings. However, plastics are also ubiquitous in surface and groundwater, and may make their way into drinking supplies via air, wind, rain and industrial activity, according to an assessment published earlier this year in the journal *Current Opinion in Environmental Science & Health*.

After Mason's findings were released, the World Health Organization announced a review into the potential risks of plastic in drinking water. Meantime, the impact of plastic pollution on marine life—zooplank-

ton, seabirds, marine mammals and reptiles throughout the food chain—is well documented, according to a 2014 study published in the online journal *PLOS ONE*. The study estimates more than 5 trillion pieces of plastic, weighing somewhere near 269,000 tons, are floating in the Earth's oceans.

People are loudly calling for change, and innovators are responding. In the United Kingdom, there is the Plastics Pact, which brings together businesses from across the plastic industry to eliminate problematic or single-use plastics through redesign, innovation and alternative delivery models. A UK startup, Ooho, has created an edible water container made of seaweed to provide the convenience of plastic bottles while limiting the environmental impact.

Tom Szaky, the CEO and founder of TerraCycle, a Trenton, New Jersey, recycling company, is among those pioneering a rebirth of reusing with a pilot project launched in May called Loop. The company has partnered with Proctor & Gamble, Nestlé, Clorox and other major brands to deliver and retrieve products in durable, reusable containers, just like the milk man.

Consumers can order everyday items from the online Loop store—paying a deposit on the container—and UPS will deliver it to their doorstep, picking up empties to be washed, refilled and used again and again.

“Hundreds of products, from Tide to Häagen-Dazs to Tropicana, are being delivered,” says Szaky. “It’s growing very fast in New York, New Jersey, Pennsylvania, Maryland and Washington, D.C.; and we’ve just expanded to Connecticut, Vermont, Rhode Island, Massachusetts and Delaware—eventually nationwide.”

The re-use revolution is also taking shape in 10 states and a U.S. territory that have passed “bottle bills”: California, Connecticut, Hawaii, Iowa, Maine, Massachusetts, Michigan, New York, Oregon, Vermont and Guam. Typically, the laws require a deposit of 5 to 15 cents be placed on all glass, plastic and metal containers.

Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at YvetteHammett28@hotmail.com.



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

(1) Tetsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and Their Tumors. *J Cancer Sci Ther* Volume 1 (2) : 075-082 (2009) - 078 <http://www.omicsonline.org/Archive/JCST/2009/December/01/JCST1.78.pdf>

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

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

wise words

Radha Agrawal on Creating Connections and Community

by April Thompson

Entrepreneur, DJ and author Radha Agrawal is on a global mission to catalyze community and connect people meaningfully through shared values, talents and passions. Driven by her love of movement and music, Agrawal founded Daybreaker—early morning yoga sessions followed by live-music, alcohol-free dance parties that are being held in 26 cities worldwide—which are helping to break down the loneliness and isolation increasingly common to urban settings. She also co-founded the THINX line of period-proof underwear with her twin sister Miki and friend Antonia Saint Dunbar, and is now launching LiveItUp, a virtual “life school” featuring 21-day challenges from renowned guides such as Whole Foods CEO John Mackey and functional medicine specialist Mark Hyman, M.D.

Her recent book *Belong: Find Your People, Create Community and Live a More Connected Life* shares her personal journey of finding her place and people in life, and offers hands-on exercises to help others do the same. Agrawal lives with her husband and daughter in Brooklyn, New York,

It's a blessing to have lots of interests and friends. Stay curious to where you are in life and what the world has to offer.

where she still loves to go out and celebrate life with friends several nights a week.

What inspired your journey to bring people together?

I grew up in a community-driven town in Montreal. My dad is Indian and my mom is Japanese, and I had a built-in sense of community within those two cultures. Yet I sleepwalked through my 20s; at 30 years old, I woke up realizing I didn't feel a sense of belonging anymore and started on an intentional journey back to community.

I was also shocked into action by the statistics around our lack of community. One in four Americans report having no friends to confide in; the number jumps to one in three for those over age 65. Another study showed that not having social ties is as harmful to our health as being an alcoholic, and is twice as harmful as obesity.

What steps can help people that are feeling isolated start to find community?

It starts with an internal journey of self-exploration. Make a list of your values, interests and abilities, and see where they intersect and how you can use them to serve your community. They may be bringing music to a space, asking questions or hosting, which is my particular



gift. Then find 10 communities that align with those interests and explore them in a light-touch way until you find the ones you want to participate in more deeply.

What is the key to cultivating nurturing friendships?

Again, start by taking a self-inventory: the qualities you seek in a friend, the qualities you don't want and the qualities you need to embody as a friend. Take stock on how you are showing up for your friends, and note if you are making excuses for yourself or your friends. I realized in doing this that I was often triple-booking myself and prioritizing everything but friendship, and made an effort to change. Now I look for friends who love adventure and lean in and say yes to life. Now, at 40, I seem to meet new people every day who come from the same star and make friends so much faster having done that hard work in my 30s.

What are the key components of a healthy, thriving community?

Community is built on safety and sustained on mystery. With Daybreaker, the mystery is not knowing the next theme or DJ or "Wow!" moment, but our members have the safety of knowing it will be a wellness-oriented event and a safe space where they will be hugged upon entry and can dance with reckless abandon every month. It takes effort to keep the excitement alive, but as a result, Daybreaker is scaling and gaining momentum.

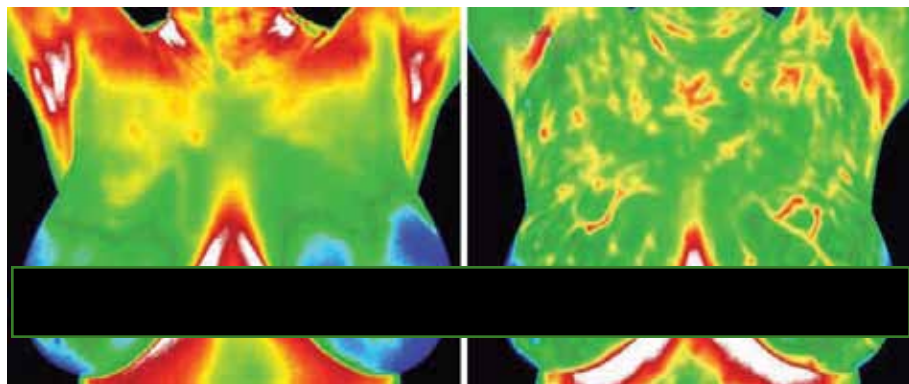
How do we find the proper balance of commitments and interests?

Developing boundaries is key. When I first started Daybreaker, I would say yes to everything, and I was exhausted all the time trying to please everyone. Now that I have a daughter, my time is even more precious. If I ask myself if something is giving me energy and fulfillment and the answer isn't a deep yes, then I know it's a deep no.

Celebrate your abundant energy, though; it's a blessing to have lots of interests and friends. Stay curious to where you are in life and what the world has to offer.

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

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VENOUS RISING

Natural Help for Varicose Veins

by Melanie Laporte

The season for wearing shorts and swimsuits may be coming to an end, but the unsightly—and often painful—puffy, blue streaks caused by varicose veins will likely remain an issue for many. While more than 40 percent of adults suffer from them, women are affected two to three times more often, according to a study in the journal *BMJ Clinical Evidence*.

It cites child-bearing, especially more than two pregnancies, as one root cause of varicose veins. However, smoking, family history, obesity and professions that involve extended periods of standing and sitting such as chefs, hairdressers, office workers and healthcare professionals can also contribute to the condition. Birthdays can also be a factor. “As we age, the leg skin gets thinner from wear and tear,” says Marcelle Pick, an integrative OB/GYN nurse practitioner in Falmouth, Maine, resulting in even more visible veins.

However, these lumpy blood vessels can cause more than cosmetic issues. Varicose veins can promote pain, cramping, itching and swelling of lower legs, ankles and feet, as well as lead to more serious health conditions involving blood clots and poor circulation. There are a number of natural strategies that can alleviate symptoms and even prevent them from developing.

Get Moving

Varicose veins are the result of valve damage and loss of elasticity that allows blood

to pool inside the vessel. “When you’re standing still for a long period of time, the valves stop working and blood fills in the vein, creating more and more pressure, which dilates it like a water balloon,” says Dr. Mary Sheu, assistant professor of dermatology at the Johns Hopkins School of Medicine.

Walking, swimming, cycling and trampoline jumping are among the most beneficial activities. Sheu says it helps to get up and walk around every half hour for those with a stationary desk job. “Do some squats or go on your tiptoes to get the blood pumping, so it’s not stagnant.”

Aerial yoga or headstands are other exercises that help move blood from the feet to heart, along with using an inversion table that holds people upside-down. However, most people can’t stay in that position for any appreciable length of time, so an easy daily option is to elevate the legs on a pillow or small stool.

“Any position where your legs are elevated above the level of your heart would help with the flow of fluid back towards the heart,” says Sheu. Work with gravity: the higher the elevation, the quicker blood returns to the heart.

Compression

Supportive legwear is another effective way to reduce water retention and swelling, boost circulation and improve pelvic posture. “Compression stockings help keep

everything cinched in so veins don’t stay dilated and the valves don’t move farther apart,” says Sheu, especially for frequent flyers stuck in a small seat for long flights.

In addition to old-fashioned tights, support options range from chic, charcoal, high-denier hose and lacey knee socks to stylish compression leggings, athletic compression socks and light support pantyhose. Most are readily available in airports and retail outlets.

Nutritional Support

Because obesity is a known cause of venous issues, maintaining a healthy weight is essential to lessening pressure on the lower limbs. Pick recommends an anti-inflammatory diet rich in antioxidants that helps increase blood circulation. Foods like blueberries, blackberries, leafy greens, beets and ginger are good options.

Chamomile and dandelion tea can arrest fluid retention, which relates to swelling and heaviness in the legs, as do botanical herbs. Ascorbic acid and ginkgo biloba stimulate circulation, helping the veins and capillaries contract.

Australian naturopath Leah Hechtman, who specializes in reproductive health, often sees women dealing with compromised veins. “Rutin, quercetin, and vitamin P bioflavonoids, taken in conjunction with vitamin C, are effective at improving the integrity of the vein and improving blood flow,” she says. Another flavonoid, red vine leaf, reduces swelling and symptoms of tension and heaviness in the legs.

Jill Blakeway, a doctor of acupuncture and Chinese medicine in New York City and author of *Energy Medicine: The Science and Mystery of Healing*, advises, “CoQ10 increases circulation, while horse chestnut and bilberry reduce inflammation and increase fluid circulation.” She also recommends bromelain, which is an anti-inflammatory and reduces the risk of blood clots, with acupuncture to raise central *qi*, which improves the elasticity of blood vessels and improves blood flow.

Melanie Laporte is a freelance writer and licensed massage therapist based in Austin, Texas.



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Ayurvedic Cooking

Ancient System Restores Balance

by April Thompson

“In Ayurveda, food is medicine,” says Susan Weis-Bohlen, the Reisterstown, Maryland, instructor and author of *Ayurveda Beginner’s Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally*. “How we feed ourselves is the first line of disease prevention and longevity.”

First developed in India some 5,000 years ago, Ayurveda is one of the world’s oldest medical systems. It works to rebalance mental and physical health in coordination with mind-body energy types called *doshas*. The primary ones—*Vata*, *Pitta* and *Kapha*—correlate to the five elements of space, air, fire, earth and water, and can fluctuate over time.

An Ayurvedic diet can help address dosha imbalances and optimize health and well-being. New York City chef, restaurateur and author Divya Alter embraced Ayurveda while suffering from an autoimmune disorder that conventional medicine couldn’t cure. “Food was instrumental to my healing,” she says.

Eating in Season

“Ayurveda is about living in harmony. Eating seasonally and locally, you not only get the most nourishment, but also

rekindle your relationship to food and the environment,” says Nishita Shah, of The Ayurvedic Institute, in Albuquerque.

“In Ayurveda, we look to seasons to determine what to eat based on what is naturally available, like eating light juicy fruits in summer rather than the heavy root vegetables abundant in winter,” notes Weis-Bohlen.

Spices and herbs have powerful healing properties that can be combined in different ways to balance doshas in tune with the seasons. “In winter, use warming spices like ginger, cinnamon or chilies, and in summer, season with cooling spices like coriander and fennel, or fresh herbs like cilantro,” says Alter.

Ayurvedic Prep Tips

Proper combination and selection of ingredients are a critical component of Ayurveda, according to Alter, author of *What to Eat for How You Feel: The New Ayurvedic Kitchen*. She says, “Well-prepared food is easy to digest and protects *prana*—the food’s living force or energy—so it can nourish and energize.”

Ayurveda also focuses on the “six tastes” ideally present in every dish: sweet, sour, salty, astringent, bitter and pungent.

Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

“Western cuisine has a strong salty and sweet bias. Health issues arise from an imbalanced palate,” says Shah.

Alter adjusts taste profiles according to the season and the individual’s dosha. “Bitter foods can be very cleansing and help eliminate winter sluggishness. More pungent foods are good in the spring, when the body may feel congested and heavy after winter,” she says.

To address diners’ differing doshas at her restaurant, Divya’s Kitchen, Alter focuses on seasonal dishes that incorporate all six tastes. “By definition, these are tri-doshic foods which can balance all three dosha types.”

Good tri-doshic foods include asparagus in spring, berries in summer and root vegetables in winter. “Cooked leafy greens can also be tri-doshic,” says Alter, adding that spices can tweak the natural dosha effect of a given food.

Ancient Cooking for Modern Lifestyles

Ayurveda’s rules of the kitchen—such as avoiding cold, raw, processed or microwaved foods, not combining fruits with other foods, and making lunch the heaviest meal of the day—can run counter to the typical Western diet, but with time, Ayurvedic cooking can become intuitive.

Ayurvedic meals don’t need to be complicated or challenging to prepare. “A simple apple or plain rice can nourish us,” says Shah. One of Alter’s favorite recipes is an apple or pear stewed with cloves, prepared and eaten first thing in the morning to stimulate the digestive system. Plain almonds are another good protein snack, especially in aiding digestion when soaked and peeled, she advises.

A “Buddha bowl” packed with colorful, sautéed vegetables, lentils and a grain like quinoa, barley or millet makes for a simple, nourishing, well-balanced meal, says Shah. “I try to add just enough spice to enhance the flavor, while still being able to taste the sweetness of a carrot or the bitterness of chard.”

A cook’s mindset is as important as the meal itself, say Ayurvedic practitioners. Alter believes mindfulness while cooking and eating not only enhances our experience, but also our digestion.

Ayurvedic cooking should be fun, ignite curiosity and taste great—not feel restrictive or lack flavor, says Shah. “Food should bring joy, and bring us back in tune with our bodies. Our bodies are smart and will tell us what they need.”

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



When diet is wrong, medicine is of no use; when diet is correct, medicine is of no need.

~Ayurvedic Proverb



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Nature's Virus Killer

Copper in new device stops cold and flu

By Doug Cornell

More and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university

studies demonstrate repeatedly that viruses and bacteria die almost instantly when touched by copper.

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

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

So some hospitals tried copper touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

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

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

Now tens of thousands of people have tried it. Nearly 100% of feedback said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

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

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

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

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

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with

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

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

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

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

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

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



Dr. Bill Keevil: Copper quickly kills cold viruses.

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

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

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Yoga gives us
powerful tools so we
may age gracefully.

~Lisa Moore

The Power of Yoga Tapping Into the Life Force

by Marlaina Donato

Longevity is something most of us strive for, and increasingly, research shows that implementing a consistent yoga practice can be a fruitful investment toward that goal. Yoga is an eight-branch system of well-being that encompasses exercise, meditation, conscious breathing, diet and other elements, but how it effects mind-body fitness alone is proving to be a reliable defense against age-related loss of mobility, cardiovascular disease and depression.

Its stress-busting capabilities help to support challenged adrenal glands and lower elevated blood pressure. Getting on the mat can improve insulin sensitivity in diabetics and also help balance immune responses in individuals with autoimmune conditions or insufficient natural killer cells.

Combined research from 22 studies by the University of Edinburgh reveals that yoga, compared to both sedentary lifestyles and other forms of exercise such as walking or chair aerobics, improved the lower-body strength and flexibility in individuals age 60 and older. The findings published earlier this year in the *International Journal of Behavioral Nutrition and Physical Activity*

also showed improved quality of sleep and fewer symptoms of depression.

Fewer Health Risks, Stronger Bones

Yoga's inverted poses increase blood circulation to vital organs, including the intestines, which facilitates assimilation of nutrients and waste elimination. Asanas like shoulder stand, bridge and downward-facing dog stimulate blood flow from the lower extremities to the heart and fortify red blood cells by increasing hemoglobin, guarding against blood clots, stroke and heart attack. Yoga can also strengthen the bones. A 2016 study published in the *International Journal of Yoga* shows improved bone mineral density in women with postmenopausal osteoporosis.

"Much like a house that sits empty or a car left to sit unused in a garage, our human parts can age and rot without movement. Movement creates more energy," explains Nancy Poole, a teacher at Clarksburg Yoga and Wellness, in Clarksburg, Maryland.

Joints lose flexibility as we age, but yoga movement provides them with essential oxygen, blood and nutrients. Lisa

Each time we show up on our mats, we show up for ourselves, an opportunity to nourish the body, our one and only temple.

~Carmen Ferreira

Moore, owner of Free to Be Yoga, in Great Falls, Montana, underscores, "A joint needs to move through its full range of motion to function well. Movement helps lubricate and cushion joints, provides nutrition and removes wastes."

Stretching Into Joy

A 2014 hatha yoga study published in the *Journals of Gerontology* revealed increased cognitive function in older adults after eight weeks of yoga three times a week. Yoga's super power lies in its capacity to reset the autonomic nervous system and ramp up mood-boosting serotonin while decreasing monoamine oxidase, an enzyme that disarms the effects of stress hormones like cortisol. Under the influence of yoga, the brain is bathed in calming neurotransmitters, combatting depression and anxiety, and instilling a sense of optimism.

"Yoga also helps us to embrace the hard times and ride the waves. With the tools that yoga provides, we can swim toward the light. It also helps us to experience a more intimate relationship with body and soul, and in turn make better choices in all aspects of life," notes Carmen Ferreira, owner of the Sunshine Barre Studio, in Rocky Point, New York.

Moore concurs, advising, "Yoga gives us powerful tools so we may age gracefully. One of them is to manage stress with equanimity."

The Breath of Life

Conscious breathing is at the core of a dedicated yoga practice, and a lowered risk of cardiovascular and respiratory disease gives us another reason to inhale and exhale deeply. Poole observes, "Our general population does not breathe correctly, and many of us even hold our breath unconsciously. For my students, the hardest part of yoga is learning to take deep, full breaths. Old breathing habits must be unlearned. Once attention is given to the breath, tensions can be released."



September Is National Yoga Month

This marks the 10th anniversary of the designation by the U.S. Department of Health & Human Services. National Yoga Month was developed to raise awareness of yoga's health benefits.



Try This

Lisa Moore, owner of Free to Be Yoga, recommends:

Breath exercise: brahmari, or humming bee breath

Benefits: reducing anxiety

How to do it: Close eyes and gently plug ears with fingers. Breathe through the nose and hum softly upon exhaling.

"Yoga improves lung capacity and brings more energy to the cells, which in turn creates more energy and life force in our bodies," says Ferreira. "It helps us to live from the heart's center and foster a better quality of life," she adds. "Each time we show up on our mats, we show up for ourselves, an opportunity to nourish the body, our one and only temple."

Marlaina Donato is an author of several books and a composer. Connect at AutumnEmbersMusic.com.

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FAIRY MAGIC

Feeling Their Touch in Nature

by Maggie Hamilton

Many of us have long been curious about fairies, aching to see them as a child, to glimpse their world. Often, all our longing goes into wanting to see these astonishing beings, not realizing we've already met them.

Fairies live at the heart of creation, and daily they speak to us through our senses, setting them on fire. Know that every uplifting moment in nature—every blazing sunset that has moved us, every sprinkle of snow—is a glimpse of their healing presence, a glimpse of their world.

To enter into a profound relationship with fairies, first we must believe in them—we must make-believe. Sadly, many of us have lost access to their wisdom, their healing touch, because we're searching for funny little beings in pink tutus.

Fairies are the heart and soul of living nature. They speak to us through beauty, as it's a more healing language than our own. They whisper to us in the sound of the sea and the first appearance of buds in spring. We know when fairies are nearby, as we feel so alive. So hold these breathtaking moments close. Breathe them in. Ask intuitively, "What gift is here?"

To draw close to these powerful beings, we can learn to take note of every single

detail when we're in nature—even if we're in a small park in the centre of a city or an avenue of trees on our street. Silently greet these living presences. Note their colors and scents, the shape of their flowers and leaves. Study any rocks and stones here. There's something powerful about being seen, as all of these details draw us into connection.

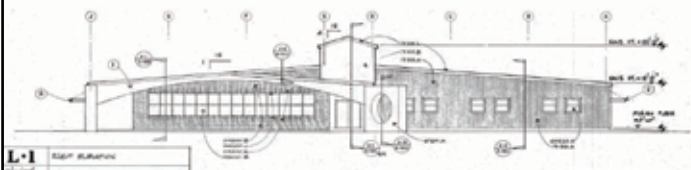
Develop a relationship with trees. Discover which trees we are drawn to. Run our fingers over their bark. Note the bend and sway of their boughs. Pay attention to how they look at different times of the day, in different seasons and weather. Learn to greet these trees as we would an old friend, and only connect with them out of love, not out of neediness, as no one, not even fairies, likes needy.

Then, magically, all of this beauty and the story of each soul-stopping moment with nature's fairy caretakers will live inside us until we no longer feel separate from the web of life. That's when trees start to talk to us—when our soul soars to see a tiny blade of grass pushing its way up through the pavement.

Maggie Hamilton is the author of the new Hay House book, Inside the Secret Life of Fairies: Where Dreams Come True.

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DIGITAL KIDS

How to Click With Young Techies

by Ronica O'Hara



California scientists published in the *Journal of the American Medical Association*, a doubled risk of attention deficit/hyperactivity disorder compared with infrequent users. However, there are sound strategies that we can use to help kids navigate the electronic wilds, say experts.

“Parent like a tech exec by establishing strong tech limits and actively engaging your kids instead with family, school and the outdoors,” advises Richard Freed, Ph.D., a Walnut Creek, California, child and teen psychologist and author of *Wired Child: Reclaiming Childhood in a Digital Age*.

Many Silicon Valley executives that design devices and apps have put their own children in tech-free Waldorf schools, reports *The New York Times*; even Bill Gates and Steve Jobs strictly limited their kids’ screen time. They know firsthand what many parents

fear—that kids are missing out on developing life and social skills because of technology that has been deliberately designed to be addictive.

Recent studies link excessive digital use by kids to anxiety, depression and, according to a team of University of Southern

1 Devise a family master plan for tech use. A good place to start is the American Academy of Pediatrics’ Family Media Use Plan (HealthyChildren.org/English/media). “Rules can be general, like no video games on weeknights, or very specific, like you can only play YouTube videos on the living room computer when other family members are present,” says Angela Roeber, director of communications at Omaha’s Project Harmony, a child protection nonprofit.

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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

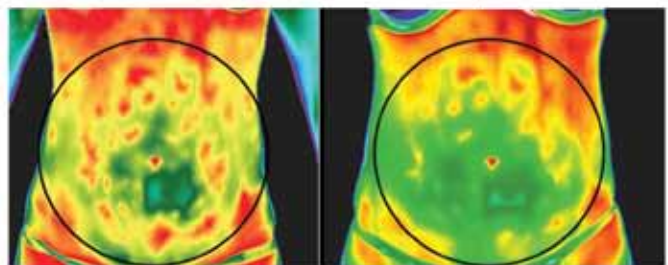


People with a family history of colon cancer are at higher risk and should begin screening at a younger age



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.

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\$184 Thermography & Screening Bundle

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

Rawpixel.com/Shutterstock.com

2 Set sensible time limits. The American Academy of Pediatrics recommends monitored, minimal screen time for kids under 2 years old; one hour a day for kids 2 to 5; and “consistent limits” for kids 6 and older. “What works best for my family is a simple kitchen timer,” says Anya Kamenetz, author of *The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life*.

3 Talk with kids. Discuss with them why limits are needed, how to evaluate internet information according to its source, ways to exercise caution on social media and why some games are deliberately designed to be never-ending. A 2015 Korean study of 2,376 grade-schoolers published in *School Psychology International* found that if parents show warmth and supervise their kids’ tech use with rational explanations, the children use less digital media.

4 Ban devices at meals and bedtime. Just having electronics in sight interrupts focus, University of Texas at Austin researchers found. At night, make sure devices are turned off an hour before bedtime, and then collect them into a recharging basket by the front door. Keep phones, computers and tablets in a public part of the home—out of kids’ bedrooms—so that online activities are in plain view.

5 Keep up with the latest tech releases. Join kids in their games, apps and website visits. Check out *CommonSenseMedia.org*, which rates such content. If



one causes concern, instead of Googling just its name, add search terms like “risks”, “problems” or “child use”.

6 Employ parental controls. Websites and games can be blocked or limited within the devices themselves. Consider replacing the Safari or Chrome browser on a device with a kid-friendly version like Mobicip or GoogleSafeSearch, or installing in-depth monitoring programs such as Net Nanny, Norton Family Premier or Qustodio Parental Control.

7 Create enjoyable alternatives. Bicycle with kids in a park. Enroll them in sport teams and art classes. “Part of the challenge we face as parents is that these devices make things easier for us because our kids are occupied, so if we want to change our kids’ tech behavior, we’ll have to change how we do things, as well,” says Mariam Gates, an educator and author of *Sweet Dreams: Bedtime Visualizations for Kids*.

8 Do a family digital detox. During one Sunday a month at home, a weekend away camping or a vacation at a remote spot, keep all devices off and away—and watch how kids grow more responsive as they tune back into “real life”.

“Remember, our kids may always be an app ahead of us, but they will always need our parenting wisdom,” advises Sue Scheff, a cyber-safety blogger and co-author with Melissa Schorr of *Shame Nation: The Global Epidemic of Online Hate*.

Ronica A. O’Hara is a natural-health writer based in Denver. Connect at OHaraRonica@gmail.com.

More Help for Digital Parents

Parental Control Apps Reviews:

A comprehensive review of options and pricing Tinyurl.com/ParentalControlApps

Parental Controls by Device:

Starting with what’s at hand Tinyurl.com/ParentalControlsByDevice

Tap, Click, Read: A valuable

toolkit for parents, including a worksheet to identify problems Tinyurl.com/TapClickReadToolkit

50 Ways to Unplug the Family: Some good ideas

Tinyurl.com/FamilyDigitalDetoxing

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Migranes and constant headaches
pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer’s disease, dementia and MS.

Abnormal lump in the breast
abnormal cells in the breast create new blood vessels and inflammation and can lead to breast cancer.

Chest pains and irregular heartbeats
inflammation in the heart and arterial and venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

Uncontrollable weight gain or loss
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

Acid reflux and upset stomach
Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron’s disease, Celiac disease, AND cancer.

inflammation sparks almost every major disease in the body

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when the mind is still.



I am not a product of
my circumstances.
I am a product of my
decisions.

- Stephen Covey



God
never breaks
His promises.

natural pet



We reprogram the immune
system so that it no longer
sees that particular allergen
as an invader.

~Barbara Meconis

PET PEEVE

Natural Remedies for Allergies to Furry Friends

by Julie Peterson

Jessica Martinez, a medical assistant and part-time dog groomer in Rockford, Illinois, was growing her family—a husband, two daughters and a young beloved husky. When their third daughter was born with health problems and an allergy to dogs, Martinez was determined to manage the situation.

She cleaned fervently—vacuuming, wiping down hard surfaces, and bathing and brushing the dog every day. Everyone had to wash their hands frequently. In addition, the room where other dogs were groomed had to be thoroughly cleaned after each session. It all eventually became too exhausting, and the husky was rehomed.

But there may have been other options available to the family, say practitioners that treat patients with pet allergies. “I personally would rather not recommend that a patient not be around animals, because there are so many health benefits that animals can bring,” says Rosia Parrish, a naturopathic doctor at Boulder Natural Health, in Colorado, and a spokesperson for the American Association of Naturopathic Physicians.

Allergen Alert

Some families opt for one of the so-called hypoallergenic breeds of dogs or cats. However, experts at the American Lung Association and the American Academy of Allergy, Asthma & Immunology advise that all warm-blooded animals shed dander: flecks of skin containing proteins that can cause allergies. Additional allergens exist in proteins from saliva, urine and feces. Because proteins, not fur, are to blame, even short-haired or hairless dogs and cats can elicit an allergic response. They’re present in the dander of all mammals, including horses, rabbits, cows and mice.

“Allergies are caused when the immune system cannot discern the difference between a safe protein, such as egg, and a dangerous protein, such as mold, and it starts attacking the wrong ones,” says Barbara Meconis, a registered nurse and owner of Holistic Care Approach, in Grand Rapids, Michigan.

In the home, these proteins can easily become airborne and cling to surfaces and clothing. They can be carried by people to

pet-free schools and hospitals, making the proteins difficult to avoid, so for those that deal with symptoms that range from watering eyes to difficulty breathing, allergies can flare up in unlikely places.

Traditional Medical Response

“Allergies are one the most complex, unresearched topics,” says Meconis. Because of the general lack of knowledge in the field of immunology, people with allergies may have difficulty finding relief, especially when multiple or severe allergies are present. Pet owners aren’t given many choices.

“In the last five years, there is a working theory regarding being desensitized with incremental exposures, but there is no proof,” says Meconis. “Elimination has always been the answer from mainstream allopathic medicine, so if you are allergic to pets, they say, ‘don’t have a pet.’”

Parrish suggests that making lifestyle changes may enable some people to keep a furry friend in their lives. Effectively preventing allergic reactions requires limiting

I personally would rather not recommend that a patient not be around animals because there are so many health benefits that animals can bring.

~Rosia Parrish

exposure to the offending animal proteins. This can mean vacuuming often, using HEPA-grade air filters, removing carpeting, leaving coats and shoes at the door and washing sheets, mattress covers—and the pet—on a regular basis.

Alternative Treatments

At Holistic Care Approach, Meconis is trained in Nambudripad’s Allergy Elimination Therapy (NAET), a combination of allopathy, acupuncture, chiropractic, kinesiology and nutrition. Treatments are typically effective in as little as one session per allergy.

“We reprogram the immune system so that it no longer ‘sees’ that particular

allergen as an invader,” Meconis says. “By removing disharmony at the intercellular level, the body stops being so reactive.”

Founded in 1983 by Devi Nambudripad, a California chiropractor and acupuncturist, today there are more than 12,000 NAET practitioners and they can be found at naet.com/practitioner-locator.

Parrish recommends natural treatments for affected people such as steam showers and baths with thyme, eucalyptus and menthol to help clear passageways, along with anti-inflammatory supplements like boswellia, quercetin, nettle leaf, fish oil and magnesium.

“Unless an allergy is severe, I think that living around cats, dogs and other furry animals is a really good thing and brings so much love and sloppy kisses into our lives,” she says. However, for a serious allergic reaction such as asthma, a pet lizard may be in order.

Julie Peterson has contributed to Natural Awakenings for more than a decade. Contact her at JuliePeterson2222@gmail.com.

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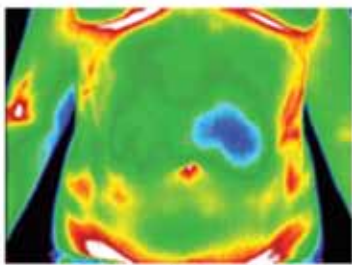
Day 1: Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins), Ionic Foot Detox (30 mins)

Day 2: Deep Tissue Manual Massage (60 mins), Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins)

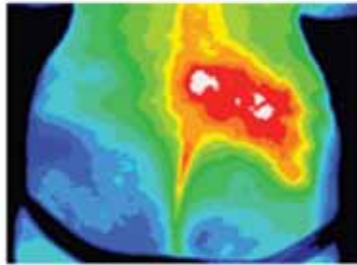
Day 3: , Ionic Foot Detox (30 mins), Hydration Therapy (30 mins), Lymphatic Massage (30 mins)

Week 2

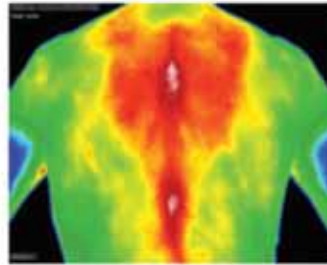
Day 1: Organic Juice Detox (3 days), Vitamin Therapy, Infrared Heat Therapy (45 mins), Whole Body Vibration



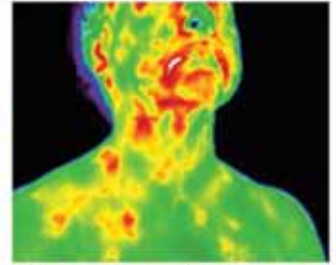
Hypothermia in the Stomach



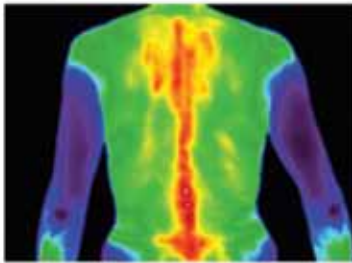
Shingles



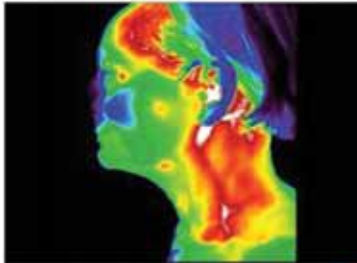
Lung Cancer



Periodontal Disease



Spinal Inflammation



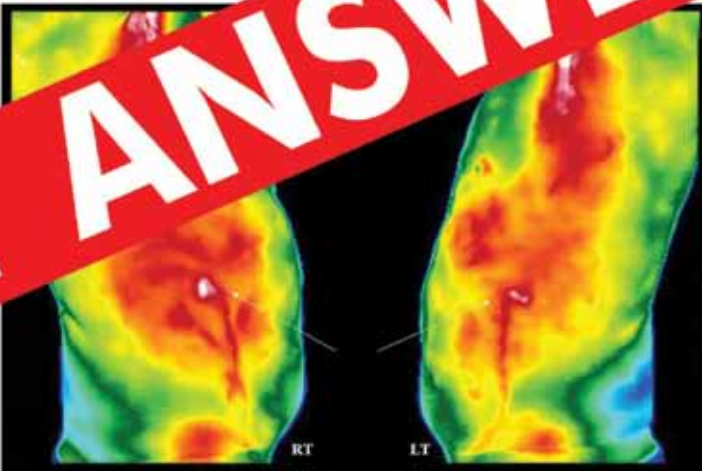
Carotid Artery Inflammation



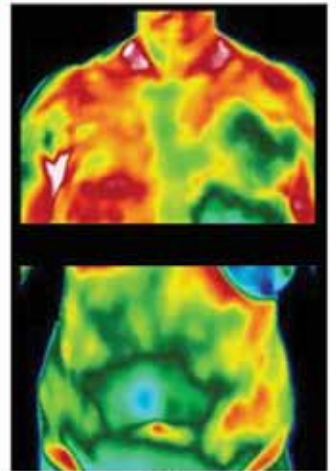
Melanoma-Scalp Cancer



Varicose Veins



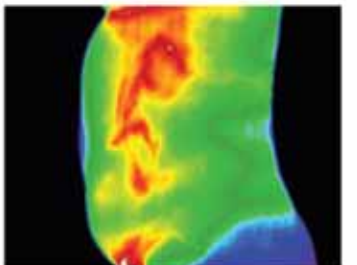
Bilateral Kidney Stones



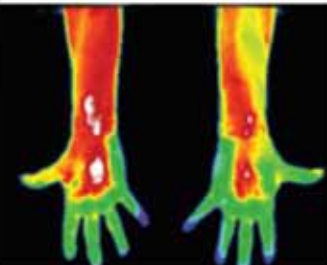
Breast Cancer



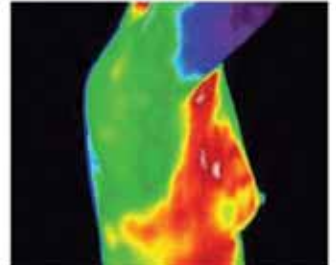
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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- aid in accurate diagnosis and treatment

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calendar of events

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

Email publisher@naacadiana.com for guidelines and to submit entries.

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FRIDAY SEPTEMBER 6

The Silver Whistle – 7:30pm. Thru Saturday Sept 14 and 2pm Sunday Sept 15. Iberia Performing Arts League presents a comedy theatrical show. Tickets \$10 at BrownPaperTickets.com. Essanee Theater, 126 Iberia St, New Iberia. BrownPaperTickets.com.

SATURDAY SEPTEMBER 7

Walk with Girl Trek – 7-7:30am. One million Black women and girls across the country develop a daily habit of walking. Free. Heymann Park, 1500 S Orange St, Lafayette.

Chickens! Chickens! Chickens! – 10am-12pm. A class about starting back yard and suburban chicken keeping. Free. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

Rhythm & Brews – 11am-3pm. Live music with Travis Matte and the Kingpins. \$12 EventBrite.com. Jungle Gardens, Hwy 329, Avery Island. JungleGardens.org.

SUNDAY SEPTEMBER 8

The Foundry Town Hall Meeting – 1-3:30pm. Network to obtain information on the local music landscape. Free. Music Academy of Acadiana, 100 William O Stutes St, Lafayette. Eventbrite.com.

WEDNESDAY SEPTEMBER 11

Acadiana Women's Network – 11:30am-1:30pm. Network and gain insight from KATC TV3's Marcelle Fontenot. \$35. One Acadiana. Le Pavillon, 1913 Kaliste Saloom, Lafayette. OneAcadiana.org.

THURSDAY SEPTEMBER 12

Indian Cooking – 6:30-9pm. Priya Joseph of J&J Indian Tacos hosts My Food Coach's this cooking experience. Expose your taste buds to new and interesting flavors. \$35 tickets. Tops Appliances, 5826 Johnston St, Lafayette. EventBrite.com.

FRIDAY SEPTEMBER 13

Downtown Alive – 5-9pm. The fall music series first concert with Chubby Carrier and Corey Ledet. Free. Parc International, 200 Garfield St, Lafayette.

Fall Book Sale – 9am-6pm. Buy gently used hardcover and paperback books, sold by the inch. Friends of the Library. Heymann Convention Center Ballroom, 1373 S College Rd, Lafayette.

Fall Exhibition Opening Reception – 6-8pm. Celebrate of a new season of exhibitions. Drinks and light refreshments provided. Free. Paul and Lulu Hilliard University Art Museum, 710 E Saint Mary Blvd, Lafayette.

SATURDAY SEPTEMBER 14

On the Path to Healing – 10am-2pm. A Better brain expo with AMAZE Foundation celebrates its

4th year of gathering wellness professionals to help heal brain issues. Free. River Side Church of Christ, 200 South City Pkwy, Lafayette.

Chen Style Tai Chi Workshop – 9am-12pm & 2-5pm. Thru Sunday September 15. Wang Xi'an System presented by Dr. Bob Bacher includes partner training and applications for self-defense. \$200. Brian Bernard. Morgan Street Dance Company, 123 N Morgan Ave, Broussard. 337-967-0322.

WEDNESDAY SEPTEMBER 18

Garden Bros. Circus – 4:30-6pm. Performers from 22 countries make up this 100-minute performance in a theatrical 3-ring setting. \$18 tickets. Yambilee Ag Arena, 1939 W Landry St, Opelousas. EventBrite.com.

FRIDAY SEPTEMBER 20

Celebrating our Symphony – 7-9pm. Acadiana Symphony Orchestra's 35th Anniversary. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. AcadianaSymphony.org.

SATURDAY SEPTEMBER 21

Diamonds & Pearls Masquerade Gala – 7pm-12am. An elegant black-tie affair to bring awareness and support to the restoration and preservation of the historical Beard Congregational Church. \$50. Erath City Park Building, 100 City Park Dr, Erath. EventBrite.com.

A Pregnancy Center & Clinic Block Party – 11am-2pm. Health screenings, inspirational speakers, giveaways, music, and food. Bring a chair. Free. Martin Luther King Center, 309 Cora St, Lafayette.

WEDNESDAY SEPTEMBER 25

Tinsel & Treasures – 7-10pm preview party; and 10am-8pm Thursday Sept 26 thru 9am-5pm Saturday Sept 28. Support this shopping fundraising event to support programs for women and children. \$50 TicketMaster.com. Junior League of Lafayette. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. JuniorLeagueOfLafayette.com.

FRIDAY SEPTEMBER 27

Louisiana Sugar Cane Festival – 7-10pm. Thru Sunday September 29. Honor the sugar cane industry with activities for the whole family to enjoy. Various sites in New Iberia. HiSugar.org.

SATURDAY SEPTEMBER 28

Forget Me Not Walk to Remember – 9am-12pm. A day to remember and honor babies gone too soon. \$10. Sugar Mill Pond, Youngsville. Eventbrite.com.

Free to Breathe Run/Walk – 7am-12pm. An event to build awareness of lung cancer while funding research programs. Free. Lafayette Lung Cancer Research Foundation's. River Ranch Town Square, 1100 Camellia Blvd, Lafayette.

PRAYER TO MEND WHAT IS BROKEN

Heavenly Father,
I call on you right now
in a special way.
It is through your power
that I was created.
Every breath I take,
every morning I wake,
and every moment of every hour,
I live under your power.

Father,
I ask you now to touch me
with that same power.
For if you created me from nothing,
you can certainly recreate me.
Fill me with the healing
power of your spirit.
Cast out anything that
should not be in me.

Mend what is broken.
Root out any unproductive cells.
Open any blocked arteries or veins
and rebuild any damaged areas.
Remove all inflammation and
cleanse any infection.
Let the warmth of your healing
love pass through my body
to make new any unhealthy areas
so that my body will function
the way you created it to function.

And Father,
restore me to full health
in mind and body so that I may
serve you the rest of my life.
I ask this through Christ our Lord.
Amen.



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