

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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FREE

BACK TO NATURE

Seeking Its Wisdom
for a High-Tech World

Learning from Trees

Why Adversity Is Key
to Our Growth

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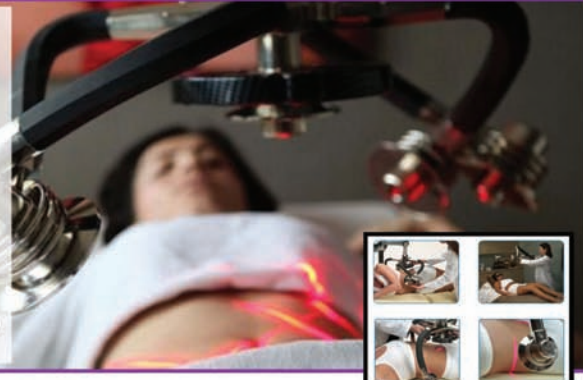
EVERY ISSUE IS
A GREEN ISSUE

April 2015 | Acadiana-Edition | www.NAacdiana.com

Shrink Your Belly

GET RID OF STUBBORN BELLY FAT

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 trim trouble spots - and the fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (six to 12 40-minute sessions, every other day) and costs about \$1,100 to \$1,800.



CALL 896-4141 to set an appointment for a free consultation



\$1,425

\$450 OFF

\$675

9 Treatments (3 weeks)

Zerona Cold Laser Fat Reduction

12 Treatments (4 Weeks): \$850
Offer Ends 5/15/15



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

- ZERO Pain
- ZERO Surgery
- ZERO Downtime

- Reduce stubborn fat from: your tummy, back, hips, thighs, buttocks, love handles
- See a reduction in the appearance of cellulite
- Drop 2 to 7 pant/dress sizes in two weeks



Depression
Anxiety
Can't Focus
Brain Fog



Mood Enhancer can help you.

OUR BEST DEPRESSION SUPPLEMENT FORMULA

Natural Health Center

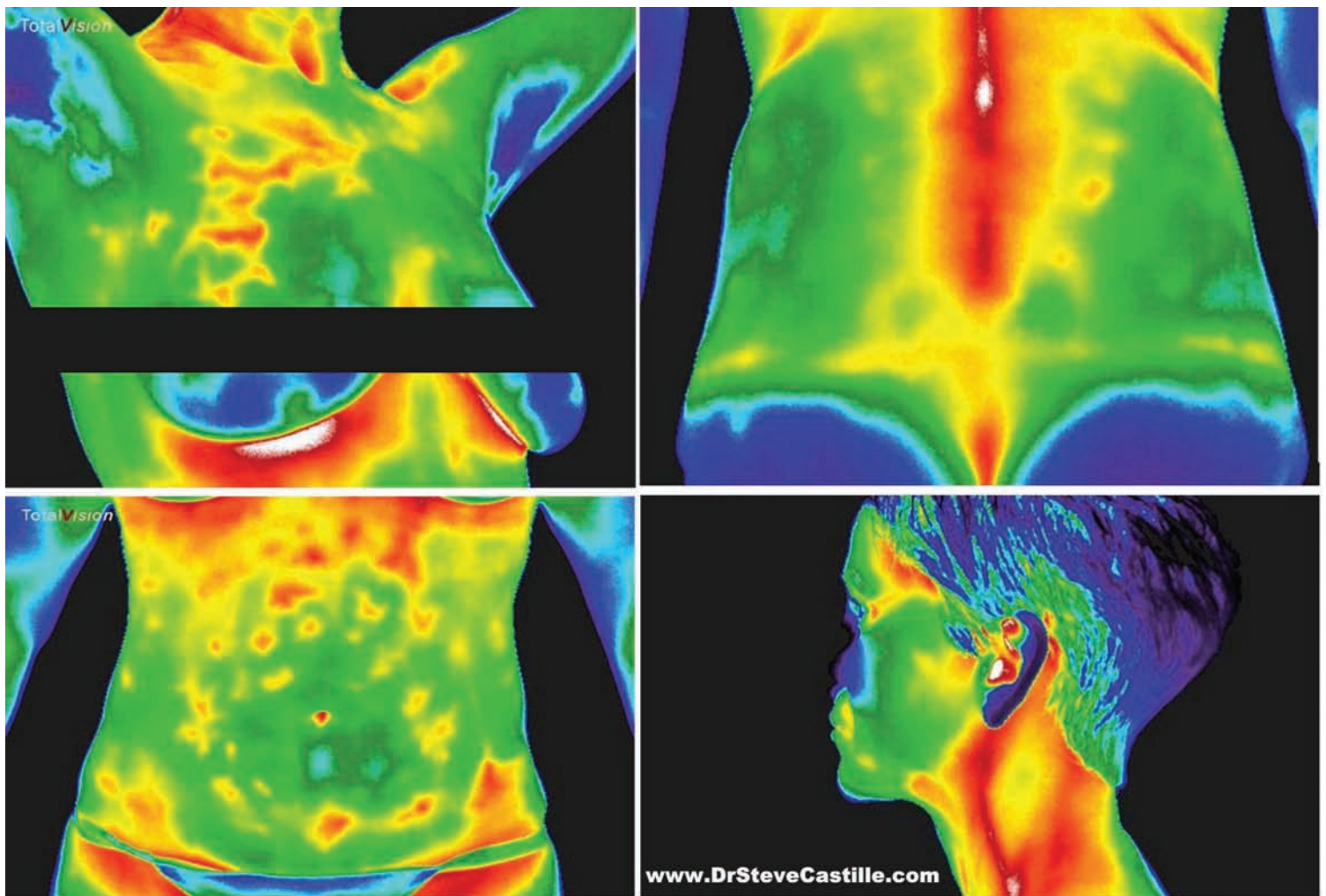
DHARMA Wellness

Drug Emporium

896-4141

662-3120

261-0033



Thermography Detects Inflammation

Find out if you have inflammation

Cancer and Heart Attacks start with inflammation first

Full Body Exam only 30 minutes

Cost is only \$94

Inflammation is the precursor to most major health conditions.

Plaque in coronary artery disease linked to inflammation - scientists from Stanford University, California, linked 25 new genetic regions to coronary artery disease. They found that people with coronary artery disease, the leading cause of death globally, are most likely predisposed to the disease because they have gene variants linked to inflammation.

Source: Medical News Today

Thermography Medical Imaging Exam

Schedule with Carencro Office
(337) 896-4141

Benefits of Waxing

waxing saves you money

Consider the everyday costs of razors—from \$1.00 a blade to \$7.00 a cartridge. On the average, a woman will shave her legs every day with a new razor, costing anywhere from \$30.00 to \$210.00 a month, all depending on what body parts are being waxed and the type of razor being used. At the WAX SPA, the price of a bikini wax service starts at \$17.00 and a full legs, bikini line and underarm wax service package starts at \$77.00. This will save you time and money.

waxing is safer than shaving

For some, just avoiding that daily risk of nicks, cuts, ingrown hair and razor burn that comes with using razors may be enough reason to make the switch from shaving to waxing.

it's longer lasting

At the WAX SPA, our wax gently removes hair from the root, so it takes a longer time for hair to grow back again, anywhere from four to eight weeks, depending on the area of the body and your own hair growth pattern. This means your hair free, smooth skin lasts much longer and you can go for that swim on the beach without having to worry about body hair.

perfect for sensitive skin

Our wax is perfect for sensitive skin. In contrast to other methods of hair removal such as shaving and hair removal creams, other waxing techniques do not cause cuts or harsh chemical odors but may cause burning to the skin and hyper pigmentation. Our wax is ideal for sensitive skin because it is made from all natural ingredients like pine resin and bees wax and is applied at body temperature.

it changes hair drastically

Our wax and waxing method weakens the hair follicle, consequently effecting the re-growth of the hair, making it thinner, sparser, softer and lighter. After repeated waxing service sessions, the skin texture changes dramatically with no stubble, shadow or bumps.

it exfoliates the skin

Have baby soft skin again! The beauty of our wax is that it simultaneously removes your hair and exfoliates your skin by removing dead skin cells; leaving you smooth and rejuvenated.

and it saves you time

One of the major benefits of waxing regularly is the amount of time it ultimately saves. After waxing, hair removal results usually last about four to eight weeks, which means you can take shaving out of your morning routine and put that time to some other use. Not having to deal with hair removal on a daily basis is a relief for many of our customers.



Gently removed & leaves
skin absolutely smooth.

Our wax treatment technicians take the utmost care to protect the health and elasticity of the skin. The wax is applied warm, then removed gently, leaving skin absolutely smooth. This refined waxing and threading technique is comfortable and result-oriented.



Buy 6 Get 2 Free

BODY

ARMS	HALF	30
	FULL	36
BIKINI	LINE	31
	FULL	38
	BRAZILIAN	45
BACK	UPPER	20
	MID	20
	LOWER	15
	FULL	56
CHEST	STRIP	17
	FULL	26
HANDS		12
LEGS	LOWER	34
	UPPPER	36
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STOMACH	STRIP	20
	FULL	30
TOES		12
UNDERARMS		20
SHOULDERS	STRIP	16
	FULL	29

FACE

CHEEKS	12
CHIN	10
EARS	12
EYEBROWS	17
LIP	10
NECK	12
NOSE	12
SIDEBURNS	12
FULL FACE	48



896-4141

Carencro Office

Body Wax Center

ARMS

LEGS

UNDERARMS

BIKINI

FULL FACE

LIP

BACK

EYEBROWS

CHEST

SHOULDERS

publisher's letter



A good friend of ours once said the two most important days of your life are the day you were born and the day that you find your *why*. Right now, you need to look inside and ask yourself a real serious question, "Have I found my *why*?" You were born and you really had no real say over what happened that day. You did not decide to be born. You are here because you are an individual miracle of God, but finding your *why* is up to you and only you. Take a look around. You know when someone has found their *why* in life, because they know exactly where they are going and their ultimate mission.

They are the people who are moving forward even when it is cloudy or cold outside, because what's happening outside does not determine their inside *why*.

Some people will wander a lifetime wondering just what their *why* is. Today, we can say without question that we are where we are supposed to be and we are doing what we are supposed to be doing. We have found our *why*.

This past month we said goodbye and lost a father (Steve's stepdad—John Clifton Babineaux). He was very important in our lives, but we recognize that his journey in life is really just beginning and he now lives an eternal life. Each moment we spend in joy and love will forever empower the human spirit to live on. We believe that in death, another does not judge us, but that you—your conscious—will determine what your eternity will be. We believe that we each understand what our *why* was and it may have been something as simple as fathering or mothering another human spirit that will give glory, honor and praise to God.

Each month, we have the opportunity to touch people's lives where it means the most to them—their health, family and their spiritual growth. As publishers of *Natural Awakenings*, we have seen what words on paper can do to transform the thinking of an individual and a community when it comes to healthy living and maintaining a healthy planet. Our *why* is fulfilled each month our readers celebrate with us the gifts of being spiritually fit, eating healthy or when they experience healing-ways. We thank each of you for joining us in our *why* and ask that you continue to support us while we create an experience that is awakening communities throughout Acadiana.

This month we bring special attention to nature's wisdom—lessons that inspire, heal, and sustain us from nature. We hope that you and your family might take a moment and appreciate the wonders of our world and the miracles that our planet offers us each day. The environmental and social values of you and your family taking simple steps to protect against environmental pollution, conserving clean water, and minimizing your carbon footprint will reach years into the future. Your children and your grandchildren will all have a better world if we all actively take steps to protect our planet.

Read on and share these pages with another. Spread love, peace and forgiveness.



Steve & Michelle

Steve and Michelle Castille, Publishers

Dear God, heal me in body and soul. Strengthen my spiritual and physical weaknesses, and help me find inner strength and peace. - Amen



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advertising & submissions

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

CALENDAR SUBMISSIONS

Email Calendar Events to: 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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Organic Frozen Wheatgrass Juice

Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species *triticum aestivum*) when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



“Cancer can not grow in an alkaline body.”
- Dr. Otto Warburg, **Nobel Peace Prize Winner** for cancer and alkalinity.

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.\$30.00

WheTea

BURNS STOMACH FAT



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.\$20.00



BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

.....\$45.00

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend

can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an

acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

Raspberry Ketone Drops



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). Appetite Control and Fat Loss Formula.\$30.00

Raspberry Ketone Capsules

Raspberry ketone may help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods. The many active compounds found in Raspberry work to promote a healthy metabolism and support fat-burning and appetite control.



.....\$30.00

Wheatgrass Capsules



Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It is a collection of tools that work to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the

brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00

Festival International de Louisiana is Coming to Lafayette

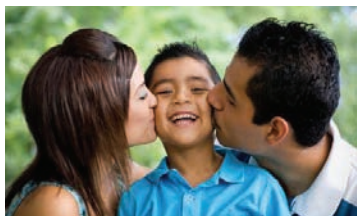


Get prepared for two days of celebrating the French cultural heritage of southern Louisiana—Festival International de Louisiane is coming to Lafayette April 22 through April 26. Festival International de Louisiane is a community-based, non-profit arts organization focused on producing an annual visual and performing arts festival. It has strived to become the premiere international festival notorious for bringing a variety of unique and emerging performers, both young and old, to southwest Louisiana.

The festival welcomes artists from Europe, Africa, Canada, the Caribbean and all over the Americas to share their talents with the community. This dynamic and fun-filled celebration highlights the rich history of the French, African, Caribbean and Hispanic cultures, shedding light on their cultural influences on the unique lifestyles in southwest Louisiana. Boasting as the largest outdoor, free Francophone event in the U.S., the festival places special emphasis on the connections between Acadiana and the Francophone world. It features music, workshops, theater and various forms of performing arts, and is family-oriented, catering to each age group with accommodating attractions.

Location: 444 Jefferson St., Lafayette. For more information, call 337-232-8086 or 337-233-7536.

The Family Tree of Acadiana Offering TransParenting Classes



The Family Tree of Acadiana, a non-profit organization designed with the specific purpose of helping parents build stronger families, is offering TransParenting classes throughout April.

TransParenting class is a one time, four-hour parent seminar designed to teach effective parenting techniques and practices during the transitions of divorce or parental separation. The class emphasizes to parents of the enormous and sometimes critical role they play in their child's ability to adjust to changes surrounding these extreme circumstances, which can sometimes prove to be traumatic in a child's life if not handled properly. The seminar highlights each parent's responsibility to provide a nurturing, non-threatening environment for his or her children. Topics of the TransParenting classes include: feelings associated with divorce, ways that children of different ages react during transition, parenting approaches that benefit your children, suggested ways for talking to children about divorce, and other adjustments children may make. The most unique

component to this program is that it is an educational class and not a counseling session, which means there is time and opportunity for questions and detailed instructional time. For more information on the TransParenting classes or to sign up, visit the website listed below.

Location: Goodwill Building at 2435 West Congress St., Lafayette. For more information or to sign up, visit AcadianaFamilyTree.org.

Daigle's Family Co. Sauce Ranked Among Top 100 in Nation



Daigle's Family Co. is the pride of Acadiana with their award-winning BBQ sauces and marinades. Developed from a secret family recipe, the Daigle's sauces have quickly become a household favorite across the south.

Founded to search out the best BBQ in the land, BBQ SuperStars television, radio and the Internet to provide food critiques, interviews, and cooking shows. Daigle's BBQ sauce ranks number 23, beating out popular national sauces such as Guy Fieri's Bourbon Brown Sugar Sauce, Chef Emeril's BBQ Sauce, and even local favorite Jack Miller's BBQ sauce. The rankings criteria are comprised of total competition's won, total retail sales, teams winning with the sauce, overall reputation, number of places stocked, Internet and retail.

For more information, call 337-298-7897 or visit CajunSweetAndSourSauce.com.

Crawdaddy's Opens New Drive-Thru Location



Crawdaddy's On-Site Catering, a staple in Acadiana for their mouth-watering crawfish, has opened a new drive-thru location. The successful crawfish caterer got their start in Breaux Bridge, the "Crawfish Capital of the World," back in 2003. Since that time, Crawdaddy's has been on the road traveling and offering its signature hot and spicy boiled crawfish and shrimp to anxious taste buds across the south—and even to places way beyond Cajun country.

Crawdaddy's prides itself on providing the biggest and highest quality crawfish around. They specialize in 100 percent Acadiana "rice field" pond-raised crawfish. By sourcing their crawfish direct from farmers, they can ensure a guaranty of premium quality Louisiana mudbugs while at the same time supporting local farmers and producers. Now, people can grab that one of a kind taste on the go. The new drive-thru is a home base location with the added feature of ordering those tasty mudbugs from the convenience of one's own car door. Whether planning a last minute office boil or just grabbing a few pounds on the way home, the Crawdaddy's Drive Thru can have the order ready to go.

Location: In front of the Jockey Lot at 3029 NW Evangeline Thruway, Lafayette. For information, call 337-504-4127 or visit CrawdaddysOnSite.com.



Dr. Steve's **BODY REBOUND**

Science Weight Loss Program

No Exercise Required

Science and Nutrition Combined to Help You Lose the Weight

Lose the weight with Meal Replacement Shakes, B-12, Infrared Sauna - Whole Body Vibration - Zerona Laser Lipo



Six Week Program

3x Weekly with 3 Zerona Treatments

\$340

Ten Week Program

3x Weekly with 6 Zerona Treatments

\$490

Six Month Program

1x Weekly Infrared Sauna and Vibration Only

\$69/mo plus tax

Call to enroll

896-4141

We See It First

Inflammation sparks almost every major disease in the body.

BRAIN

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

SKIN

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

CARDIOVASCULAR

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

KIDNEYS

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

BONES

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

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

BREAST

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

Source: Journal of Clinical Oncology

LIVER

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

THYROID

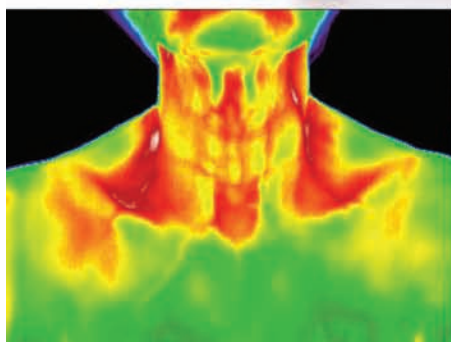
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

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

GI TRACT

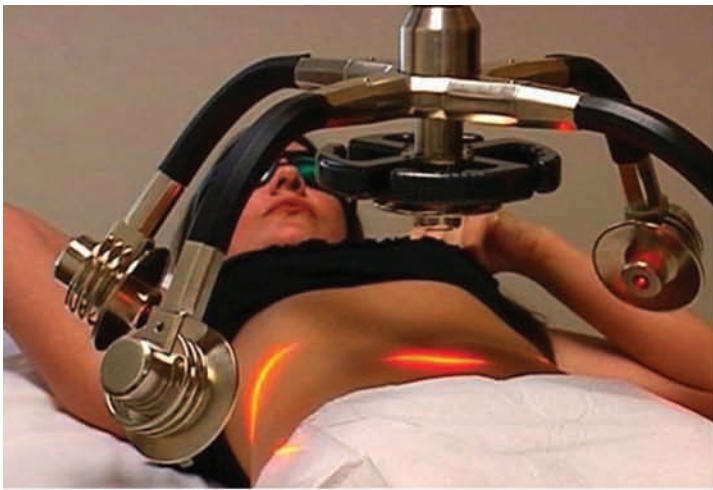
Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron's disease, Celiac disease, AND cancer.



Natural Health Center in Carencro, LA
(337) 896-4141

\$94	Thermography Exam Only
\$124	Thermography and a copy of images
\$154	Thermography, images, and basic labwork
\$274	Thermography, images, full labs, and doctor visit

Thermography detects inflammation



Cold Laser

Weight Loss Treatment

No Exercise Required

Zerona

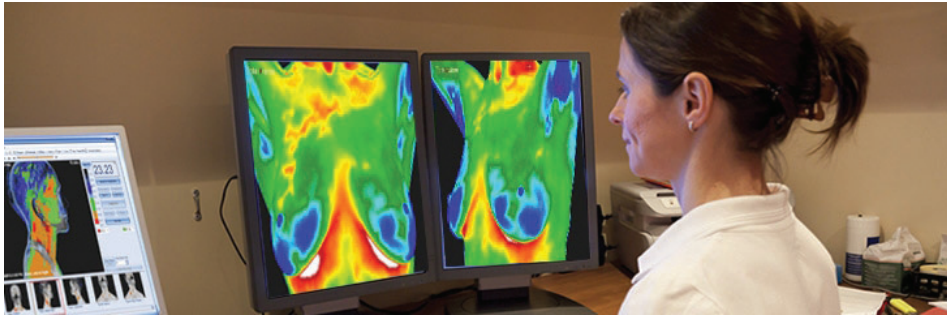
1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

12 Treatments \$850
9 Treatments \$675

Carencro Office: (337) 896-4141

What Does Your Thermography Image Mean?

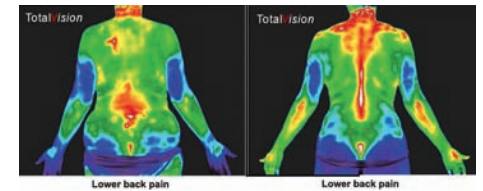
by Dr. Steven T. Castille



cancer gets large enough to be noticed as a lump in a breast exam. It is estimated that thermography can detect cancer formation roughly 10 years before mammography can identify a tumor.

Lower Back Pain

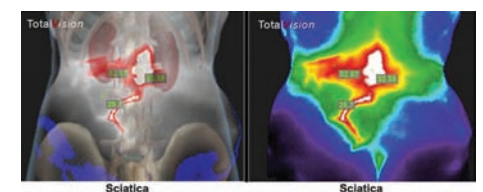
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



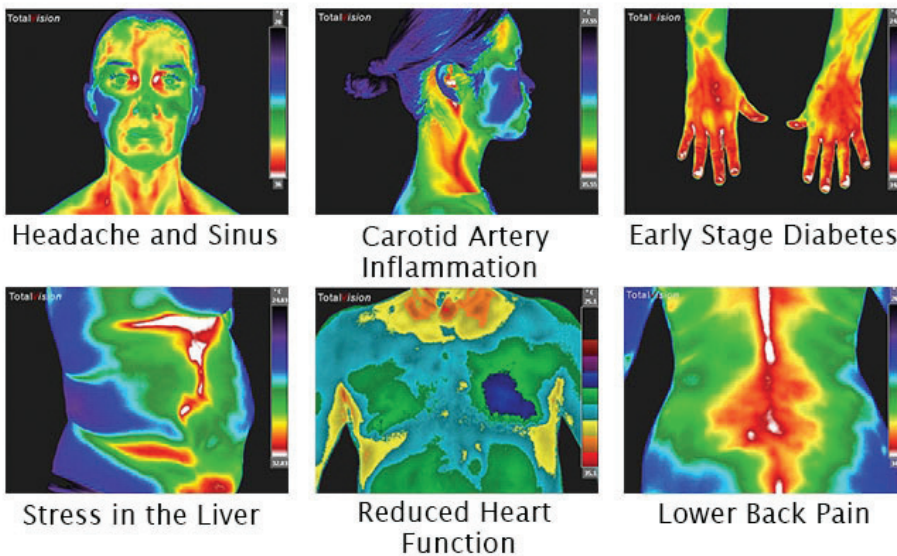
indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These areas are a major source of radicular pain, especially into the hips, thighs and legs. Often the patient will report intense pain in the hip or leg, either bilateral or unilateral, and there will be no thermal indication in the hip or leg images, but the hyperthermia in the lower back will be the source. Many lower back thermograms will reveal significant thermal indications at the L-3 L-4 region, with varying degrees of associated muscular inflammation, as this is typically a very weak spot in the spine.

Sciatica

Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be



worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or

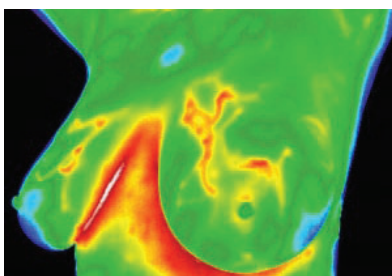


Thermography is a scanning device that measures your body surface temperature and presents the information as a digitized image. This tool makes a digital map of your body and very accurately illustrates heat patterns. These patterns may detect some abnormal conditions such as cancer cell growth or active infection.

Mammograms look for anatomical changes in the breast such as masses or lumps. Thermograms analyze the vascular changes in the breast. Increased blood into certain regions of the body increases the heat of that region. Areas of inflammation, cancer cell formation and active infection have elevated circulation. Thermal imaging has a great ability to detect subtle physiological changes that accompany pathology.

Thermal Asymmetry Indicates Problems

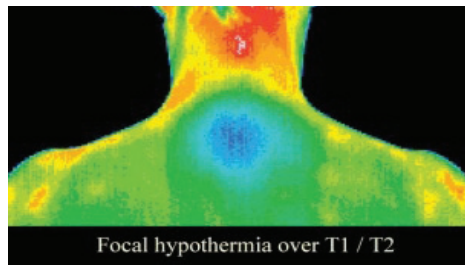
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer cells and healthy cells. This results in increased formation of blood cells around these active cancer cells. Thermography picks up this abnormal blood supply well before the



tingling (“pins and needles”) sensation down your leg, possibly even in your toes. Less common symptoms might include the inability to bend your knee or move your foot and toes. These scans show sciatic nerve inflammation.

Autoimmune Dysfunction

Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune



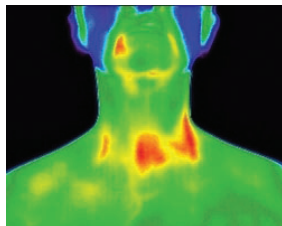
Focal hypothermia over T1 / T2

function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Con-

versely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.

Thyroid Dysfunction

Thermography can easily detect thyroid dysfunction even when all of the thyroid levels are within normal levels in



the patient’s blood work. Thermography can also validate the appropriate levels of thyroid

supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

Thermography can assist in the diagnosis, evaluation, monitoring and documentation of a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. Thermography is unique in that it is a test of physiology and function and can offer considerable financial savings by eliminating the need for additional expensive and invasive diagnostic testing.

Call 896-4141 for more information.

Disclaimer: Thermography Medical Imaging of Acadiana is not a treatment or diagnosing center. The reports and imaging provided is for general information and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment. Thermography is an adjunctive procedure to Mammography.

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Chemotherapy May Be More Effective in Treating Cancer if the Body is More Alkaline

The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?

"The effectiveness of chemotherapeutic agents is markedly influenced by pH. Numerous agents such as epirubicin and adriamycin require an alkaline media to be more effective. Others, such as cisplatin, mitomycin C, and thiotepa, are more cytotoxic in an acid media. Cell death correlates with acidosis and intracellular pH shifts higher (more alkaline) after chemotherapy may reflect response to chemotherapy. It has been suggested that inducing metabolic alkalosis may be useful in enhancing some treatment regimes. Extracellular alkalinization by using alkaline water and foods may result in improvements in therapeutic effectiveness. "

SOURCE:

www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/

US National Library of Medicine
National Institutes of Health

PMCID: PMC3195546

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

Page 77

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

23 Thermography Health Benefits

Why Have a Thermography Exam?
Well, Here Are 23 Reasons Why!

1. Can detect inflammation in blood vessels or arteries months before a blockage might occur.
2. Can detect inflammation in breast tissue months before an actual tumor might form.
3. Is used to detect breast cancer 8-10 years before a traditional mammogram.
4. Thermography offers a first glance at developing conditions, long before the much later stage detection of conventional imaging.
5. Thermography is non-invasive and requires no touching or compression of the breast.
6. Uses no radiation and poses no health risk.
7. Used to monitor you health and healing from sickness and disease.
8. Can detect heat from increased blood flow that could be associated with tumor growth.
9. Has been used to detect changes in body temperature from bacterial and viral infections.
10. Has been used to detect thyroid diseases.
11. Has been used to detect female hormone imbalance.
12. Can detect damage to muscles and tendons.
13. Can detect nerve dysfunction.
14. Has been used to detect organ dysfunction.
15. Thermography offers early warning for vascular diseases like stroke, congestive heart failure, and heart attacks that are worsened by inflammation.
16. Monitors your progress of healing without the use of invasive and harmful radiation.
17. A mammogram uses radiation to detect the internal anatomical structure of the breast. Thermography detects the infrared emitted from the body surface to measure the physiological changes occurring within the breasts. Thermography has the advantage of detecting physiological changes which may be associated with future cancer growth up to ten years earlier than what can be detected with a mammogram.
18. Detects lymphatic congestion.
19. Detects abdominal inflammation.
20. Useful in detecting inflammatory disorders like fibromyalgia and diabetes.
21. Thermography emits no radiation. Rather, it picks up infrared emission from the surface of the skin and displays detailed temperature patterns. Areas of hyperthermia are reflective of increased microcirculation and hypermetabolic states in the underlying tissue.
22. Abnormally increased bloodflow in a specific area usually signifies inflammation, and breast tumors typically emerge in areas of inflammation. Thermography detects "fertile soil for tumor development".
23. According to Neil Hirschenbreim, MD, an internist who has been using thermography for many years, "The most powerful argument for thermography is that with thermography, you are looking at physiology, whereas with mammography and MRIs, you are looking at anatomy. And physiology almost always changes before anatomy changes. So this is extremely helpful for prevention."

Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool for breast cancer,



may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called "low-energy X-rays" used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.

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

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

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

Wheatgrass Your #1 SuperFOOD

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

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

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

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

What is Wheatgrass Juice?

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

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

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

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

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

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

Wheatgrass Benefits for Cancer

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

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

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

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

ADVERTISEMENT



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

Wheatgrass Juice Facts

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

Nutritional Value of Wheatgrass Juice

(Per 100 gm)

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

Why Must Wheatgrass Juice Be Drunk Fresh?

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

How Much Wheatgrass Do I Need?

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

100 grams of wheatgrass contain:

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

Is Wheatgrass a Food?

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

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

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

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Smoothie Factory

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CARENCRO

Natural Health Center

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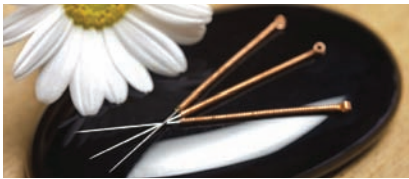
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Acupuncture Increases Quality of Life for Allergy Sufferers



Research from Berlin's Charité University Medical Center suggests that acupuncture is an effective treatment for patients with seasonal allergic rhinitis. Published in the *Annals of Allergy, Asthma and Immunology*, in 2013, the study analyzed data on the

costs and quality of life of 364 allergy patients that had been randomly assigned to receive one of three treatments: rescue medication alone (taken when symptoms are greatest); acupuncture treatment plus rescue medication; or sham (non-therapeutic) acupuncture plus rescue medication. Patients receiving acupuncture incurred higher total treatment costs, but also gained significantly more quality of life compared with the rescue medication-only groups.

Strawberries Reduce Blood Pressure



A study published in the *World Journal of Diabetes* concluded that the regular consumption of a flavonoid-rich strawberry beverage reduces blood pressure in people with Type 2 diabetes. The study divided 36 subjects, all with moderately high blood pressure and Type 2 diabetes, into two groups—the first drank the equivalent of one serving of fresh strawberries per day made from freeze-dried berries, and the other group drank the same amount of an imitation strawberry-flavored drink over a six-week period. Blood pressure was tested at the beginning and end of the study for all participants.

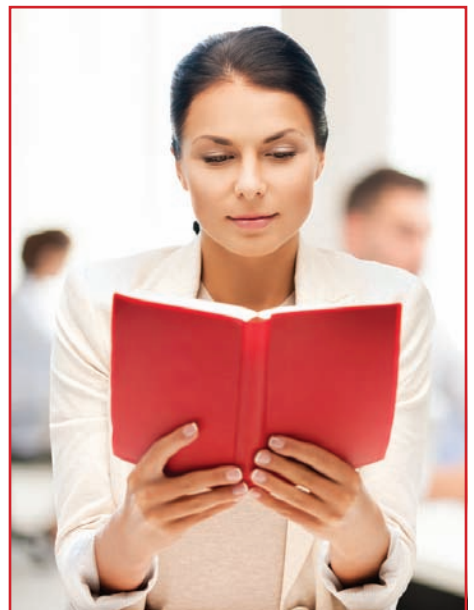
At the end, the group drinking the real strawberry beverage registered significantly lower diastolic blood pressure than at the outset; it was also lower than the imitation strawberry group. The average diastolic blood pressure of the group drinking real strawberries went down by 6.5 percent and the systolic dropped by 12 percent. The strawberry-flavored group's systolic blood pressure was also reduced, but only by 3.7 percent.



THE COLOR GREEN MAKES EXERCISE FEEL EASIER

Research from the University of Essex, in England, suggests that viewing natural green images while exercising may be better than being exposed to other colors. The researchers tested 14 people doing moderate-intensity cycling while watching video footage of predominantly gray, red or green imagery. Each of the participants underwent three cycling tests—one with each of the videos—along with a battery of physiological and mood testing.

The researchers found that when the subjects watched the green-colored video, they had better moods, with a lower relative perception of exertion than when they exercised while watching the red and grey videos. They also found those that exercised while watching the red video experienced greater feelings of anger during their exercise.



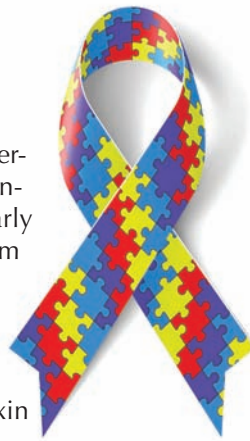
Memory Works Better Reading Real Books

Researchers from Norway's Stavanger University and France's Aix-Marseille Université found that readers remember a story better if it's on paper. The study tested 50 people that read the same 28-page short story. Half of the group read the paper version and the other half read the story on a Kindle e-reader. The researchers discovered that readers of the digital version could not remember details from the story or reconstruct the plot as well as the group that read the paper copy.

The researchers found that the feedback of a Kindle doesn't provide the same support for mental reconstruction of a story as a print pocket book does. "When you read on paper, you can sense with your fingers a pile of pages on the left growing, and shrinking on the right," explains Stavanger University's Anne Mangen, Ph.D.

These findings confirm a study performed a year earlier, also led by Mangen. Seventy-two 10th-graders were given text to read either on paper or on a computer screen. The students that read the paper text versions scored significantly higher in reading comprehension testing than those reading digital versions.

Local Toxins Increase Risk of Autism



Confirming previous findings, a large study from the University of Chicago has found that autism is linked to toxic environmental exposure. The research examined data from nearly a third of the U.S. population, which showed that both autism spectrum disorders and intellectual disabilities increased as exposure increased in region-by-region testing.

The research measured clusters of autism incidence together with exposure rates in different counties and states across the country. The areas with greater environmental toxin exposures had significantly increased autism rates. The correlation was significant among both boys and girls, but stronger among girls. Proximity to urban areas also increased autism incidence. For every 1 percent increase in urbanization, there was about a 3 percent rise in autism and intellectual disabilities. Influential toxins include pesticides, plasticizers, lead and pharmaceuticals.



Olive Oil Boosts Healthy Cholesterol

In an effort to understand what makes olive oil so good for heart health, a study from Europe's Cardiovascular Risk and Nutrition Research Group and the U.S. National Institutes of Health has found that olive oil's polyphenols significantly increase the size of high-density lipoprotein-cholesterol (HDL) in the blood and enhance the HDL's ability to inhibit formation of the abnormal fatty deposits, known as plaque, within the walls of arteries. Polyphenols are natural compounds from plants known to help prevent

cancer and heart disease.

In the three-week study, researchers isolated the effect of polyphenols by dividing 47 healthy European men into two groups: one ate a diet containing polyphenol-poor olive oil and the other consumed polyphenol-rich olive oil. The enriched diet resulted in increased size, fluidity and stability (resistance to oxidation) of the HDL molecules by reducing their triglyceride core. The researchers note that the oxidation of cholesterol lipids such as low-density lipoprotein (LDL) is linked with arteriosclerosis.

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



Vanishing Wildlife

50 Percent Gone in Under 50 years

The latest World Wildlife Fund (WWF) *Living Planet Report* shows that the Living Planet Index (LPI), which measures more than 10,000 representative populations of mammals, birds, reptiles, amphibians and fish, has declined by 52 percent since 1970. The report is widely considered the leading science-based analysis on the

health of our planet and the impact of human activity (Tinyurl.com/WWF-Living-Planet-Report).

In fewer than two human generations, populations of vertebrate species—the life forms that constitute the fabric of life-sustaining ecosystems and serve as a barometer of how humans are impacting nature—have dropped by half. Nature conservation and sustainable development go hand-in-hand; it's not only about preserving biodiversity and wild places, but about safeguarding the future of humanity.

Living Planet Report partners include the Zoological Society of London, Global Footprint Network and Water Footprint Network. Marco Lambertini, director general of WWF International, states, "We need leadership for change. Sitting on the bench waiting for someone else to make the first move, doesn't work. Heads of state need to start thinking globally; businesses and consumers need to stop behaving as if we live in a limitless world."

Thriving Eco-Towns

Malaysian Villages Model Sustainability

Innovations being successfully pioneered in Malaysia offer ideas for improving the world, according to the UN Sustainable Development Solutions Network (SDSN), including the construction of high-tech, self-sustaining ecological "smart" villages.

These villages are lifting incomes for scores of rural families while promoting environmental sustainability. Each 50-acre community consists of about 100 affordable homes, advanced educational, training and recreational facilities and an integrated, sustainable farm system that provides villagers with food and employment that on average, triples their monthly income.

Low-cost, 1,000-square-foot homes are built in 10 days and the communal farming operations include a cascading series of fish tanks, or "aquafarms". Filtered fish tank wastewater irrigates trees, grain fields and high-value plants grown in "autopots", a three-piece container with a valve that detects soil moisture levels and releases water as required, reducing the need for fertilizers and pesticides. Free-range chickens feed on the fast-reproducing worms that process the plant compost.

This system optimizes nutrient absorption, minimizes waste and enables crops to be grown on previously non-arable land. The village's solar-generated power is complemented by biomass energy and mini-hydro electricity. A community hall, resource center, places of worship, playgrounds and educational facilities equipped with 4G Internet service support e-learning and e-health services.



Corporate Do-Gooders

U.S. Recognizes Companies for Earth-Sound Policies

Each year, the U.S. Department of State presents Awards for Corporate Excellence recognizing U.S.-owned businesses that play vital roles worldwide as good corporate citizens. Parameters include supporting sustainable development, respect for human and labor rights, environmental protection, open markets, transparency and other democratic values.

The 2014 winners, announced last December, include the EcoPlanet Bamboo Group, in Nicaragua, for fostering sustainable development by regenerating degraded pasturelands. The company dedicates 20 percent of its plantations as natural habitat that protects biodiversity by prohibiting illegal hunting. EcoPlanet also focuses on employing persons with disabilities and empowering women through recruitment to managerial positions.

Wagner Asia Equipment, LLC, in Mongolia, a heavy equipment dealership, is recognized for its commitment to public/private partnerships with Mongolia's local and national governments designed to protect the environment. Initiatives include planting more than 900 trees, conducting workshops for students on environment and ecology, implementing a project to build a community garden and rehabilitating a toxic waste site.

Other finalists include the Coca-Cola Company, in the Philippines; Chevron Corporation, in Burma; ContourGlobal, in Togo; General Electric, in South Africa, General Electric International, in Tunisia; GlassPoint Solar, in Oman; and the Linden Centre, in China.

For more information on finalists, visit Tinyurl.com/ACE2014Finalists.

Soil Salvation

Organic Farming May Counteract Greenhouse Effect



The nonprofit Rodale Institute, the United Nations and the Soil Association are reporting that modern, chemical-intensive industrial farming is stripping the soil's natural ability to take carbon back out of the atmosphere through photosynthesis and store it in the soil. Rodale researchers say that by returning to small-scale organic farming, more than 40 percent of annual greenhouse gas emissions could be captured in the soil, and if the entire world's pasture and rangelands were managed using regenerative techniques, an additional 71 percent of those emissions could be sequestered.

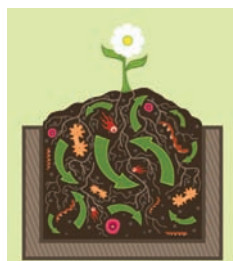
Further, organic practices could counteract the world's yearly carbon dioxide output while producing the same amount of food as conventional farming. Rodale claims that using regenerative organic agriculture—like low or no-tillage, cover crops and crop rotation—will keep photosynthesized carbon dioxide in the soil, instead of returning it to the atmosphere. The institute cites 75 studies from peer-reviewed journals, including its own 33-year Farming Systems Trial, which directly compare organic farming with conventional farming.

Source: OrganicConsumers.org

Curbside Composting

No Food Scraps Need Go to Waste

People in the United States waste more than a third of all of the food they produce, but more than 180 cities and towns are beginning to realize that wasted food can be valuable; they are asking residents to separate unwanted food from the rest of their trash and put it in a curbside compost bin. The idea is to stop sending food waste to the landfill, where it generates harmful methane gas pollution, and start turning it into something useful, like compost.



In 2011, Portland, Oregon, launched a curbside compost program in which residents are encouraged to put food scraps into the city's green yard waste bin. Since then, the amount of garbage sent to the landfill has decreased by 37 percent. According to Bruce Walker, the city's solid waste and recycling program manager, the program also reduces the environmental footprint of the trash heap.

Getting people to separate their food waste, however, can be difficult. To motivate its residents to put more food waste in the compost bin, the city of Seattle, Washington, has proposed both making curbside composting mandatory and fining residents a dollar every time they put a disproportionate volume of food waste in their trash.

Source: NetNebraska.org



Buzzing Buddies

'Flying Doctor' Bees Prevent Cherry Disease

University of Adelaide researchers are introducing a "flying doctor" method of employing bees as preventive medicine. Project leader and bee researcher Katja Hogendoorn, Ph.D., says, "All commercial cherry growers spray during flowering to control the later development of cherry brown rot. Instead of spraying fungicide, we're using bees to deliver a biological control agent right to the flowers, where it's needed." The innovative delivery works via entomovectoring.

This is a new technique for Australia, with potential application in many horticultural industries. The biological control agent contains spores of a parasitic fungus that prevents another fungus that causes the brown rot from colonizing the flower. Future applications of the small, winged medics are expected to become available for disease control in almonds, grapes, strawberries, raspberries, apples, pears and stone fruit.

Source: Adelaide.edu.au

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One day guest passes include a vitamin test and/or body composition and pH test. You will meet with a health coach to first determine what your guest pass should include based on your wellness needs. A free box of wheatgrass or pH 9.5 drops is included with each guest pass visit. We do not serve customers who are rude, disrespectful, or unkind. Guest Pass Visits will only be honored with a SCHEDULED APPOINTMENT (NO WALKINS). Our free one day guest passes end when our schedule no longer permits.

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Disease

Can not live in an alkaline body

Get rid of the acid in your body



Use pH 9.5 Alkaline Drops to reduce acid

ecotip

Sustainable Shopping Tips Smart Choices Help our Home Planet

The buy local movement and popularity of local farmers' markets continue to grow, but we can do even better when it comes to sustainable shopping. A recent *Greendex.com* survey on environmental impacts of consumer behaviors in 18 countries reports that more Americans are eating local and organic foods and say they're going to consume less meat and bottled water. Nevertheless, we continue to eat the most processed and packaged foods and the fewest fruits and vegetables of all the countries surveyed. Evidently, we need to literally put our money where our mouths are.



The *Greendex* survey cites several basic ways to make our diets more sustainable. These include eating more vegetables and less beef and lamb (recognizing the greater environmental impact of raising animals); participating and supporting community supported agriculture and fishery initiatives; economizing meal planning; and storing food properly in the refrigerator to maximize space and freshness periods.

When grocery shopping, peruse the perimeter aisles first, where whole foods are stocked, instead of the interior shelves, which typically comprise processed foods according to *MotherEarthLiving.com*.

More cooperation between the public and private sectors and individual involvement can also increase sustainability in communities around the world. Rachael Durrant, Ph.D., a research fellow with the UK-based Sustainable Lifestyles Research Group, cites in a recent paper the need for improved understanding of the key roles that civil society organizations play within processes of large-scale social change and warned that many communities are vulnerable to grave environmental and social risks.

Durrant lauds "greener, fairer and healthier practices, such as community gardening or cookery classes," plus "those that change the rules of the game through campaigns or lobbying to coordinate and facilitate activities of other groups." Supporting food and farming management that's independent, cooperative and welcomes volunteers, for example, is highly beneficial.

To keep ants out of the house, find where the ants are entering the house and sprinkle a "barrier" of cinnamon or any type of ground pepper to block their way. The spices are too hot for the ants to cross. Cucumber peels have the same effect.

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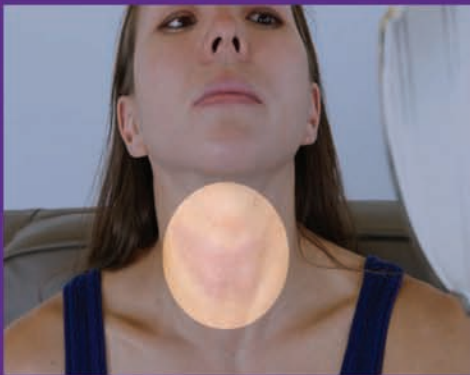
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Nature's Wisdom

Its Lessons Inspire, Heal and Sustain Us

by Christine MacDonald



The environment is not separate from ourselves;

we are inside it and it is inside us;

we make it and it makes us.

~ Davi Kopenawa Yanomami, Amazon shaman

While the idea that we humans stand apart from—or even above—nature is a prevailing theme in much of modern civilization, naturalists and other clever souls throughout the ages have observed that the opposite is true: We are part of, depend on and evolve with nature—and we ignore this vital connection at our peril.

“If one way is better than another, that you may be sure is nature’s way,” admonished the Greek philosopher Aristotle, in the third century B.C.E.

“Time destroys the speculation of men, but it confirms the judgment of nature,” Roman politician and philosopher Cicero ruminated two centuries later.

Nobel Prize-winning physicist and philosopher Albert Einstein remarked, “Look deep into nature, and then you will understand everything better.”

Today, more of us are looking to nature for ways to improve physical, mental and emotional health, develop intelligence, innovate, overhaul how we

build homes and neighborhoods, and raise our children.

Healthful Nature

As Henry David Thoreau wrote in his classic 1854 book *Walden*, “We need the tonic of wildness.”

While we know firsthand how walking in the woods can elevate mood, scientists have documented that a regular dose of nature has other far-reaching benefits. It can lower stress hormone levels, blood pressure and undesirable cholesterol; help heal neurological problems; hasten fuller recovery from surgery and heart attacks; increase cancer-fighting white blood cells; and generally aid overall health (*Health Promotion International* research report; also Nippon Medical School study, Tokyo).

Regular playtime outdoors helps children cope with hyperactivity and attention deficit disorders, according to research published in *Current Problems in Pediatric and Adolescent Health Care*.

Exposure to nature can help adults

escape from today’s wired lives; reinvigorate, be fitter and less likely to suffer from obesity, diabetes and heart disease, as reported in studies published in the *American Journal of Clinical Nutrition* and a University of Washington research summary. It can also unlock understanding of the spiritual essence of life.

Hours regularly spent by youth outdoors stimulate imagination and creativity and enhance cognitive development, helping them learn. Nature also helps youngsters develop social awareness, helping them better navigate human relations (Tinyurl.com/OutdoorHealthBenefitsResearch).

“It’s strange and kind of sad that we are so removed from nature that we actually have to ask why nature is good for us,” says Dr. Eva Selhub, a lecturer at Harvard Medical School, author of the new book *Your Health Destiny*, and co-author of *Your Brain on Nature*. “The fact is our brains and bodies are wired in concert with nature.”

Recognition of nature’s positive effects has grown so much in recent years that physicians increasingly write their patients “prescriptions” to go hiking in the woods, counting on the healthy exercise and exposure to sunlight, nature and soothing views to address health problems stemming from poor diets and sedentary lifestyles. Healthcare clinics and hospitals in Washington, D.C., New York City, Chicago, Indianapolis, Albuquerque, New Mexico, California’s Bay Area and elsewhere have launched Prescription Trails programs aimed at objectives from preventing obesity in children to healthful activities for retirees (Tinyurl.com/AmericanHealthTrails).

Bestselling author Richard Louv calls the positive nature effect “vitamin N” in *The Nature Principle*. He contends: “Many of us, without having a name for it, are using the nature tonic. We are, in essence, self-medicating with an inexpensive and unusually convenient drug substitute.”

Such ideas are commonly accepted in many cultures. The Japanese believe in the restorative power of *shinrin-yoku*, which could be translated as “forest medicine” or “forest bathing”. Indigenous peoples like the Brazilian tribe led by Shaman Davi

Kopenawa Yanomami, fighting to preserve their land and way of life in the Amazon, profess to be at one with the innate riches of sustainable rainforests (SurvivalInternational.org/parks).

Innovative Nature

Scientists, inventors and other innovators are increasingly inspired by nature. Biomimicry, part social movement and part burgeoning industry, looks to how Earth's natural systems work and solve problems. University of Utah researchers, inspired by the durable homes built by sandcastle worms, are creating a synthetic glue that one day could help repair fractured bones. Architectural components manufacturer Panelite makes energy-efficient insulated glass by mimicking the hexagonal structure that bees use in honeycombs. (Find other precedents at Tinyurl.com/BiomimicryCaseExamples).

The inspiration for biomimicry comes from many places, says Dayna Baumeister, Ph.D. co-founder of Biomimicry 3.8, a Missoula, Montana, company working with other companies and universities to propel biomimicry into the mainstream.

"People are recognizing that they've been disconnected to the natural world," she says. "We also realize that [as a species] we are in trouble. We don't have all the answers, but we can look to other species for inspiration" for clearing pollutants from our bodies and environments.

Plants and fungi are now common-

Scientific studies show that a regular dose of nature has far-reaching health benefits. More doctors now write "nature" prescriptions for their patients.

ly used to clean up old industrial sites that resemble nature's way of removing pollutants from water and soil. A University of California, Berkeley, meta-study confirms that farmers currently using organic farming methods and solar power achieve roughly the same crop yields as conventional techniques with far less dependence on fossil fuels, reducing greenhouse gases and petrochemical pesticide and fertilizer pollution.

Cyclical Nature

These breakthrough technologies emulate the way nature uses the building blocks of life in an endless cycle of birth, reproduction, decay and rebirth. It's part of a broad rethinking of the principles behind sustainability—building, manufacturing and living in greater harmony with natural systems, perhaps eventually eliminating landfills, air and water pollution, and toxic site cleanups.

"A toxin is a material in the wrong place," says architect William McDonough, of Charlottesville, Virginia. The only individual recipient of the Presidential Award for Sustainable Development, he is co-author of *Cradle-*

to-Cradle, a groundbreaking book that calls for re-envisioning even the nastiest waste, and *The Upcycle: Beyond Sustainability—Designing for Abundance*. McDonough imagines a world where waste becomes raw material for new buildings, furniture and other goods—akin to how a forest reuses every deceased tree and animal to nourish the ecosystem and spawn new life.

With 80 percent of U.S. residents currently living in urban areas, architects, builders and municipal planners are likewise pivoting toward nature, prompted by the scientific evidence of the many ways that human health and general well-being rely upon it. While this contact is preferably the kind of "stopping by woods" that inspired New England poet Robert Frost, even a walk in a city park will work.

"Urban nature, when provided as parks and walkways and incorporated into building design, provides calming and inspiring environments and encourages learning, inquisitiveness and alertness," reports the University of Washington's College of the Environment, in *Green Cities: Good Health*.

The American Planning Association stresses the importance of integrating green space into urban neighborhoods. Not only does so-called "metro nature" improve air and water quality and reduce urban heat island effects, urban wilds such as Pittsburgh's Nine Mile Run and Charlotte, North Carolina's Little Sugar Creek Greenway also restore natural connections in densely populated city centers.

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~George Perkins Marsh, *Man and Nature* (1864)

Natural Intelligence

A growing number of scientists say that research about our place in nature has sparked fresh thinking about our role and devastated quaint notions about our species' superiority. "Single-celled slime molds solve mazes. Brainless plants make correct decisions and bees with brains the size of pinheads handle abstract concepts," points out Anthropologist Jeremy Narby, author of the groundbreaking book *Intelligence in Nature*.

At a national conference of Bi-owners, an organization based in Santa Fe, New Mexico, and San Francisco that gathers nature-minded social and scientific innovators, Narby said: "We are nearly identical to many animals. Many behaviors once thought to be exclusively human are shared by other species. The zone of the specifically human, as determined by science, has been shrinking."

We haven't lost the ability to tap that primal animal inside, even if most of us are more likely to "venture into the forest" by watching a movie or playing video games. We may feel cut off from our instincts, but studies show time in the woods can do wonders to restore the keenness of our senses to

connect with the subtle changes in natural habitat, the movements of other species and the changing seasons.

The rise of human civilizations may have taken "survival of the fittest" in new directions, often decidedly tamer ones, but experts ranging from scientific researchers to lifestyle analysts say humankind is still hardwired by our more primitive past. Despite the ingenious ways we've devised to exploit other life forms, capitalize on Earth's resources and protect ourselves from nature's sometimes terrifying power, our fate remains linked to natural laws and limits, from nurturing our body's immune system to resolving planet-sized problems like climate change.

"'Nature' is our natural environment," according to Selhub. We don't have to move to the country to reconnect, she says. "Even spending 20 minutes a day outside has an effect." Houseplants, nature photos and aromatherapy Earth scents can also help indoor environments better reflect our own nature.

The wealth of research and common sense wisdom is aptly summed up by celebrated author Wendell Berry in *The Long-Legged House*. "We have

True-Life 'Aha!' Reads

10 Lessons from Nature to Inspire Our Everyday Lives

by David Miller,
Tinyurl.com/10InspiringLessonsFromNature

9 Amazing Lessons from Nature to Inspire Your Everyday Life

by Annie Hauser,
Tinyurl.com/9InspiringLessonsFromNature

Intelligence in Nature

by Jeremy Narby

Life Lessons from Nature

by Elvis Newman

Cathedrals of the Spirit

by T. C. McLuhan

Your Brain on Nature

by Eva Selhub

lived our lives by the assumption that what was good for us would be good for the world. We have been wrong. We must change our lives so that it'll be possible to live by the contrary assumption, that what is good for the world will be good for us. And that requires we make the effort to know the world and learn what is good for it."

Christine MacDonald is a freelance journalist in Washington, D.C., whose specialties include health and science. Visit ChristineMacDonald.info.



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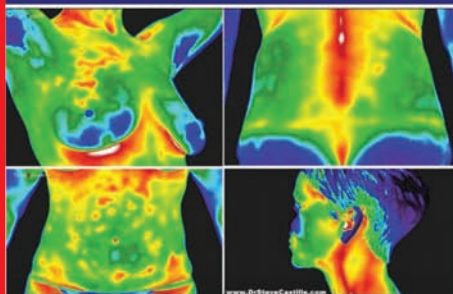
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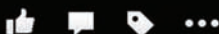
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naturalpet



photo courtesy of Jean Maclean

Dogs with Library Cards Kids Love Reading to Animals

by Sandra Murphy

The goal of Reading Education Assistance Dogs (READ), launched in Salt Lake City, Utah, in 1999 as part of Intermountain Therapy Animals, is to improve children's literacy skills with the mentoring help of certified therapy teams. Its reach has spread through library programs across the U.S. and Canada and internationally, with other therapy groups following suit.

"Doctors told the parents of an 11-year-old autistic son that he would never read... so quit trying to teach him," says Suzanne Vening, an organic farmer in Jackson, Mississippi. "The doctor didn't count on Adam, my Australian shepherd." Abused and abandoned before being adopted by Vening, she had trained him for therapy work.

Vening knew nothing about autistic or learning-disabled children, but she knew Adam could work miracles. The boy made eye contact with Adam during his library visit and read a few words. His parents were overjoyed as his reading continued to improve. "It's hard to include children with special needs in many family activities," Vening says. "A library is a place the whole family can enjoy."

She advises, "Designate a safe corner where a child can escape if feeling overwhelmed. After entering the room, handlers should sit on the floor with the dog lying beside them. A standing dog can cause too much excitement. It's important to trust that your therapy dog will know how to approach a child that's afraid, has tremors or can't sit up or sit still."

"An animal's heartbeat seems to call to kids," observes Rachael Barrera, a children's librarian at Brook Hollow Public Library, in San Antonio, Texas. "Dogs have come here once a week for more than a year. Now older kids that are comfortable with the reading program are showing younger ones how to choose a book."

National Library Week, April 12 to 18, celebrates

the program **Unlimited Possibilities @ Your Library**

At California's Benicia Public Library, kids read to Honey, a friendly brown dog, on Wednesday afternoons. Sheila Jordan, managing editor and owner of *Booklandia*, founded in Bend, Oregon, says her 8-year-old, Chase, found it difficult to concentrate because of ADHD (attention-deficit/hyperactivity disorder). "The Tales and Tails program was a big help. All summer, we went every week and chose books he said the dog would love." Jordan's reward was a more focused child; Chase's reward was a dog of his own last fall.

North Carolina's Charlotte Mecklenburg Library offers 14,000 free programs a year throughout its 20 locations, including Paws to Read. Librarian Cathy Cartledge, reading program coordinator for the Morrison Regional branch, shares this story from Jaylee's mom, Jill.

"Jaylee was tutored in reading for a year. After she also began reading to Zoey, a great Pyrenees, or Hunter, a golden retriever, I saw improvement in fluency, confidence and enjoyment. It worked miracles compared with the hours and money spent for tutoring," her mom remarks.

The Mount Prospect Library, near Chicago, has an age requirement for its Tales to Tails program. "Rachael, 8, will hardly put a book down now," says her

mom, Nicole Sasanuma, a senior associate with Business Communications & Advocacy, in Northbrook, Illinois. "Her sister, Emi, 6, is anxious for her next birthday so she 'can read to doggies,' too."

Reading programs aren't limited to libraries or schools. Jean Maclean, of Lompoc, California, trains her two dogs in agility and rally skills. For a change of pace, they visit the Chumash Learning Center, in Santa Ynez, once a month. The Chumash people value education from both its elders and teachers outside the tribe. Maclean relates that Donny, age 11, was afraid of dogs until he met hers, after which his teachers saw his reading improve three levels in one semester.

Animals help kids relax and become teachers to the dogs. Researchers at the University of California, Davis have found that reading skills for kids that read to dogs during a 10-week literacy program improved by 12 percent. Children in the same program that didn't do the same showed no improvement.

Dogs and other pets prove that reading out loud doesn't have to be scary. All it takes is a good book and a good listener.

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

Other Four-Footed Reading Partners



photo courtesy of Nancy Bailey

Cleo, a small gray cat that lives with Michelle Cardosi, a retail clerk in Denver, enjoyed her Love on a Leash therapy visits. When she became arthritic, moving from lap-to-lap was painful, and Cardosi considered retiring her, but Cleo didn't agree. "So we went to the library's Whiskers and Tales program instead, where she could sit on a pillow, get petted and be the center of attention," she says. "She was able to visit until her 18th birthday."

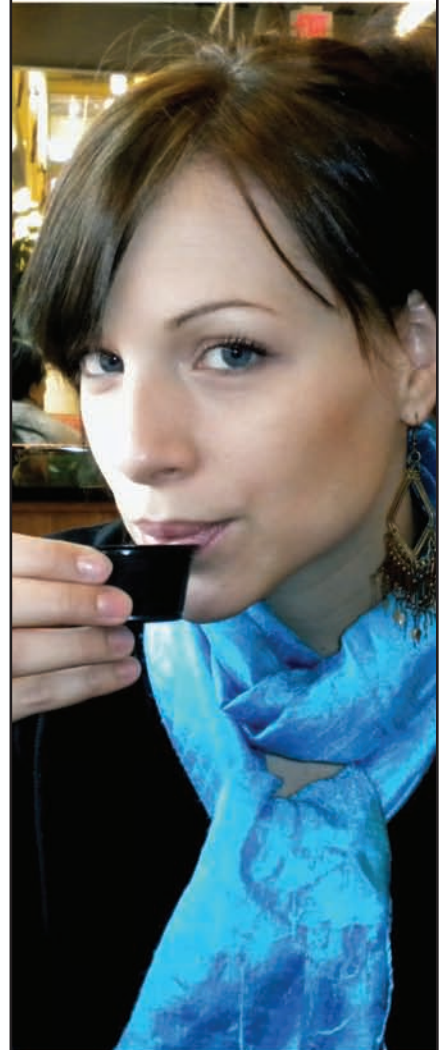
Clifford, a 24-year-old Morgan horse, is a well-known literacy advocate. He tours libraries in Michigan and using a sponge and watercolor paint, "signs" his biography, *Clifford of Drummond Island*, by author and Lansing artist Nancy Bailey, for his fans. "The kids probably won't remember what I say, but they'll always remember the day they saw a horse in the library," says Bailey. "We've been visiting for about four years. He's nosy and gets into everything, like the day he noticed the used book shelf. He picked out pulp fiction books and kept handing them to me." Bailey notes that Clifford teaches children that horses have feelings and a sense of humor when he goes for laughs and changes his responses when doing tricks.

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photo courtesy of Epiphany Gluten Free Bakery, Naples, FL

The Food Artisans Next Door

Homemade Delicacies, Direct from Our Neighbors

by Lisa Kivirist and John Ivanko

Neighbors in most states can now legally buy fresh breads, cookies and preserves from local food artisans.

The locavore movement of eating locally produced foods continues to expand, thanks to 42 states passing cottage food laws that permit community members to make certain foods at home to sell to neighbors. Some enterprises use a contract packer to deliver on a scale not possible domestically, or even operate from a commercially licensed production facility.

From sauerkraut and distinctive jams and organic jellies to gluten- or peanut-free cakes and regional artisanal breads, some of the most flavorful products are being produced with no chemical preservatives, artificial colors or other laboratory ingredients. Nearly all are made in small batches, and usually by the owner. Many source local ingredients or serve special dietary needs largely underserved or ignored by larger food businesses.

"In a sharing economy, individuals look less to big chain stores for

their food needs and more to each other, making fresher, tastier and often healthier foods more accessible," explains Janelle Orsi, co-founder of the Oakland, California, Sustainable Economies Law Center (SELC), citing its *Policies for Shareable Cities* report partnered with the nonprofit Shareable.

The Specialty Food Association reports that sales of specialty foods—primarily at grocery retailers, but also cottage operators via farmers' markets and direct orders when allowed by their state—grew 22 percent from 2010 to 2012, topping \$85 billion.

Healthy as it Comes

"All of our products are made by hand and in small batches daily," says Ruth Wardein, co-owner, with Andrew Amick, of Epiphany Gluten Free Bakery, in Naples, Florida, which she launched from her home kitchen. Besides gluten-free cookies, cakes and breads, she's

always “perfecting” her Paleo cookies, brownies and pancake mix.

Paleo recipes contain no grains, dairy, yeast or refined sugars, explains Wardein. “They require nut and seed flours, coconut oil and natural sugars like honey or maple syrup. So they are naturally higher in protein and fiber and lower in carbs than the average gluten-free recipe.”

“We’re experimenting with the community supported agriculture model with local fruit,” says Erin Schneider. She and her husband, Rob McClure, operate Hilltop Community Farm, in LaValle, Wisconsin, which produces value-added products with organically grown crops. “We have salsas, pickles and jams. Our black currant and honey jam is sold before it’s made. Rob’s garlic dills have their own following.” Wisconsin’s cottage food law restricts sales to only high-acid foods.

Quality over Quantity

In Royal Oaks, California, Garden Variety Cheese owner, cheesemaker and shepherd Rebecca King feeds her 100 milking ewes organically raised, irrigated pasture grass and brewer’s grain to yield award-winning farmstead easier-to-digest sheep cheeses from her Monkeyflower Ranch. “Many first-time customers like my story as a small producer and want to buy direct from the farm. They keep buying because of the taste,” says King.

“My marinara and pizza sauces are made in small batches by hand in a home kitchen, enabling us to hot pack them to retain the ingredients’ natural favors,” says Liz James, owner of The Happy Tomato, in Charlottesville, Virginia. Her sauces are also low in

sodium and contain no sugar, saturated fat or gluten. James’ production is facilitated by Virginia’s home food processor license, which lets her work from home and sell wholesale. Whole Foods Market is among her major retail accounts.

When home-based cottage food businesses are spurred into expansion to keep up with demand, a situation sometimes complicated by state limits on sales volume, many opt for renting space in the growing number of incubator, or community, kitchens nationwide. “We did farmers’ markets for three years and went from seven customers to thousands,” says Wardein, who now rents a commercial kitchen space. “Returning customers are the momentum that has pushed us forward.”

“By growing food in and around our own neighborhoods and cities, we decrease our dependence on an often-times unjust and ecologically destructive global food system and build stronger, more connected and resilient communities,” affirms Yassi Eskandari-Qajar, director of SELC’s City Policies program.

“We think it’s important to produce what grows well on our soil and then sell it, so that ecology drives economics, rather than vice versa,” says Schneider. “Random things prosper in our area, like paprika peppers, elderberries, hardy kiwi, garlic, pears and currants. It’s our job as ecologically-minded farmers to show how delicious these foods can be.”

*Lisa Kivirist and John Ivanko are co-authors of the new book *Homemade for Sale, a guide for launching a food business from a home kitchen, plus ECOpreneur, Farmstead Chef and Rural Renaissance. Learn more at HomemadeForSale.com.**

Naturopathic Medicine Goes Mainstream

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- Dr. James Aw

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Spring Greening Easy Ways to Detox a House

by Lane Vail

For most individuals, odorous chemicals are simply unpleasant. For those that are sensitive and susceptible, however, even common chemical exposures may evoke a toxicant-induced loss of tolerance (TILT) marked by multiple-system symptoms such as headaches, fatigue, autoimmune disease, asthma, depression and food intolerance. Since the post-World War II expansion of petrochemicals, the incidence of TILT has increased dramatically, says Claudia Miller, a medical doctor, researcher and professor at the University of Texas Health Science Center at Houston and co-author of *Chemical Exposures: Low Levels and High Stakes*.

"Fortunately, public awareness has also grown significantly in the last few years," says Rick Smith, Ph.D., a Canadian environmentalist who co-authored *Toxin Toxout*. "Now companies and governments worldwide are moving toward making safer products."

We can support progress by leveraging some practical tips in greening our home.

Start somewhere. Many volatile organic compounds (VOC) that include formaldehyde and benzene are concealed in household items such as couches, chairs, particleboard furniture, mattresses, box springs, carpeting, rugs, synthetic flooring, wallpaper and paint. Green TV host and *Fresh Living* author Sara Snow implores us not to become overwhelmed, disheartened or fearful. "Creating a healthy home is a gradual process that doesn't require throwing all the furniture out," she advises. Start by scrutinizing la-

bels and choosing not to bring new toxins in.

For example, polyvinyl chloride (PVC) is widely found to be associated with reproductive toxicity and is found in many waterproofed and flexible plastics. Select PVC-free toys, shower curtain liners and mattress covers.

In the kitchen, avoid potentially carcinogenic perfluorinated chemicals (PFC) found in nonstick coatings of pots and pans. Toss the Teflon when it scratches, says Snow, and upgrade to stainless steel or cast iron. Weed out bisphenols, the DNA-disrupting chemicals found in plastics and epoxy resin can liners. Even "BPA-free" products likely contain alternative and equally harmful substances, according to a recent study published in *Chemosphere*. Choose clear glass instead of plastic containers.

When remodeling, look for zero-VOC items, Miller says, plus materials free of stain-resistant sprays and flame retardants whose efficacy is questionable. Consider natural fiber rugs like jute or wool. Forest Stewardship Council-certified hardwoods or alternative flooring like cork or glass tile are safer investments in long-term well-being.

Clean green. Conventional cleaners are among the worst offenders, and even some "eco-cleaners" can be deceptively unsafe, says Smith. He recommends avoiding antibacterial products containing triclosan, which proliferates antibiotic-resistant bacteria that prolong and exacerbate illnesses, as well as phthal-

ates, a chemical oil that carries artificial aromas and has been repeatedly linked to cancer and abnormal fetal development. "Even so-called natural fragrances are often complex petrochemicals that outgas and contaminate the air," notes Miller.

Snow advises formulating products at home using staple pantry ingredients, including distilled white vinegar for disinfecting, baking soda for scouring, liquid castile soap for sudsing, lemon juice for degreasing and olive oil for polishing.

Freshen with fresh air. Americans spend about 90 percent of their time amid indoor air pollutants that are significantly more concentrated than outdoor pollutants, the Environmental Protection Agency (EPA) reports. "Most energy-efficient homes are well sealed with ventilation systems that recirculate indoor air, so opening the windows helps dilute accumulated airborne toxins," says Miller. Snow further recommends bringing air-purifying plants into the home such as Gerbera daisies, bamboo palms and English ivy.

Vacuum and dust. Vacuuming with a high-efficiency particulate arrestance (HEPA) filter and dusting with a moist cloth eliminates allergens such as pet dander, mites, pollen and mold, and helps remove phthalates, flame retardants, lead and pesticides that "latch onto house dust and accumulate in dust bunnies," says Smith.

Eat green. "Buying produce as close to its source as possible, from a farmer or farmers' market, provides threefold benefits," says Snow—less wasteful packaging, reduced exposure to chemical plastics and greater concentration of health-promoting nutrients. Buy in bulk and favor glass containers or rectangular cardboard cartons.

Take tests. Radon, an invisible, odorless gas that can emanate from the ground and accumulate in homes, annually causes 21,000 U.S. lung cancer deaths, according to the U.S. EPA. Lead, a neurotoxin that may occasionally leach from home water pipes, can also hide in pre-1978 paint. Testing for both and implementing reduction or precautionary measures is simple, advises Smith. Most hardware stores stock test kits.

Take action. Join with other concerned citizens by launching a pertinent petition at *Change.org*; campaigning with organizations like the Environmental Working Group (*ewg.org*) or Safer Chemicals, Healthy Families (*SaferChemicals.org*); and supporting cleaner, greener companies with family purchases.

Lane Vail is a freelance writer and blogger at DiscoveringHomemaking.com.

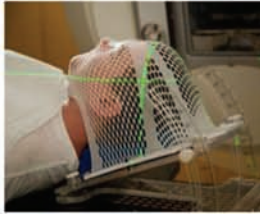
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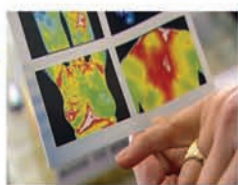
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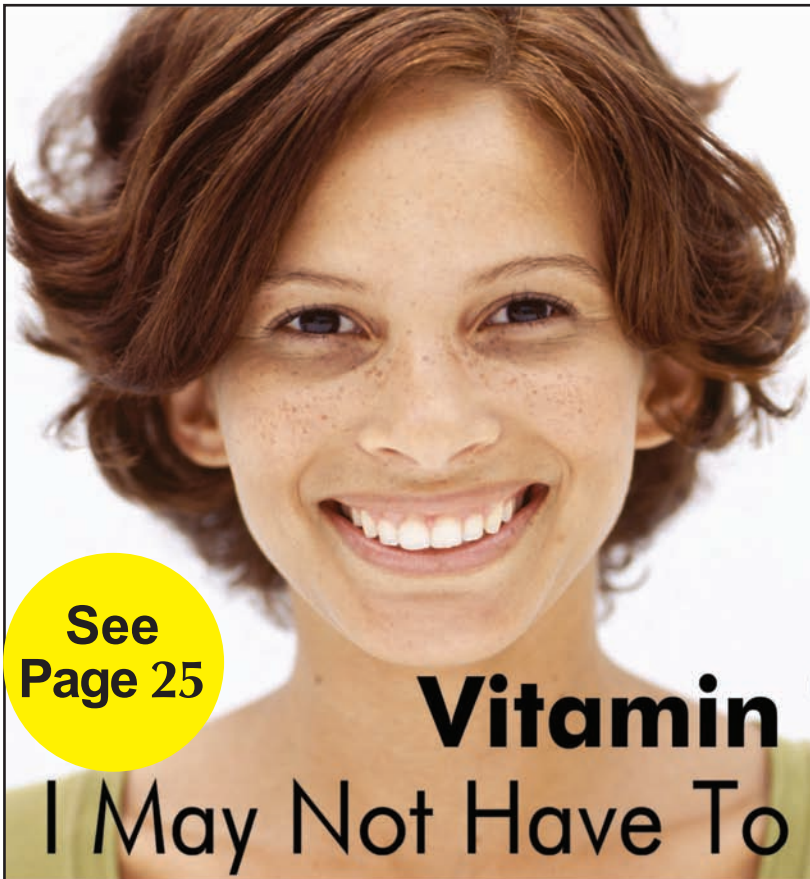


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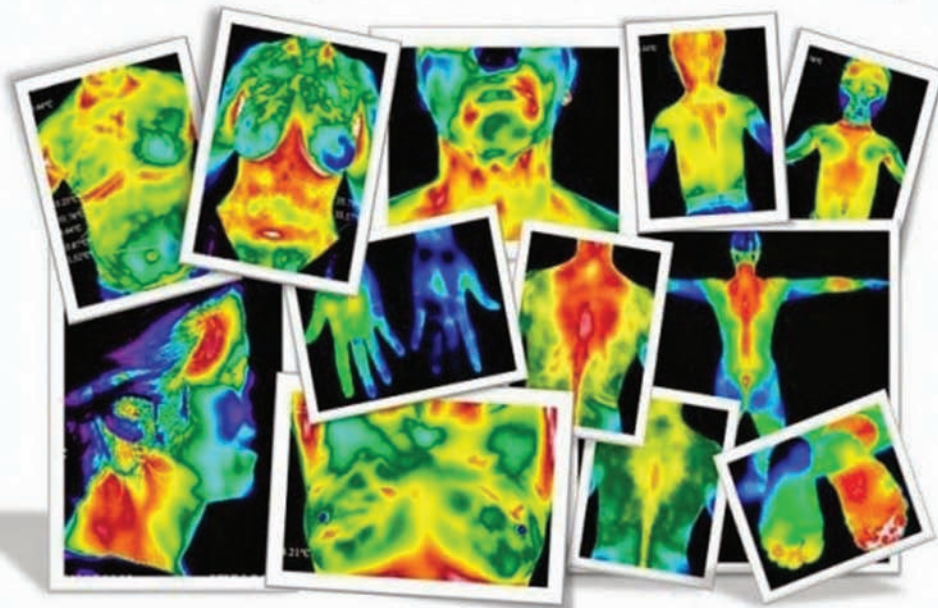
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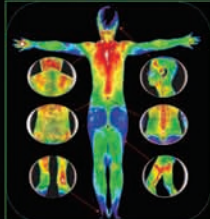
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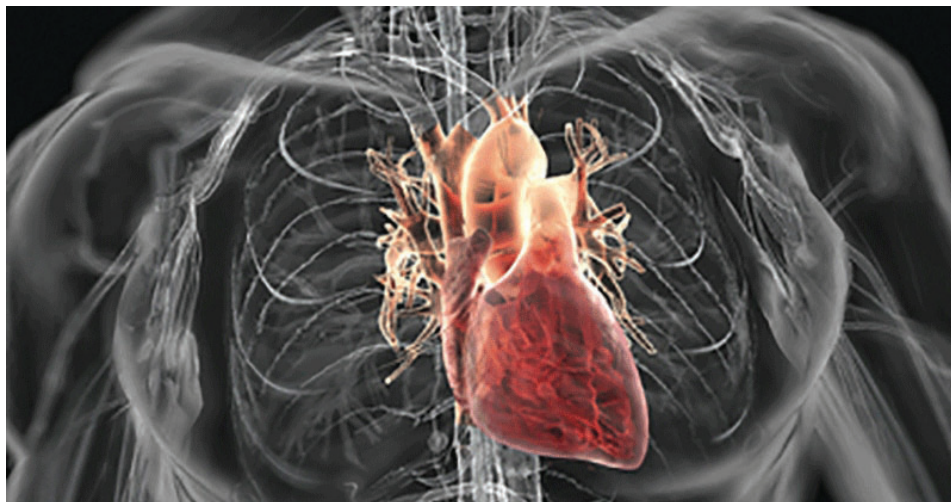
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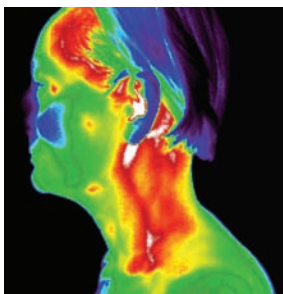
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4 Silent Signs You May Have Clogged Arteries and a Thermography Exam Might Detect Inflammation



These four surprising clues can point to clogged arteries and underlying heart disease, according to Joel K. Kahn, MD.

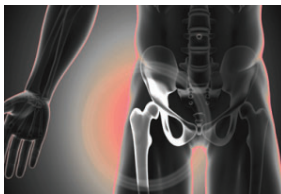


Each year in the United States, more than 700,000 people suffer a heart attack, and almost 400,000 people die of coronary heart disease (CHD).

Preventing heart disease in patients is my main goal, but early detection is the next best thing. This can lead to changes in lifestyle and medical therapies that can delay or deny the onset of a heart attack; almost 80 percent of heart disease is preventable with lifestyle changes. Many of my patients are shocked to learn about the following clues to underlying heart disease.

Erectile dysfunction (ED) could mean clogged arteries.

Men have a built-in warning system for silent CHD. When achieving an erection is difficult or impossible, it can be a sign of clogged arteries in the pelvis that presents before a heart attack hits.



There are, on average, three to five years between the onset of ED and the finding of

CHD, which is plenty of time to detect and to work on preventing heart issues. If you and your partner are worried about sexual performance, look for and treat root causes of diseased arteries before just popping a blue pill.

Baldness could indicate clogged arteries.

In a comprehensive new study of almost 37,000 men, severe baldness at the crown of the head strongly predicted the presence of silent CHD at any age. In a separate study of more than 7,000 people (including over 4,000 women), moderate to severe baldness doubled the risk of dying from heart disease in both sexes.



Ear crease might indicate clogged arteries.

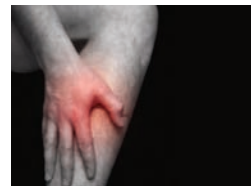
One of the stranger markers, a crease in your earlobe (specifically, an angled crease in the ear that runs diagonally from the canal to the lower edge of the earlobe)

has been mentioned in medical research reports as a sign of silent CHD for decades. The ear crease may result from poor circulation, including in arteries in the heart. Although some medical professionals have argued that a crease is just a general sign of aging, researchers last year used the most sophisticated CT scan method to measure silent CHD and found that ear crease predicted heart disease even after the authors accounted for other risk factors, such as age and smoking.



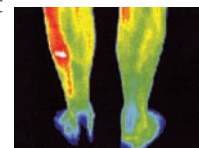
Calf pain when you walk might mean clogged arteries.

This is known as claudication (from the Latin for "to limp"). Atherosclerosis can block leg arteries, particularly in smokers, before CHD is diagnosed. This symptom requires an



evaluation without delay. Your doctor will examine the pulses in your legs and perform simple measurements of leg blood pressure and blood

flow to confirm a diagnosis of poor circulation. It is critical that heart disease be diagnosed as early as possible because there are many dietary and medical treatments that can help reverse the issue. Some of my patients took these early clues to heart. I advised them to eat more plant-based foods and fewer animal products and to start a walking program. Their calf pain completely resolved within weeks and has not recurred for years. Anyone with any of the above signs of silent CHD should know his or her numbers (blood pressure, cholesterol, fasting glucose). Ask your doctor if you should be checked for heart disease with an EKG, a coronary calcium CT imaging, or an exercise stress testing. **Thermography is also an excellent tool for measuring inflammation and poor circulation. Call 896-4141.**



To borrow from Ben Franklin, an ounce of prevention (plus a bowl of kale) is worth a pound of cure.



inspiration

Strong Winds Strong Roots

What Trees Teach Us About Life

by Dennis Merritt Jones

A great experiment in the desert called the biodome created a living environment for human, plant and animal life. A huge glass dome was constructed to house an artificial, controlled environment with purified air and water, healthy soil and filtered light. The intent was to afford perfect growing conditions for trees, fruits and vegetables, as well as humans.

People lived in the biodome, for many months at a time, and everything seemed to do well with one exception. When the trees grew to a certain height, they would topple over. It baffled scientists until they realized they forgot to include the natural element of wind. Trees need wind to blow against them because it causes their root systems to grow deeper, which supports the tree as it grows taller.

Who among us doesn't long for a perfect growing environment for ourselves, with no disruptions from outside influences? We strive to avoid the times of contrast and tension, when life's daily challenges push against us. When they do, the normal tendency is to curse them. If trees could talk, would we hear them curse the wind each time they encountered a storm?

We can learn a great deal from nature's wisdom at work if we are open to the lesson. Watch how a tree bends and sways gracefully when the wind blows against it. It does not stand rigid, resisting the flow of energy. It does not push back. The tree accepts the strong wind as a blessing that helps it grow.

Such experiences develop our character and deepen our spiritual roots. When we grow deep, we too, stand tall.

Dennis Merritt Jones, D.D., is the author of Your Re-Defining Moments, The Art of Uncertainty and The Art of Being, the source of this essay. He has contributed to the human potential movement and field of spirituality as a minister, teacher, coach and lecturer for 30 years. Learn more at DennisMerrittJones.com.

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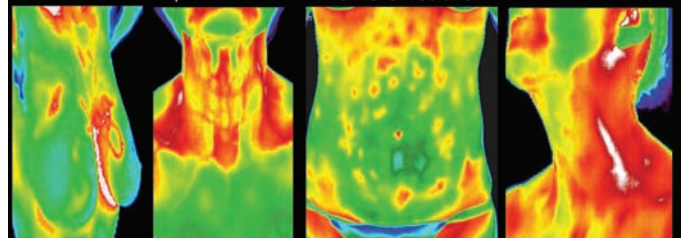
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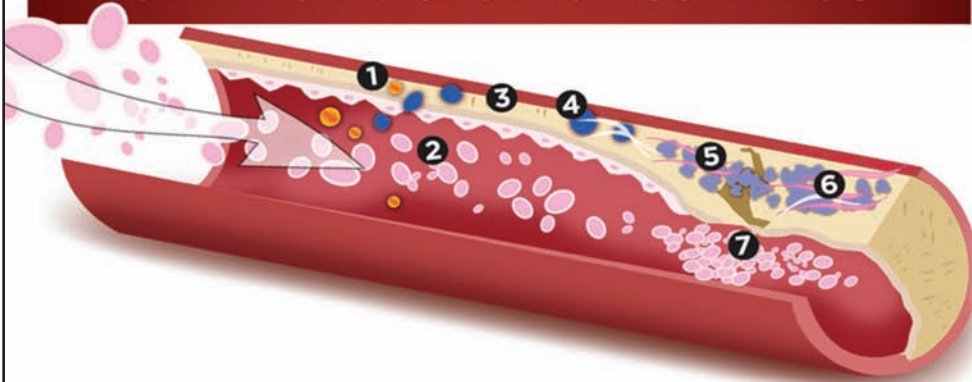
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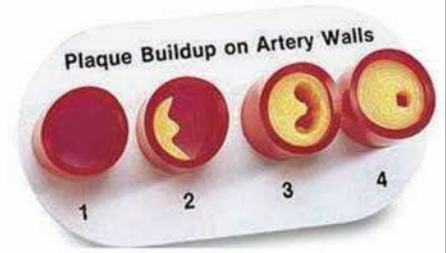
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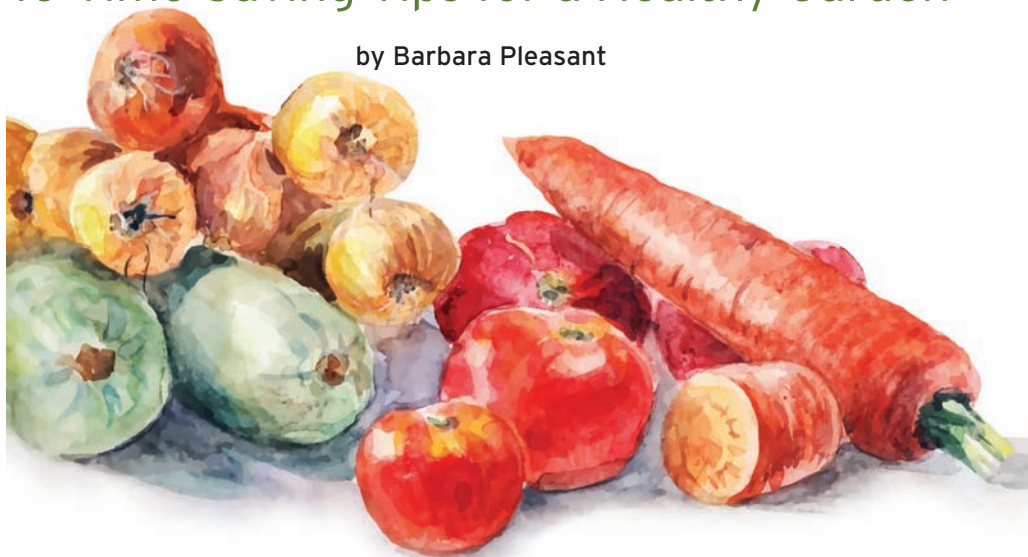
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greenliving

Home-Grown Organic Made Easy

10 Time-Saving Tips for a Healthy Garden

by Barbara Pleasant



Organic gardening experts share strategies for growing a great garden and having a life, too.

The arrival of planting season has a stunning effect on veggie gardeners. We talk to our seedlings as if they were children, and don't mind working until dark if that's what it takes to get the fingerling potatoes in the ground. Then, complications like crabgrass and cabbageworms appear, and keeping up with all the details feels impossible. We can lighten looming chores by using these time-saving tips, which will reduce later workloads when storms and the hot summer sun threaten to squelch the magic.

Mulch to reduce watering and prevent weeds. "You can cut your watering time in half by mulching crops with a three-to-four-inch layer of straw or shredded leaves," says Niki Jabbour, award-winning author of *The Year-Round Vegetable Gardener* and *Groundbreaking Food Gardens: 73 Plans That Will Change the Way You Grow Your Garden*. "Crops like tomatoes, potatoes, kale, broccoli, cucumbers and squash all benefit from a deep

mulch, which reduces the need to water and also prevents weeds, saving even more time."

Grow herbs in convenient containers. Family cooks will harvest kitchen herbs every day, in all kinds of weather, so don't waste footsteps. Grow some parsley, basil and other herbs in large containers near the kitchen door.

Try promising perennials. Plant them once, and vegetables like asparagus and rhubarb come back year after year in cold winter climates like the Midwest and Northeast. Where winters are mild, artichokes or chayote (pear squash) are long-lived and productive. Many resilient herbs will return each spring, too, including sage, mints, thyme and oregano. Tarragon and marjoram make trusty perennial herbs in the Sun Belt.

Stock up on organic seeds. "As a year-round vegetable gardener, I try to come up with a list of all the seeds I'll need for every season when I place annual seed orders," Jabbour says. "That way, I will place fewer orders and have

everything on hand at the proper planting time, saving both time and money.”

Organic seeds in consumer seed catalogs and retail racks won't be genetically modified or treated with pesticides.

Be generous with organic compost.

With each planting, mix in organic compost along with a balanced organic fertilizer. Food crops grown in organically enriched soil are better able to resist challenges from pests and diseases, which simplifies summer tasks.

Grow flowers to attract beneficial insects. Reducing or eliminating pesticides and increasing plantings of flowers can radically improve the balance between helpful and harmful insects in a garden. Horticulturist Jessica Walliser, co-host of Pittsburgh's *The Organic Gardeners* KDKA radio show and author of *Attracting Beneficial Bugs to Your Garden*, recommends starting with sweet alyssum, an easy-to-grow annual that can be tucked into the edges of beds or added to mixed containers.

“The tiny blossoms of sweet alyssum are adept at supporting several species of the non-stinging parasitic wasps that help keep aphids and other common pests in check,” Walliser says. In warm climates where they are widely grown, crape myrtles have been found to serve as nurseries for lady beetles, lacewings and other beneficial insects.

Protect plants with fabric barriers. Pest insects seeking host plants won't find cabbage or kale if they're hidden beneath hoops covered with fine-mesh fabric like wedding net (tulle) or garden fabric row cover. “Cover the plants the day they are transplanted into the garden,” advises Walliser. As long as the edges are securely tucked in, row covers will also protect plants from wind, hail, rabbits and deer.

Hoe briefly each day. Commit 10 minutes a day to hoeing. While slicing down young weeds, hill up soil over potatoes or clean up beds ready to be replanted. Look out for small problems to correct before they become big ones.

No more misplaced tools. Time is often wasted searching for lost weeders, pruning shears and other hand tools, which are easier to keep track of when painted in bright colors or marked with colored tape. Jabbour uses a tool stash basket placed at the garden entrance.

Stop to smell the flowers. Use moments saved to sit quietly, relax and soak up the sights, sounds and smells of the garden. Pausing to listen to the birds or watch a honeybee work a flower is part of the earned reward of any healthy garden that can't be measured by the pound.

Barbara Pleasant, the author of numerous green thumb books, including Starter Vegetable Gardens: 24 No-Fail Plans for Small Organic Gardens, grows vegetables, herbs and fruits in Floyd, Virginia. Connect at BarbaraPleasant.com.

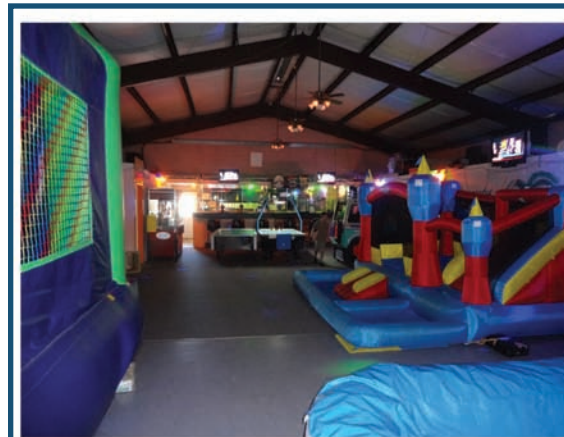
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EARTH IN PERIL

Children Confront Climate Change

by Avery Mack



This month, Home Box Office (HBO), in collaboration with New York City's American Museum of Natural History, will air the new documentary, *Saving My Tomorrow*. Scientists representing the museum discuss how temperature change affects life on Planet Earth, but the majority of voices are those of children. Their words cry out for universal action to prevent them from inheriting what they believe is a dying planet in desperate need of healing.

In the Atmosphere

"We need to know the truth, because adults clearly aren't doing enough to stop this."
~Zoe, age 12

The National Oceanic and Atmospheric Administration and NASA recently announced that last year was the hottest in 135 years of recordkeeping, with rising ocean temperatures driving the global heat index.

Nine of the 10 hottest years have occurred since 2000. The odds of this taking place randomly are about 650 million to 1, especially without an El

**We only have
one home. If we
mess this one up,
where do we
go next?**

Nino influence, according to University of South Carolina statistician John Grego.

"The globe is warmer than it has been in the last 100 years," says climate scientist Jennifer Francis, Ph.D., of Rutgers University, in New Jersey. "Any wisps of doubt that human activities are at fault are now gone with the wind."

At Sea

"We do more damage to the planet than we think."
~Peri, age 9

In the same 100 years, sea levels have risen seven inches, mostly due to expansion as the water warms. "We have over 2 million preserved fish in our collection. We study them to see the effect of temperature change," says Melanie Stiassny, Ph.D., curator of ichthyology at the museum. "The mummichog fish is less than an inch long. It's a bottom feeder and that's where pollution like mercury lies. When the water is warm, fish eat more and mercury is stored in their bodies." The contaminants move up the food chain, bringing the effects of pollution to our dinner table.

A 2006 study by Nicola Beaumont, Ph.D., with the Plymouth Marine Laboratory UK, found that 29 percent of the oceans' edible fish and seafood species have declined by 90 percent in the past 100 years. The international team of ecologists and economists led by Boris Worm, Ph.D., of Dalhousie University, in Halifax, Nova Scotia, predict total saltwater fish extinction by 2048 due to overfishing, pollution, habitat loss and climate change. Rising ocean acidity due to absorption of increasing carbon dioxide and other emissions from burning fossil fuels impacts creatures large and small, like dissolving the shell of the tiny sea butterfly, a vital link in the ocean's food chain.

Americans currently consume 4.5 billion pounds of seafood each year.

On Land

"Each species was put here for a reason. We are the caretakers."

~a youth at a climate rally

Scientists look back to look ahead. Henry David Thoreau fell in love with the wilderness around Concord, Massachusetts, 160 years ago. From his renowned journals, scientists know when flowers like the pink lady slipper (*Cypripedium acaule*), bird's-foot violets (*Viola pedata*) or golden rag-worts (*Packeria aurea*) used to bloom. Today, with temperatures six degrees Fahrenheit warmer than in Thoreau's time, these species now bloom two weeks earlier. The Canada lily (*Lilium canadense*), plentiful before, is now rare, unable to adapt to the new reality.

Paul Sweet, collections manager of the museum's ornithology department, studies "skins" (stuffed birds). He says,

"The skins show us how birds lived years ago." In just the past 100 years, bird species that have gone extinct range from the ivory-billed woodpecker (*Campephilus principalis*) to the once-abundant passenger pigeon (*Ectopistes migratorius*) and Carolina parakeet (*Conuropsis carolinensis*).

In Colorado, 70 percent of the lodgepole pines have been lost, with pines in other states also in trouble. Pine beetles feed on the pines. Historically, winter brings death to both the beetles and weakened trees, which fall to feed a renewed forest. Due to warmer temperatures, the beetles are living longer and migrating to higher altitudes to kill more trees. Forest fires follow the dry timber line.

All Are Needed

"I don't have time to grow up before becoming an activist."

~Ta'Kaiya, age 12

"Get your parents involved."

~Teakahla, age 11

Children are more informed now than ever before. Schools offer classes on ecology, the environment, global warming and climate change. Disasters are instant news, constantly streaming through digital media. Kids are aware that they need adults to work with them to keep Earth habitable.

HBO will air all four parts of Saving My Tomorrow starting Apr. 22. Check local listings—and watch as a family. See Tinyurl.com/SavingMyTomorrow.

Connect with freelance writer Avery Mack at AveryMack@mindspring.com.

Forward Good Change Today

- ✓ Reuse more, buy less. Less trash equals less pollution.
- ✓ Bike or walk, instead of driving. Don't use the car at least one day a week. Less use of fossil fuels equals less drilling, fracking and oil spills.
- ✓ Substitute a planet-healing activity for the usual after school program. Replace lawns with native plants, which need less water and no mowing. Email manufacturers to urge them to use less packaging and plastic, auto makers to produce more fuel-efficient cars, grocery stores to carry more locally sourced foods and ban plastic bags, and government agencies to improve pollution control measures.
- ✓ When eating meat, make sure the animals were humanely and locally raised, not factory farmed.
- ✓ For fish, factory farmed is preferred when farmers are vetted by watchdog agencies for being devoid of disease, pollution and heavy metals; clean fish are especially rare among international providers. Learn more at Tinyurl.com/SustainableFishFarming.
- ✓ Support wildlife. Help hatchling sea turtles make their way to the sea. Predators and man are the biggest threats—only one in 1,000 hatchlings reach adulthood. Plant milkweed to feed monarch butterflies. Use natural insect repellants like basil or marigolds instead of killer sprays.
- ✓ Speak out and speak up. Search c2es.org/science-impacts/basics/kids for event ideas and resources.

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Healing Journeys

Paul Stutzman Finds Universal Truths on His Treks

by Randy Kambic

Paul Stutzman was a successful executive with a family restaurant chain and a happy father and husband married for more than 30 years when his wife, Mary, passed away from breast cancer in 2006. Questioning his faith as to why this happened, Stutzman quit his job to hike the 2,168-mile Appalachian Trail (AT), advising everyone he encountered, “Don’t take spouses and families for granted.” His book, *Hiking Through*, recounts this extreme adventure and relates his subsequent thoughts about grief, healing and life.

Stutzman chronicled his second journey, a 5,000-mile-plus cross-country trek, in *Biking Across America*. This time, he perceived a “noble, yet humble America that still exists and inspires.” More recently, the author has turned to fiction with *The Wanderers* and *Wandering Home*, both enriched with reflections upon the values of his Amish Mennonite upbringing and marriage.

What kept you going?

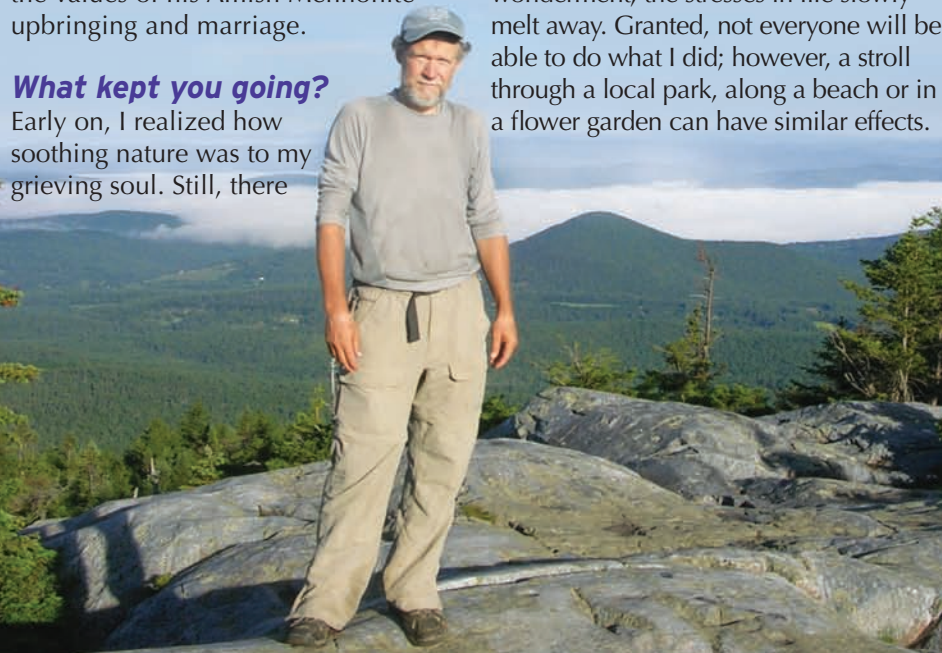
Early on, I realized how soothing nature was to my grieving soul. Still, there

were times it would have been easy to abandon my journeys and head for the safety of home. The desire to discover if my life held any meaning after such a great loss kept me moving forward. I kept telling myself on both journeys, “If my wife can fight cancer for four years, I can overcome any obstacle I encounter.”

I was determined to write about what I was being taught by nature. I also believed books written by and about someone seeking solace via an incomplete pilgrimage would be cheating the reader.

What do such journeys teach about nature and our response to experiencing it?

I find comfort in nature. I believe the beautiful streams and waterfalls, the grand views from mountaintops and the wildlife were all created for our enjoyment. When we absorb this beauty and wonderment, the stresses in life slowly melt away. Granted, not everyone will be able to do what I did; however, a stroll through a local park, along a beach or in a flower garden can have similar effects.



Did these extended physical endeavors make mental demands that catalyzed unexpected self-growth?

Treks like these into the unknown are physically demanding. With time and effort, one’s body gets into shape for extended hiking and biking. The mental hurdle must be crossed next. You’ll miss home and loved ones. Loneliness will set in. This is where you discover who the real you is. Are you tenacious enough to push through the desire to abandon the pilgrimage or will you succumb to the allure of comfort and safety?

On my journeys, I had to make difficult choices. There is a saying that applies to folks planning to hike the AT end-to-end through 14 states: “If hiking the entire Appalachian Trail isn’t the most important thing in your life, you won’t accomplish it.”

My daughter gave birth to my grandson while I was hiking. Although she asked that I come home for the event, I declined. I kept on hiking because I knew I wouldn’t return to the trail if I went home. I’d spent my lifetime trying to do the right things for my three children, but now had to do what was right for me.

What did you learn about Americans along the way?

I discovered that most Americans are kind, law-abiding citizens. Most are still willing to help a stranger in need. Unfortunately, I feel we focus too much time and energy on the minority of malcontents.

How have these experiences informed your creative process?

America is a great country. The beauty I’ve witnessed from a bicycle seat and on two feet hiking the mountains is a continual source of inspiration. Many folks are unable to do what I do. My ongoing desire is to describe the images imprinted in my mind in such a way that others can feel as if they are there walking with me.

For more information, visit PaulStutzman.com.

Randy Kambic is an Estero, FL, freelance writer and editor who regularly

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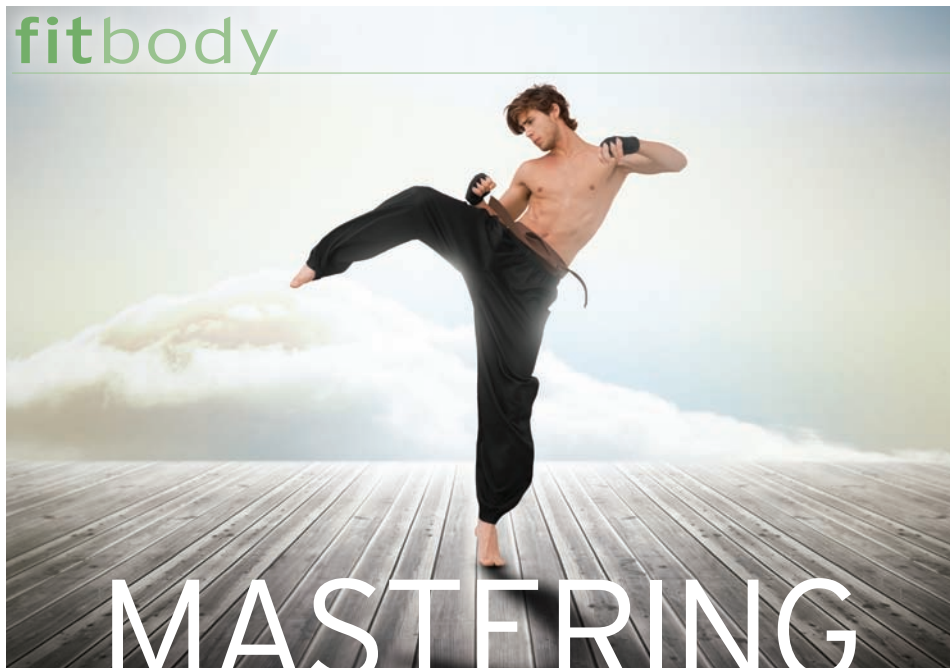
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MASTERING THE FORCE

The Martial Arts Hold Deep Inner Lessons

by Eric Stevens

Few words are as oddly coupled as martial and arts. The first means “relating to war and soldiers,” while the second means “something that is created with imagination and skill, and is beautiful or expresses important ideas or feelings.” All martial arts represent a paradox of push and pull, yin and yang, external and internal.

Their practice represents the blending of our physical lives in harmony with our emotional makeup, allowing our external activity to mirror our internal being. Seldom is the fusion of body, mind and spirit easily achieved with one activity, but martial arts are an exception, because they focus equally on internal and external well-being. Here are five key life lessons that martial arts can teach us.

Learn how to breathe. True connection with our breath permeates an artist’s realm. A vocalist must reach deep within the diaphragm to sing proficiently and a dancer must learn to time their breath while performing. A martial artist learns to control breath with stillness and speed, like juxtaposing yoga with intense contact sports. Breathing properly

makes the practitioner a better martial artist and a healthier one. According to a study published in the *American Journal of Chinese Medicine*, hypertensive *qigong* program participants were able to both lower their blood pressure after 10 weeks and increase their oxygen uptake by 20 percent.

Avoid conflict by developing character. While it may seem counterintuitive that learning how to fight could avoid conflict, it’s an essential part of martial arts. The philosopher Lao Tzu said the best fighter is never angry. The martial arts are primarily about discipline, heightened awareness and honing an ability to face our own internal conflicts. Several studies corroborate that practicing martial arts produces positive behavioral changes. For instance, according to a study published in the *Journal of Adolescence*, participating students in the martial arts were characterized as being less impulsive and less aggressive.

Connect the external (body movement) with the internal (energy movement). The energetic force that catalyzes expressive kicks, punches, blocks and other outward forms is as essential as



the movements themselves. In Chinese martial arts, that force is referred to as *qi*, the life energy that intrinsically unites body, mind and spirit.

Be both an artist and athlete. Artistry and athleticism need not be divergent forces. The martial artist combines the grace of a creator and skill of a warrior, and watching a martial arts competition can be as riveting as watching a ballet or sports event. Most of us may not be talented artists or natural athletes, yet all students can learn how to integrate both worlds by blending physicality with stillness and expression through action.

Let go of ego, find mental clarity and access the present moment. Jirōkichi Yamada, a master of Japanese *kenjutsu*, said, “The way of the sword and the way of Zen are identical, for they have the same purpose; that of killing the ego.” The focus of all true martial arts is the process, not the outcome. Whatever the style of execution, preparatory practice and meditative application, they all require the discipline of being purely present. Gaining such clarity requires grappling more with ego than with opponents; the real battle of a martial artist is waged within.

Bruce Lee, the film star who revolutionized Western awareness of martial arts and founded *jeet kune do*, realized that martial arts’ transcendent philosophy gives us many lessons to draw upon. He suggested, “Be like water making its way through cracks. Do not be assertive, but adjust to the object and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves.”

Eric Stevens has been a fitness professional and martial arts coach for 15 years. He writes about related topics from Denver, Colorado. Connect at EricChristopherStevens@gmail.com.

Xylitol



A Natural Sweetener with Enduring Health Benefits



As people become more educated about sweeteners, it's become clear that people are looking for healthy natural alternatives. However, there are very few natural sweeteners out there that taste like sugar and none of them compare to xylitol. Xylitol is an amazing natural sweetener that tastes great, and has many dental and overall health benefits like decreasing cavities, gum disease and upper respiratory issues. Xylitol occurs in the fibrous part of all plants, so you're actually eating small amounts every day in your fruits & vegetables!

Today, xylitol is mostly derived overseas from non-GMO corn cobs for sustainability and since most corn in the U.S. is genetically modified. It works great as a sugar substitute (1:1 replacement) because of its delicious taste, low glycemic index of only 7 (sugar has glycemic index of 68!) and 40% less calories than sugar. You're about to discover the science behind these incredible benefits that have been researched and confirmed in over 2,000 studies over the last 40 years.

Is it for me?

Everyone can benefit from using xylitol to lower the risk of variety of bacterial infections. As the amount of sugar we consume has risen here in the U.S., the illnesses associated with the bacteria that cause dental cavities, bleeding gums, sinus infections, ear infections, a dry mouth and some allergies has proportionally increased and put a burden on our health care system. Remember, when we eat sugar, so do the troublesome bacteria.

What is a biofilm?

Biofilms exist on most surfaces and throughout our body and consist of a combination of bacteria, fungus, & viruses. We live with biofilm everyday which can both be healthy and support our immune system or unhealthy and causes disease. This depends on the balance of the microorganisms that live in that particular Biofilm. Some indications of unhealthy biofilm in our bodies are dental cavities, gum infections, ear infections, sinus infections, acne, rosacea, lung infection, & GI track infections. With proper

exposure to xylitol an unhealthy biofilm can be transformed into a healthy one.

How It Works

The secret behind xylitol is its molecular structure, consisting of a five carbon chain. Whereas, most other natural sweeteners consist of a 6 carbon chain. The beauty of this 5 Carbon molecule is that the biofilm cannot use it as food but tricks it into thinking it is food. A biofilm needs a 6 Carbon molecule to grow. As they grow they produce a sticky acidic slime. When a biofilm is exposed to xylitol, the bacteria and fungus ingest the xylitol: there is no digestion or growth for that biofilm. No acids are produced and the biofilm loses its ability to stick together. As a result, the bacteria and fungus are naturally washed away. Xylitol doesn't kill bacteria or fungus on contact, it simply prevents their growth, and this causes the biofilm to change over time which makes us healthier.

Xylitol also works by bringing moisture to the surrounding area. This helps in many ways whether in the mouth or the sinuses. When using xylitol in the mouth, it makes you salivate more which is a great advantage to maintaining a healthy mouth, especially for those with a dry mouth. Additionally, this is very healing to the sinuses because debris in the sinuses is naturally washed away. Lastly, xylitol has an alkaline enhancing pH which supports a better environment for a healthy biofilm.



How to Use

Now that you know how amazing xylitol is, here's how to use it. Xylitol is added to products like chewing gum, mints, candies, mouth rinse and toothpaste to offer different ways of exposing the problem-causing bacteria or biofilm to xylitol throughout the day. Using a mouth rinse and toothpaste in the morning and evenings, in addition to 2 pieces of gum or mints after each meal gives you the right amount of exposures. The idea is to expose and saturate the biofilm in the mouth to xylitol 5 times a day or "Strive for 5."

Xylitol has also been added to sinus solutions and nasal sprays to work against the biofilm that

causes ear infections, sinus infections, respiratory pneumonia, some allergies and other infections that start in the nose. It's recommended to use a xylitol nasal spray twice a day (or as needed) to reduce & prevent these infections for all ages, even infants!



Lasting Benefits

Studies have shown that by using xylitol 5 times a day for 6 months, you'll have long lasting results for up to two years! How does this happen? When the bacteria in biofilm are exposed to xylitol 5 times a day for 6 months, they change by not producing acids and can thrive in a neutral environment. This type of healthy biofilm can last up to 5 years! Research has also shown a reduction of over 70% in cavity formation. Cavity-causing bacteria, like all bacteria, are transmittable from person to person. To protect each other from "catching" cavities, it's suggested that all family members start the "Strive for 5" xylitol regiment at the same time for at least 6 months. If family members are exposed to others not using health improving xylitol products, such as dating, it's advisable that they stay on it!

After a 6 month regiment of 5 exposures of xylitol per day, it's ok to use slightly less products per day. Regular use of 3-4 times daily will help maintain those long lasting effects. Now go enjoy a healthier smile with happier and cheaper dental visits with your new favorite natural sweetener, xylitol!



Lisa E. Stillman, RDH, BS

Lisa is the Northeast Xylitol Educator for Wasatch Sales Force where she teaches health professionals the benefits of xylitol products & assists dental offices in incorporating dental hygiene protocols.

Currently specializing in Periodontics, & has practiced dental hygiene in Maryland & Virginia. She also founded Dental Voice for Mental Health, an organization assisting in mental health care patients' oral health through education and resides in Annapolis, MD

calendarofevents

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Thursday April 9

Cycle Zydeco – 8am. Thru 11am. Sun Apr 12. A four day 172 mile bike ride through Cajun country. Biker registration required. 337-781-9416. CycleZydeco.com.

Friday April 10

Semi Annual Antique Fair & Yard Sale – 9am-5pm. Thru Sun Apr 12. One of the South's largest antique fairs. 337-826-3580. OldSchoolHouseAntiqueMall.com.

Young Life Lafayette Golf Tournament – 9am. Eighteen holes of golf plus the joy of helping kids in Lafayette. Registration \$125. Support the Young Life. Abbeville Country Club, 10924 Veterans Memorial Dr Abbeville.

Cajun Hot Sauce Festival – 7-11:30pm. Thru Sun Apr 12- 10am-5pm. A festival with a jambalaya cook-off, live entertainment, food court, and crafts. SugArena- Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Saturday April 11

Acadiana Walk of Hope – 7am. An annual walk and family fun day. \$20 entry fee. Autism Society of Acadiana. Blackham Coliseum, Lafayette.

Gardening for Butterflies and Hummingbirds – 8:30am. Linda Beyt discusses gardening to attract butterflies and hummingbirds. Wild Birds Unlimited, 137 Arould Blvd, Lafayette. 337-993-2473.

Bayou Southern Nationals Drag Boat Racing – 11am & Sun Apr 12. Boat races on the bayou. \$10. Catahoula volunteer fire department. Clayton Boudreaux Memorial Park, Catahoula Park Rd, St Martinville.

Charity Golf Tournament – 11am. A four man scramble game with lunch served at 11:30am and tee-off at 1pm. \$480.00/team or \$120.00/player. Services for the blind and needy. The Wetlands Golf Course, 2129 North University Ave, Lafayette.

53rd Annual Parade of Homes – 1-6pm. Sat & Sun Apr 11, 12, 18 & 19. A self-guided tour of 31 newly constructed local homes designed by state licensed contractors. \$10. Acadian Home Builders Association (AHBA).

Yoga Workshop: Introduction to Ashtanga Primary – 2-5pm. Registered yoga teachers, Cindy Rider and Missy Dupreast offer a comprehensive introduction of Ashtanga Primary. \$35. Lafayette Center for Yoga, 315 Jefferson St, Downtown Lafayette.

Xtreme Dance Xplosion – 3:30pm. Louisiana high schools gather to compete in dance rounds. \$10 & \$12. Opelousas High School Marching Band in their expenses for the upcoming "Memorial Day Parade" in

Washington, DC. Opelousas High School, 1014 Judson Walsh Dr, Opelousas.

Sunday April 12

3rd Annual Outdoor Spring Bridal & Small Business Expo – 12pm. A place to plan a wedding or upcoming event, or shop. \$5. Affordable Special Event Rentals, 9115 Hwy 182, Opelousas.

Monday April 13

Cajun Classique – 7am-9pm. Thru Sun Apr 19. Cruise through the heart of Cajun country down the Bayou Teche with stays in Breaux Bridge, New Iberia and Franklin. Cory Werk. Bayou Teche Experience, 317 E Bridge St, Breaux Bridge. 337-366-0337. CajunClassique.com.

Thursday April 16

15th Annual Washington Catfish Festival – Thru Sun Apr 19. Live music, a parade, antiques, food booths and a catfish cook-off. Festival Grounds, 143 St Landry Veterans Memorial Hwy, Washington. 337-826-3626. TownOfWashingtonLa.org.

Increasing Your Productivity – 8:30-11am & 1:30-4pm. Managers and support staff develop personal and professional time mastery skills. Cecil J. Picard Center, 200 East Devalcourt St, Lafayette. 337-989-8726. Info@Acadiana.BBB.org.

Grief Training Seminar – 1:30pm. Get informed about three tasks of griever, children's grief and common responses of grief. Healing House. Free. Progressive Community Outreach Center, 125 Gallian St, Lafayette.

6th Annual Save ze Ta Ta'z – 6pm. An art bra event to benefit local service and advocacy projects of the Zonta Club. \$40. Institute of Breast Health Inc. Oakbourne Country Club, 3700 East Simcoe, Lafayette.

An Evening of Dance – 7:30 pm. Thru Sat Apr 18 & 2pm Sun Apr 19. An annual dance showcase choreography of students in UL Lafayette Dance. \$0 faculty/staff w/ID, \$5 for Sr. Citizens/UL Lafayette Alumni/Children & \$10 regular admission. Burke-Hawthorne Theatre Hebrard Blvd, Lafayette. 337-482-6357.

Saturday April 18

Gatordrag 2015 10th Anniversary – 8am-10pm & Sun Apr 19 -9am-3pm. Vehicle limbo, club tug of war and car crush. Adults \$10. Crouch Foundation, suicide prevention services. Brandon Leblanc. Frog Festival Grounds, 300 Frog Festival Dr, Rayne. 337-962-5510 or 337-368-3938. Gatordragshow.com.

The Color Run/Shine Tour – 9am. The happiest 5k on the planet to uplift and inspire runners. \$35 - \$55. Cajun Field, 444 Cajundome Blvd, Lafayette.

Fraternal Order of Police Car Show/Jambalaya Cook-Off – 10am. Car show and jambalaya cook-off entries \$10-\$30; free admission. Hearts of Hope (Sexual Assault Response Center) and Lafayette Police Departments Explorer Program. Cajun Field 444 Cajundome Blvd, Lafayette.

Epilepsy Awareness 5K Walk & Kids Run – 10am. A mini run for kids and then a 5K walk. Wear purple to support Epilepsy awareness. \$20 registration & \$35 registration/t-shirt. Epilepsy Foundation of Louisiana. Jessica Miller. Downtown Eunice City Hall, 200 Park Ave, Eunice. 337-580-5837. Jasheafall@gmail.com.

Earth Day Celebration – 10am. A day to bring awareness to the community about important conservation activities and green life. Environmental Science Academy at Lafayette Middle School. Free. Lafayette Middle School, 1301 University Ave, Lafayette.

First Lady's Annual Hattitudes Luncheon – 11am. Celebrate First Lady Shirley Joiner and recognize other first ladies. Host - Darla Montgomery of KLFY TV-10. A gourmet lunch, hat contests, fashion show, and fellowship. \$30. Annette 337-852-9997 or Bannette 337-794-1191. Progressive Community Outreach Center, 125 Gallian St, Lafayette.

Hopefest – 12pm. A music charity festival with country music sensation Tracy Lawrence. Healing House and the STM Options Program. \$5 children, \$10 adults -1/2 day & \$30 adults all day. Parc International, 200 Garfield St, Lafayette.

Tuesday April 21

Zydeco Cajun Benefit Bash – 5pm. Dinner includes jambalaya, catfish, red beans/sausage, and bread pudding. Music by popular Zydeco musicians. \$15. Vermilionville Performance Center, 300 Fisher Rd, Lafayette.

Wednesday April 22

Last Island: The First Storm History – 6pm. Professor Robert Allen Alexander Jr. of Nicholls University discuss Louisiana's first great storm of 1856. 337-276-4408. JeaneretteMuseum.com.

Thursday April 23

Wildflowers – 5:30pm. Dr. Charles Allen presents freshly collected wildflower plants and discuss the best recognizing features. Wild Birds Unlimited, 137 Arould Blvd, Lafayette. 337-993-2473.

Dining for a Difference – 6:30pm. An evening of elegance featuring Top Chef winner Ilan Hall and his staff as they prepare a four course meal. Entertainment by Krossfyre and a live/silent auction. \$175. Hilton Lafayette, 1521 West Pinhook Rd, Lafayette.

Friday April 24

30th Annual Etouffee Festival – 5pm-12am. Thru 11am-5pm Sun Apr 26. Etouffee samples, live music, a car, truck and motorcycle show, and a silent auction. St John Francis Regis Church, 370 Main St, Arnaudville. 337-754-5912. JohnFrancisRegis.net/EtouffeeFestival.html.



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ongoing events

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sunday

Sunday Nature Program – 11am. Activities chosen feature a particular season, event or day including guided hikes, nature videos, flora and fauna. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

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

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

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

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

monday

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

Celebrate Recovery – 6:00-8:00pm. A chance to discover and heal from the hurts, habits and hang-ups that prevent experiencing God and living well. This Biblical program is based on the words of Jesus and ministers to the whole person from a psychological, emotional, intellectual and spiritual perspective. Programs also available for children in Kindergarten-12th grades. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. Recovery@TheBayouChurch.org.

Yoga Class – 6pm. Join Sarah Trahan for yoga classes which integrate stretching, strength building and meditation and is suitable from beginners to the experienced. \$10. The Thensted Center, 268 Church St, Grand Coteau.

Les Vues Film Series – 6:30-8:30pm. A monthly film series held the last Mon each month. Refresh-

ments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Senior Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

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

tuesday

Opelousas Farmers' Market – 6:30-9am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

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

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

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

Type 1 Diabetes Support Group – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tuesday of the month. Free. Women's & Children's, Kids Specialty Center, 4704 Ambassador Caffery Pkwy, Lafayette. 1-877-302-2731.

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.

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.

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers, meet to share and gain information in the craft of writing. The goals are to provide a strong support system for our members that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. WritersGuideOfAcadiana.com.

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.

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

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

Eunice Farmer's Market – 1pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.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.

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.

Senior Water Aerobics Class – 6:30-7:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

thursday

Opelousas Farmers' Market – 6:30-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

Bach Lunch – 11-1pm. March-April. Popular free lunch hour series featuring different musicians performing. Lunches are available for purchase from local restaurants on a first-come, first-served basis. Supports the Lafayette Science Museum. Parc Sans Souci, corner of Polk, Congress and Vermilion streets.

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

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

friday

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

Downtown Alive – 5:30pm. Louisiana's largest and longest-running free concert series. Enjoy food, drinks, and free live music. Downtown Lafayette.

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.

saturday

Opelousas Farmers' Market – 6-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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.

Eunice Farmer's Market – 8am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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.

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket

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

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

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

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 Hwy 190 E, Eunice. 337-457-9563.

La Table Francaise d'Arnaudville – 9am. Last Saturday of the month. Venez partager l'heritage. Coffee and pastries provided. Free. NuNu's Arts and Culture Collective, Hwy 93E, Arnaudville. 337-754-7724.

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

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

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

Food Truck Festival – 10am-2pm. Food trucks at the Teche Area Farmers' Market on the second Saturday of the month. Popular vendors line up for the event. Fulton St, between Fisher St, and Iberia St, New Iberia. 337-369-2330. Facebook.com/TecheFarmersMarket.

Tarts and Arts – 10am-12pm. Enjoy gourmet coffee and finger foods while viewing local art and a rummage sale with cute accessories, clothing, shoes, and purses. Event held 1st Saturday of the month. EnvisiondaBerry. Free. NILA Gallery LLC, 301 W St. Peter St, New Iberia.

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.



Nobel prize winner and microbiologist Elie Metchnikoff once said, "Death begins in the colon."

Based on his years of research in the early 1900s he concluded that disease and aging are mostly due to toxic bacteria in the gut.

- The gastrointestinal system comprises 75% of the body's immune system.
- There are more neurons in the small intestine than in the entire spinal cord.
- It is the only system in the body that has its own, independently operating nervous system, called the enteric nervous system.
- If you stretched out the gastrointestinal system in its entirety, it would have the surface area of a regulation sized singles tennis court.
- There are over 400 species of microbes living in your gut, totaling over 15 pounds of mass and containing more bacteria than there are known stars in the sky.

Fit Your Gut - Fix Your Health

BODY REBOUND Weight Loss Program

www.NaturalHealthCentersOnline.com



Includes:

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

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

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^{**} Included in 4 Month Weight Loss Program Only

AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

12 - 35 pounds in eight weeks

TOXINS AND WASTE CAUSE THE BODY TO GET SICK

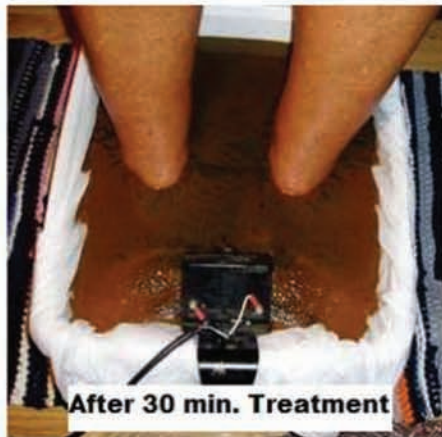
Buy 1 Get 1 1/2 OFF

Single Session \$45
2 Foot Detox Sessions \$80
4 Foot Detox Sessions \$145

Offer Ends 5/15/15



Before Ion Cleanse



After 30 min. Treatment

Ionic Detox Foot Spa

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

To schedule your
first appointment

896-4141
CARENCRO OFFICE

662-3120
SUNSET OFFICE

Green Water and Wheatgrass

I drink wheatgrass.

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

Source: www.cancer.org



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

Sunset

DHARMA Center, Tel: 662-3120

Carencro

Natural Health Center, Tel: 896-4141

Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

GREEN WATERS (alkaline water with wheatgrass and green tea)



Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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

.....\$36/case

Weight Loss Protein Drinks



Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Food Bar Whey Protein (Strawberry & Chocolate)

OFB Recover Protein powder tastes great, digests easily and is made with the finest non-denatured, cold processed whey, from no hormone treated pasture fed cows. Contains all key amino acids and fragile immuno supportive whey components. Low glycemic.



.....\$40.00

SIX STAR PRO NUTRITION Professional Strength Whey Protein (Cookies & Cream 2 lbs)

New Professional Strength Whey Isolate is a premium protein formula megadosed with over 60g of whey isolate and 7 grams of leucine in each two-scoop serving. Whey protein isolate has one of the highest rated Biological Values (BV), which is a value given to protein sources to measure how well they're absorbed and used by the body.



That's why 100% of the protein component in Professional Strength Whey Isolate is whey protein isolate. In fact, in one 6-week study, subjects taking the core ingredient in Professional Strength Whey Isolate gained more than double the lean muscle than those using a placebo (5.1 vs. 2.0 lbs.!) The numbers don't lie, Professional Strength Whey Isolate is a fast, effective and great-tasting way for you to build the muscle size and strength you need to get noticed when combined with an intense training program!\$45.00

WHEATGRASS Capsules



Call:
662-3120

Available in Sunset, LA



BENEFITS

- tastes better than frozen cups
- improves metabolism
- aids the body in healing
- improves the immune system
- helps clean the blood and lymph
- helps to increase oxygen levels
- increases alkaline body levels

DHARMA
wellness center and fit club

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.



.....\$35.00

pH 9.5 Drops

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.



.....\$30.00

Women's Libido

A healthy Libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore desire in women, whether it has become temporarily lessened or altogether lost.



.....\$35.00

Lecithin



Liteon Natural's high-absorption softgels are a convenient way to incorporate the valuable nutrient lecithin into your daily diet routine. This unique formula delivers all-natural support for your heart, brain and liver. An outstanding fat emulsifier for healthy cholesterol and cardiovascular maintenance, lecithin

is also a source of phosphatidylcholine, which is a vital nutrient for brain and liver function. Each softgel delivers 1,200 mg of soy lecithin.

.....\$30.00

Garcinia Cambogia

Jump start your metabolism to put you on the path to fitness with the dual-action dietary support of Liteon Natural's Garcinia Cambogia. Native to Indonesia and grown throughout India and Southeast Asia, Garcinia cambogia (also known as tamarind) is a pumpkin-shaped fruit that has long been used in curries and other traditional Asian foods to make them more filling. Now it's gaining worldwide acclaim as a natural fat-buster because of the unique properties of

a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. What makes HCA so helpful for weight management is that it blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. The net effect is to promote a healthy change in body composition by encouraging lean muscle development over fat storage—but that's not all. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. Our veggie caps deliver 500 mg of guaranteed-potency Garcinia cambogia extract, standardized to 60% hydroxycitric acid content.

.....\$35.00

WheTea Ab Fat Burner

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

.....\$20.00



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy

memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola,

along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



Women's Hormone Balance



Women's Hormone Balance, the natural hormonal imbalance treatment supplement, is a safe and natural blend of the nutrients that your body needs to produce the hormones that are necessary for a healthy and balanced life. This supplement can treat hormonal imbalances in women of all ages

in order to help regulate the body and restore natural hormone balance.

.....\$35.00

Phase 2 Starch Complex



Promote natural weight loss without giving up your favorite foods with Phase 2 Starch Complex. This revolutionary weight loss supplement neutralizes dietary starch and carbohydrates before your body converts them into unwanted calories. Phase 2 Starch Complex features white kidney bean extract and has been shown in multiple studies to delay the digestion and absorption of carbohydrates. When this happens, it reduces the caloric impact of starchy

foods and lowers the glycemic index. Along with a healthy diet and exercise, taking Phase 2 Starch Complex may assist in weight control. Phase 2 Starch Copmplex is an all-natural, stimulant-free weight loss supplement.

.....\$35.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our

body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

.....\$45.00

Manglier Tea

mong-lee-AY

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



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescrip-

tions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

.....\$24.00

Raspberry Ketone Drops



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). Appetite Control and Fat Loss Formula.

.....\$30.00

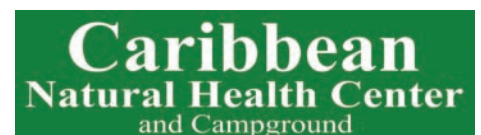
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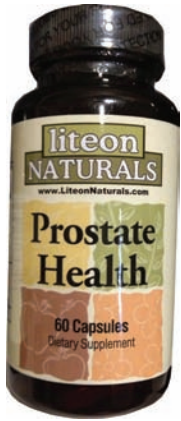


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1077 Wisdom Rd., Opelousas
(337) 678-1500

Prostate Health



Prostate enlargement is the most common prostate problem and a serious medical condition that primarily affects men 50 years of age and older. As a man ages, chances of prostate problems will increase to nearly 80%. While some symptoms may go unnoticed, others can disrupt your daily activities. A swelling prostate causes symptoms such as frequency and urgency to urinate, interrupted urine flow, and lower back pain. EnergyFirst's Prostate

Health supplement relieves symptoms with a healthy blend of herbs, vitamins, and minerals to support prostate health.**\$35.00**

Numerous studies show more than half of all men over 50 years of age suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% will suffer from uncomfortable symptoms that may include difficulty urinating, increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.

Melatonin



Control your sleep/wake cycle naturally with the help of Melatonin! This useful hormone works to restore normal sleep patterns while delivering excellent antioxidant support to the body. Each capsule supplies 1 mg of melatonin..

.....**\$30.00**

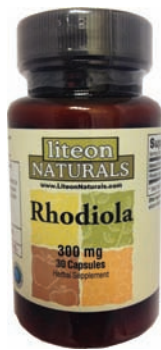
Maca



Since the dawn of time, man has searched for substances to help enliven the libido, promote sexual prowess, and stimulate the intimate experience. Long ago, in the jungles of Peru, he found it. Maca, an ancient herb used by Peruvian natives for sexual support, is now available worldwide. Men and women across

the globe are discovering its invigorating potential to enhance intimacy. Our maca is concentrated for guaranteed levels of active herbal components. Each capsule contains 500 mg of maca root in a potent 4:1 extract.**\$30.00**

Rhodiola



Rhodiola Root is the premium choice to counteract the mental and physical effects of stress. This potent herb from Liteon Naturals helps reduce levels of stress hormones while supporting levels of key brain chemicals involved in regulating mood. Our powerful capsules contain 300

mg of rhodiola root powder and provide a great way to conquer the mental and physical challenges of stressful times.

Rhodiola increases the oxygen-carrying capacity of our red blood cells, making it particularly effective at increasing energy, vitality and stamina during times of stress. Rhodiola has a calming effect on our body and mental state because of an ability to reduce cortisol, one of our major stress hormones. From the mental side of things, Rhodiola also increases the sensitivity of your neurons to the presence of dopamine and serotonin, two neurotransmitters involved in focus, memory, pleasure and mood. This plant has been used as an extremely effective alternative to antidepressants. Not only does Rhodiola reduce the cortisol and blood sugar aspect of the belly fat equation, but it also turns on an enzyme called 'hormone-sensitive lipase', a substance which allows your body to access and utilize the fat stored in abdominal cells.

.....**\$30.00**

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chron-

ic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....**\$30.00**

Cal-Mag-Zinc with Vitamin D



Calcium is vital for building strong bones and teeth, muscle function, release of hormones and enzymes, and assists nerves in transmitting impulses.

Magnesium is needed for making new cells, activating B vitamins, relaxing muscles, clotting blood, energy metabolism, and is concentrated in the bones and teeth. It helps keep cells electrically stable, maintains proper blood pressure, and, with calcium, regulates energy levels and maintains normal heart function and nerve transmission.

Vitamin D regulates calcium metabolism, which is important for the formation of bones and teeth.

Zinc is an essential trace mineral that is necessary for the activity of 300 or more different enzymes. Special chelates ("claws" that hold the nutrient and allow for better bioavailability) enhance the delivery and utilization of the minerals.

.....**\$40.00**

Shark Cartilage



For joint health support, try Liteon Natural's Shark Cartilage! This all-natural formula delivers nourishment for joint care with the help of a biological structure similar to that of the cartilage that cushions joints. Our convenient capsules supply a potent 750 mg of pure shark cartilage for everyday

joint maintenance. Supporters believe that supplements made from shark cartilage can slow or stop the growth of cancer. According to its supporters, shark cartilage contains proteins that stop angiogenesis, the process of blood vessel development. Tumors need a network of blood vessels to survive and grow, so cutting off a tumor's blood supply starves it of nutrients, causing it to shrink or disappear. Some supporters also claim that shark cartilage can help against other diseases such as osteoporosis, arthritis, psoriasis, macular degeneration, and inflammation of the intestinal tract.

.....**\$35.00**

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(337) 662-3120

Caribbean Health and Wellness Center, Opelousas, LA
(337) 678-1500

Pricing and Rate Sheet

Infrared Sauna	30 mins: \$45	1 hour: \$70
Whole Body Vibration	10 mins: \$35	20 mins: \$65
Lymphatic / Water Massage	30 mins: \$45	1 hour: \$70
Body Wrap	30 mins: \$45	1 hour: \$90
Ion Foot Detox	30 mins: \$45	(2) 30 min sessions: \$80
Hydration Therapy	30 mins: \$45	1 hour: \$90
Massage Therapy	60 mins: \$69	90 mins: \$89
Slimpod Slimming/Detox	30 mins: \$45	1 hour: \$70
Dermosonic Cellulite	1 treatment: \$45	6 treatments: \$180
Zerona Fat Laser Treatment	6 treatments: \$675	12 treatments: \$850
Dr's Office Visit (consultation)	30 mins: \$60	1 hour: \$120
Blood work (lab services)	1 test: \$94	2 tests: \$150
Vitamin Test	1 test: \$39	2 tests: \$65
Biofeedback	1 session: \$65	4 sessions: \$210
Air Cupping	30 mins: \$45	1 hour: \$70
Personal Trainer (DHARMA Gym)	30 mins: \$35	1 hour: \$65
Thermography Imaging	Full Body: \$145	Breast Only: \$95
pH Acid Testing & Body Comp	1 test: \$5	4 tests: \$15

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
RESTORE Health Program Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 6 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$2,410	\$493 (with program) 20 Infrared Sauna* 24 Whole Body Vibration* 18 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$4,190	\$562 (with program) 28 Infrared Sauna* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,135
BODY REBOUND Weight Loss Program Lose weight, detox, build circulation, eat healthier	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 6 Foot Detox* 9 Body Wraps* 9 SlimPOD Slimming* 1 Thermogram* 9 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$3,185	\$420 (with program) 20 Infrared Sauna* 22 Whole Body Vibration* 9 Foot Detox* 14 Body Wraps* 12 SlimPOD Slimming* 1 Thermogram* 10 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$4,615	\$580 (with program) 24 Infrared Sauna* 25 Whole Body Vibration* 12 Foot Detox* 20 Body Wraps* 18 SlimPOD Slimming* 1 Thermogram* 12 pH Acid Testing & Body Comp* 14 Dermosonic Cellulite Treatments* 3 ZERONA Cold Laser Lipo* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$6,445
CANCER WELLNESS Program Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	\$440 (with program) 18 Infrared Sauna* 18 Whole Body Vibration* 9 Zerona* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,410	\$612 (with program) 27 Infrared Sauna* 24 Whole Body Vibration* 9 Zerona* 21 Foot Detox* 20 Hydration Therapy* 20 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$6,850	\$740 (with program) 34 Infrared Sauna* 32 Whole Body Vibration* 9 Zerona* 32 Foot Detox* 24 Hydration Therapy* 31 Water/Lymphatic Massage* 2 Thermograms* 16 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$7,221

SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 calendar weeks has passed from the beginning date of the wellness program.

Last Updated: 11/30/14

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NATURAL HEALTH PRODUCTS

Acai: is a purple berry which is only found in the Amazon rainforest; has high level of antioxidants. Historically used to combat fatigue, illness, and disease, including heart ailments, cancer, and other degenerative health issues; also known to benefit an individual's desire in becoming healthier, stronger, and motivated during physical activity; desirable health benefits, including boosting heart health and maintaining important organs, muscles, and tissues.

Aloe Vera: is a species of succulent plant, also known as "lily of the desert", the "plant of immortality", and the "medicine plant"; contains three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon; naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion; helps clean the digestive tract by exerting a soothing, balancing effect. Historically used to soothe and heal; anti-inflammatory, sunburns, arthritis, radiation poisoning, intestinal inflammation and ulcers.

High Blood Pressure

- CoEnzyme Q-10 \$30**
Helps strengthen and oxygenate the heart muscle
- Selenium \$35**
Selenium has been linked to blood pressure levels
- Flaxseed Oil \$35**
Contributes to lower blood pressure levels

Apple Cider Vinegar: Historically used as a natural cure for a number of ailments which usually require antibiotics and other medications; known to reduce sinus infections and sore throats; balance high cholesterol; skin conditions such as acne; protect against food poisoning; fight allergies in both humans and animals; prevent muscle fatigue after exercise; strengthen the immune system; increase stamina; increase metabolism which promotes weight loss; improve digestion and cure constipation; alleviate

symptoms of arthritis and gout; prevents bladder stones and urinary tract infections.

Bee Pollen: Known as a super food - contains all known vitamins and all known (22) essential amino acids, several minerals, enzymes coenzymes. Historically used to increase energy, improve athletic performance and reduce allergic response in hay fever, adrenal exhaustion and burnout. Known to stabilize blood sugar, aid for the pituitary and balance the reversed polarity.

Beta Carotene: Found in organic carrot juice. Historically used to protect your cells from the damaging effects of free radicals; provide a source of vitamin A; enhance the functioning of your immune system; help your reproductive system function properly; known for its benefit to eye health and immune support with out build up in the body.

Betaine HCl: The stomach manufactures hydrochloric acid (a natural protein-digesting enzyme), to break down proteins; as people age, they usually produce less HCl, which affects the amount of protein they can absorb. Incomplete protein digestion can lead to subsequent imbalances in the flora that feast on these compounds causing health concerns.

Black Cohosh: is a single herb that contains phytoestrogens; historically used to relieve menopause symptoms; regulate female cycles; relax muscle cramps and spasms and bronchial in asthma; reduces blood pressure. Also is known for bites and stings, menstrual cramps, depression, low estrogen, tension headache, menopause, post partum depression snake bite and tinnitus.

Bromelain: is a food enzyme that helps break down mucus; historically used to assist in snoring issues, (too much mucus in the pharyngeal/nasal area can promote snoring). Small amounts are found in pineapples. Also known to be used for urinary tract infections, strains, muscle injuries and sport injuries

Chlorophyll: is the green juice of plants. His-

torically used to build blood; improve general health; enhance oxygenation of tissues; reduces body odor, natural deodorizer. It has also known to enhance energy and stamina.

DHA: (docosahexaenoic acid) is a fatty acid that is absorbed into the fatty perimeter of cells. 30% of gray matter in the brain is composed of DHA; highly concentrated in the retinal neural tissues; required for brain development and important in maintaining and protecting the neural tissues. Research has shown that daily dietary DHA intake is lowest among women in the United States compared to women in Europe or Japan.

DHEA: A naturally occurring hormone and is the most abundant of all hormones in the body; it is produced by the adrenals. DHEA levels usually decrease about 80% between 20 and 65 years of age. Historically used to increase metabolism and promote weight loss; could reduce fat stores in the body; increases insulin sensitivity. Some research has found the level of DHEA in the bloodstream has proven to be a good barometer of cancer risk.

Digestion and Constipation

- Digestive Enzyme \$35**
Reduces the inflammation in the stomach
- Probiotic Complex \$35**
Puts the good bacteria back in the stomach
- Organic Fiber \$35**
Creates an elimination and clears the colon

Echinacea: is a single herb historically used as an immune stimulant, increases white blood cell count. Has been used for bacterial and viral infections, colds and lowered resistance; to strengthen and clear lymph nodes. Do not use with autoimmune conditions as it stimulates the immune system.

Flax Seed: an essential fatty acid; historically

used to reduce inflammation; heart health; cardiovascular health. Ground seeds are excellent nutritional fiber adding bulk to the intestinal system has been helpful with constipation.

Garcinia: is a single herb. Known to have antioxidant and anti-inflammatory properties; inflammation plays a significant role in the development of chronic and degenerative disease in general; also added in weight loss formulas. Known uses include astringent, rheumatism, bowel complaints, piles, bilious affections, anti-Cancer, edema, Intestinal parasites, constipation and delayed menstruation.

Garlic: is a single herb. Historically used as a natural antibiotic that kills fungus, viruses, bacteria and parasites; specifically helpful for lung infections including pneumonia. Lower high blood pressure and prevent hardening of the arteries.

Ginkgo Biloba: is a single herb. Historically used to enhance circulation to the brain; helps with memory loss in elderly by improving peripheral blood flow; counteracts some effects of aging making it an excellent preventive remedy for the elderly. Also known to be anti-aging, blood thinner and affects the brain, nerves and serotonin.

L-Carnitine: is an amino acid and is synthesized in the liver and kidneys. The body requires L-carnitine for the transport of long-chain fatty acids into the cells; symptoms of deficiency include progressive muscle weakness and severe hypoglycemia; is not found in vegetable foods but is mostly found in animal muscle tissue.

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Glucosamine Complex \$35

Manages joint pain and cartilage building nutrition

Resveratrol \$35

Calms inflammation and stabilizes histamine release

Lecithin: Known to emulsify fats in the body; lower cholesterol, promote heart health, aids in weight loss, promote liver health, improve brain function, reproductive health and decrease the risk of cell membranes hardening; reduce arthritis pain; promote gall bladder health and prevent gallstones.

L-Glutamine: is one of 20 amino acids in the body, is the most abundant in the body and commonly found in muscles. Common food sources are high proteins like red meats, fish, beans and dairy products. Effects the brain and nerves; has been known to help with addictions to drugs, alcohol and sugar or food; prevention to aging, anemia, heal bruises, colitis, depression, vertigo, ear infection or earache, poor fat metabolism, fatigue, gout, hypoglycemia, leaky gut syndrome, motion sickness, schizophrenia and senility.

L-Glutathione: is an antioxidant that occurs naturally in the body; has been known to help the liver detoxify the body and prevent cell disintegration; help prevent diseases like cancer, heart disease and dementia. It may also help treat autism and Alzheimer's.

Lutein: known as an antioxidant affecting the eyes and breasts; has been used as a natural therapy for cancer, macular degeneration. Historically used to support vision; help protect against UV damage to the eyes and skin;

support breast health; provide powerful anti-oxidant properties. Natural sources are kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.

Lycopene: Has been known to help prevent cardiovascular disease, diabetes, cancer and osteoporosis; to have an inhibitory effect on cataract development and some rare cancer cells; some claim anti-ageing effects. Foods highest in lycopene include tomatoes, pink grapefruit, watermelon, and guava; small amounts in persimmon and apricots.

Maca: is a root plant. Historically used as a tonic and adaptogen; reduces stress, improves mental concentration, enhances energy, improves general health and well-being; increase sexual desire and stamina in men and women. Body systems affected by adrenal cortex, glandular and reproductive glands and testes.

Melatonin: is a hormone produced by the pineal gland in the brain that helps regulate sleep and is made from an amino acid called tryptophan. Generally used as a sleep aid or to help overcome jet lag more quickly. The building blocks for natural melatonin production in the body include sufficient amounts of vitamin B6, vitamin B3, and most important, the amino acid tryptophan, which is found in high quantities in foods such as black cherries excellent source, red meat, dairy products, nuts - especially walnuts, seeds, bananas, soybeans and soy products, tuna, shellfish, and turkey.

Milk Thistle: is a single herb. Historically has been used to protect the liver from poisons and toxins; increase and enriches breast milk; stimulates production of bile; used with hepatitis and other liver disorders. Body systems affected include gall bladder, liver and spleen.

Psyllium: Mucilaginous herb that absorbs water adding bulk and lubrication to the stool. Historically used for constipation and diarrhea; help balance blood-sugar levels, help reduce cholesterol.

Raspberry: is a single herb. Historically used by Native Americans throughout pregnancy to tone and strengthen the uterus in preparation of delivery; tone and strengthen uterus during all stages of a woman's life, regulate female organs; relieve morning sickness and enhance lactation; helpful for teenage boys and girls to balance hormones when moodiness is a symptom!

Red Yeast Rice: is produced by a yeast that grows on rice and contains several compounds called monacolins which inhibit the synthesis of cholesterol. Used during the Ming dynasty for circulation, improved spleen and stomach health, and relief from mild gastric issues such as diarrhea and indigestion. Has been used to lower cholesterol production in liver; lower blood cholesterol levels.

Resveratrol: a powerful antioxidant found in red skin grapes; known as an anti-aging supplement; known to help reduce the growth of cancer cells in the body; also plays a role in helping reduce coronary heart disease risk; to lower blood sugar and cholesterol levels.

Royal Jelly: is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens; secreted from the glands in the hypopharynx of worker bees, and fed to all larvae in the colony. Historically used as a supplement for treating arthritis, asthma, liver problems, insomnia, ulcers, kidney conditions, bone fractures, high cholesterol, male baldness, as well as a sexual performance enhancer, and an immunity booster.

Saw Palmetto: is a single herb. Historically

used to tone the male reproductive system; enhance male sex hormones; relieve symptom of benign prostatic hypertrophy (BPH); helps with respiratory weakness; digestive weakness and weight loss; has been used for prostate enlargement and urinary problems in men.

Shark Cartilage: is a popular alternative medicine for those with cancer or those at risk due to the notion that sharks cannot get cancer; therefore, ingesting their cartilage will give humans greater immunity to it. Other reported benefits are arthritis relief, digestive health, immune health, skin health, anti-inflammatory and eye health.

Spirulina: is known as a super food loaded with easily digested proteins, vitamins and minerals; helpful to those trying to lose weight by providing a full feeling and all the essential amino acids; has helped clear toxicity; easy to digest and assimilate especially for vegetarians and people who have a hard time digestion animal proteins. Has helped to reduce food cravings and fatigue; appetite suppressant.

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

St. John's Wort: is a single herb. Historically used as a mild antidepressant; antibacterial, antiseptic, antiviral; helps repair nerve damage; typically used for minor cuts and injuries and anti-smoking.

Valerian Root: is a single herb. Historically used as a nerve tonic and sedative; helpful in nervous tension, anxiety, insomnia and regulates the heartbeat; helps in minor pain. Not recommended with people that are high strung, nervous, excitable or with "hot" disorders. Passion flower could be a better choice for those individuals.

5-HTP: (5-hydroxytryptophan) is a chemical that is produced in the body, from the amino acid tryptophan, which is obtained through food; after the body converts tryptophan into 5-HTP, it then converts 5-HTP into another chemical called serotonin. Serotonin is a neurotransmitter often called the "happy neurotransmitter" making it useful in helping with depression. Historically used as a mood elevator, helps promote sleep, reduces carbohydrate cravings; converts to serotonin in the brain.

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

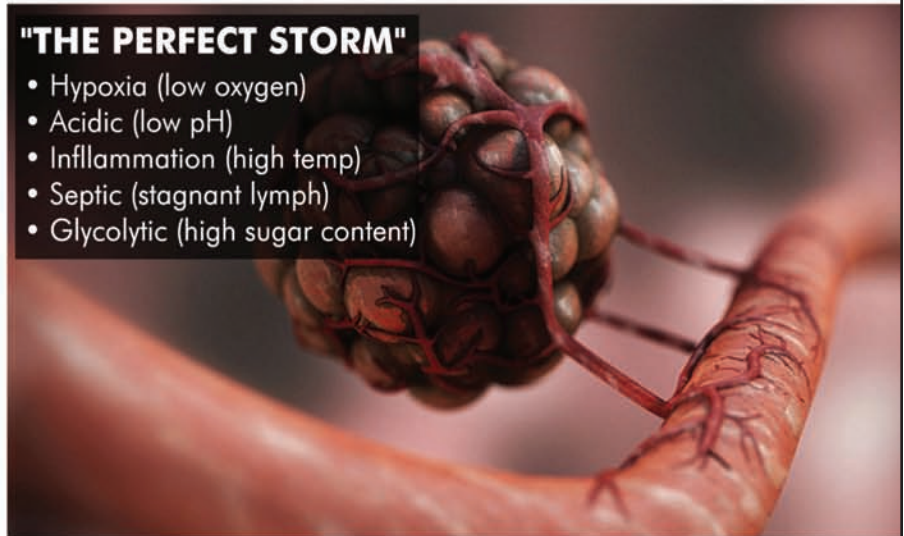
Will emulsify fat and allow the body to eliminate it

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



"THE PERFECT STORM"

- Hypoxia (low oxygen)
- Acidic (low pH)
- Inflammation (high temp)
- Septic (stagnant lymph)
- Glycolytic (high sugar content)



This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph nodes. Angiogenic blood vessels have latched on to lymphatic vessels to feed the cancer. The body's pH is highly acidic, oxygen is low (hypoxia) due to the inflammation. This cancer cell ferments for energy using sugar, acid, low oxygen, stagnant waste, and inflammation to set it all off.

Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

Use pH 9.5 Alkaline Water Drops to "alkalize" your body. GET RID OF THE ACID

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A Customized Health and Wellness Restoration Program

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Whole Body Vibration Exercise
Water Massage Therapy
Customized Wellness Plan
Biofeedback
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap (max 2 sessions)
Ionic Foot Detox

Colon Cleanse

Six-week psyllium husk supplementation

Full-Body Detox

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

Lymphatic Drainage

Whole body vibration exercising, hydro lymphatic massage

7-Day Rehydrate

Whole body vibration exercising, hydro lymphatic massage

pH Balancer

Balance acid/alkaline levels using Green Water and pH drops

* Supplements sold separately. Above pricing for services only.

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

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Wheatgrass

healing for a sick body

Wheatgrass works to deactivate breast cancer cells

The chlorophyllin-induced cell cycle arrest and apoptosis in human breast cancer MCF-7 cells is associated with ERK deactivation and Cyclin D1 depletion.

Targeting the mitogen-activated protein kinases (MAPKs) has been suggested as a novel strategy to treat cancer. Chlorophyllin (CHL) is the sodium-copper salt of chlorophyll derivative and is a commonly used food dye for green coloration; CHL was found previously to retard growth of the human breast carcinoma MCF-7 cells. Extracellular signal-regulated kinases (ERKs) constitute a subfamily of MAPKs, participating in cell survival, proliferation and differentiation. We report here the first evidence that CHL deactivates ERKs to inhibit the breast cancer cell proliferation. The results from flow cytometry showed that 200 microg/ml CHL reduced the phosphorylated and activated ERK-positive cells in different cell cycle phases from the control of >96 to <38% at 24 h of incubation; the ERK deactivations occurred in both dose- and time-dependent manner, so that nearly all ERKs were de-activated by 400 microg/ml CHL at 72 h of treatment.

Int J Mol Med. 2005 Oct;16(4):735-40. Authors: Chiu LC, Kong CK, Ooi VE.

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Frozen Wheatgrass Box



53 Wheatgrass Health Benefits

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



MAJOR HEALTH BENEFITS

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

1. Wheatgrass is the ultimate energizer for body and mind.
2. Toz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.

21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass Juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chloro-

- phyll (found in wheatgrass) rebuilds the blood-stream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist, Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
Smoothie Factory, 125 Arnould Blvd., Lafayette 337-989-7001.

Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Benny's Sport Shack, 806 S. Union St., Opelousas 337-948-6533.
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.

namaste'



We are all connected

I honor the place in you where the entire universe resides, I honor the place in you of Love, of Light, of Truth, of Peace. I honor the place within you where if you are in that place in you and I am in that place in me, there is only one of us.

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