

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

**FREE**

## Buff Body Soaring Spirit

Fusion Workouts  
Bring Both Benefits

## NATIONAL YOGA MONTH

Local Events



## YOGA FOR TRAUMA

Poses Rewire the  
Brain, Build Resilience

## Beauty from the Inside Out

Model Sarah DeAnna  
on Natural Good Looks

## STAYING POWER

A Good Trainer  
Keeps Us On Track

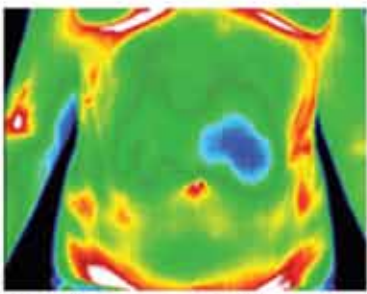
SPECIAL  
ISSUE

# Natural Remedies Guide

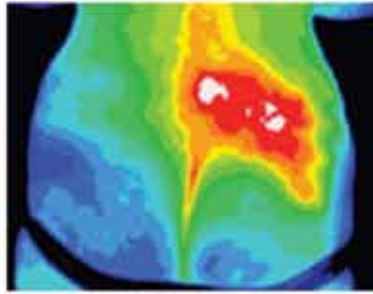
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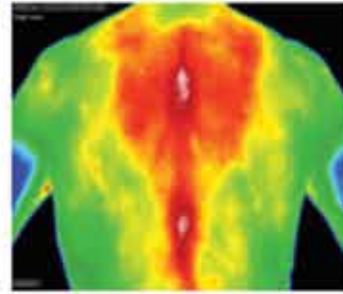
EVERY ISSUE IS  
A GREEN ISSUE



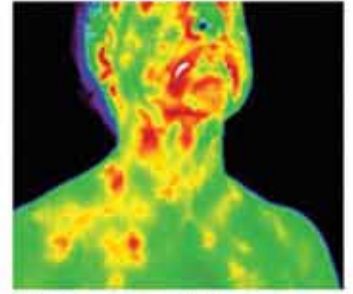
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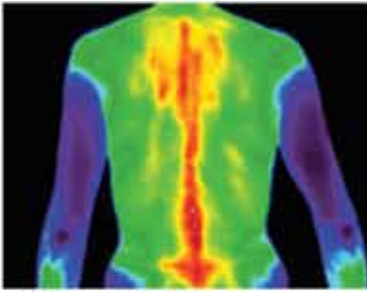
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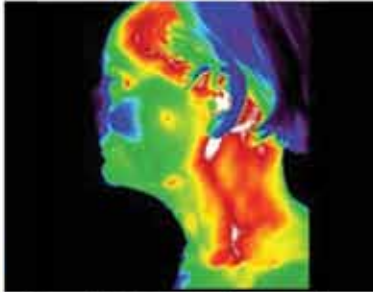
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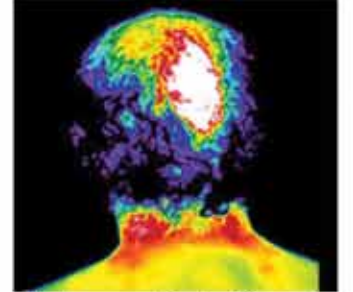
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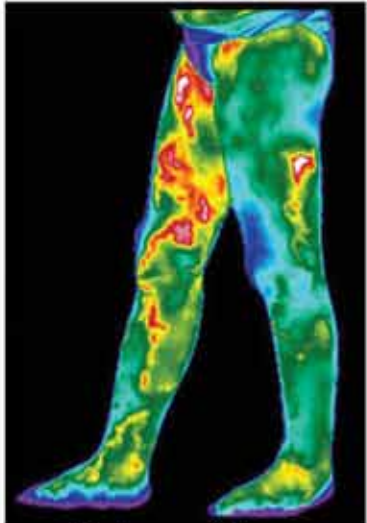
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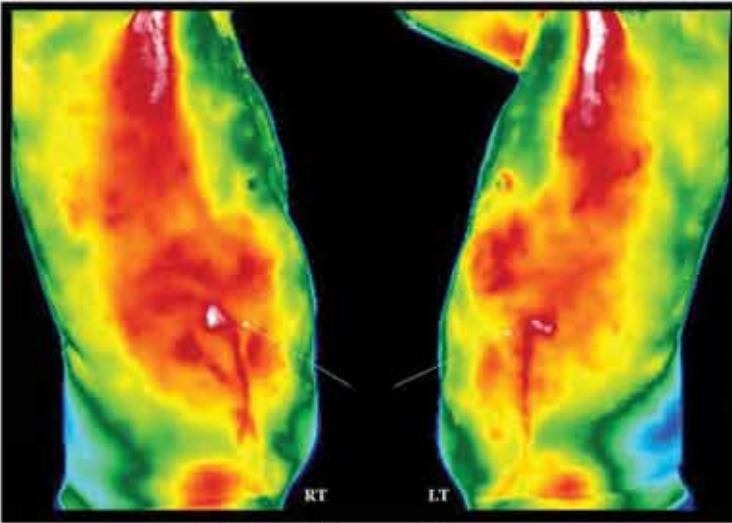
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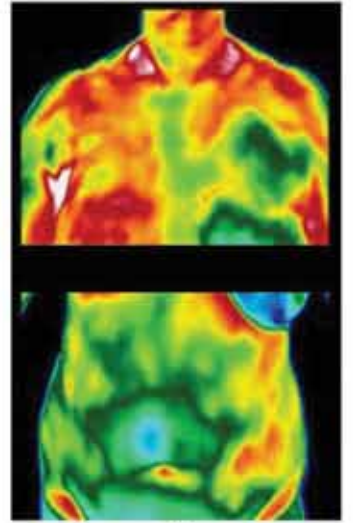
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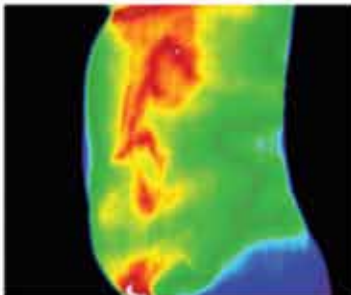
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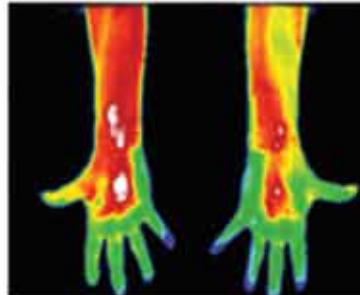
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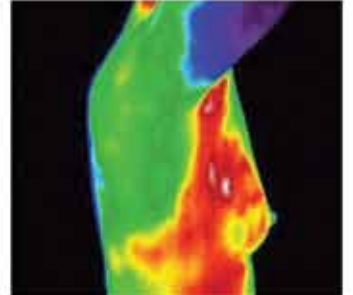
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Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

## \$94 Full-Body Thermography Screening



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Thermography is used to:

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





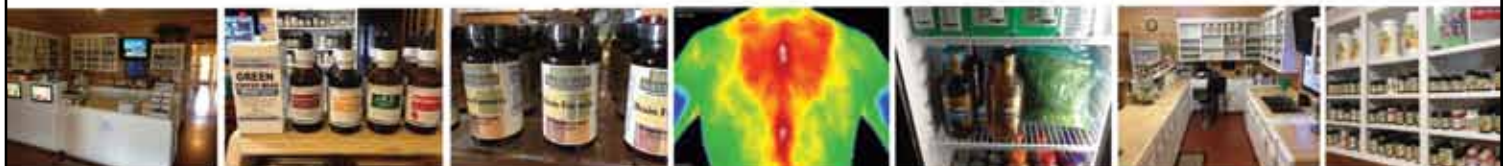
# Natural Medicine

## The Old Way - Before Drug Therapy

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

See our Natural Remedies Guide for:

- |  |   |  |  |   |  |
|--|---|--|--|---|--|
| <ul style="list-style-type: none"> <li>• Acidosis</li> <li>• ADD/ADHD</li> <li>• Acne</li> <li>• Age Spots</li> <li>• Allergies</li> <li>• Alzheimer's</li> <li>• Anemia</li> <li>• Anxiety/Panic Attacks</li> <li>• Appetite Stimulant</li> <li>• Appetite Suppressant</li> <li>• Arteriosclerosis</li> <li>• Arrhythmias</li> <li>• Arthritis</li> <li>• Asthma</li> <li>• Backache</li> <li>• Bad Breath/Halitosis</li> <li>• Baldness</li> <li>• Bladder Incontinence</li> </ul> | <ul style="list-style-type: none"> <li>• Bladder Infection</li> <li>• Blood Clots</li> <li>• Blood Count</li> <li>• High/Low Blood Pressure</li> <li>• Boils</li> <li>• Breast Cysts</li> <li>• Bronchitis</li> <li>• Bursitis</li> <li>• Candida</li> <li>• Carpal Tunnel</li> <li>• Cataracts</li> <li>• Cholesterol</li> <li>• Chronic Fatigue Syndrome</li> <li>• Circulation</li> <li>• Cirrhosis</li> <li>• Cold Sores</li> <li>• Colic</li> <li>• Common Cold</li> </ul> | <ul style="list-style-type: none"> <li>• Constipation</li> <li>• Dandruff</li> <li>• Depression</li> <li>• Diabetes</li> <li>• Diarrhea</li> <li>• Diuretic</li> <li>• Diverticulitis</li> <li>• Dizziness (Vertigo)</li> <li>• Dry Skin</li> <li>• Ear Infection</li> <li>• Eczema</li> <li>• Emphysema</li> <li>• Endometriosis</li> <li>• Energy</li> <li>• Estrogen Dominance</li> <li>• Fever</li> <li>• Fibromyalgia</li> <li>• Flu (Influenza)</li> </ul> | <ul style="list-style-type: none"> <li>• Food Poisoning</li> <li>• Female Problems</li> <li>• Gall Bladder</li> <li>• Gingivitis</li> <li>• Glaucoma</li> <li>• Gout</li> <li>• Hay Fever</li> <li>• Headache/Migrane</li> <li>• Heartburn</li> <li>• Hemorrhoids</li> <li>• Hepatis</li> <li>• Herpes</li> <li>• Hiatal Hernia</li> <li>• Hives</li> <li>• Hot Flashes</li> <li>• Hyperthyroid</li> <li>• Immune System</li> <li>• Indigestion</li> </ul> | <ul style="list-style-type: none"> <li>• Infertility</li> <li>• Insomina</li> <li>• Irritable Bowel Syndrome</li> <li>• Kidney Stones</li> <li>• Leg Cramps</li> <li>• Lupus</li> <li>• Lyme Disease</li> <li>• Memory</li> <li>• Menopause</li> <li>• Morning Sickness</li> <li>• Muscle Cramps</li> <li>• Nervousness</li> <li>• Osteoarthritis</li> <li>• Osteoporosis</li> <li>• Parasites</li> <li>• Parkinson's Disease</li> <li>• Pneumonia</li> <li>• Poison Ivy/Oak</li> </ul> | <ul style="list-style-type: none"> <li>• Prostate Problems</li> <li>• Psoriasis</li> <li>• Rheumatism</li> <li>• Rosacea</li> <li>• Shingles</li> <li>• Sunusitis</li> <li>• Sore Throat - Strep</li> <li>• Stress</li> <li>• Sweating</li> <li>• Tendonitis</li> <li>• Ulcers</li> <li>• Varicose/Spider Veins</li> <li>• Viral Infection</li> <li>• Warts</li> <li>• Water Retention</li> <li>• Weight Loss</li> <li>• Yeast Infections</li> </ul> |
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Call **896-4141** Carencro Office **662-3120** Sunset Office to schedule an appointment.

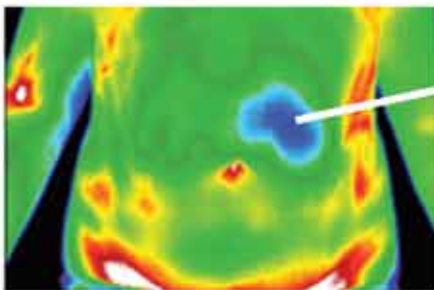


Your **HEALTH** must be the most important thing in the world to you.

Without your health you can not enjoy family or work.

# What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



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

## \$94 Full-Body Thermography Screening



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Call **896-4141** to schedule

Thermography is used to:

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





## Organic Frozen Wheatgrass Juice WheTea



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



One of the primary components of WheTea is EGCG. EGCG stands for epigallocatechin-3-gallate. It is the main antioxidant in tea, said to be more than 100 times more powerful than vitamin C. There is more of it in white and green tea than in black tea. This antioxidant has been shown to help increase your metabolic rate (metabolism) to burn more calories. By raising your resting metabolic rate, your body starts using the fat you've stored throughout your body as a source of fuel to help shed those pounds hanging around.



*Suggested Use: 2 droppers per 8 ounces of water. Drink a minimum of 64 oz of water per day. Price: \$20.00*

## Mood Enhancer Best Depression Formula



Our Mood Enhancer is specifically designed to incorporate herbs and vitamins that provide nutrients to the brain, help fight depression, stress and anxiety and prevent age-related mental decline. Sometimes vision or hearing problems, depression, anxiety or other stress-related mental disorders

may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation and anxiety.

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	%Daily Value
Pantothenic Acid (as d-calcium pantothenate)	50 mg 100%
Chromium (20%)	500 mcg
Vitamin B6 (as pyridoxine hydrochloride)	5 mg 100%
Vitamin B12 (as cyanocobalamin)	500 mcg 100%
Vitamin C (as ascorbic acid)	500 mg 100%
Vitamin E (as d-alpha-tocopherol)	100 IU 100%
Vitamin K (as menaquinone-7)	100 mcg 100%
Vitamin D (as cholecalciferol)	1000 IU 100%
Vitamin A (as retinyl palmitate)	10000 IU 100%
Vitamin B1 (as thiamine hydrochloride)	50 mg 100%
Vitamin B2 (as riboflavin)	5 mg 100%
Vitamin B3 (as niacin)	50 mg 100%
Vitamin B5 (as calcium pantothenate)	50 mg 100%
Vitamin B7 (as biotin)	5000 mcg 100%
Vitamin B9 (as folic acid)	500 mcg 100%
Vitamin K2 (as menaquinone-7)	100 mcg 100%
Vitamin D3 (as cholecalciferol)	1000 IU 100%
Vitamin E (as d-alpha-tocopherol)	100 IU 100%
Vitamin A (as retinyl palmitate)	10000 IU 100%
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Vitamin B2 (as riboflavin)	5 mg 100%
Vitamin B3 (as niacin)	50 mg 100%
Vitamin B5 (as calcium pantothenate)	50 mg 100%
Vitamin B7 (as biotin)	5000 mcg 100%
Vitamin B9 (as folic acid)	500 mcg 100%
Vitamin K2 (as menaquinone-7)	100 mcg 100%
Vitamin D3 (as cholecalciferol)	1000 IU 100%
Vitamin E (as d-alpha-tocopherol)	100 IU 100%
Vitamin A (as retinyl palmitate)	10000 IU 100%

*Suggested Use: 1-2 capsules/day Price: \$35.00*

## Green Waters Alkaline Water

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



*Suggested Use: Drink 64 oz per day Price: \$36.00 / case*

# publisher's letter



We firmly believe that we are spiritual beings living a human journey. We know that at birth we were gifted with love. Yes, a gift. Few things in life are truly gifted to us without strings attached, but it is our birthright to love. While humanity has and still does constantly seek weapons to solve its problems, we must realize that our greatest weapon is the one gift in this lifetime that can never be taken from us: love.

We fear things we do not know or understand. We purposely play small so that we fit in. We project insecurities every time we take our light and place it in a box and we unconsciously give other people permission to do the same. But, love grows when we shine. Love is a power that is immeasurable. Some believe that it is strong enough to cross the boundaries of time, as well as the walls between our present world and the world of life after death.

Today we see fear everywhere we go. On television, in our neighborhood parks, schools and the workplace—the list goes on. But, when you consciously decide it's time to let go of fear and embrace love, this is when life begins for you. Fear is not real; we create fear. Love is real; we create love.

A patient visiting our office recently asked the question, "Who am I and why am I here?" Looking puzzled she thought it was a difficult question to answer. I (Steve) responded, "You are a child of God and you are here to be loved and to share your love." While some believe money, houses and cars might be the meaning of life, they could never be more wrong. Eventually this human journey ends and you take only one thing with you as you transcend to the afterlife—the love that you created and shared.

We buried my (Steve) father a month ago. With all the many experiences I have had, not one prepared me for this one. As the ceremonies concluded, I looked back and saw the most amazing thing: I saw nothing. The body that remained was nothing more than a shell. The love that existed within moved on with the spirit that used that body. The love that was shared during the human journey for my father lives in the children, grandchildren, brothers and sisters that loved him.

Most of us will spend the majority of our lives trying to understand the meaning of life. To be consciously aware of love and to experience love in us and in others is the meaning of life. Meaning does not lie in things; meaning lies in us.

While many things may appear to be real for us and our reality may be blanketed by the events that happen to us each day, the essential reality and our purpose on Earth is to love.

Even memories fade, but love remains forever.



Steve and Michelle Castille, Publishers



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## advertising & submissions

### HOW TO ADVERTISE

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

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

### CALENDAR SUBMISSIONS

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

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

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## Massage Therapy with Kimberly Rasmussen



emotional problems, and increase overall wellness.

A graduate of the massage therapy program at Blue Cliff College Lafayette Campus, Kimberly Rasmussen offers massage therapy services at Dharma Wellness Center, in Sunset. She has many years of experience as a licensed massage therapist and performs Swedish, deep tissue, prenatal, and reflexology massage. She will soon be certified in manual lymphatic drainage, which gently stimulates the body's lymphatic system.

*Special massage packages are available. Location: 166H Oak Tree Park Dr., Sunset. For more information call 337-662-3120.*

## Lead the Way in Celebrating Life's Milestones



coming-of-age markers are among the many bona fide rites of passages deserving recognition. They are cherished by featured participants and savored by those attending.

Since 2001, the Celebrant Foundation & Institute, based in Montclair, New Jersey, has been certifying individuals to become Life-Cycle Celebrants, skilled in officiating at such transition ceremonies. This fulfilling work of ritual and celebration flexes as part- or full-time work, as an added vocational skill or new career, recently reported by CNN and Money magazine as a top 10 profession for people changing careers.

The foundation's next live, online, seven-month learning program starts October 1. The small-group learning program covers how to lead ceremonies for children, couples, families, funerals and organizations, facilitated by trained Celebrant instructors. Participants learn ways to create personalized ceremonial events for special moments in life and career achievement for people of all beliefs and value systems that also reflect a client's philosophy of life and personality.

Massage therapy is the manipulation of soft tissue for therapeutic purposes. It incorporates various techniques to increase circulation and help with detoxification to reduce physical and

Lessons include assigned readings plus reviewing sample ceremonies, contracts and client interview questions. Celebrants also become part of an alumni support network.

*For more information or to enroll, call 973-746-1792 or visit [CelebrantInstitute.org](http://CelebrantInstitute.org). Mention Natural Awakenings to obtain a \$100 discount. See ad, page 27.*

## Symphony of the Senses at Agua de Flora Botanical Perfumery

Botanicals stimulate our connections to the Earth. They assist us along our journey of self-discovery and unite us socially.



Natural botanical perfumeries evade synthetic chemicals, while endorsing an eco-friendly balance. Agua de Flora Botanical Perfumery composes each ballad of their fragrances with the purest intent and offers a wide selection of botanical fragrances derived from organic substances, such as flowers, leaves and roots to name a few.

Its latest introductory of fragrance is known as the Symphony of Scents. "Because perfume and music share a similar language in quality of their notes, our seven note series is inspired by the classical Indian scale Kafi Thaath," says Ashana Morrow, one of the Perfumery's founders.

Aqua de Flora Botanical Perfumery can be found at the Lafayette Farmers and Artesian Market on Saturdays.

*For more information, call 337-504-4926 or visit [AguadeFlora.com](http://AguadeFlora.com).*

## Jesuit Spirituality Center at Grand Coteau



Nestled against the backdrop of a billowing lush green landscape with majestic oaks, the Jesuit Spirituality Center at Grand Coteau welcomes various faiths to draw near unto God in silence for grounding, strengthening and guidance during a three-, six-, eight- or 30-day period of intense prayer and intimate communion with God. The purpose of the silence retreats is not to enforce discipline, but instead eliminating outer stimuli in order to quiet the mind.

Participants meet with a spiritual director daily for reflection, counsel and scripture for the following day's meditation and spend the remainder of their day in prayer and meditation, or simply reading and journaling. Fasting is not implemented; however, it remains a personal option. The retreats are based on the book *Spiritual Exercises*, written by the Center's founder St. Ignatius of Loyola. Participants in the retreat often return year after year and refer to the Center as "home away from home."

*For more information, call 337-662-5251 or visit [JesuitSpiritualityCenter.org](http://JesuitSpiritualityCenter.org).*



## Living the Sweet Life



It was a both ambition and a sweet tooth that inspired entrepreneur Ryan King. An economics major at University of Louisiana Lafayette and founder of Taste of Quality Pralines, King is a New Orleans native

and son of a caterer.

Taste of Quality Pralines is a family recipe and reflects a cherished cache of southern hospitality; smooth and sweet with a touch of brandy—a delectable addition to the holiday season. Made with Louisiana pecans, Taste of Quality supports local farmers and can be found at Lafayette Farmers and Artesian Market on Saturdays from 8 a.m. until noon.

*Delivery and pick up orders are welcomed. For more information, call 504-521-7380 or email R.King@toqpralines.com.*

## Big Benefits with Steam King Carpet Cleaning



Over time, allergens, dust mites, dirt and more can become trapped in the carpet. By cleaning carpets, individuals, families and business-

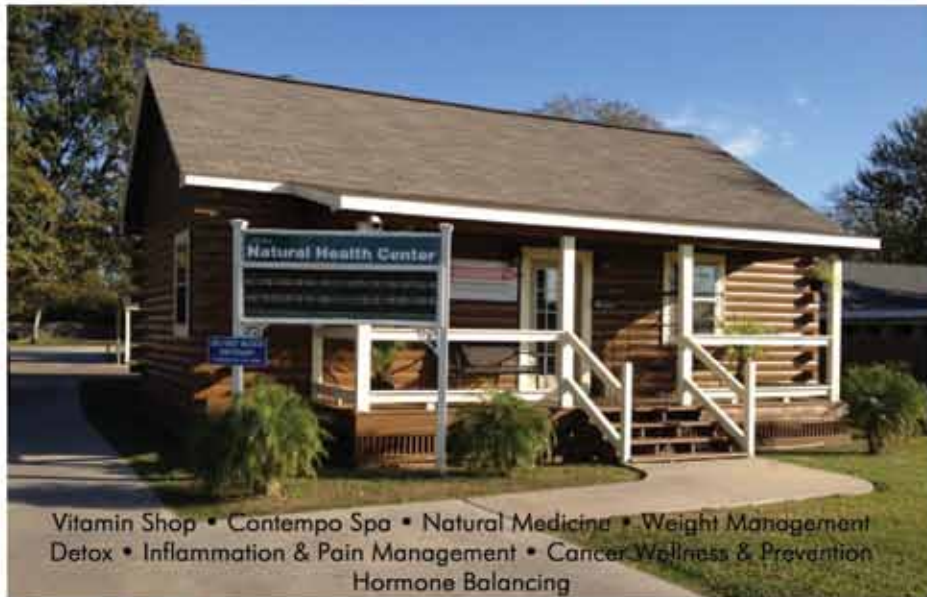
esses can reap the benefits of improved air quality and the removal of allergens. Carpet cleaning will also extend the life and improve the appearance of the carpet.

Steam King Carpet Cleaning specializes in steam cleaning, tile and grout cleaning, mold and mildew removal, pet stain and odor removal, repair and stretching, dryer vent cleaning and more. According to owner Ray Albarado, "We take on each and every job with pride and dedication. We look forward to the opportunity to service you, your family and your offices."

*Location: 222 Rue Septembre, Scott. For more information, call 337-873-3737.*

## liteon Natural Health Center

*Powerful, Positive Healing for Life*



Vitamin Shop • Contempo Spa • Natural Medicine • Weight Management  
Detox • Inflammation & Pain Management • Cancer Wellness & Prevention  
Hormone Balancing



### What we do:

The Natural Health Center is a holistic health practice, offering state-of-the-art technology combined with individualized service. We believe that each person should be approached as a whole, integrated being and not just a collection of symptoms. Each person is biochemically different from one another.

Therefore, no two people who come to us will receive the same recommendations and plan of action. We customize the way we help people based upon their individualized needs. Our goal is to get your body to a healthy, balanced state where it can begin to heal itself the way God created it to do.

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



# YOUR BODY Checkup

## What Causes Disease?

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

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

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

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

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

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

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

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

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

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

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

- Dr. Steven T. Castille

**FULL BODY HEALTH SCREENING \$94**

**For more information or to  
schedule an office visit call  
896-4141 or 347-4141.**



# Nutritional-biochemistry deficiencies

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

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

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

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

---

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

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

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

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

*Source: U.S. Department of Agriculture*

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

- American Medical Association

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

- James F. Balch, M.D.

## Never Too Old to Quit

Even smokers 60 and over can live longer if they quit, according to a 2012 study published in *JAMA Internal Medicine*. Three experts from the German Cancer Research Center, in Heidelberg, analyzed 17 studies from the United States, Australia, China, England, France, Japan and Spain that followed groups of between 863 and 877,243 people for periods ranging from three to 50 years. Findings showed that the longer a person had been classified as a former, rather than current, smoker, the more their risk of premature death decreased. The researchers also observed that current smokers showed the highest absolute mortality rates in all the studies.



Dr. Tai Hing Lam, of the University of Hong Kong, observes that for people in their 60s, quitting was linked to a 21 percent decrease in the risk of premature death. The risk was reduced by 27 percent for those in their 70s and by 24 percent for individuals in their 80s. Lam added that the World Health Organization's statistic that one out of every two smokers will die from their habit should be printed on all cigarette packages, "...so that all smokers know they are betting their lives on the toss of a coin."

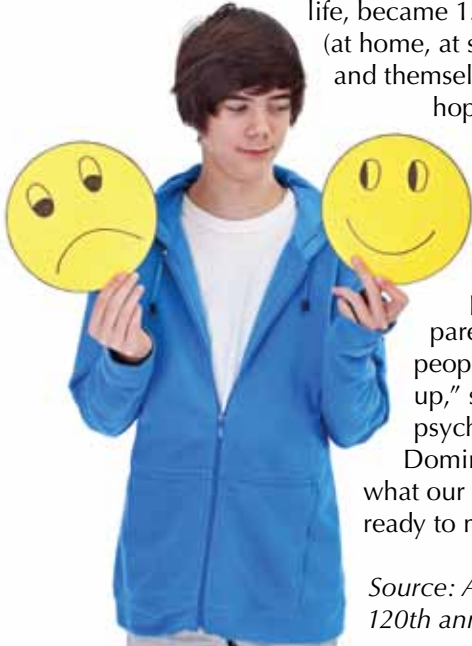
## Glories of Growing Up Grateful

Gratitude gifts teens with better mental health, according to researchers at California State University. Thankful teens are more apt to be happy and less likely to abuse drugs and alcohol or have behavior problems at school than their less grateful peers.

The researchers asked 700 students, ages 10 to 14, to complete questionnaires initially, and again four years later. Teens that reported practicing the most gratitude at the end of the study enjoyed a 15 percent greater sense of meaning in life, became 15 percent more satisfied with their life overall (at home, at school and with their neighborhood, friends and themselves) and grew 17 percent more happy and hopeful about their lives, plus experienced 13 and 15 percent drops in negative emotions and depressive symptoms, respectively.

"These findings suggest that gratitude may be strongly linked with life skills such as cooperation, purpose, creativity and persistence," making it "a vital resource that parents, teachers and others that work with young people should help youth build up as they grow up," says lead author Giacomo Bono, Ph.D., a psychology professor at California State University-Dominguez Hills. "More gratitude may be precisely what our society needs to raise a generation that is ready to make a difference in the world."

Source: American Psychological Association's 120th annual convention



## UMBILICAL CORD BINGO

*The Manchester Guardian* reports that childbirth experts in the United Kingdom are urging the National Health Service (NHS) to reverse its policy on early clamping and cutting of a newborn's umbilical cord. A recent Swedish study of 400 full-term infants from low-risk pregnancies published in the *British Medical Journal* found that delayed cord-clamping at birth resulted in infants being 5 percent less likely of being anemic two days later or iron deficient four months later. The latter problem has been associated with impaired brain development.

The practice of separating infants from the placenta within 10 seconds of delivery has been commonplace since the 1960s, as supported by the UK National Institute for Health and Care Excellence, which advises the NHS. However, several doctors, medical organizations and the non-profit National Childbirth Trust (NCT), plus the World Health Organization, disagree; they advocate leaving the placenta untouched for at least 30 seconds up to whenever it stops pulsating naturally (usually between two to five minutes). Exceptions would be if the baby's or mother's health necessitates medical intervention.

"At birth, about a third of the baby's blood is still in his or her cord and placenta," explains Belinda Phipps, NCT chief executive. Unfortunately, "It is still accepted practice to deprive the baby of this blood."





# Another Plus for Natural Birth



A team of researchers at the Yale School of Medicine, in New Haven, Connecticut, has found that vaginal birth triggers the expression of a protein, UCP2 (mitochondrial uncoupling protein 2), in the brains of newborns that improves brain development and function in adulthood. It influences neurons and circuits in the hippocampus, the area responsible for memory.

The protein is also involved in the cellular metabolism of fat, a key component of breast milk, suggesting that induction of UCP2 by natural birth may aid the transition to breastfeeding. The researchers also found that this protein expression is impaired in the brains of babies delivered by Caesarean section.

These results suggest, “The increasing prevalence of C-sections, driven by convenience rather than medical necessity, may have a previously unsuspected lasting effect on brain development and function in humans,” observes Tamas Horvath, chair of Yale’s Department of Comparative Medicine.

# Bounce House Boo-Boos

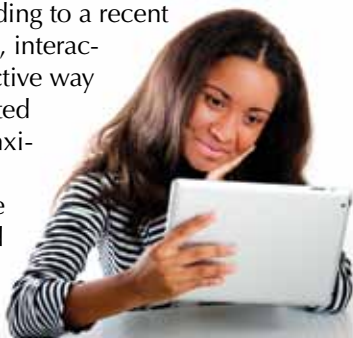
A staple at amusement parks, fast-food restaurants and kids’ backyard parties, inflatable bounce houses look and sound like a lot of fun—yet can cause problems. “I was surprised by the number of injuries, especially by the rapid increase,” says Dr. Gary A. Smith, lead author of a recent study by the Center for Injury Research and Policy that he founded at the Nationwide Children’s Hospital, in Columbus, Ohio. From fewer than 1,000 injuries sending kids 17 and under to emergency rooms in 1995, the number skyrocketed to nearly 11,000 in 2010. Most injuries result from falls or collisions within the bounce houses or from falling out of them; only 3 percent required a hospital stay.



Bounce house injuries are similar to those associated with trampolines, and more than a third of the study injuries involved children 5 and younger. The U.S. Consumer Product Safety Commission recommends against letting children younger than 6 use full-size trampolines, and Smith says barring that age group from even smaller, home-use bounce houses makes sense. In addition, the commission recommends limiting use to fewer bouncers at a time and not allowing younger children to participate at the same time as older kids.

# BLOGGING AWAY TEEN TROUBLES

Adolescent angst, formerly vented in private “Dear diary” entries, is now shared with others in blogs—with positive effect. According to a recent study published in the journal *Psychological Services*, interactively engaging with an online community is an effective way for teens to relieve social distress. Researchers recruited 161 teenagers that exhibited some level of social anxiety or stress and asked them to blog, with one group opening their posts to comments. Bloggers that wrote about their problems and allowed readers to respond reported the greatest improvement in mood. The comments on blogs were overwhelmingly positive, offering constructive support.



# Detoxifying Foot Bath

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

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

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

## How does it Work?

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

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



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prevention.

is the best way to beat cancer

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



# BEATING CANCER

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



## The Hallelujah Diet AND CANCER WELLNESS PROGRAM

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

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

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

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

or call 896-4141 or 662-3120

Carencro Office

Sunset Office

### **The Hallelujah Diet and Wellness Plan**

**Juice to Your Health** (8 Week Program) includes unlimited access to both of our wellness centers in Carencro and Sunset, a two month supply of frozen wheatgrass and organic green juices (1.5 oz cups/16 per box). 8 Week Program: \$364



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

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

# It is time to **RETHINK CANCER**

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

The Basic Chemistry of a Cancer Cell:

REQUIRES:

High Acid

Low Oxygen

Stagnant Lymph for fermentation\*

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



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



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

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

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



**LIVE HEALTHY. FUEL WELL.**

## Jog or Walk to Live Longer



A slow jog around the block a few times a week can prolong life. The Copenhagen City Heart Study monitored 1,878 joggers for 30 years and found that 44 percent of these subjects are less likely to prematurely die from any cause than non-runners. Males and females that continued to jog regularly added 6.2 years and 5.6 years, respectively, to their average lifespans.

It only takes 1.5 hours of slow-to-average-pace jogging a week to reap the longevity benefits. Walking is also beneficial; the National Institutes of Health says it can add up to 4.5 years to the average life expectancy. Seventy-five minutes of brisk walking a week can add 1.8 years to life

expectancy after age 40, according to study results cited in *PLOS Medicine*.

## School Lunches Minus the Meat

As the first school in the nation to go completely meatless, 400 students at New York City's P.S. 244, the Active Learning Elementary School, are treated to eclectic fare that includes black bean and cheese quesadillas, falafels, and tofu in an Asian sesame sauce. "We've had a really great response from the kids, but they also understand it's about healthy options," says Principal Bob Groff. "Because we teach them to make healthy choices, they understand what is happening and believe in what we're doing, too."



When the school opened in 2008, the cafeteria served vegetarian meals three days a week. "We started to try out recipes with small groups of students to see what they liked and didn't like. It was a hit," says Groff. All meals adhere to U.S. Department of Agriculture standards, so students get plenty of nutrient- and protein-dense vegetables. Students are also welcome to pack their own lunches, including meat.

## Yoga Relieves Back Pain



Could a simple yoga class ease chronic back pain? Yes, say researchers in two recent studies.

Scientists at the University of Washington found that subjects reported a 61 percent decrease in back pain when practicing yoga in a 12-week period compared with doing simple stretching. The researchers attributed their findings, published in *Evidence-Based Complementary and Alternative Medicine*, to yoga's physical and breathing exercises and how they increase awareness and relaxation.

Another project, funded by Arthritis Research



## Weightlifting Lowers Heart Disease and Diabetes Risks

Fewer than 10 percent of Americans regularly lift weights, but perhaps more of us should, according to a study in *The Journal of Strength and Conditioning Research*. Scientists at the University of North Florida, in Jacksonville, found that weightlifters had a 37 percent reduced risk of metabolic syndrome, a cluster of risk factors linked to heart disease and diabetes. Previous research has linked having greater muscle strength and mass (results of weightlifting) to lower rates of metabolic syndrome.

People with three out of five risk factors—a large waist (more than 40 inches for men, more than 35 inches for women), high triglycerides and low levels of HDL (good) cholesterol, high blood pressure and high blood sugar—may be diagnosed with metabolic syndrome.

The researchers also analyzed data from the 1999-2004 National Health and Nutrition Examination Survey, which showed that young men were most likely to do regular weightlifting, while women, older people and Latinos were least likely. The survey statistics support the conclusion that non-weightlifters are more likely to exhibit metabolic syndrome.



## Hair to Dye For

Three-quarters of American women are interested in changing their hair color, particularly to cover gray, according to a Clairol study. But other studies show they should be wary of most traditional hair dyes and consider natural alternatives. A study from the University of Southern California published in the *International Journal of Cancer*, for example, identified women using permanent hair dyes at least once a month to be at the highest risk for bladder cancer.

As early as 2007, the European Union banned 22 potentially dangerous chemicals in cosmetic and body care products, including hair dyes. In the journal *Materials* last year, British researchers warned of the increased cancer risk from toxic chemicals called secondary amines, found in European- and U.S.-manufactured permanent hair dyes, because they remain on the hair for extended periods long after application and can penetrate skin.

Meanwhile, increasing demand by consumers for safer products has expanded the market for natural hair dyes containing henna, oils and extracts from berries and other fruits, plus vegetables. Many are now available at pharmacies, organic salons and online, including do-it-yourself recipes.



## Protein for Breakfast Curbs Food Cravings

Skipping breakfast or eating sugary breakfast breads and cereals sets us up for increased appetite all day long, while protein-rich food effectively satiates us, according to a recent University of Missouri-Columbia study. Subjects were 20 overweight young women, ages 18 to 20, divided into three groups: those that skipped breakfast, ate cereal, or enjoyed a 350-calorie, high-protein breakfast of eggs and lean meat. Researchers tracking brain function concluded that those eating the high-protein breakfast were better able to control their eating throughout the day and evening.

For people that don't currently eat breakfast, lead researcher Heather Leidy, Ph.D., an assistant professor of nutrition and exercise physiology, says it only takes about three days to acclimate the body. Leidy suggests first trying plain Greek yogurt, cottage cheese or egg or meat burritos. Aim for 35 grams of protein in the

## MILK LINKED TO ACNE

Teens with acne might consider cutting back on milk and other dairy products. Foods with a high-glycemic index (carbohydrates affecting blood sugar levels) are the leading causes of acne at all ages, according to a meta-review of studies and clinical trials published in the *Journal of the Academy of Nutrition and Dietetics*. Now, researchers at New York University say milk's natural hormones may additionally stimulate the acne-producing hormones present at puberty.

"Milk is designed to grow things—namely babies—and in the case of cows' milk, calves," comments Dr. Mark Hyman, author of *The Blood Sugar Solution*. "It's naturally full of muscle-building anabolic hormones... which [also] cause bad acne." Hyman considers cows' milk "nature's perfect food only if you are a calf," and warns of "60-some hormones in the average glass of milk; even organic, raw and bovine growth-hormone-free milk."



I did this.  
in one word



**Zerona**

3 inches in 2 weeks

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Carencro Office

## WEIGHT LOSS CENTER

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### EASY STEP BY STEP PLAN

This is a Zerona laser belly fat reduction plan you can see results with in 4 weeks.



#### Zerona Laser Treatments

Zerona 3x/week for 4 weeks

Cuts a rip in fat cells and causes the liquid fat to leak out.



#### Raspberry Ketones

Two tablets a day for 4 weeks.

Increase metabolism and fat burning.



#### WheTea

Two droppers every 8 ounces of water. Drink a minimum of 128 ounces of water each day to flush out fat.

Contains EGCG which is a very strong fat burner and ideal for burning abdominal fat.



#### Infrared Tummy Wraps

Three times a week for thirty minutes.

Infrared heat penetrates abdominal fat and the heat helps burn calories and abdominal fat cells.

**Also included:** Whole body vibration exercise, infrared sauna, and Thermo X fat burner.

**3 Week Plan: \$340    4 Week Plan \$410**



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wellness center and fit club



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Call DHARMA and ask about our new rapid weight loss program. We now have personal trainers and health coaches that work with you one-on-one.



### Rapid Weight Loss Program

- Free Nutritional Consultation
- WBV (unlimited)\*
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**6 Week Program  
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(Takes only 15 minutes for a full screening)

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

Thiamin  
Vitamin B6  
Vitamin B12  
Vitamin C  
Calcium  
Fluoride  
Iodine  
Iron

Riboflavin  
Magnesium  
Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

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

- Andrew Weil, M.D.

## Did you know A vitamin deficiency can cause



**ENLARGED THYROID**  
Iodine deficiency



**JOINT PAIN**  
Vitamin C deficiency



**WEIGHT GAIN**  
Vitamin D, magnesium, or iron deficiency

**cancer**

hypertension

**inflammation**

**diabetes**

depression

# GET TESTED

**96% of the American Population Die from Disease 4% will die in an accident.**

**Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease**

**DHARMA Wellness Center**

**(337) 662-3120**

CALL to schedule your 15 minute vitamin testing

# WEIGHT-LOSS SUPPORT

Ultimate Raspberry Ketone Formula  
A Weight-Loss Cornerstone



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



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

## AVAILABLE AT



**Natural Health Center**  
I-49, Exit 4, Carencro  
Across from the New Super 1 Foods  
Telephone: 896-4141



# Both women are 60 years old What is the difference between the two?



Betty lives 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.

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

Visit one of our centers today.

Learn how you can reduce inflammation, reduce your chances of developing cancer or heart disease, control diabetes, reduce your cholesterol, or simply maintain your current good health.

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Telephone: 337.896.4141, Carencro Office 337.662.3120, Sunset Office

# www.WheTea.com

## Obesity is a Major Medical Crisis

Obesity is a major medical crisis. It is the leading cause of death in the United States. Obesity is a complex condition that involves many factors, including genetics, diet, and lifestyle. It is a major risk factor for heart disease, diabetes, and other chronic conditions. The good news is that there are many ways to lose weight and improve your health. WheTea is a natural, powerful fat burner that can help you lose weight and improve your health. It is a safe and effective way to lose weight and improve your health. It is a safe and effective way to lose weight and improve your health.

## WheTea Weight Loss Formula

WheTea is a natural, powerful fat burner that can help you lose weight and improve your health. It is a safe and effective way to lose weight and improve your health. It is a safe and effective way to lose weight and improve your health. It is a safe and effective way to lose weight and improve your health.

WheTea is a natural, powerful fat burner that can help you lose weight and improve your health. It is a safe and effective way to lose weight and improve your health. It is a safe and effective way to lose weight and improve your health. It is a safe and effective way to lose weight and improve your health.



## AVAILABLE AT:

- Drug Emporium, Lafayette Address: 505 Bernard Dr. Telephone: 281-9051
- Natural Health Center, Carencro Address: 100 E. Angelle St. Telephone: 896-4141
- DHARMA Wellness Center, Sunset Address: 180 H Oak Tree Park Drive Telephone: 962-3120
- Benny's Sport Shack, Opelousas Address: 806 S. Lamoine St. Telephone: 948-6533
- Road Less Traveled, Lafayette Address: 312 Quibner Rd. Telephone: 986-8889

**WheTea**  
THERMOGENIC FAT BURNER



# How to get rid of depression

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

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

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

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



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## globalbriefs

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

### Freebie Fruit

Online Mapping Points the Way



Falling Fruit (*FallingFruit.org*), created by Caleb Philips, co-founder of Boulder Food Rescue, and Ethan Welty, a photographer and geographer based in Boulder, Colorado, uses a map to cite locations of fruits and vegetables that are free to forage around the world. It looks like a Google map, with reported locations marked with dots.

Zoom in and click on one to find a description of what tree or bush is there. The description often includes information about the best season to pluck plant fruits, the quality and yield, a link to the species' profile on the U.S. Department of Agriculture's website and additional advice on accessing the spot.

Welty compiled most of the half-million or so locations from various municipal databases, local foraging organizations and urban gardening groups. Additionally, the map is open for Wikipedia-style public editing. He says, "Falling Fruit pinpoints all sorts of tasty trees in public parks, lining city streets and even hanging over fences from the UK to New Zealand." It also lists beehives, public water wells and even dumpsters with excess food waste.

### Killing Fields

Neonicotinoid Pesticides Threaten  
Birds and Insects, Too

Controversial neonicotinoid pesticides linked to catastrophic honeybee declines in North America and Europe may also kill other creatures, posing ecological threats even graver than feared, according to a new report by the American Bird Conservancy. It claims that dangers to birds and stream-dwelling and soil-dwelling insects accidentally exposed to the chemicals have been underestimated by regulators and downplayed by industry.

"The environmental persistence of the neonicotinoids, their propensity for runoff and for groundwater infiltration and their cumulative and largely irreversible mode of action in invertebrates raise environmental concerns that go well beyond bees," according to the report co-authors, pesticide policy expert Cynthia Palmer and pesticide toxicologist Pierre Mineau, Ph.D., who both work for the nonprofit. They note that the U.S. Environmental Protection Agency typically sets guidelines for bird exposures using laboratory tests on just two species, which ignores widely varying sensitivities among hundreds of other species.

Scott Black, executive director of the Xerces Society, an invertebrate conservation group, says that integrated pest management (IPM), which combines precisely targeted chemical use with other, non-chemical means of pest control, can deliver industrial-scale yields in an environmentally sustainable way. To the detriment of wildlife, "[Our nation] has moved away from IPM, from scouting a farm, putting in habitat for beneficial insects and spraying only if there's damage," he warns. "With neonicotinoids, they don't do that anymore," instead returning to indiscriminate blanket spraying.



Primary source: [Tinyurl.com/ABCBirdReport](http://Tinyurl.com/ABCBirdReport)



## Shellfish Solution

Bivalve Farming May Purify Fouled Waters



Scientists are investigating whether mussels can be grown in urban areas as a way of cleansing coastal waters of sewage, fertilizers and other pollutants. The U.S. National Oceanic and Atmospheric Administration has placed an experimental raft at the mouth of New York City's Bronx River with long tendrils seeded with *geukensia demissa* hanging beneath it.

The two-year experiment will test whether the ribbed mussel can survive in the industrial and organic effluent found there. If it does, that could have implications for cleaning up coastal waters all over the world. The idea of using bivalves like mussels, oysters and clams to purify waterways has been on the minds of conservationists and scientists for decades. If the creatures can absorb enough nitrogen from the polluted water, it will prevent algae blooms that deprive waterways of the oxygen needed to support life.

Other researchers also are investigating the beneficial effects of raising seaweed and kelp in conjunction with bivalves to clean coastal waters.

Source: [E360.yale.edu](http://E360.yale.edu)

## Scrub Up

Cleaning the Environment a Step at a Time

Unilever, one of the world's largest consumer product companies, which makes Vaseline and Dove soaps, is doing away with a longtime manufacturing process because scientists and environmental groups are concerned that it contributes to polluting oceans. The company has decided to phase out the use of plastic micro-beads as a scrubbing agent in all personal care products by 2015.



Small pieces of plastic material under five millimeters in diameter, referred to as micro-plastics, originate from a variety of different sources, including the breakdown of larger plastic materials in the water, the shedding of synthetic fibers from textiles during domestic clothes washing, and the micro-beads used for their abrasive properties in a range of consumer and industrial products.

## Fashion Freedom

Fair Trade Comes to Retail Clothing



The revolution that started in food is expanding to clothing: origins matter. With fair trade coffee and organic fruit now standard on grocery shelves, consumers concerned with industry working conditions, environmental issues and outsourcing are now demanding similar accountability for their T-shirts. As a result, some retailers have started supplying information about how and where their products are made.

"There's real demand for sweat-free products," observes Ian Robinson, Ph.D., a lecturer and research scientist at the University of Michigan who studies labor issues. "Consumers don't have the information they need, and they do care."

*The New York Times* reported that a recent factory collapse in Bangladesh might play a part in changing that. Loblaw Companies Limited, the parent company of Joe Fresh, which produced clothing there, has vowed to audit factories more aggressively and compensate the victims' families. "The apparel industry can be a force for good," vows Galen G. Weston, Loblaw's chairman.



## Fare Sharing

Three Is the Perfect Number

With increasing traffic congestion and escalating gas prices, carpooling has become a way of life in America's biggest cities. Now new high-tech innovations such as ridesharing apps that make the process more efficient have given rise to a new class of riders known as "slugs". The term was originally coined by bus drivers trying to distinguish between commuters awaiting carpool drivers and people standing in line for the bus, just as they used to stay vigilant for fake bus tokens known as slugs.

In many urban centers with specific lanes dedicated to cars with three occupants (HOV-3), having clearly marked entry and exit points benefits everyone—drivers move faster and save gas; riders get to work; and the environment gets a break. The magic number is three—something about having just two occupants doesn't seem as safe to many people, although the concept is the same. If the worst happens and no drivers show up, there's always the bus.

Source: [Grist.com](http://Grist.com)

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### Our Health and Happiness

*I pray that you may enjoy good health  
and that all may go well with you, even  
as your soul is getting along well.*  
3 John 2

Earthly matters are a lower order than the spiritual, but they concern us greatly and can greatly impact our health and happiness. If we do not pray about worldly matters we exclude God from a large area of our lives.

**Father God, it is my desire to include  
You in ever sphere of my life. Thank  
You for caring about our earthly needs  
and pains. Amen.**

## Solar Socket

Portable Power from Any Windowpane



The Window Socket, a new device that attaches to any window using a suction cup, provides a small amount of electricity to charge and operate small devices from its solar panel. Inventors Kyuho Song and Boa Oh, of Yanko Design, note, "We tried to design a portable socket so that users can use it intuitively, without special training."

Even better, the charger stores energy. After five to eight hours of charging, The Socket provides 10 hours of juice to charge a phone, even in a dark room. The device is not yet available in the United States.

Find more information at [Tinyurl.com/WindowSocket](http://Tinyurl.com/WindowSocket).

## Feathered Friends

Food Shortages Guide Behavior

A new report published in *American Naturalist* by a pair of ecologists, W. Alice Boyle and Courtney J. Conway, at the University of Arizona, in Tucson, has determined that the primary pressure prompting short-distance bird migrations comes from seasonal food scarcity, not their amount of eating or living in non-forested environments, as was previously thought. "It's not just whether they eat insects, fruit or nectar, or where they eat them; it matters how reliable that food source is from day-to-day," says Boyle.



A universal assumption has been that short-distance migration is an evolutionary steppingstone to longer trips. The team's work contradicts that idea by showing that the two are inherently different. They also found that species that forage in flocks are less likely to migrate. "If a bird is faced with food scarcity, it has two options," Boyle notes. "It can either forage with other birds or migrate."

## Oil Alternative

Bio-Breakthrough Can Reduce Fossil Fuel Use



Researchers at Virginia Tech, in Blacksburg, attest they have succeeded in using xylose, the most abundant simple plant sugar, to produce a large quantity of hydrogen in a method that can be performed using any source of biomass. "Our new process could help end our dependence on fossil fuels," projects Y. H. Percival Zhang,

the associate professor of biological systems engineering who is spearheading the initiative. This environmentally friendly method of producing hydrogen utilizes renewable natural resources, releases almost zero greenhouse gases and doesn't require costly heavy metals.

Most hydrogen for commercial use is produced from natural gas, which is expensive to manufacture and generates a large amount of the greenhouse gas carbon dioxide. "It really doesn't make sense to use non-renewable natural resources to produce hydrogen," says Zhang. "We think this discovery is a game-changer in the world of alternative energy."



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## ecotip



### Global Glamour Natural Beauty Aids from India

The health and beauty aisle at Indian grocery stores includes several natural products in wide use among Indian women. Here are some popular ones available in America.

**Henna:** Women mix powder from the henna plant with water to use as a natural hair dye and conditioner.

**Coconut oil:** Indian women regularly massage a natural oil into their scalp before washing to keep their hair healthy and prevent the scalp from drying out and itching. "Coconut oil helps to grow hair long," advises Bibya Malik, owner of Bibya Hair Design, a salon chain in Chicago. "It is probably the most widely used hair oil in the Indian subcontinent; amla oil, jasmine oil and other herbal oils are used, as well."

**Rosewater:** Most often used as a skin toner, some women also like to spray rosewater on their face as a refresher. Rosewater has a long history as a fragrance and as a flavoring in dessert recipes.

**Ubtan:** This mixture of turmeric, gram (chickpea) flour and herbs is combined with milk or water as a beauty treatment. Indian brides scrub their skin with it in the days prior to their wedding.

Source: Bibya Hair Design, research by Bushra Bajwa

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# WHOLE-BEING WORKOUTS

## Moving the Body Opens the Door to Spirit

by Lisa Marshall

It's the Sabbath, a day of prayer, and millions of people across America are quietly sitting or kneeling, humbly communing with a power greater than themselves.

But inside the Alchemy of Movement studio in Boulder, Colorado, the Soul Sweat faithful are connecting with their higher power in a different fashion. In bare feet, and wearing yoga pants and tank tops, they find a place before a wall-to-wall mirror while a slow, Afro-Brazilian rhythm vibrates the wooden floor.

At the urging of instructor Chantal Pierrat, they let their arms and necks go limp, shaking off the week's stresses via a sensual, full-body writhe she calls "the flail." As the World Beat playlist picks up the pace, Pierrat leads the group through a funky, rave-like series

**"Exercise can be a powerful gateway to the spiritual."**

~ Chantal Pierrat

of dance moves aimed at "opening up" the hips and chest and something less tangible deep inside. By song five, the sweat is flowing and some are dancing unabashedly, eyes closed, lost in the music. Others are smiling broadly, making eye contact in the mirror.

The sense of joy and interconnectedness in the room is palpable. "Exercise can be a powerful gateway to the spiritual," observes Pierrat, the founder of Soul Sweat, a highly choreographed, spiritually charged dance workout.

Twenty years after the yoga craze introduced Westerners to the possibility that the two seemingly incongruous goals could be intertwined, the spirituality-fitness link has spread well beyond the yoga mat. It has spawned fusions ranging from *Body Gospel*, a Christian

workout tape, and Jewish Yoga classes to triathlon programs rooted in Native American teachings and Buddhism-based running meditation workshops.

In addition, creative instructors have been fusing body/mind/spirit classics like yoga and Pilates with hardcore cardio disciplines like spinning and boxing. Half of all U.S. fitness clubs now offer mind/body programming, according to the IDEA Health & Fitness Association, and the portion of classes dedicated to "mind/spirit" versus just "body" is on the rise.

"The newer programming is balanced 50-50, rather than the 80-20 body-mind split of the past," estimates Sandy Todd Webster, editor in chief of IDEA's publications.

At a time when, according to the Pew Forum on Religion & Public Life, the number of people that identify with "no organized religion" continues to grow (topping one-fifth of Americans and one-third of U.S. adults under 30), more people than ever are exploring exercise as a path to both flatter abs and deeper self-discovery. "We have spent so long focusing on the mind and the brain... but that is not the whole story," says Pierrat. "The somatic, or physical, expression of spirituality is the future."

### In the Zone

The notion that intense dancing or a long run could spark what feels like a spiritual awakening makes sense to Philadelphia-based research neuroscientist and physician Andrew Newberg, author of *How God Changes Your Brain*. A pioneer in the field of integrative "neurotheology", he has for years used brain imaging technologies to study the impact religious or spiritual practices like deep meditation, intense prayer and speaking in tongues have on the brain. Exercise, he says, provides many of the same effects.

In addition to prompting a surge of feel-good endorphins, a highly strenuous workout is one of the few activities that can lead to simultaneous activation of both sympathetic (fight-or-flight) and parasympathetic (calming) nervous system reactions. "Normally, when one of these is active, the other one shuts down, but when people drive one or the other to a very heightened level of activity, there is some evidence that the other turns on too," explains Newberg.

That intense dual firing can paradoxically lead to an interruption in sensory information traveling to areas of the brain that control our sense of ourselves at any moment. "Not only do you have this great feeling of energy and calmness, but you tend to lose your



“God has created us with a body. Why aren’t

we praying with our body?”

~ Marcus Freed

sense of space and time,” he notes.

Newberg’s own research also suggests that when people “surrender” themselves in a spiritual practice, the frontal lobe (the practical part of the brain that keeps our thoughts in check) quiets. He speculates that something similar may happen in the midst of, say, a marathon or intense dance, enabling out of the ordinary thoughts and feelings to surface. “It can allow for creativity—a blending of different, more intuitive ideas in ways you don’t normally mix things,” comments Newberg.

So, is exercise able to only make us feel like we’re having a mystical experience, or is it somehow actually opening a channel to the divine? Newberg declines to go there, commenting that a brain scan tells what’s going on in the brain, not in the soul. Yet he has no doubt the two are inextricably linked. He says, “There are many well-known examples of intense experiences, like Sufi dancing, generating spiritual experiences for people.”

## Whole-Being Workouts

Marcus Freed is one of those people. He grew up in a traditional Jewish family in London, England, and attended a rabbinical seminary in Israel. Still, he felt that something was missing in his spiritual life. “I thought, ‘God has created us with a body. Why aren’t we praying with our body?’”

Freed says that Biblical text often references the body: King David, in the *Book of Psalms*, says, “Let all my bones praise the creator.” The Jewish *Talmud* refers to a rabbi that “stretched his spine with a prayer of gratitude.” Yet, Freed observes, the physical elements of daily spiritual practice have been largely forgotten over the centuries. When

he discovered yoga, it filled a gap for him. “I found a way to draw upon this incredible spiritual literature but ground it in the body, so that experience is not just in the head, but also in the heart.”

Thus, Freed founded Bibliyoga, which launches each class with a Hebrew or Kabbalistic teaching, followed by poses that incorporate its themes, as reflected in his book, *The Kosher Sutras: The Jewish Way in Yoga and Meditation*. The practice, now taught in cities around the United States and Europe, has prompted the birth of similarly religion-infused classes, including Christ Yoga, and the Jewish Yoga Network. “A lot of people separate things, saying they’ll get their spirituality from one place and their exercise from somewhere else,” says Freed. “I think they are missing out.”

## Mindful Sports

The spirituality-exercise link likewise resonates through other traditionally solo pursuits such as triathlon activities and running, in which many athletes say a more mindful approach to training has infused their sport with more meaning, and in some cases, improved their performances.

Ironman Marty Kibiloski, formerly a competitive marathoner and road racer, led what he terms a “high achievement, low contentment” life for years, measuring his self-worth by timed results that never quite satisfied him. In 2006, he attended a Running with the Mind of Meditation three-day workshop, based on Rinpoche Sakyong Mipham’s book of the same name. The retreat combined with his newfound interest in Buddhism, completely redefined running for him.

Kibiloski prefers to steer clear of the word “spiritual” (which he sees as somewhat ambiguous) when describing what he now experiences when running. Instead, he frames it as a vehicle for self-discovery, a mobile meditation that provides the intense focus and freedom from distraction that enables him to “awaken to how things really are.”

He now leads the retreat that proved pivotal for him, drawing more than 100 runners each Labor Day weekend to the Shambhala Mountain Center, in Red Feather Lakes, Colorado. Participants learn to focus on the cadence of their footfalls, their breathing and their surroundings to, as he puts it, “move meditation beyond the cushion.” He remarks, “It trains you to have your mind be still when your body is active, which is how you are in everyday life.”

Triathlete Mark Allen credits his work with Brant Secunda, a shaman and teacher in the Huichol Indian tradition of Mexico, for enabling him to overcome negative self-talk and physical stresses and go on to win the Ironman World Championship in Kona, Hawaii, six times in the late 1980s and early 90s. He notes, “In every one of my physical workouts, I also focused on training the spiritual aspect, so that when I got that chatter in my head, saying, ‘This is too hard’ or ‘I want to quit,’ I could go to a quiet place, rather than a negative one.”

Based on their book, *Fit Soul, Fit Body: Nine Keys to a Healthier, Happier You*, the pair conduct workshops around the country on how to strengthen both soul and body by intertwining both. “Some people think you are only spiritual when you are praying, but when you are moving your body, that is an intensely spiritual experience, too,” says Allen. “It’s my way of saying, ‘Thank you for letting me be alive.’”

*Lisa Marshall is a freelance health writer near Boulder, CO. Connect at [Lisa@LisaAnnMarshall.com](mailto:Lisa@LisaAnnMarshall.com).*

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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.

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- the magic is in the enzymes with more than 30 found in the juice
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When you exercise, there is an increase in the blood flow level in your body. An infrared sauna body cleansing method heats your muscles and causes a similar increase in blood flow. Also, your blood vessels will expand to accommodate the increase in blood flow thus bringing down your blood pressure in the bargain. Research shows that using an infrared sauna detoxification and body cleansing at least 3 times a week can have lasting effects on your blood pressure.



*Suggested Use: 2-3 days per week*  
**Price: \$140.00 (12 sessions) or \$200 (30 sessions)**

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	% Daily Value
L-Arginine	500mg *
* Daily Value not established	
Other ingredients: Cellulose, rice flour, magnesium stearate.	

Arginine retards the growth of tumors and cancer by enhancing immune function. It increases the size and activity of the thymus gland, which manufactures T lymphocytes (T cells), crucial components of the immune system. It is also good for liver disorders such as cirrhosis of the liver and fatty; it aids in liver detoxifi-

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*Suggested Use: 1-2 servings/day.* **Price: \$40.00**

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The Hydration Station uses liquid vitamin hydro-therapy and infrared heat to reduce and balance the acidic level in the body, improve the nervous system, prevent the growth of bacteria, normalize blood cholesterol levels, and speed up the repair of body cells.

*Suggested Use: 2-3 days per week*  
**Price: \$140.00 (12 sessions) or \$200 (30 sessions)**

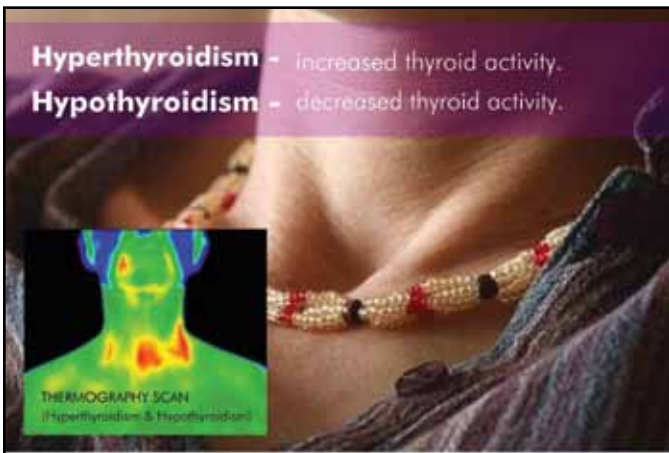
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**Hyperthyroidism** - increased thyroid activity.  
**Hypothyroidism** - decreased thyroid activity.

**The TOP 10 Symptoms of a Thyroid Problem**

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

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

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



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Other Ingredients: Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose, Magnesium Stearate, Polyethylene Glycol, Stearic Acid, Talc, Triacetin, Titanium Dioxide, Yellow 6, Iron Oxide, Zinc Oxide, Zinc Stearate, Polysorbate 80, Polymethylsiloxane, Polyethylene Glycol, Hydroxypropyl Methylcellulose, Croscarmellose, Magnesium Stearate, Polyethylene Glycol, Stearic Acid, Talc, Triacetin, Titanium Dioxide, Yellow 6, Iron Oxide, Zinc Oxide, Zinc Stearate, Polysorbate 80, Polymethylsiloxane.	
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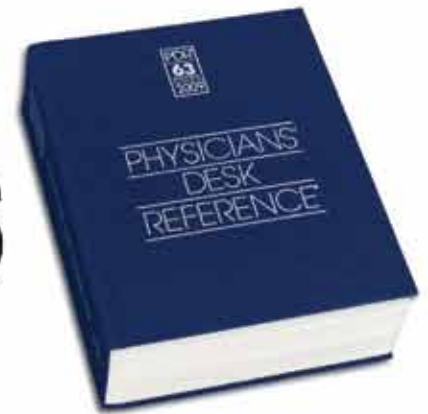

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Water is a good anti aging method and drinking ionized water is even better as it helps reduce acne and eczema apart from other skin problems. Alkaline water forms small clusters that are easy to absorb and they hydrate our body more effectively causing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

### Reduce the Chances of Osteoporosis:

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

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

### Build Cardiovascular Health:

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

### Reduce Joint Pain and Arthritis:

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

### Reduce Candida:

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

### Reduce Infections, Flu and Colds:

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

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

### Detoxify:

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

### Decrease Risk of Cancer:

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

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



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## Frequently Asked Questions



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### What is ZERONA?

Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

### What is the action mechanism behind ZERONA?

The 635 nm wavelength of the ZERONA is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure

of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

### What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

### Can all patients benefit?

Clinical research has shown that patients, on average, lost 3.5 inches in circumference of hips, waist and thighs. To maximize the chances of every patient responding as significantly or better, four things are important to consider:

- The general health of the patient. As a rule, we do not treat sick patients. We wait until their condition has improved. We do not treat patients who have a condition listed in the contraindications document.
- Hydration is critical. Patients make sure to drink plenty of water (ideally at least

8-12 glasses of 8 oz of water) spread out throughout the day. Diuretics (coffee, alcohol, etc) are discouraged.

- The lymphatic system should be mobilized. The patient should be active and walk for 30 minutes every day.
- Use CIRC, Fat Cell Formula, ThermoX, Niacin (natural program), Green Waters, and WheTea. These are all a proprietary blend of supplements designed to assist the body in processing the liberated fat. ThermoX should be taken twice daily with meals.

### What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

### Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream. Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage. More research is underway to determine exactly how much gets oxidized versus re-stored, but clinical evidence suggests that fat does indeed get oxidized (no visible or measurable redistribution of fat, either in the treated areas or at the systemic points).

### What happens to cholesterol and triglyceride levels post ZERONA?

A study was performed using Zerona to check cholesterol and triglyceride levels. None of the patients demonstrated a statistically elevation in their triglycerides and cholesterol levels. In fact a statistically significant reduction in both low density lipids (LDL) and cholesterol levels was observed. More research is underway to assess if Zerona may be a useful medical therapy in reducing LDL and cholesterol levels.

### Do you treat larger patients (BMI>30) differently than other patients?

Clinically, larger patients will benefit from Zerona. To show a significant benefit, we recommend doing 12 or more treatments. Many centers treating obesity will combine Zerona with a program of weight loss and exercise. The significant improvement in body shape over a short period of time moti-





vates patients to continue with their diet and exercise program.

**Is it safe?**

Yes. Zerona works on the principle of photochemistry whereby laser light is used to accelerate naturally occurring processes within cells. There is no damage to the fat cell (adipocyte). The treatment is painless and normal activities can be resumed immediately.

**How deep does Zerona affect fat cells?**

Clinical evidence demonstrates that the 635nm wavelength is capable of interacting with fat cells to a depth of at least 5 cm.



**What is the systemic effect?**

A systemic effect was first noticed on patients getting treated with LLLT for chronic pain. Patients reported a reduction in pain in areas that had not been directly irradiated with the laser. Since then, several studies have demonstrated that LLLT has a paracrine effect on fat cells, where cellular inter-communication leads to fat cells responding to treatment even though they were not directly irradiated with laser light. Our retrospective study on 567 patients has shown that patients can expect an improvement in non-irradiated areas (neck, chest, arms, knees, etc.). This improvement however, is more modest than that achieved with directly irradiated areas.

**What is the Zerona guarantee?**

We guarantee that patients will experience 3 inches lost across the 5 standard measurement points after 9 Zerona treatments to waist, hip and thigh or 2 inches lost after 9 treatments to one target area (waist or thighs). The guarantee is valid only if the Zerona protocol is followed and appointments are not more than 72 hours apart. The guarantee is adjusted to 12 treatments if age over 50 or conditions such as diabetes, limited physical activity or smoking, may affect circulation and cause a more sluggish lymphatic system. If patients do not experience the 2 or 3 inches improvement across the 5 standard measurement points, they will receive 3 more treatments at no cost to help further their results.

**When can patients start noticing results?**

This depends on how effectively their lymphatic system processes the liberated fat. Age and lifestyle are but a few parameters that may influence the rate of improvement. To optimize processing, it is recommended that patients stay optimally hydrated by drinking 2-3 litres of water spread throughout the day and eliminating diuretics (caffeine and alcohol) and that they mobilize their lymphatic system through gentle physical activity (daily 30 minute walk or mild exercise). The ideal patient should begin to notice a difference in how their clothes fit at the time of their 5th or 6th treatment.





**How long will results last?**

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.

**Is the fat simply redistributed?**

No. Once liberated, triglycerides are broken down into free fatty acids and glycerol and enter the blood stream. Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will



either be oxidized or re-processed for storage. More research is underway to determine exactly how much gets oxidized versus re-stored, but clinical evidence suggests that fat does indeed get oxidized (no visible or measurable redistribution of fat, either in the treated areas or at the systemic points).

- Clinical evidence from a retrospective study on 567 patients across the U.S. clearly demonstrates that Zerona is effective not only in the irradiated areas, but also at systemic points, demonstrating that there is no measurable re-distribution of fat.

**Why do you need to treat every 2 days?**

Clinical research shows that the pore created by the laser only remains open for 24 to 72 hours. To maintain the pore open over a period of time sufficient to get optimal results, treatments every 48 hours are considered optimal.

**Why 9-12 treatments?**

9-12 treatments are required to keep the pore in the fat cells open long enough for the majority of triglycerides to seep out into the interstitial space.

**Would more treatments lead to better results?**

Yes, additional treatments will lead to improved results. We recommend additional treatments for patients with BMI (body mass index) over 30, age over 50, and conditions that may affect circulation and result in a sluggish lymphatic system such as diabetes, limited physical activity, smoking, etc.

**What can I do to optimize my Zerona results?**

To optimize results, it is recommended that patients stay optimally hydrated by drinking 2-3 litres of water spread throughout the day and eliminating caf-

feine and alcohol. They should mobilize their lymphatic system through gentle physical activity (daily 30 minute walk, mild exercise or the whole body vibration machine) and have healthy, low fat nutrition. We also recommend that patients wear a compression garment (Spanx or Under Armour) throughout the process. For more information, please refer to the Zerona Protocol.

**Is Zerona effective in treating larger patients?**

Yes. Many centers treating obesity will combine Zerona with a program of weight loss and exercise. The significant improvement in body shape over a short period of time motivates patients to continue with their diet and exercise program. Zerona treatments can be used to kick start a weight loss program or added if a patient experiences a frustrating weight loss plateau. We recommend 12 or more treatments to achieve the desired results.

**How does Zerona compare with other body slimming technologies?**

Zerona is the only technology that has been clinically validated in peer-reviewed journals to be approved by the FDA and Health Canada as being safe and effective for body slimming of multiple areas. Other body slimming devices damage important fat cells (adipocytes), can be uncomfortable, are limited in the size of the target area they can treat at one time, and it takes longer to feel the results. Zerona is the only truly non-invasive device that safely achieves significant results over a short period of time.

**How long has Zerona been in use?**

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S..

**What is the FDA approval status of Zerona?**

At first, Zerona was used off-label as "a device reducing pain and inflammation as an adjunct to liposuction". However, in August 2010, the FDA approved Zerona for the specific indication of circumferential reduction. The FDA ruled that:

- Zerona is a device using low level laser light for the disruption of adipocyte cells within the fat layer for the release of fat and lipids from these cells for non-invasive aesthetic use.
- Zerona is indicated for use as a non-invasive dermatological aesthetic treatment for the reduction of circumference of waist, hips and thighs.
- The clinical data submitted by Erchonia (the manufacturer of Zerona) provides reasonable assurance of the safety and effectiveness of the product.
- Zerona is the only aesthetic device specifically cleared for the reduction of circumference of multiple areas. The FDA has also deemed appropriate not to make use of the word temporary in the approval, suggesting that, provided patients adhere to a healthy lifestyle (whereby the balance their food intake with their energy expendi-





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ture), results should be permanent. Finally, the FDA agrees that ZERONA is not only safe but also effective for the indication. It is very atypical for the FDA to make statements regarding the effectiveness of products and is testament to the strength and quality of the clinical data submitted by Erchonia.

### What about negative comments on the internet?

A number of factors may lead to a small number of dissatisfied patients. The most common is when a patient has unrealistic expectations that ZERONA Laser treatments will give successful results despite continued bad habits such as high fat or calorie intake, drinking alcohol, low activity levels and failure to follow the ZERONA Protocol. In this day and age, the digital media provides disgruntled individuals with the perfect tool to be vocal but reports can be biased and incomplete. This invariably happens with any device or product on the market. Another factor may be the training and experience of the clinic using the ZERONA Laser. High quality and ongoing training is provided to all ZERONA clinics. We are confident that our diode positioning technique and certified staff achieve excellent and consistent results. It is unfortunate that happy patients are far less likely to post comments about their positive experience!

### How is it different than liposuction?

Liposuction is an invasive procedure involving the mechanical removal of fat cells. By contrast, ZERONA is completely non-invasive and only affects fat cells temporarily. ZERONA does not compete with liposuction; it is simply a body shaping option available to patients who do not wish to undergo a surgical procedure.

### Can ZERONA cause cancer?

No. ZERONA uses low levels of light in the visible spectrum (635nm) to stimulate our cells to be more efficient and accelerate the rate of naturally occurring processes. Low level light therapy has been evaluated for over 40 years and there has never been any indication that it may cause cancer. However, patients with untreated or active cancer should not be treated.

### How is ZERONA different from LEDs?

LED stands for light emitting diodes. With the technology fast improving, they are becoming increasingly ubiquitous (very bright tail lights on modern cars, for instance). They are similar to lasers in that they can emit a very precise spectrum of light. They are different from

lasers however in 2 significant ways: LEDs' cannot be effectively collimated, so the light energy dissipates very rapidly and LEDs' must be used in contact (or near contact) to have any effect. LEDs' are not coherent, that is to say that photons are not in phase with one another. This (again) limits the depth of penetration and generates unnecessary heat.

In short, LEDs' are attractive from a price standpoint but have serious limitations when applied to Cosmetic treatments, particularly whenever the light needs to go deeper into tissue without generating heat.

### What are the contraindications of ZERONA?

There are no known negative side effects to ZERONA treatments; however patients with certain medical conditions should not be treated with ZERONA. Patients who are pregnant, breast-feeding, have cardiovascular disease, liver disease, disease of the lymphatic system, or cancer (active or within 1 year of remission, should NOT be treated.

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# DEEP-HEALING YOGA

## Release Trauma, Build Resilience

by Sarah Todd

When a woman separated from her husband last fall, she tried hard to shut down her emotions. A 30-year-old working mother of two young boys, she felt she couldn't afford to be sad or angry, even as she contemplated divorce. But something shifted when she began taking yoga classes in her town in northern Michigan. "It was my one place to relax and let go," says Emily, who asked that her real name stay private. "I used to go to class, get into a deep stretch and cry. It was like my muscles were connected with my heart. My instructor would warn us that certain poses would provide emotional releases, and sure enough, the tears would fall."

People suffering disruptive changes—from losing a loved one to coping with unemployment or striving for sobriety—often find yoga to be a healing force. Lola Remy, of yogaHOPE, a Boston and Seattle nonprofit that helps women navigate challenging transitions, attests that yoga makes them feel safe enough in their bodies to process difficult emotions.

"The goal isn't to make stressors go away, it's to learn resilience," Remy explains. "Irreparable harm isn't necessarily the only result of experiencing stress. Even if I'm in a challenging position—like wobbling in the tree pose—I can see that I'm still okay." The object

is to teach women that their bodies are strong and capable, giving them more confidence in their ability to weather obstacles off the mat.

### Supporting Science

Research suggests that yoga can also be an effective therapy for people affected by some forms of severe traumatic stress. A study in the *Annals of the New York Academy of Sciences* that scanned the brains of trauma survivors after a reminder of the traumatic event revealed decreased activity in the prefrontal cortex—the part of the brain that helps make sense of raw emotions and bodily experiences.

While shutting down the connection between body and mind can help in coping with dangerous experiences, it also makes recovery difficult. "You need to have a high-functioning prefrontal cortex to organize the thoughts that come up and know that you're safe in the present moment," advises David Emerson, director of yoga services at the Trauma Center, in Brookline, Massachusetts. "Otherwise, you're assaulted by memory sensory information."

Yoga appears to rewire the brains of trauma survivors to stop reliving past distress. "You can't talk your prefrontal cortex into functioning well again," Em-

erson observes. "But you may be able to do it with your body."

The study found that eight female patients that participated in trauma-sensitive yoga saw significant decreases in the frequency and severity of their post-traumatic stress disorder (PTSD) symptoms. In a study at the Brigham and Women's Hospital, in Boston, co-sponsored by the U.S. Department of Defense, military veterans enrolled in a 10-week yoga course also showed improvement in PTSD symptoms. A paper presented at a recent International Society for Traumatic Stress Studies conference studied 64 people that had experienced childhood abuse and neglect; those that participated in a trauma-sensitive yoga course had a 33 percent reduction in PTSD symptoms. Two months later, more than 50 percent in the yoga group experienced greater freedom and were no longer diagnosed as suffering from PTSD, compared to the control group's 21 percent.

Yoga can also transform traumatized lives in other ways. "For many traumatized people, being touched intimately can be a trigger," Emerson remarks. "Yoga may let them feel ready for physical intimacy again. Others have mentioned victories such as being able to go to the grocery store and knowing exactly what foods their bodies crave."

Emerson notes that such programs emphasize choice and individual empowerment. "The beauty of yoga is that you reclaim your body as your own."

### Spreading the Word

Once largely concentrated on the East Coast, trauma-sensitive yoga programs are spreading. Jennifer Johnston, a research clinician and yoga instructor at Boston's Mind Body Institute, sees programs like these enriching our culture's understanding of the physical and mental health connection. "In a country where drugs and surgery are often the first go-to," she says, "it's important to remember that things like yoga can change our chemistry, too."

*Sarah Todd is an East Coast-based writer and editor. Connect at [SarahToddInk.com](http://SarahToddInk.com).*



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love  
meditating  
nature

the beauty that surrounds the world

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and every land.  
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the big and small.  
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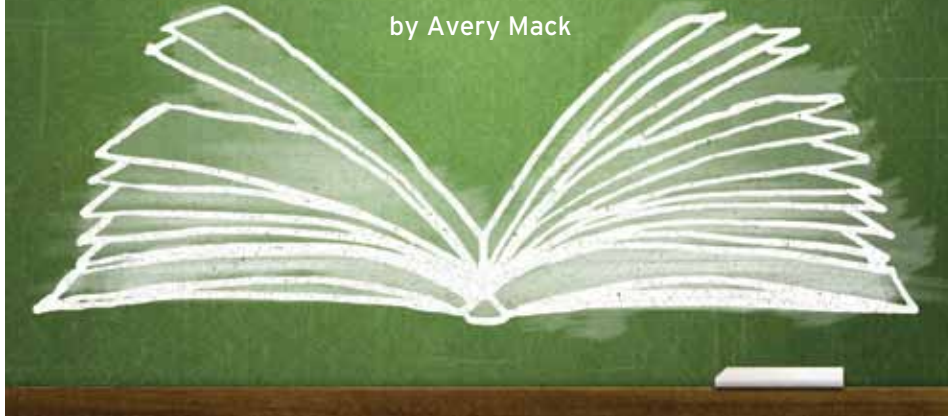
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# Schools Go Green

## Homework, Lunch, Buses Get an Eco-Makeover

by Avery Mack



With paperless homework, bookless backpacks, zero waste lunches, plastic-free filtered water and classrooms without walls, today's parents and teachers are bringing eco-friendly ways to schools and giving students an early appreciation of the importance of environmental health.

Going green goes both ways—home to school and school to home. Alysia Reiner, an actress and eco-advocate from New York's Harlem neighborhood, became involved with the Bank Street School for Children when her daughter enrolled at age 3. "I'm green at home, so in my mind her school had to be green, too. With no programs in place, I made suggestions, which got me elected co-chair of the green committee," says Reiner, with a smile.

"Today, we have a school-wide composting program serving 1,500 students that has reduced previous levels of food waste by 75 percent. To raise awareness and funds to support it, we sold reusable snack sacks, stainless steel water bottles and home composting bags." An innovative chef focuses on organic foods with vegetarian options for school lunches. The next step is a rooftop garden.

When Sheila Hageman, an author, teacher and public speaker living in Milford, Connecticut, first read the memo requesting garbage-free lunches for

her three children at the New England School-Montessori, she couldn't imagine packing food without the use of plastic wrap, sandwich bags or paper napkins, but, "Now, it's no big deal," she says. "I use glass containers and cloth napkins. The kids eat better quality food. It costs less, too, because prepackaged snacks are out." She notes that the governing rule is one protein, one fruit and one vegetable. The school even has a natural composter—a class guinea pig that loves to eat leftover veggies.

Students often bring the first of their homegrown vegetables each season for show and tell in the classroom, where they normally eat lunch. It's a neat way to avoid mass-produced food; the school has no cafeteria. "A little change becomes part of a

lifestyle," remarks Hageman.

Oxbridge Academy of the Palm Beaches, for grades nine through 12, in West Palm Beach, Florida, provides a near-paperless experience for students, all of which are issued computers. Homework is assigned, completed, graded and returned; tests are given and graded; report cards are sent and textbooks studied—all online.

"We buy one set of print books, since not all students learn the same way. But e-books can be updated electronically each year, saving the educational costs of outdated materials and financial costs of replacement," says Teresa Thornton, Ph.D., the science teacher who spearheaded many of the school's green initiatives. "By the end of the year, they know how to use software programs to organize and analyze information."

In Pittsburgh, Chatham University follows the example of eco-pioneer and *Silent Spring* author Rachel Carson, a class of 1929 alumna, to preserve, maintain and restore nature. With the goal to be carbon neutral by 2025, sustainability becomes part of every decision. The Chatham Eastside facility, located in a revitalization area, reclaimed a former manufacturing complex.

"We are the first school in Pennsylvania to have a solar hot water system," says Mary Whitney, the school's sustainability coordinator. "Bottled water was banned in 2011 and filtered water stations provide free refills for stainless steel bottles. The rent-a-bike program is especially popular with international students." The two campus Zipcars shared by students can be reserved for a fee. Students also ride free on public transportation.

In Chattanooga, Tennessee, at the Calvin Donaldson Environmental Science Academy, students gain the knowledge and experience to extend the difference they make beyond greening their school. Anne Vilen, a designer for expeditionary learning schools like Donaldson, says, "It's empowering for students to discover they can make a real impact."

Connect with Avery Mack via [AveryMack@MindSpring.com](mailto:AveryMack@MindSpring.com).





# Pre-K to College Eco-Lessons

■ San Francisco was the first city in the nation to put green bins in school cafeterias. Currently, more than 85 percent of its schools participate in SF Environment's Food to Flowers! lunchroom composting program. Leftover food and empty milk cartons are turned into compost, and then sold to area farmers. Schools can receive free compost for their own gardens.

■ The Alliance to Save Energy, a Washington, D.C.-based nonprofit, conducts a PowerSave Schools Program that teaches kids how to conduct energy audits at school and home. Participating schools typically realize 5 to 15 percent reductions in energy costs, and students learn math and science skills.

■ The National Wildlife Federation shows K-12 students how they can actively support nature by establishing schoolyard wildlife habitats. Pupils evaluate the environment, make a plan and then implement it. They can grow food and create shelter for wildlife such as bird feeders and baths and observe

the results. A habitat can be as small as 20 square feet or as large as students are able to maintain.

■ In Tennessee, Ivy Academy Chattanooga strives to integrate nature into every class, with many sessions taught outdoors in the nearby forest. Pupils also work with the region's forestry division to treat diseased hemlocks and monitor growth, then upload the information to the Smithsonian. Daily hikes improve fitness and emphasize how alternative means of travel reduce the harmful impacts of burning fossil fuels. Many students walk to school while several teachers run up to 10 miles to class.

■ Schools should be as clean as possible to prevent the spreading of germs, but traditional cleaning agents contain harmful chemicals. Makers of the ZONOsanitech machine attest that it kills nearly all common bacteria and viruses and meets U.S. Environmental Protection Agency standards. Using super oxygen (ozone) and less than eight

ounces of water per day, the ZONO can clean and sanitize most types of school furniture and materials within 30 minutes, while drawing less than three cents worth of electricity.

■ "Studies show that 70 percent of ambient air pollution comes from diesel emissions alone," says Ron Halley, vice president of fleet and facilities at Student Transportation of America (STA), of Wall, New Jersey, with offices in America and Canada. "STA will have a fleet of more than 1,000 alternative-fueled school buses operating in California, Minnesota, Nebraska, Pennsylvania and Texas this coming school year." Propane-powered buses emit virtually no particulate matter. STA estimates a savings of more than \$2,600 per year for each bus with the use of propane; it historically costs 30 percent less than diesel fuel. Omaha, Nebraska public schools have 435 propane-fueled buses, so the fuel and maintenance savings could exceed a million dollars annually. "Omaha Public Schools' buses will also reduce carbon dioxide emissions by 2.3 million pounds a year," says Halley.

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# SUGAR MONSTER

## How Sweet It Isn't

by Kathleen Barnes

“Am I a sugar addict?”  
There’s an easy way to tell.

“If you have to ask yourself, you are,” advises Dr. Jacob Teitelbaum, a renowned integrative physician in Kona, Hawaii, and author of *Beat Sugar Addiction Now!*

The dangers of excessive sugar consumption, especially of high-fructose corn syrup (HFCS), are well known. Yet such cheap, corn-based sweeteners account for nearly 56 percent of all sweeteners, especially in beverages.

The average American annually consumes 152 pounds of sugar, compared to 109 pounds in 1950, according to the U.S. Department of Agriculture. A large portion is ingested as sugary liquids, including juices and an average of 46 gallons of soft drinks a year—compared to 11 gallons 50 years ago.

### Puts on Pounds

Certainly, high-calorie sugars trigger weight gain, but it may be news that calories from sugar act differently in the body than those from other foods. “Fat doesn’t make you fat. Sugar makes you fat,” states Dr. John Salerno, director of The Salerno Center for Complementary Medicine, in New York, Tokyo and Sao Paulo, Brazil.

“Eating carbohydrates quickly raises blood sugar (glucose), prompting the release of insulin to transport the glucose not immediately needed for energy, to the cells,” Salerno explains in his new book, *The Salerno Solution: An*

*Ounce of Prevention, a Lifetime of Health*. “If there is more glucose than you need, the remainder is stored in the liver and muscles as glycogen, and then converted to fat.”

### Killing Effect

While the negative effects of excess sugar consumption have been documented for decades, “Evidence is mounting that sugar is the primary cause of obesity, plus many chronic and lethal diseases,” says Osteopathic Physician Joseph Mercola, of Hoffman Estates, Illinois, who runs the highly popular natural health website, *Mercola.com*, and has authored books that include *The No-Grain Diet* and *Sweet Deception*.

“Excessive fructose consumption leads to insulin resistance that appears to be the root of many, if not most, chronic diseases,” says Mercola. Beyond the obvious association with obesity, hypertension, Type 2 diabetes, liver and heart disease and Alzheimer’s have all been linked to sugar, according to the National Center for Biotechnology Information at the National Institutes of Health.

“Sugar, in excess, is a toxin, unrelated to its calories,” says Dr. Robert Lustig, an endocrinologist and professor of clinical pediatrics at the University of California, San Francisco. “The dose determines the poison. Like alcohol, a little sugar is fine, but a lot is not. And the food industry has put us way over our limit.” Sugar can be addictive, continues Lustig. “It has clear potential for abuse. Like tobacco and alcohol, sugar acts on the brain to encourage subsequent intake.”

### Healthy Sweeteners

■ Stevia, a powdered extract of a South American plant, is the most popular natural sweetener, delivering no calories or blood sugar swings; 200 to 300 times sweeter than sugar, a little goes a long way. Look for a product with no additives.

■ Sucanat—minimally processed, dehydrated cane sugar juice—is a reasonably healthy alternative, especially to substitute measure for measure in baking. Because it metabolizes like sugar, it too will cause blood sugar swings; also note that both agave and “raw” sugar, which is merely less refined table sugar, have similar effects.

## Everyday Sugar Addicts

by Dr. Jacob Teitelbaum

A solution to sugar addiction is simply to stop eating sugars, especially any form of corn syrup. Drink more water and take a high-quality multivitamin, plus other supplements as necessary. Here are the four characteristics of people that tend to obsessively seek sugar.

- ✓ Chronically exhausted and looking for an energy boost
- ✓ Stressed out and suffering from adrenal exhaustion
- ✓ Cravings caused by excessive presence of yeast/candida
- ✓ Hormonally related cravings



■ Honey, while not calorie-free, is high in heart-healthy flavonoids and anti-allergens, and may even help lower cholesterol, according to a study from University Hospital Giesen and Marburg, in Germany.



■ Maple syrup carries calories, but is also a rich source of polyphenol anti-inflammatory antioxidants. A University of Rhode Island, Kingston, study suggests that maple syrup may help manage Type 2 diabetes.

■ Molasses, while not calorie-free, is a worthy alternative if weight isn't an issue, since it's a good source of minerals, especially iron.

■ Raw monk fruit (avoid processed Nectresse), a small, sweet melon native to China and Southeast Asia known as *luo han guo*, has traditionally been used in herbal medicine. It is touted as being low in carbs and is 200 to 300 times sweeter than sugar.

■ Coconut sugar is generating excitement largely because of its low glycemic index (35) and low carbohydrate qualities. This optimum option is a good source of potassium, magnesium, iron, boron, zinc, sulfur and copper.

■ All fruit contains fructose, but in a natural state—not synthesized as a vegetable product like corn syrup. Fruit also

comes loaded with health benefits, so eating it in moderation works, especially fruits and berries that are low on the glycemic index, a measure of carbohydrate effects on blood sugar levels.

*Kathleen Barnes has authored many natural health books. Connect at KathleenBarnes.com.*

## Corn Syrup Hides in Processed Foods

Most of us might suspect that high-fructose corn syrup (HFCS) lurks in soft drinks, baked goods, candy and other sweets, but substantial amounts permeate many processed foods. Key culprits include:

- ✓ Applesauce
- ✓ Bottled steak and barbecue sauces
- ✓ Breads
- ✓ Breakfast cereals (including low-calorie ones)
- ✓ Canned soups
- ✓ Catsup
- ✓ Canned vegetables
- ✓ Cottage cheese
- ✓ Flavored yogurt
- ✓ Juice drinks
- ✓ Salad dressings
- ✓ Spaghetti sauce

*Notes: HFCS sometimes hides on labels as inulin, glucose-fructose syrup, isoglucose and fruit fructose, among others.*

*Sources include several online publications and food product labels.*



Symptoms of hormonal imbalance may include PMS, osteoporosis, weight gain, altered sex drive, allergies, uterine fibroids, urinary tract infections, changes in the skin, fatigue, anxiety, water retention, hair loss, facial hair growth and even depression. By keeping hormones in balance, women can find it easier to maintain a healthy weight, keep a regular menstrual cycle, as well as exude optimal energy levels.

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## Inflammation The Silent Killer

### What is INFLAMMATION?

Inflammation in the body is a normal and healthy response to injury or attack by germs. We can see it, feel it and measure it as local heat, redness, swelling, and pain. This is the body's way of getting more nourishment and more immune activity into an area that needs to fend off infection or heal. But inflammation isn't always helpful. It also has great destructive potential, which we see when the immune system mistakenly targets the body's own tissues in (autoimmune) diseases like type 1 diabetes, rheumatoid arthritis and lupus.

Chronic inflammation is now being billed as the cause of Alzheimer's disease, heart attacks, arthritis, diabetes, and cancer.



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## wisewords

# The Allure of Confidence

## Supermodel Sarah DeAnna's Universal Beauty Secrets

by April Thompson



Longtime supermodel Sarah DeAnna believes in our ability to shape both our life—and our looks. Raised by a single mom in the small farm town of Jefferson, Oregon, DeAnna made her way to Los Angeles after putting herself through college, earning a degree in international business marketing from Oregon State University, in Corvallis. While she planned to pursue a graduate degree in business at the University of California, a chance meeting with a photographer at a Hollywood café instead launched her career as an international fashion model, realizing a childhood dream.

This natural health trendsetter has since appeared in *Vogue*, *Elle* and *Marie Claire*, and walked the runway for such internationally renowned designers as Dolce & Gabbana, Versace and Stella McCartney. DeAnna credits her success to her commitment to modeling a healthy, balanced lifestyle. In her new book, *Supermodel You*, she debunks myths about modeling, fitness and beauty, explaining how beauty emanates from the inside out.

### How does self-awareness bring out one's natural beauty?

Self-awareness starts with being aware of your actions and their effects. For example, if you're not paying attention to what you eat and how you feel afterward, you won't realize that your body may be sending you signals about the quality of what you're eating.

How you walk also affects your body in more ways than you realize. Being alert to little things that may be throwing you off balance—like carrying more weight on one foot or turning a foot out when you walk—are small

steps to developing self-awareness.

When a Harvard University study informed a group of hotel housekeepers that didn't consider themselves physically active that they were actually exercising all day long, they all lost weight. The only difference was their awareness of their work as exercise.

### Why do you believe that models that follow less severe diets and workout regimens are better off?

Restrictive extremes put enormous stress on your body, which is a leading cause of unhealthy weight gain. When I first started out, I didn't know that I was eating too little and working out too much and too hard. Then my agent told me to ease my exercise and start eating some healthy fats again, which the body needs. When I stopped overdoing it, I both felt better and achieved my target weight.

There isn't any one kind of diet or exercise practice that's right for everyone; it's all about having a positive relationship with food and your body.

### What are some of your favorite tips for getting a good night's sleep?

I make sleep a priority, even if it means missing out on late night fun. Tune in to what is keeping you awake, whether it's what you are reading, watching or eating before bedtime, and change it. Creating a sleep ritual is helpful; I light candles and lower music in the house to wind down long before when I want to be asleep.

### How do models manage to look like a million bucks on a mod-



**est income while they await their big break?**

Confidence is the most beautiful thing. Good posture makes you look thinner and better-looking. It's not the number of pounds that matter; you know before you step on the scale if you are happy with the way you look and feel.

As for fashion, it's not just what you wear, but how you wear it. How clothes fit is important. We all have different shapes, and even models will have "muffin tops" if the pants aren't hitting their hips in the right place. Rather than focus on the size, focus on how a garment looks on you.

**You've been told that you aren't "commercially beautiful". How can each of us reframe the way we think about our own appeal?**

I'm sometimes told I'm too edgy-looking or too strong-featured. But as my agent says, if everyone liked me, I would just be ordinary. You need to love whatever is different about you. Cindy Crawford has a noticeable mole; Tyra Banks has a large forehead. These models turned such "flaws" into personal trademarks that set them apart.

**The industry can be unkind to older models. What lessons have you learned from watching your predecessors?**

The modeling business is finally realizing that society wants to see more natural-looking women, so they are bringing back the older supermodels, and they look amazing. We are even seeing models in their 80s now as an awesome positive representation of older women. It's all about having a positive outlook and embracing who and what you are.

Connect with freelance writer April Thompson at AprilWrites.com.

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

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

Source: Cancer Research UK

**A cancer cell needs:**

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

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# STAYING POWER

## A Good Trainer Keeps Us On Track

by Debra Melani



Maintaining one's own fitness program can prove a challenge when the will to work out fizzles. Many people are getting help conquering roadblocks and staying on an effective path of regular exercise through an enduring relationship with a personal trainer.

Approximately 6.4 million Americans now engage personal trainers, according to the International Health, Racquet & Sportsclub Association, including some in less traditional locations, like community centers and corporate workplaces. When a client sticks with a personal trainer over the long haul, the relationship can evolve

beyond a caring coach into a steadfast mentor, producing benefits that transcend basic fitness.

"I have individuals I've worked with for 10 years, and have come to know them and their bodies and habits well," says Kristin McGee, a New York City trainer who counts celebrities like Steve Martin and Tina Fey as clients. By

understanding all aspects of each of her clients, she says she can better tailor programs to meet their needs.

When nine-year client Bebe Duke, 58, faced a lengthy rehabilitation after tripping and shattering a shoulder, McGee helped lift her spirits, ease her back into full-body fitness and even slay some psychological dragons. "We worked her lower half; we kept her strong and her moods steady with meditation and yoga," McGee says. "The physical therapist knew how to work with her

"Group training can cost as little as \$15 an hour. Women especially enjoy combining fitness with socializing. Working together and growing together, they feed off and rely on each other to show up."

~ Kristin McGee

shoulder joint, but not with the rest of her body and the rest of her life."

Duke felt, as she puts it, "a significant fear of falling" after the accident. "So we spent an enormous amount of time on balance and making sure I didn't feel nervous."

McGee was able to help Duke prevent fitness loss, which can happen to anyone that goes four weeks without exercising, reports *Medicine & Science in Sports & Exercise* journal. Maintaining regular exercise can also deter depression, confirmed by a study in the *Annals of Behavioral Medicine*. Three years after the injury, Duke can now hold a down-

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ward dog yoga pose and do a headstand. "I'm also running again," Duke adds. "I'm signed up for a half marathon."

Richard Cotton, a personal trainer in Indianapolis, Indiana, and the American College of Sports Medicine's national director of certification, agrees that a good long-term trainer often serves as a fitness, nutrition and even life coach. "You can't metaphorically cut off people's heads and only train their bodies. Then you are just a technician," he observes.

Building a true foundation for health requires understanding the importance of each building block, not just working with a trainer for a few sessions and afterwards going blindly through the motions, attests Sandra Blackie, a former professional bodybuilder, certified nutritionist and current personal trainer in San Diego, California. "I want to educate my clients."

During extended periods, good trainers also revise routines at least once every four weeks to prevent adaptation, another problem that can hinder reaching fitness goals. "Without trainers, people often get stuck in a rut and lose motivation," remarks Blackie, who also adapts exercises according to bodily changes due to aging or other conditions.

Long-term relationships also allow trainers to focus on the individual's bottom-line goals, Cotton notes. For instance, "I want to lose 10 pounds," might really mean, "I want the energy to play with my kids," or "I want to feel more alert at work."

"Achievable goals evolve from values," Cotton explains. "It's not about getting in super great shape for six months and then stopping. It's about creating a foundation for life."

*Freelance journalist Debra Melani writes about health care and fitness from Lyons, CO. Connect at Debra Melani.com or DMelani@msn.com.*



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## Fall Flyways Thrill to Flocks in Full Flight

by Timothy Boucher

**F**all migration literally brings birds of a different feather than in springtime. Spring migration brings a glorious burst of song and color as millions of tiny feathered gems pour northward, singing their hearts out, flitting about with the excitement of arrival at their breeding grounds. They are relatively easy to spot and identify by their voices and bright plumage.

In the fall, birdwatching is trickier. To survive, migrating birds need to go to warmer climes for food, because insects do not thrive in cold temperatures. Males molt their bright plumage, needing fresh feathers for the long flight.

Most retain some color, but generally, they are duller and look similar to the females. Identification becomes harder because some species are similar in appearance and the singing gives way to an occasional, subtle call, emitted as little chipping sounds at most.

The Internet offers a comprehensive range of data that can suggest which days are best for early morning viewings. Experienced birders know the best local spots, and weather forecasts are good indicators of timing. Sid Gautreaux's pioneering study of bird migration in the 1960s using weather radar, still ongoing at the Radar Ornithology

Lab at South Carolina's Clemson University, is available to birders on regional websites via [Tinyurl.com/USBirdTrackingRadar](http://Tinyurl.com/USBirdTrackingRadar).

While radar can confirm the magnitude and direction of the migration over the previous night, weather predictions help forecast when big flights will occur. So, the next step is to hold a wetted finger up to the wind. A big cold front will hold up birds from moving south because the associated low pressure brings southerly winds and storms. Birds wait it out, storing fuel. Then, when the front clears and a tailwind comes from the north, a floodtide of birds pours southward.

Eager birders, having arrived shortly after dawn, await at selected spots 200 to 300 miles south of the leading edge of the former front. On days like these, the skies are brimming with birds. Grassroots monitoring reports on the birds' progress from mid-August through October are posted at [eBird.org](http://eBird.org), sponsored by New York's Cornell Lab of Ornithology ([Birds.Cornell.edu](http://Birds.Cornell.edu)).

As Joni Mitchell sang, we rejoice that, "They've got the urge for going now, and they've got the wings to go."

*Timothy Boucher is a senior conservation geographer at The Nature Conservancy (Nature.org), focused on ecosystem services, land use, habitat conditions and links between conservation and human well-being. His fieldwork spans six continents, encompassing local and global issues.*



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# FACT:

A 2007 review published in the journal Nutrition and Cancer reported on the effects of wheatgrass juice on a side effect of chemotherapy, neutropenia, and low white blood cells. The study found that in 60 breast cancer patients on chemotherapy, wheat grass juice **REDUCED** the side effects.



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#### WHEATGRASS AND CANCER

Wheat grass as an adjunct may be effective in quality of life improvement for the terminally ill cancer patient. A 2006 study published in the "Journal of Clinical Oncology" investigated the role of wheat grass for improving blood and platelet count and found that study participants had a positive result. Furthermore, wheat grass therapy in this regard may serve as an effective alternative to blood transfusion.

The results of a 2007 study led by Gil Bar-Sela from Rambam Medical Center at the Technion-Israel Institute of Technology in Haifa, Israel, and published in the journal "Nutrition and Cancer," reported that daily consumption of 2 oz. of wheatgrass juice reduced the blood toxicity associated with chemotherapy in study patients and did not interfere with the effectiveness of the chemotherapy treatments. The researchers noted, however, that the efficacy of the treatment warrants a further confirmation study.

*Sources: Journal of Clinical Oncology and Journal of Nutrition and Cancer*

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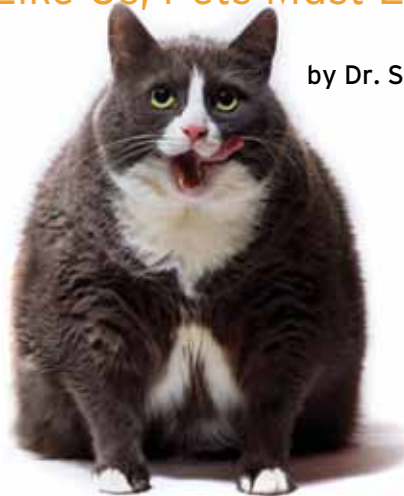
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# FAT FIGHT

Like Us, Pets Must Eat Right and Keep Moving



by Dr. Shawn Messonnier

**O**besity, a severe and debilitating illness, is the most common nutritional disease in both animals and people. The latest survey of 121 veterinarians in 36 states by the Association for Pet Obesity Prevention (APOP) and corroborating American Veterinarian Medical Association data reveal we have 80 million fat cats and obese dogs; that's more than 58 percent of dogs and 52 percent of domesticated cats. "Pet obesity remains the leading health threat to our nation's pets," says Dr. Ernie Ward, APOP's founder, from the organization's headquarters in Calabash, North Carolina.

Current medical consensus states that an animal is obese if it weighs at least 15 percent more than its ideal weight. But looking at body composition is more accurate, based on measurements top-to-bottom and side-to-side and depth to the ribs and spine.

### Health Issues

Animals aren't born fat. Obesity results from too many calories in food, snacks and treats, paired with a lack of aerobic exercise. People may believe they are showing love

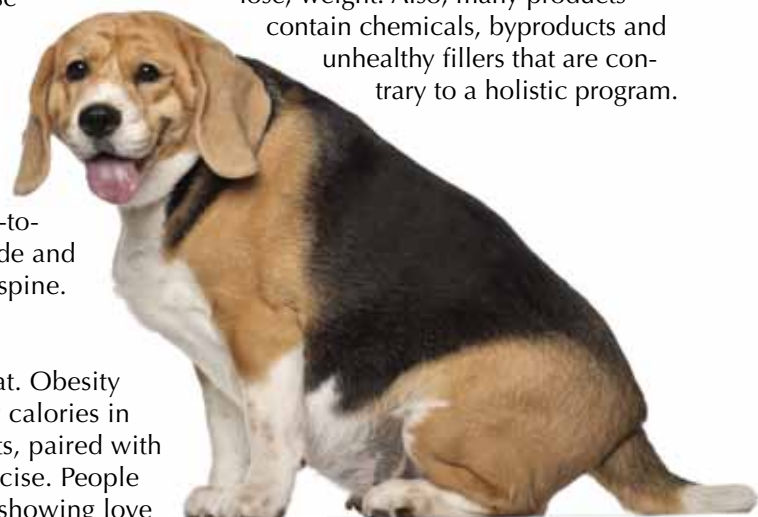
by rewarding begging with treats, but they actually may be slowly killing their companions with kindness, putting them on a path toward painful and costly medical problems.

These can include cancer, cardiac problems, complications from drug therapy, difficulty breathing, heat intolerance, hypertension, intervertebral disk disease, orthopedic conditions (including arthritis), lethargy and ruptured ligaments. Also, because excess body fat first deposits in the cavities of the chest and abdomen and under the skin, hypothyroidism and diabetes mellitus can develop, so screen overweight animals for these disorders prior to treatment for obesity.

Tackling obesity involves restricting calories and increasing the metabolic rate with a controlled exercise program. Diet and exercise are the two most vital factors in fighting fat.

### Eating Right

Simply switching to a store-bought "lite" pet food is inadequate because many are designed to maintain, not lose, weight. Also, many products contain chemicals, byproducts and unhealthy fillers that are contrary to a holistic program.





A homemade restricted-calorie diet is the best choice for obese animals. The second is a processed "obesity-management" diet available through veterinarians, although many of these also contain chemicals, byproducts and fillers. Such diets can be used to attain the target weight, and then replaced with a homemade maintenance diet.

Foods high in fiber work well for shedding pounds because they increase metabolism. Vegetable fiber decreases fat and glucose absorption. Fluctuating glucose levels cause greater insulin release that can lead to diabetes; because insulin is needed for fat storage, low, stable levels are preferred. Fiber also binds to fat in the intestinal tract and increases the movement of digested food through the intestines.

### Supplement Options

Several natural therapies may be helpful for treating animal obesity. These include herbs such as cayenne, ginger and mustard; white bean extract; chromium; carnitine; hydroxycitric acid (HCA); epigallocatechin gallate (EGCG); and coenzyme Q10. All have been widely used with variable success,

although not yet thoroughly researched or clinically proven.

A supplement called Vetri-Lean appears promising. Based on a white bean extract, it has cut starch digestion by up to 75 percent in the company's clinical tests. The formula also has EGCG from green tea extract to boost metabolism, inhibit carbohydrate-digesting enzymes and help maintain normal blood insulin levels, all to help dissolve fat and control appetite. Chromium polynicotinate, another ingredient, also helps to curb appetite, build muscles and reduce fat.

### Exercise is Key

As with humans, a regular program of supervised exercise is essential to pet health. Experience shows that it must be combined with a diet and supplement plan to achieve maximum results for overweight pets. Along with burning off excess calories, even mild exer-

Among owners of chubby pets, 45 percent

believe their dog or cat is of a normal weight.

~ Association for Pet Obesity Prevention

cise works to reduce hunger, improve muscle strength and aerobic capacity and improve functioning of organs. Plus, as veterinarians further attest, the activity is mentally stimulating for both animals and guardians, while decreasing behavioral problems.

There is no one best exercise program for every animal; a sensible plan must be personalized to needs and abilities. Consult a veterinarian to determine the best regimen. As always, prevention is better than a cure, so staying alert to signs of additional pounds and keeping an animal from becoming obese in the first place is optimum.

*Dr. Shawn Messonier has authored The Arthritis Solution for Dogs, 8 Weeks to a Healthy Dog, and the award-winning Natural Health Bible for Dogs & Cats. His Paws & Claws Animal Hospital is located in Plano, TX. Find helpful tips at PetCareNaturally.com.*

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**Acidosis** - an acidic pH is often called the "Real Silent Killer". Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. [Calcium Complex](#) to buffer acids. Use alkaline minerals like [Adult-Food Based Multimineral](#). [Digestive Enzyme Complex](#) with meals. Cleanse as needed with [Psyllium Husk + Organic Fiber Powder](#). Also, strengthen the lymphatic systems ability to accept acids using [Whole Body Vibration](#).

**A.D.D / A.D.H.D.** - [Brain Formula](#), [Flax Seed Oil](#), [Multi Minerals Cal-Mg-Zn](#), [Vitamin C](#). Use the "Eat Right for your blood type diet". [Whey Protein](#) and [Childrens multi-vitamins](#). Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, [Niacin](#) may also be needed.

**Acne** - [Acidophilus Probiotic](#) and [Digestive Enzyme Complex](#). [Colloidal silver](#), [Zinc](#), and [Tea Tree Oil](#) externally. [Flaxseed Oil](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin D3](#), [CoQ10](#). [Garlic](#) as a natural antibiotic and [Wheatgrass](#) for the chlorophyll to cleanse

the blood, lymphatics, and skin. Use an [Infrared Sauna](#) to detox the skin and [Whole Body Vibration](#) to increase blood and lymphatic circulation.

**Age Spots** - (also called Liver Spots) are results of waste build-up from free radical accumulation. [pH 9.5 drops](#), [Green Waters Alkaline Water](#), [Milk Thistle](#), [Antioxidant Complex](#), [Adult Multi-Mineral + Vitamin E](#). Use [L-Arginine](#) to flush and cleanse the liver. [Lecitin](#) and [Digestive enzymes](#) to emulsify fat and increase digestion to reduce the burden on the liver. [CoQ10](#) promotes tissue oxygenation and [Selenium](#) is a good detoxifier.

**Allergies** - [Acidophilus Probiotic Complex](#) to improve digestion. [Immune Formula](#) to boost the body's natural virus fighting abilities. [Pain and Inflammation Enzymes](#), [Cal-Mg](#), [Organic Garlic](#), [CoQ10](#), and [Grape Seed](#) to reduce free radical damage. [Vitamin C](#) protects the body from allergens.

**Alzheimer's** - [Vitamin E](#), [Brain Formula](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#), and

[Folic Acid](#) to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. [Food-Based Multivitamin](#) and [Multimineral. Antioxidant Complex + Selenium](#) as a powerful antioxidant to protect brain cells.

**Anemia** - [Cheleated Iron](#), [Vitamin B12](#), [Vitamin C](#), [Vitamin E](#), [Zinc](#), and add [Wheatgrass](#) to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

**Anxiety / Panic Attacks** - [5-HTP](#), [Brain Formula](#), [Cal-Mg](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#), [Vitamin D3](#), [CoQ10](#), [Ginkgo Biloba](#), [Chromium Picolinate](#). Use [Melatonin](#), [Valerian](#), and [Sleep Aid](#) to sleep at night.

**Appetite Stimulant** - [Organic Grass Juice](#), [Saw Palmetto](#), [Wheatgrass](#) and [Food-Based Multivitamin](#) and [Multimineral](#).

**Appetite Suppressant** - [Glucomanan](#) expands to sixty times it's own weight to curb appetite and promote a sense of fullness.



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[Food-Based Multivitamin](#) and [Multimineral, Spirulina, Organic Fruits & Greens Powder Blend](#).

**Arteriosclerosis** - The buildup of deposits inside the artery wall. Use [pH 9.6 Drops](#), [Green Water Alkaline Water](#), [Amino Acid Complex](#), [Omega-3](#), [Food-Based Multimineral](#), [Garlic](#), [Wheatgrass](#), [Vitamin C](#), [Antioxidant Complex](#), and [Selenium](#) a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

**Arrhythmias** - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day [CoQ10](#) - strengthens the heart without exercise. [Cal-Mg](#), [Vitamin E](#), [Cardiac Support](#), and [Iodine Liquid Drops](#) to activate the thyroid (thyroid helps to regulate heart beat).

**Arthritis** - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. [Digestive Enzyme Complex](#) + [Probiotic Complex](#) are essential for this condition. [Pain and Inflammation Enzyme](#), [Quercetin with Bromelain](#), [Glucosamine Complex with Chondroitin & MSM](#), [Cal-Mg-Zn with D](#), [Kelp](#), [Food-Based Multimineral](#) and [Multivitamin](#), [Flaxseed](#), [Amino Acid Complex](#), [Antioxidant Complex](#) + [Selenium](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#) for circulation.

**Asthma** - medical attention needed until nutrition rebuilds. [Food-Based Multivitamin + Multimineral](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#), [Vitamin C with bioflavanoids](#) needed to protect lung tissue and keep infection down. [Vitamin B12](#) and [Kelp](#) for minerals in balanced amounts.

**Backache** - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#), [Glucosamine Complex with Chondroitin & MSM](#), [Green Waters Alkaline Water](#) minimum 64 oz daily. [Vitamin B12](#) aids in calcium absorption. [Shark Cartilage](#), [Flaxseed Oil](#), [Vitamin B Complex](#), and [Vitamin C](#) is essential for the formation of collagen.

**Bad Breath /Halitosis** - usually caused by poor digestion or poor elimination. [Psyllium Husk](#), [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Wheatgrass](#), and [Garlic](#) as a natural antibiotic. Clean the colon with [Organic Fiber](#).

**Baldness** - Eat plenty of soy to block negative testosterone. Take [Flaxseed](#), [Hair-Skin-Nail](#), [Biotin](#), [Vitamin C](#), [Vitamin B Complex](#), [Ginkgo Biloba](#) + [CoQ10](#) to increase circulation in scalp.

**Bladder Incontinence** - check for bladder infection and balance pH. [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg-Zn with D](#).

**Bladder Infection (cystitis) - Cranberry Chewables, Organic Cranberry** are the two primary supplements needed. Add [Colloidal Silver](#) and [Organic Garlic](#) as natural antibiotics to soothe the painful urination. Take 4,000 - 5,000 mg [Vitamin C](#) in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. [Probiotic Complex](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin](#) and [Multimineral](#). If re-occurring bladder infections check for Candida.

**Blood Clots (Venous Thrombosis)** - a blood clot in a vein and needs medical attention. [Vitamin E](#), [Grape Seed Extract](#), [CoQ10](#), [Wheatgrass](#) (do not take Wheatgrass if taking blood thinning meds). [Flaxseed](#), [Organic Garlic](#), [Lecithin](#), [Cal-Mg](#), [Vitamin C](#), and [Vitamin B Complex](#) to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.



**Blood Count** - to build red blood cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing (See *Acidosis*). [Milk Thistle](#), [Chelated Iron](#), [Wheatgrass](#), [Food-Based Multivitamin](#) and [Multimineral](#).

**Blood Pressure, High (Hypertension)** - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#) and [Valerian](#) if stressed or nervous. [Niacin](#) and [L-Arginine](#). [Cal-Mg-Zn](#), [Sustained Release Potassium](#), [Flaxseed](#), [Selenium](#), [Vitamin C](#), [Vitamin E](#), [Lecithin](#), [Kelp](#) to balance minerals, and [Antioxidant Complex](#).

**Blood Pressure, Low** - [Liquid Iodine](#), [Sustained Release Potassium](#), [L-Tyrosine](#).

**Boils** - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. [Vitamin E](#), [Chelated Iron](#), [Antioxidant Complex](#), [Organic Garlic](#), [Selenium](#), [Colloidal Silver](#), [Vitamin A](#), [CoQ10](#), and [Vitamin C](#) as a powerful anti-inflammatory and to enhance the immune system.

**Breast Cysts** - can be caused by negative estrogen not processed by the liver. [CoQ10](#) is a powerful anti-oxidant that helps to remove toxins from the body. [Vitamin E](#) + [Kelp](#) is a rich source of iodine. [Iodine](#) deficiency has been linked to fibrocystic breast.

[Vitamin A](#), [Vitamin B Complex](#), [Vitamin C](#), [Zinc](#), and [Food-Based Multimineral](#) which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

**Bronchitis** - [Immunity Formula](#), [Vitamin C](#), [Cal-Mg-Zn with D](#), [Organic Fiber](#) to detox the colon, [Colloidal Silver](#), [CoQ10](#), and [Pain and Inflammation Enzyme](#) to reduce the inflammation. [Garlic](#), [wheatgrass](#) for chlorophyll to detox the lymphatic system, [Zinc](#), and [Vitamin B Complex](#).

**Bursitis** - Balance pH levels.- see Acidosis. [Flaxseed](#), [Cal-Mg](#), [Amino Acid Complex](#), [Vitamin C](#), [Vitamin E](#), [CoQ10](#), [Zinc](#), [Glucosamine](#), [Food-Based Multivitamin](#), [Antioxidant Complex](#), and a [Probiotic Complex](#) to aid in digestion. [Manglic Tea](#).

**CANDIDA** - *Candida Albicans*, a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. [Organic Fiber](#) and [Psyllium Husk](#) for healthy bowel elimination, [Digestive Enzyme Complex](#) and [Probiotic Complex](#) to build good bacteria in the bowel. [Colloidal Silver](#), [Organic Garlic](#), [Cal-Mg-Zn with D](#) is often deficient in people with candida. [Food-Based Multivitamin and Multimineral](#), [Selenium](#), and [Vitamin C with bioflavonoids](#). Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

**Carpal Tunnel** - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Flaxseed Oil](#), [Lecithin](#), [Vitamin B Complex](#), [Grape Seed Extract](#), [Kelp](#), and [Zinc](#) to aid healing.

**Cataracts** - Balance pH levels.- see Acidosis. [Vitamin E](#), [Lutein Plus for eyes](#), [L-Lysine](#), [Vitamin E](#), [Vitamin C](#), [Zinc](#).

**Cholesterol** - Over 60% of cholesterol is produced by the body in the liver. Start with [Organic Fiber](#) + [Digestive Enzyme](#)



[Complex](#), [Red Yeast Rice](#), [Green Tea](#), [Selenium](#), [L-Carnitine](#), [Lecithin](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin E](#), [Flax Seed Oil](#), and [Organic Garlic](#) which lowers cholesterol and blood pressure levels. [Fat Complex](#) to absorb excess fat in the body.

**Chronic Fatigue Syndrome** - [B-12 + Thermo X](#) to boost the body's metabolism. [Probiotic complex](#), [CoQ10](#), [Vitamin E](#), and [Melatonin + Sleep Aid](#) for a restful sleep. [Amino Acid Complex](#) [Ginkgo Biloba](#) improves circula

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tion and brain function. [Milk Thistle](#) protects the liver. [St. John's Wort](#) has antiviral properties and is a good antidepressant. [Brain Formula](#) to improve mood.

**Circulation** - [Vitamin C](#), [Vitamin D3](#), and [CoQ10](#). [Ginkgo Biloba](#) improves circulation and brain function. [Wheatgrass](#) for chlorophyll which improves oxygen levels in the body. [L-Carnitine](#) helps to strengthen the heart muscle and and promote circulation by transporting long fatty acid chains.

**Cirrhosis (of the liver)** - [Milk Thistle](#) and [Digestive Enzyme Complex](#) are very important. [Probiotic Complex](#), [Garlic](#), [L-Arginine](#), [L-Carnitine](#), [Lecithin](#), [Wheatgrass](#), [Cal-Mg](#), [Amino Acid Complex](#).

**Cold Sores (Fever Blisters)** - [L-Lysine](#), [Vitamin E](#), and [Brain Formula](#) for stress relief. [Immunity Formula](#), [Antioxidant Complex](#), [Colloidal Silver](#), and [Probiotic Complex](#).

**Colic** - Add [Organic Fiber](#) to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

**Common Cold** - [Immunity Formula](#), [Antioxidant Complex](#), [Echinacea](#), [Organic Garlic](#), [Vitamin C](#).

**Constipation** - [Organic Fiber](#), [Psyllium Husks](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#).

**Dandruff** - [Food-Based Multivitamin](#) and [Multimineral](#), [Essential Fatty Acids](#), [Kelp](#), [Selenium](#), [Vitamin B Complex](#), [Vitamin C with Bioflavonoids](#). May be caused by Candida - See CANDIDA.

**Depression** - Usually the thyroid is involved, see hypothyroid. [St. John's Wort](#), [5-HTP](#), and [Brain Formula](#) for mood

support. For nutritional support use [Liquid Iodine](#), [Cal-Mg](#), [Vitamin C](#), [L-Tyrosine](#), and [Essential Fatty Acid](#). A liver cleanse may be necessary. For PMS related mood swings use [Women's Hormone Balance](#).

**Diabetes** - [L-Carnitine](#), [Spirulina](#), [Vitamin B Complex](#), [Vitamin B-12](#) needed to prevent diabetic neuropathy, [CoQ10](#) improves circulation and stabilized blood sugar, [Psyllium Husk](#) is a good fiber source and [fat mobilizer](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#), [Vitamin E](#), [Organic Fiber](#) to detox the colon.

**Diarrhea** - [Activated Charcoal](#) or [Hydrated Bentonite](#), [Essential Fatty Acid](#), [Acidophilus Probiotic](#), [Kelp](#) to replace minerals lost during diarrhea, [Colloidal Silver](#) acts as a natural alternative to antibiotics, [Organic Garlic](#), and [Immunity Formula](#).

**Diuretic** - promotes the production of urine. Use parsley with [Vitamin B-6](#). Watermelons and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

**Diverticulitis** - [Digestive Food Enzyme](#), [Organic Fiber](#), [Psyllium Husks](#), [Flaxseed](#), [Vitamin B Complex](#) are needed for all enzyme system in the body and for proper digestion.

**Dizziness (Vertigo)** - [Ginkgo Biloba](#), [Vitamin C](#), and [CoQ10](#) to improve circulation to the brain. [Zinc](#) promotes a healthy immune system. [Immunity Formula](#) and [Antioxidant Complex](#). [Cal-Mg](#) is important in maintaining regular nerve impulses. [Melatonin](#) helps to maintain equilibrium.

**Dry Skin** - [Flax Seed Oil](#), [Iodine Liquid](#), [Lecithin](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#) protects against free radicals, and [Zinc](#) is necessary for proper functioning of the oil-producing glands of the skin.

**Ear Infection** - [Colloidal Silver](#), [Vitamin C with bioflavonoids](#), [Zinc](#) quickens the immune response, [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#) as a natural antibiotic, and [Vitamin E](#) enhances the immune function.

**Eczema** - Balance pH - see Acidosis. Clean the bowels with [Organic Fiber](#) and [Psyllium Husk](#), [Wheatgrass](#) is high in chlorophyll

which detoxes the lymphatic systems and benefits eczema.

**Emphysema** - a degenerative lung disease. Use [Antioxidant Complex](#), [Wheatgrass](#) for chlorophyll, [Essential fatty acids](#), [Zinc](#), [CoQ10](#), [Amino Acid Complex](#), [Organic Garlic](#), [Vitamin C](#), and [Cal-Mg](#) which acts as a nerve tonic to protect nerve endings.

**Endometriosis** - Inflammation of the uterine lining. [Pain and Inflammation Enzyme](#) consistently for 90 days. [Vitamin E](#), [Iron](#), [Vitamin B Complex](#) promotes blood cell productivity and proper hormone balance. Cleanse the liver . See Lemon Cleanse.

**Energy** - low energy levels. [Vitamin B-12](#), [ThermoX](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Spirulina](#), [Valarian](#) for a restful sleep. Liteon Natural's [Whey Protein](#) is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's [Whey Protein](#).

**ESTROGEN DOMINANCE** - [Milk Thistle](#), [Women's Hormone Balance](#), [Black Cohosh](#).

**Fever** - [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#), [Pain and Inflammation Enzyme](#), and [Manglier Tea](#).

**Fibromyalgia** - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with [Magnesium, B-6](#), and Malic acid deficiencies. [Cal-Mg-Zn with D](#), [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Flaxseed](#), and [Organic Fiber](#) to cleanse the bowels. [Sleep Aid](#) and [Melatonin](#) for nervous fatigue and for proper sleep.

**Flu (Influenza)** - For Children: [Colloidal Silver](#), [Immune Formula](#), [Vitamin C](#). For Adults: [Immune Formula](#), [Vitamin C](#), [Organic Garlic](#), [Colloidal Silver](#), [Food-based Multivitamin](#) because all vitamins are needed for healing. [Vitamin B Complex](#) reduces stress caused by viral infection. [Selenium](#) boosts the immune response, enhancing the body's ability to fight infection.

**Food Poisoning** - Activated Charcoal (6 capsules to neutralize poison) and [Probiotic Complex](#).

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Nutrition Supplements that Support Your Health



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Manufactured for Liteon Naturals  
100 E. Angelle St.  
Carencro, LA 70520  
www.LiteonNaturals.com

**Suggested Use:** Take 1 tablet daily with a meal.

**Note:** If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product.  
**Keep out of reach of children.**  
Store in a cool, dry place.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Manufactured in an NSF GMP certified facility.

Made in the USA



## Supplement Facts

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	9.5mg 155%
Vitamin C (as magnesium ascorbate)	200mg 333%	Manganese	2mg 100%
Vitamin D (as cholecalciferol)	196 IU 25%	Chromium	50mcg 42%
Vitamin E (as d-alpha tocopheryl succinate)	36 IU 100%	(as chromium chloride)	10mcg 13%
Vitamin K (as phytylanthone)	50mcg 63%	Potassium	25mg <1%
Thiamin (as thiamine mononitrate)	10mg 667%	(as potassium chloride)	10mcg
Riboflavin	15mg 888%	Vanadium (as vanadium amino acid chelate)	8mcg
Niacin (as niacinamide)	25mg 125%	Boron	50mcg
Vitamin B6 (as pyridoxine HCl)	10mg 500%	(as boron glycinate)	25mg
Folic Acid	400mcg 100%	Bioflavonoids	10mg
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Rutin	10mg
Biotin	300mcg 100%	Choline (as choline bitartrate)	10mg
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Inositol	10mg
Calcium (as calcium citrate)	30mg 3%	Hesperidin	10mg
Iron (as ferrous bisglycinate)	5mg 28%	Para-aminobenzoic acid (PABA)	5mg
Iodine (from kelp)	100mcg 67%	Probiotic	1100HUT
Magnesium (as magnesium oxide, magnesium ascorbate)	75mg 18%	Amylase	1000U
Zinc (as zinc citrate)	5mg 33%	Lipase	20U
Selenium (as selenomethionine)	25mcg 38%	Cellulase	2CU
		Proprietary Superfood Blend (apple pectin, papaya juice (fruit), spirulina, chlorella, eleuthero (root), barley grass, schizandra (berries), astragalus (root), nettles (leaf), carrot (root), spinach (leaf))	47mg

\* Daily Value not established

Other ingredients: Stearic acid, croscarmellose sodium, microcrystalline cellulose, silica, dicalcium phosphate, modified cellulose, magnesium stearate (vegetable source), vegetable coating.

**Female Problems** - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See **ESTROGEN DOMINANCE**. Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. [Flaxseed](#), [Lutein](#), and [Women's Hormone Balance](#).

**Gall Bladder** - [Green Water](#) and [Wheatgrass](#) to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room. Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones( which look similar to green peas) through the bowel. Its important to keep the bowel moving with [Organic Fiber](#) while cleansing the gall bladder.

**Gingivitis (Periodontal Disease)** - Use [Organic Garlic](#) and [Colloidal Silver](#) to kill off bacteria infection and use [Pain and Inflammation Enzyme](#) to ease discomfort and sooth tissue. [Echinacea](#) helps to keep down inflammation and enhance immune function.

**Glaucoma** - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. [Lutein Plus](#) for eyes, [Vitamin E](#), [Vitamin D3](#), and [CoQ10](#). Use [Lecithin](#) for a good source of choline and inositol, [Essential Fatty Acids](#), and [Vitamin B Complex](#). [L-Arginine](#) facilitates natural syntesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine

if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

**Gout** - Occurs when there is too much uric acid in the blood, tissue, or urine. Overweight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet" and [Balance pH](#). [Essential Fatty Acids](#), [Vitamin B complex](#), [Vitamin C with bioflavonoids](#), and [Vitamin E](#) improves circulation. [Amino Acid Complex](#) because uric acid production increases if essential amino acids are lacking. [Kelp](#) and [Wheatgrass](#) contain complete protein and vital minerals to reduce serum uric acid. [Grape Seed Extract](#) and [Antioxidant Complex](#) are powerful antioxidants.

**Hay Fever** - allergic response to pollen. [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Vitamin C with bioflavonoids](#), [Zinc](#), and [Organic Garlic](#) to help reduce isinus inflammation. [Pain and Inflammation Enzyme](#).

**Headache/ Migraine** - [5-HTP](#) has been shown in many clinical studies to have excellent results for tension headaches and migranes, [L-Tyrosine](#) for relief of cluster headaches. [Vitamin B3](#) improves circulation and aids in the functioning of the nerves. [Vitamin B Complex](#), [Glucosamine Complex](#), [Ginkgo Biloba](#) improves circulation to the brain and [Valerian](#) is a good sedative to take during a headache.

**Heartburn** - Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Papaya Chewable](#), [Cal-Mg-Zn](#), [Pain and Inflammation Enzyme](#), [Green Water Alkaline Water](#), [Wheatgrass](#). Balance pH - see Acidosis.

**Hemorrhoids** - [Probiotic Complex](#), [Organic Fiber](#), [Ca-Mg](#), [Vitamin C with bioflavonoids](#), [Psyllium Husks](#), to soften stool. [Vitamin E](#), [Shark Cartilage](#) and [Pain and Inflammation Enzyme](#). [Vitamin D3](#) aids in healing of mucous membranes and tissues. Also needed for calcium absorption. [Infrared Sauna Treatments](#).

**Hepatitis** - [Amino Acid Complex](#), [L-Arginine](#), [Lecithin](#), [CoQ10](#), [Vitamin C](#), [Vitamin E](#), [Antioxidant Complex](#), [Cod Liver Oil](#). Nutrition: [Immunity Formula](#), [Milk Thistle](#), [Food-Based Multivitamin](#).

**Herpes** - see Cold Sores for type 1. For type 2 herpes virus, also add [L-Lysine](#), [Vitamin B Complex](#), [Vitamin C with bioflavonoids](#), [Zinc](#), [Acidophilus Probiotic Complex](#), [Organic Garlic](#), [Colloidal Silver](#).

**Hiatal Hernia** - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

**High Blood Pressure (Hypertension)** - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#), [Valerian](#), [Niacin \(Vitamin B3\)](#), [L-Arginine](#), [Flaxseed Oil](#), [Selenium](#) deficiency has been linked to heart disease. [Vitamin E](#) improves heart function. [Vitamin E](#) also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. [Food-Based Multimineral](#) for good nutrition.

**Hives** - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. [Valerian](#), [Brain Formula](#), [Pain and Inflammation Enzyme](#), [Acidophilus Probiotic](#) reduces allergic reactions and helps replenish "friendly" bacteria.

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**Hot Flashes - Menopause** - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). Also, [Cal-Mg-Zn with D](#) and [Food-Based Multimineral](#) to prevent bone loss is suggested as well as extra Vitamin E. Use [Valerian](#) and [Sleep Aid](#) for a restful sleep.

**Hypertglycemia** - see Diabetes

**Hyperthyroid - Graves' Disease** - (overactive thyroid) [Omega 3](#), [Essential Fatty Acids](#), [Lecithin](#), [Vitamin C with bioflavonoids](#), [Vitamin E](#), [Antioxidant Complex](#).

**Hypoglycemia** - (low blood sugar) - often caused by poor digestion or food allergies. [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Amino Acid complex](#), [Thermography](#) to check for hypothyroid.

**Hypothyroid** - (see thyroid explanation) [Liquid Iodine](#), [Amino Acid Complex](#), [Kelp](#), [L-Tyrosine](#) because low plasma levels have been associated with hypothyroidism. [B-Complex](#) because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

**Immune System** - [Immunity Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Digesting Enzyme Complex](#), and [Organic Fiber](#).

**Incontinence** - (Involuntary urination) [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg](#), and [Zinc](#) for improved bladder function.

**Indigestion** - Any of these products alone will stop indigestion and heartburn. [Glucosmannan](#) and [Organic Fiber](#) to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#) with each meal. Balance pH - see Acidosis.

**Infertility** - [Selenium](#) deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. [Vitamin E](#) carries oxygen to the sex organs. [Zinc](#) is important for the functioning of reproductive organs. [L-Arginine](#), [L-Tyrosine](#), [Folic Acid](#), [Vitamin B-12](#), [DHEA](#) improves

libido. [Essential Fatty Acids](#) are essential for normal glandular function.

**Insomnia** - [Calcium/Magnesium](#), [5-HTP](#) plus one of the following: [Brain Formula](#), [Sleep Aid](#), [Melatonin](#) or [Valerian](#).

**Irritable Bowel Syndrome** - [Flaxseed Oil](#), [Amino Acid Complex](#), [Organic Garlic](#), [Psyllium Husk](#), [Organic Fiber](#) has a cleansing effect, [Vitamin B Complex](#), [Vitamin B12](#), [Probiotic Complex](#).

**Kidney Stones** - Balance pH, [Green Water Alkaline Water](#), [Wheatgrass](#), [Food-Based Magnesium Complex](#), [L-Arginine](#) aids kidney disorders, [Vitamin E](#), and [Vitamin C](#). [Pain and Inflammation Enzyme](#) for pain, and drink fresh squeezed lemon juice with pure water.

**Laryngitis** - [Colloidal Silver](#), [Antioxidant Complex](#), and [Organic Garlic](#) as a natural antibiotic.

**Leg Cramps** - [Cal-Mg](#), [Calcium Complex](#), [Food-Based Multimineral](#), and [Digestive Enzyme Complex](#).



**Lemon Cleanse** - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

**Lupus** - Use the "Eat Right for your blood type diet". [Flaxseed Oil](#), [Cal-Mg](#), [L-tyrosine](#), [Glucosamine Complex](#), [Vitamin C](#), [CoQ10](#), [Kelp](#), [Probiotic Complex](#) protects against intestinal bacterial imbalances. [Wheatgrass](#)

is a good source of minerals for healing and oxygen for cell metabolism. [Antioxidant Complex](#), [Pain and Inflammation Enzyme](#), and [Vitamin E](#). Perform a weekly colon cleanse with [Organic Fiber](#).

**Lyme Disease** - [Flax Seed Oil](#), [Organic Garlic](#), [Kelp](#) for essential minerals, [Food-Based Multivitamin and Multimineral](#), [Selenium](#) as a free radical scavenger, [Vitamin C](#), [Vitamin E](#).

**Memory** - [Ginkgo Biloba](#), [Brain Formula](#), [Flax Seed Oil](#), [CoQ10](#) and [DHEA](#).

**Menopause** - - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). [Vitamin E](#), [DHEA](#), [Essential Fatty Acid](#), [Zinc](#), [L-Arginine](#), [L-Lysine](#), [Cal-Mg](#).

**Morning Sickness** - [Red Raspberry](#), [Ginger](#), [L-Methionine](#) prevents nausea, and [Vitamin B Complex](#).

**Muscle Cramps** - usually a deficiency of magnesium or potassium. [Food-Based Multimineral](#), [Cal-Mg](#), [Lecithin](#), [Zinc](#).

**Nervousness** - can be caused from a weak thyroid and /or mineral deficiency especially magnesium. [Brain Formula](#), [Liquid Iodine](#), [St. John's Wort](#), [Mood Enhancer](#), [Cal-Mg](#), [L-Tyrosine](#), and [Vitamin E](#).

**Osteoarthritis** - [Cal-Mg](#), [Pain and Inflammation Enzyme](#), [Omega-3](#), [Glucosamine Complex](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#).

**Osteoporosis** - [Vitamin C](#), [Calcium Complex](#), [Food-Based Multivitamin and Multimineral](#).

**Parasites (worms)** - [Organic Garlic](#), [Colloidal Silver](#), [Selenium](#), [Acidophilus Probiotic](#) to restore a normal intestinal flora, [Essential Fatty Acid](#), [Food-Based Multivitamin and Multimineral](#), [Zinc](#) promotes a healthy immune system.

**Parkinson's Disease** - [Vitamin B12](#), [Ginkgo Biloba](#), [Digestive Enzyme Complex](#), [Lecithin](#), [Cal-Mg + Potassium](#), [CoQ10](#) allows

LITEON Natural Nutrition Supplements available at



**Natural Health Center**  
Powerful, Positive Healing for Life  
100 E. Angelle St., Carencro  
(I-49, Exit 4, Across from the New SUPER 1 Store)  
Tel: 896-4141 or 347-4141  
Nutrition Supplements that Support Your Health



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cells to produce energy and may slow brain cell death.

**Pneumonia** - a very serious infection of the lungs that may be caused by a number of different infectious agents. [Immune Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Colloidal Silver](#) reduces inflammation and promotes healing of lesions in lung tissue, [Organic Garlic](#), [Vitamin A](#), [L-Carnitine](#) to protect lungs from free radical damage, and [CoQ10](#).

**Poison Ivy / Oak** - [Vitamin C](#) to prevent infection and spreading of the rash, [Shark Cartilage](#) to reduce inflammation, [Pain and Inflammation Enzyme](#), [Vitamin A](#), [Zinc](#).

**Prostate Problems** - [Prostate Health](#), [Saw Palmetto](#), [Organic Fiber](#) and [Psyllium Husks](#) for bowel cleansing and essential for keeping the prostate functioning properly. [CoQ10](#), [Organic Garlic](#) enhances the immune function, [Selenium](#) is needed for proper prostate function, [Shark Cartilage](#) inhibits tumor growth and stimulated the immune system, [Wheatgrass](#) with SOD destroy free radicals, [Vitamin A](#) is a powerful antioxidant that destroys free radicals, [Vitamin E](#), [Vitamin B Complex](#), [Vitamin B12](#), [Vitamin C with bioflavonoids](#) is a powerful anticancer agent, [Vitamin D3](#), [Acidophilus Probiotic](#) has an antibacterial effect on the body. [Zinc](#) plays a role in the prevention of prostate cancer.

**Psoriasis** - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". [Wheatgrass](#), [Hair-Skin-Nails](#), [Spirulina](#), [Flaxseed](#), [Organic Fiber](#) to cleanse the bowel. Use [Vitamin A](#), [Zinc](#), [Selenium](#), [Shark Cartilage](#), [Vitamin B Complex](#), [Vitamin C](#) is important for formation of collagen and skin tissue, [Vitamin E](#) neutralizes free radicals that damage the skin. [Kelp](#) supplies balanced minerals, [Lecithin](#), and a [Food-Based Multivitamin](#).

**Rheumatism** - [Pain and Inflammation Enzyme](#), [Digestive Enzyme Complex](#), [Glucosamine Complex](#), [CoQ10](#).

**Rosacea or Acne Rosacea** - [Wheatgrass Liquid](#), [Antioxidant Complex](#), [Immunity Formula](#), [Vitamin E](#), [Acidophilus Probiotic](#), [Digestive Enzyme Complex](#), [Betaine hydrochloride](#) (hydrochloric acid) 45 grains (1/2 tsp) per full meal.

**Sex Drive, Low Libido** - Women: [Women's Libido](#), [DHEA](#). Men: [L-Tyrosine](#), [DHEA](#), [Maca](#), [L-Arginine](#).

**Shingles** - [Immunity Formula](#), [Wheatgrass Liquid](#), [Antioxidant Complex](#), [L-lysine](#), [Colloidal Silver](#), [CoQ10](#), and [Vitamin C](#) to stimulate the immune system.

**Sinusitis** - [Immunity Formula](#), [Colloidal Silver](#), [Vitamin C](#). Use [Acidophilus Probiotic](#) to replace good bacteria in the colon - important if antibiotics are prescribed [Flaxseed oil](#), [Food-Based Multivitamin](#) and [Multimineral](#). Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

**Smoking, Stop** - [St. John's Wort](#), [CoQ10](#) adds oxygen to the brain and protects heart tissue, [Vitamin B Complex](#), [Vitamin B12](#), [Folic Acid](#), [Vitamin C](#), [Vitamin E](#), and [Vitamin A](#).

**Sore Throat - Strep** - [Gargle](#) with [Colloidal Silver](#), then swallow. [Vitamins A, C](#), and [Zinc](#). [Immunity Formula](#) and [Antioxidant Complex](#). [Organic Garlic](#).

**Stress** - [5-HTP](#), [Brain Formula](#), [L-Tyrosine](#), [Vitamin C with bioflavonoids](#) is essential to adrenal gland function, [CoQ10](#), [Cal-Mg-Zn](#), [Ginkgo Biloba](#).

**Sweating** - check thyroid. [Immunity Formula](#) and [Antioxidant Complex](#).

**Tendonitis** - [Glucosamine Complex](#), [Pain and Inflammation Enzyme](#), [Calcium Complex](#).

**Ulcers (canker sores)** - [Probiotic Complex](#), [Digestive Enzyme Complex](#), and [Organic Fiber](#) to clear the bowels.

**Varicose / Spider Veins** - [Vitamin E](#), [Vein Stop](#), and [CoQ10](#). [Increase circulation](#) using [Whole Body Vibration](#) and [Infrared Sauna Treatments](#).

**Viral Infection** - Rotate anti-virals for more effective results. [Organic Garlic](#), [Colloidal Silver](#), [L-Lisine](#) may be needed to break down the viruses protective coating. [Vitamin A](#), [Vitamin C](#), [Vitamin E](#) and [Zinc](#).

**Warts** - [Vitamin E](#), apply [Tea Tree Oil](#) to wart 3-4 times/ day, [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Selenium](#), and [Probiotic Complex](#).

**Water Retention** - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. [CoQ10](#), [Vitamin E](#), [Cardio Support](#), [Potassium](#), [Organic Garlic](#), and [Selenium](#) to activate the Kidney.

**Weight Loss** - [Raspberry Ketones](#), [Green Coffee Bean Extract](#), [WheTea](#) to target abdominal fat, [Green Water pH 9.5 Alkaline Water](#) to raise the body's alkalinity and

decrease production of fat cells. [BioLean](#) to raise the body's thermogenic fat burning capability. [ThermoX](#) increases the body's metabolism, [Fat Complex](#) binds to fat and reduces fat absorption in the body, and [Glucomannan](#) is an appetite suppressant. Use [Probiotic Complex](#) and [Digestive Enzyme Complex](#) to improve digestion. [Organic Fiber](#) clears the bowel and releases excess waste. [DHEA](#) inhibits enzymes that are involved in fat cell production, [DMAE](#) is an effective fat burner, [Lecithin](#) emulsifies fat so that it can be removed from the body. [L-Arginine](#) and L-Carnitine are amino acids that reduce body fat. [Vitamin B Complex](#) is needed for proper digestion.



**Yeast Infections** - See CANDIDA. [Organic Garlic](#), [Probiotic Complex](#) and [Digestive Enzyme Complex](#), and [Immunity Formula](#). Eliminate all sugars, breads, and dairy products for 2 weeks.

## RECOMMENDED DAILY INTAKE

### VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B3)	10-50 mg.
Riboflavin (vitamin B2)	5-25 mg.
Thamine (vitamin B1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B6 (pyridoxine)	5-50 mg.
Vitamin B12 (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

### MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

### Note:

I.U. = international units  
mg - milligrams  
mcg - micrograms

\* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day for the elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

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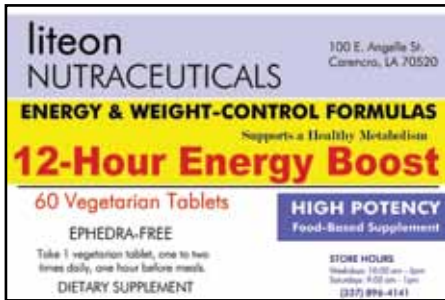
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## 12-Hour Energy Boost



Our 12-Hour Energy Boost is a unique, ephedra-free combination of herbs and nutrients formulated to support healthy energy levels and healthy weight maintenance. 12-Hour Energy Boost was developed for those who desire a high-en-

ergy thermogenic formula, metabolism tablets that stimulates your metabolic rate and promotes fat loss without the use of ephedra or ephedrine alkaloids. Your metabolic rate sets the pace for how fast your body burns calories; you can influence this with the supplementation of the unique blend of ingredients available in 12-Hour Energy Boost.

Supplement Facts	
Serving Size: 1 Vegetarian Tablet	
Amount Per Serving	% Daily Value
Proprietary Blend	950mg *
(guarana seed extract, citrus aurantium (6% synephrine) (fruit), green tea extract (leaf), panax ginseng (root), garcinia cambogia extract (60% HCA) (fruit), white willow bark, bee pollen, vanadium (as vanadyl sulfate))	
* Daily Value not established	
Other ingredients: Dicalcium phosphate, modified cellulose, croscarmellose sodium, microcrystalline cellulose, stearic acid, magnesium stearate, vegetable coating.	

*Suggested Use:* 1-2 capsules/day with water **Price: \$35.00**



## Thermo X Fat Burner

Your metabolic rate sets the pace for how fast your body burns calories; you can influence this with the supplementation of the unique blend of ingredients available in Thermo X Fat Burner.

*Suggested Use:* 1-2 capsules/day. **Price: \$35.00**



## Fat Complex

Fat Complex contains chitosan which research shows has the unique ability to bind to fats in the stomach, thus preventing the fats from being absorbed into the body.

*Suggested Use:* 1-2 capsules/day. **Price: \$35.00**



## Glucomannan

Glucomannan is an all natural fiber supplement that suppresses the appetite and promotes a feeling of fullness. Glucomannan is a water-soluble dietary fiber source that is derived from the root of the Konjac plant.

*Suggested Use:* 1-2 capsules/day. **Price: \$35.00**

## Hydration Station



The Hydration Station is a spa treatment for every "Body!" Enjoy a vibratory massage while being blanketed in steam containing active oxygenated ingredients including vitamins, pharmaceutical-grade botanicals, aloe, and rich humectants. Plus burn 250-300 calories in one session with infrared therapy.

Far Infrared Rays increase your metabolism, burns excess fat and calories, improves body curves as it gets rid of flab, eliminates fatigue, improves blood circulation, promotes rapid healing, and reduces cellulite

*Suggested Use:* 2-3 days per week

**Price: \$140.00 (12 sessions) or \$200 (30 sessions)**

## FAR Infrared Heat Sauna

Far Infrared Saunas are a healthy weight loss solution without exercising. Infrared saunas can burn 400-600 calories in just one 30 minute session. In a far infrared sauna, a moderately fit person can sweat one pound of sweat in 30 minute session, which is the equivalent of running 2-3 miles. While it is true that the weight of the water expelled in the sauna may be regained by re-hydrating with water – the calories lost with not, resulting in weight loss.



Infrared Saunas increase your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.

*Suggested Use:* 2-3 days per week

**Price: \$140.00 (12 sessions) or \$200 (30 sessions)**

## Whole Body Vibration

Whole body vibration is a method of improving strength, stability and power production, and reduce body weight or percentage of body fat.

Basically, the idea is to put the muscles in a situation where they must expand and contract continually, which pumps extra oxygen into the cells. This is a process of oxidization that is much like breathing, so to speak, only in this case it is on the cellular level. Oxidization simultaneously relaxes and stimulates the body, which helps it to heal itself and grow muscles at a faster rate.



*Suggested Use:* 2-3 days per week

**Price: \$140.00 (12 sessions) or \$200 (30 sessions)**



## Raspberry Ketones



Research has shown that raspberry ketone can help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods.

Raspberry ketone is the primary aroma compound of red raspberries. This compound regulates adiponectin, a protein used by the body to regulate metabolism. Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster. The recommended dose is 100mg per day. To get the same benefit from the whole fruit, you'd have to consume 90 pounds of raspberries.



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

*Suggested Use:* 1-2 capsules/day with water **Price: \$30.00**

## WheTea



One of the primary components of WheTea is EGCG. EGCG stands for epigallocatechin-3-gallate. It is the main antioxidant in tea, said to be more than 100 times more powerful than vitamin C. There is more of it in white and green tea than in black tea. This



antioxidant has been shown to help increase your metabolic rate (metabolism) to burn more calories. By raising your resting metabolic rate, your body starts using the fat you've stored throughout your body as a source of fuel to help shed those pounds hanging around.



*Suggested Use:* 2 droppers per 8 ounces of water. Drink a minimum of 64 oz of water per day. **Price: \$20.00**

## Dermosonic Cellulite Treatment



Cellulite is a unique form of fat and connective tissue. While we all need a certain number of adipocytes (fat cells) to store fat for energy, cellulite is both an unnecessary and unattractive way to store body fat. Instead of fat cells collecting in smooth layers, cellulite collects in discrete pockets surrounded by tough, fibrous tissue. These pockets of fat do not grow and shrink exactly like normal fat cells because of their structure and organization. The result is a lumpy, bumpy dimpling of the skin often occurring in women and usually occurring over the buttocks, hips and thighs. Dermo-

sonic uses a combination of ultrasound and non-invasive, sub-dermal technology to get rid of fat deposits. Sessions are comfortable. Dermosonic provides an experience comparable to a massage. Dermosonic does not utilize vigorous suction or rolling which can lead to painful bruising. Each treatment takes one hour. All natural way, to combat cellulite and help to lose inches from the waist and abs. The Dermosonic head is used to rub across the surface of the body to melt the fat.

*Suggested Use:* 2-3 days per week **Price: \$120.00 (4 sessions) or \$240 (10 sessions)**



**holistic health and fitness guide**

for more information visit the natural health center in carencro (896-4141) or the dharma wellness center in sunset (347-4141)

[ADVERTISEMENT]

# calendarofevents

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

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## WEDNESDAY SEPTEMBER 11

**Patriotic Day Ceremony** – 6pm-8pm. The community honors patriots who serve our country with a flag ceremony and patriotic music. Boulogny Plaza, 102 West Main St, New Iberia. 337-344-9397.

## THURSDAY SEPTEMBER 12

**MDA Executive Lock-Up** – 11-3pm. Chief Executives, Presidents and other area leaders go behind bars to support MDA. Accused of having big hearts and being heavily armed with kindness, the jailbirds volunteer to participate in order to raise bail by encouraging friends, family, co-workers and business contacts to make contributions. Proceeds benefit families in the Acadiana area. Each MDA jailbird's bail is set at \$2,500. Agave Mexican Grill, 200 E Vermillion St, Lafayette. 337-234-0088.

## FRIDAY SEPTEMBER 13

**Lydia Cajun Food Fest** – 5pm-11:30pm. Survivor walk and poker run feature an all-day fais-do-do, food court with over 40 food vendors, crafts, carnival rides, face painting with fun for everyone. Weeks Park, 4412 Weeks Park Rd, Lydia. 337-367-1192.

## SATURDAY SEPTEMBER 14

**Plantfest 2013** – 8am-4pm. Community nature enthusiasts celebrate plants and nature, with booths of plants, produce, food, art and crafts. Art show, live music and informational talks by LSU Ag specialists. \$5. Horse Farm, 2913 Johnston St, Lafayette. 504-296-2400.

**SugaSheaux** – 9am-6pm. Checkout riders from around the region at this rodeo event. Concessions available. SugArena Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

**S.T.R.E.N.T.H. Alumni 8th Annual Recovery Family Fun Day** – 10am-3pm. Annual drug court program event is a time for recovering alcoholics and addicts to bond with each other, their families, meet newcomers and offer assistance in their recovery. Families enjoy fun jumps, face painting, door prizes, music and food. Heymann Park, 1500 S Orange St, Lafayette. 337-593-4778.

**Lydia Cajun Food Fest** – 5pm-11:30pm. See Sept 13 listing. Weeks Park, 4412 Weeks Park Rd, Lydia. 337-367-1192.

## MONDAY SEPTEMBER 16

**Southern Circuit: Pride and Joy** – 6:30-9:30pm.

The Vermilionville Living History Museum and Folk life Park in conjunction with the South Arts Southern Circuit of Independent Filmmakers will be screening *Pride & Joy: A Southern Foodways Alliance Film*, with filmmaker Joe York. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

## TUESDAY SEPTEMBER 17

**James Brown: Get on the Good Foot, A Celebration In Dance** – 7:30pm. An evening-long dance performance showcases the stylistic and cultural influence of James Brown, the Godfather of Soul. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-237-2787.

## THURSDAY SEPTEMBER 19

**Intention Bags** – 6:30-8:30pm. Carry a prayer or good intention all the time. Lafayette's Cheré Coen, author of *Magic's in the Bag*, shows you how to create an intention bag or sachet using specific herbs for specific intentions, such as good fortune, love and prosperity. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

**An Evening with Edwin Edwards** – 7-9pm. Backstage reception begins at 5:30pm. Edwards will recite interesting and humorous tales of his lifelong political career. Fundraiser for the Iberia Preservation Alliance "New Iberia Beneath the Balconies." Tickets available at several New Iberia businesses; \$35/reserved seating, \$70/reserved seating and the backstage reception-wine and hors d'oeuvres. Sugar Cane Festival Building, 600 Parkview Dr, New Iberia. 337-658-9746.

## SATURDAY SEPTEMBER 21

**2nd Annual Health & Fitness Expo** – 9am-1pm. Participate in building awareness of healthy living among school aged children, adults and senior citizens through screenings and demonstrations. Giraud Park Recreation Center, 500 Giraud Park Dr, Lafayette. 337-234-3272 ext 245.

**Cajun French Music Festival** – 9am-5pm. Enjoy Cajun bands, dancing, food, refreshments, raffle and door prizes. Cyr Gates Community Center, 300 Parkview Dr, New Iberia. 337-364-7975.

**POW-MIA Day Ceremony** – 6-8pm. A flag ceremony and patriotic music are part of this celebration honoring the sacrifice made by prisoners of war and soldiers who remain missing in action. Boulogny Plaza, 102 West Main St, New Iberia. 337-344-9397.

## SUNDAY SEPTEMBER 22

**3rd Annual Backpacker Bushwhacker Adventure Race** – 8:30am. Adventure includes 5-9 miles of running, 11-18 miles of mountain biking, 5-8 miles of paddling, zip lines and a ropes course. Learn some really cool special tests along the way. \$85. The Backpacker, 1916 Kaliste Saloom Rd, Lafayette. 337-406-8754.

## WEDNESDAY SEPTEMBER 25

**Louisiana Sugar Cane Festival** – thru Sept 29. 5-11pm. Celebrate the 72nd festival with parades, pageantry, fais-do-do, cooking and artistry competition and 4-H exhibit. Events throughout, New Iberia. 337-369-9323. HiSugar.org.

**South Louisiana Dancehalls** – 6-8pm. Documentary film that seeks to capture the essence of a unique staple of Louisiana culture, the Cajun and Creole dancehalls of the past and present. It is the most recent film by John Sharp, winner of the 2012 Louisiana Entertainment Filmmaker Award. Jeanerette Sugar Museum, 500 East Main St, Jeanerette. 337-276-4408.

## THURSDAY SEPTEMBER 26

**Rhythms on the River** – 5:30-8:30pm. Join friends and family in the town square for live music, fun and refreshments. No ice chests or pets allowed. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-216-6566.

## FRIDAY SEPTEMBER 27

**Janie Walters at Her Best** – 9:30am-2:30pm. Walters, a communications specialist, is a leader in humorous presentations that challenge people to strive for the best in life and encourage people to offer their best back to life. Hopsice of Acadiana, 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

**4th Annual Racquets for Hope** – thru Sept 28. 6-9pm. Two-part event includes Friday mixer and all day tournament on Saturday. Silent auction, food, drinks and entertainment. Fundraiser benefits Autism Society of Acadiana. City Club, 221 Elysian Ave, Lafayette. 337-235-4425.

## SATURDAY SEPTEMBER 28

**1st Annual St Landry Abilities Walk and Family Fun Day** – 8:30am-12pm. One-mile walk includes a morning of fun for the entire community with great food, music and children's activities. Veterans Memorial Park, Port Barre. 337-351-1332.

**Free To Breathe Lafayette 5k Run/Walk** – 9:15am. 5K-run/walk fundraiser will raise awareness and help fund vital research programs to double lung cancer survival by 2022. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-654-0750.

**4th Annual Jambalaya Cook Off** – 10am-4pm. Enjoy Live music, great food, face painting and a lots of fun for the whole family. Funds benefit the Chamber of Commerce. Veterans' Park, 200 Block Berard St, Breaux Bridge. 337-332-5406.

**4th Annual Racquets for Hope** – 6pm-9pm. See Sept 27 listing. City Club, 221 Elysian Ave, Lafayette. 337-235-4425.



**Our Lady of Assumption Annual Church Fair** – 6-10pm. Enjoy music, games, 5k walk, gumbo, barbeque and a safe family environment. Our Lady of Assumption Catholic Church, 410 N Michaud St, Carencro. 337-896-8304.

**Sugar Jam Concert Series** – 6-9pm. GTO & D Street Brass will keep everyone dancing with old school soul, rhythm and blues. Entertain the kids with an on-site fun jump. Sugar Mill Pond, 101 Waterview Rd, Youngsville. 337-856-2323.

## SUNDAY SEPTEMBER 29


**Rainbeau Festival** – 8am-4pm. Begin the day with “Chasing the Rainbeau 5K Walk/Run.” Then enjoy the family fun day to include a gumbo cook-off, silent auction, plant booth, games, concessions and sweet shop. St Ignatius School, 180 Church St, Grand Coteau. 337-662-3325.

**Color of Healing Modality** – 1-3pm. Harness the energies of light and colors of the spectrum. Harmonize with your natural rhythms and energies and become more balanced. Learn the history of color and techniques to help create healing for your body, mind and spirit. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

**The Color Purple** – 3:30pm. An inspiring family saga tells the unforgettable story a women who finds strength to triumph over adversity through love. This love helps to discover her unique voice in the world. Heymann Arts Center, 1373 S College Rd, Lafayette. 337-291-5540.


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# ongoing events

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## sunday

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

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

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

**The Vertical Barre Meditation Group** – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. [TheVerticalBarre.com](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

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

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

## monday

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

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

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

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

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

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

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

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

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

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

## tuesday

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## wednesday

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

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

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



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

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

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

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

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

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

## thursday

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

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

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

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

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

## friday

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

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

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

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

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

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

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

## saturday

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## Believe in the power of prayer.

Faith is the attitude as well as the act of a soul surrendered to God. His Word and His Spirit dwell in that soul.

It is true that faith must exist in some form or another in order to bring forth praying. But in its strongest form and in its greatest results, faith is the fruit of prayer.

It is true that faith increases the ability and efficiency of prayer. It is likewise true that prayer increases the ability and efficiency of faith.

Prayer and faith work, act, and react together.

*Loving Father, I surrender my soul to You. Guide me in Your truth and lead me in the way everlasting. Amen.*



# Naturopathic Doctors

## Natural Medicine

“finding the root cause”



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

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

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

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

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

### **The Basics of Naturopathy**

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

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

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

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

### **Traditional Naturopaths**

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



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

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

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

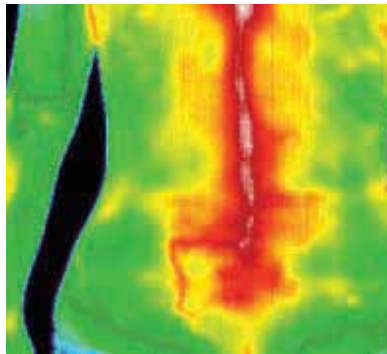
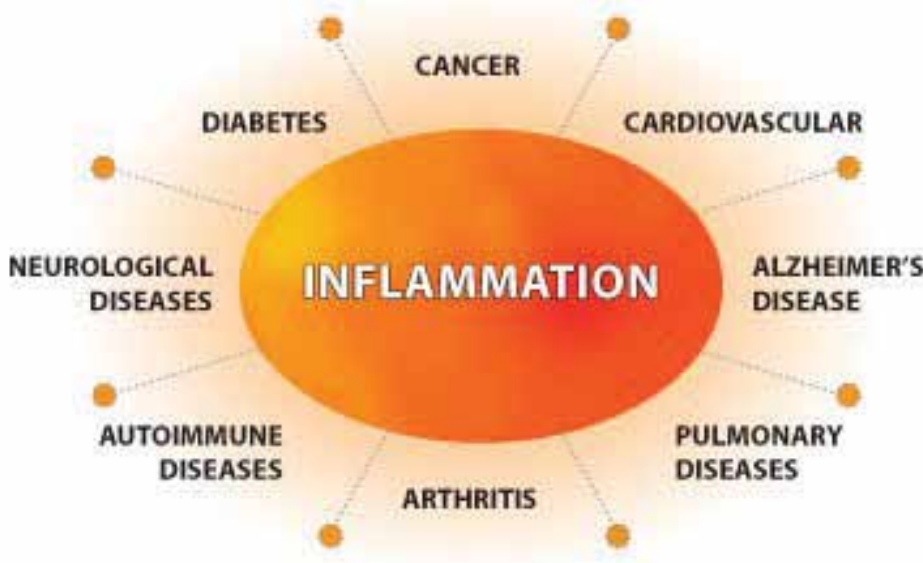
Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine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

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

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



# the natural path



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- 60 Day Dermosonic Cellulite Treatment Plan <sup>\*\*</sup>(reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
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- 8 Ionic Foot Detox Treatments <sup>\*\*</sup>(pulls the fat and waste out of the body)
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- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
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\* Supplements sold separately. Above pricing for services only.

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

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

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