

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

## Celebrate Earth Day

Eco Yards  
Turning Lawns into  
Native Landscapes

WILD  
THINGS  
They Make  
Our Hearts Sing

New Wave  
Kids Organize to  
Save Our Oceans



EVERY ISSUE IS  
A GREEN ISSUE

April 2017 | Acadiana-Edition | [www.NAacadiana.com](http://www.NAacadiana.com)



# Saint Christopher College

Education • Enrichment • Economic Development



Tuition rates and payment plans as low as: **\$150/week**

Now offering courses in:

## Medical Assistant

Medical Assistants earn between \$12 and \$18/hour in LA

## Facilities Maintenance Technology Tech

Facility Techs earn between \$19 and \$35/hour in LA

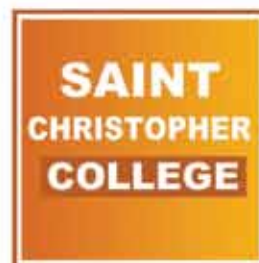
**CALL TO ENROLL** or for more information

**(337) 806-3109** Admissions

**(337) 896-4141** Administration

Licensed by the Louisiana Board of Regents

License #2269



BOARD of REGENTS  
STATE OF LOUISIANA

Saint Christopher College 166 Oak Tree Park Drive #F Sunset, LA 70584

# Saint Christopher College

of  
Sunset Louisiana

Be it known that

**Jessica Ann Smith**

having successfully completed the curriculum prescribed by the Faculty and Board of Directors for St. Christopher College and having complied with all other requirements of the College has been granted the Diploma of

**Medical Assistant**

and is entitled to all the rights and privileges appertaining to this Diploma.

*David Gradnigo III*  
David Gradnigo III  
Dean of Education  
Vice President of Student Affairs



*Steven T. Castille*  
Dr. Steven T. Castille  
President of St. Christopher College  
CEO

Saint Christopher College is a place where you can find a future in healthcare or the growing field of construction. We have created a school that will give you the education and training you need to build a career. Our career programs are short. In only 12 months you will be ready to start earning more money and working in a better job.

~ Dr. Steven T. Castille  
President of Saint Christopher College



## 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

## Manglier Tea

mong-lee-AY

The tea is used to build the body's immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.....\$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

## Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the

building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00



# publisher's letter



Live your life with gratitude and gratefulness. We all are getting older every day, but we don't have to grow older every day. Taking time to daydream, visit a friend, watch you children grow, or just play in your garden is time well-spent. There is a rush to tomorrow by all of us. We are being prodded into the future by faster computers, shorter delivery times, and a general need to have it, do it, and see it all: NOW!

Take time today for yourself. Take time to breathe in life, all of it: its color, splendor, smells, tastes, and sounds. From the smallest, most insignificant event to the things you have taken for granted.

Tomorrow will be here before you know it. Today will be a distant memory before you realize it. We create our futures and memories in the present. Go through life today, conscious of your surroundings. Why not take a long weekend walking through nature? There are a lot of lessons that nature can teach us, if we will only carefully observe and listen.

Today is a gift of life. Live it with gratitude and don't let the sun set today without seeing it, hearing it, and enjoying it.

Be grateful for the kindly friends that walk along your way. Be grateful for the skies of blue that smile from day to day. Be grateful for the health you own and the work you find to do, because there are always others less fortunate than you.

Be grateful for the growing trees, the roses soon to bloom, and the tenderness of kindly hearts that shared your days.

Acquire the grateful habit if you don't already have it. Learn to see how blest you are. Be thankful for the smallest blessing, and you will deserve to receive even greater ones. Value the least gifts no less than the greatest, and simple graces as especial favors. Most of all if you remember the dignity of the giver, no gift will ever seem small or meaningless.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

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



*Steve & Michelle*

Steve and Michelle Castille, Publishers



## contact us

### Publishers

Steve & Michelle Castille

### Editor

Beth Davis

### Writers

Tre' Gradnigo & Beth Davis

### Outreach

Megan Reed, Marquia Castille-Grant,  
& Tre' Gradnigo

### Design & Production

Gail Babineaux & Steve Castille

### Calendar

Michelle Castille, Lydia Castille,  
& Lillyanna Castille

### Distribution

Marquia Castille-Grant & Kelly Arnaud

### To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520  
Phone: 337-896-4141, Fax: 337-205-6191  
publisher@NAacadiana.com  
www.NAacadiana.com

© 2017 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

*Natural Awakenings* is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call for a location near you or if you would like copies placed at your business.

DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

### SUBSCRIPTIONS

Subscriptions are available by sending \$96 (for 12 issues) to the above address.

*Natural Awakenings* is printed on recycled newsprint with soy-based ink.



# contents



10

- 8 **newsbriefs**
- 10 **healthbriefs**
- 11 **ecotip**



11

- 12 **globalbriefs**
- 17 **healingways**
- 20 **conscious eating**
- 22 **greenliving**



12

- 24 **fitbody**
- 28 **healthykids**
- 27 **inspiration**
- 30 **naturalpet**

## advertising & submissions

### HOW TO ADVERTISE

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

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

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

### REGIONAL MARKETS

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

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

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

### 14 ECO YARDS

Turning Lawns into Native Landscapes  
by Lisa Kivirist and John D. Ivanko



14

### 17 MEDICAL MASSAGE

Targeted Therapy for Specific Ills  
by Linda Sechrist

### 20 EGGS-PERT ADVICE

How to Buy Good Eggs from Happy Hens  
by Judith Fertig

22



### 22 ECO-FRIENDLY HOME BUILDING

Innovations Boost Energy Efficiency  
by John D. Ivanko and Liam Kivirist

### 24 RUN FUN

Races Beckon Beginners  
by Aimee Hughes

24



### 27 THE HEART OF THE WILD REVEALS OUR SPIRITUAL LIFE

by Terry Tempest Williams

### 28 NEW WAVE

Kids Organize to Save Our Oceans  
by April Thompson

30

### 30 ENZYME THERAPY FOR PETS

A Key to Good Health  
by Shawn Messonnier





## Pot & Paddle Lafayette Now Open

Pot & Paddle Jambalaya Kitchen is now open in Lafayette at 2668 Johnson Street, Suite C-4, in Autumnwood Place.



Dedicated to customer satisfaction, Pot & Paddle is a Louisiana-based Cajun restaurant franchise offering freshly prepared, Cajun cuisine in a relaxed, family-friendly atmosphere. The restaurant features a variety of specialties and stands firm to their signature Cajun jambalaya. Other menu items include gumbo, red beans, white beans and pastalaya, as well

as desserts like banana pudding and chocolate chip cookies. The restaurant offers dine-in, carry out and catering services

For information, visit [PotandPaddle.com](http://PotandPaddle.com)

## Tee Tiny Houses Takes Root in Arnaudville

Tee Tiny Houses is planting roots as Louisiana's first tiny home manufacturer right in the middle of Cajun country. The newest concept in home building, tiny homes are efficient homes with small spaces for those who want to live easy, lessen stress and enjoy the simple things in life. Each home is artfully crafted and uniquely designed for those with simple yet elegant taste.

The company has five different models of tiny homes to choose from, each designed by Acadiana architects or University of Louisiana at Lafayette senior architecture students for a specific purpose. There is a camp model for hunters and fishers, a rustic cottage model, a model designed for a single occupant, a model designed for the elderly and a model with a modern design.



Location: 1056 B Coteau Rodaire Hwy., Arnaudville. For information, call 337-781-9215 or visit [TeeTinyHouses.com](http://TeeTinyHouses.com).

## St. Ignatius School

Educating the Whole Child  
Spiritually, Intellectually, Morally, & Physically



337-662-3325 / [www.siscardinals.org](http://www.siscardinals.org)

St. Ignatius School does not discriminate on the basis of race, color, national or ethnic origin in accepting applications for students, admissions, as well as in the administration of educational policies, of scholarship, and of athletic and extracurricular programs.

## LASER TUMMY TUCK TREATMENTS

The Zerona Laser reduces the size of fat cells and slims you down.

- no pain or downtime
- can return to work after each treatment
- no scars

Lafayette Office: (337) 356-1251  
Carencro Office: (337) 896-4141  
Sunset Office: (337) 662-3120

Text name and TUMMY TUCK to (337) 424-5066 for more information.

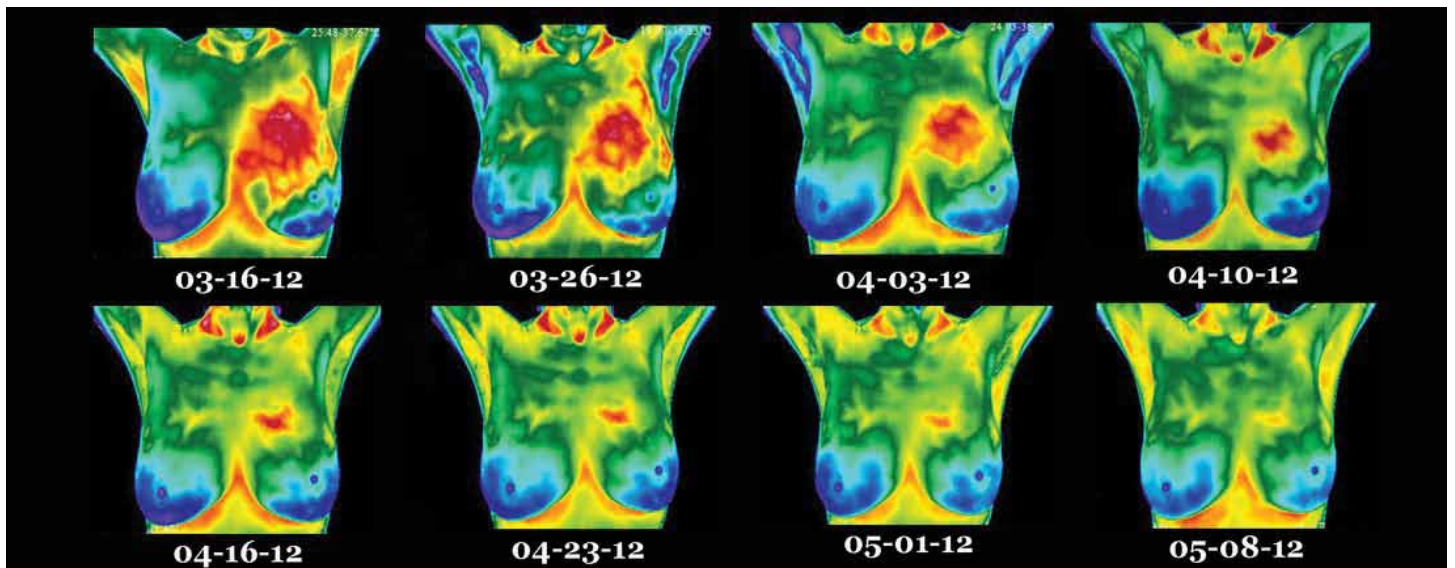


# Thermography Exam BEFORE and AFTER

**Why should I have a thermal scan? I have no family history and am not at high risk for breast cancer.** Although family history is considered a risk factor, 90% of women who develop breast cancer have no family history. A positive thermal scan is considered the highest risk marker for the future development of cancer. It is 9 times more significant than a family history. A thermal scan can show if a woman may actually be at high risk despite the lack of a family history of cancer. It can also really show if there is any real risk at all where there is a family history.

**I have a suspicious mammogram or felt a lump in my breast. Should I have a thermal scan?** Absolutely. The information provided from the thermal scan can clarify the other findings, ultimately helping your doctor make better decisions as to the best way to manage the situation.

**I have cancer and am scheduled for surgery. What benefit is there to a thermal scan this late in the game?** Thermal scans performed before and after a surgery or other treatment may help evaluate the success of the procedure by monitoring the metabolic and vascular changes of the cancer site. Additionally, once a woman develops breast cancer she is at a higher risk of developing it again. Thermal scans offer early detection of re-occurrence.



**This thermography exam shows how with the proper wellness program, cancer risk can be eliminated. First picture (3/16/12) shows abnormal blood vessel activity. Last picture (5/8/12) shows that it is gone at the end of the wellness program.**

**Thermography is designed to detect and reveal abnormal heat and vascular development in the breast tissue, which is attributed to early tumor growth. Every physician knows that a tumor, whether malignant or benign, needs its own blood supply to nourish itself to grow.** These vascularities grow in very abnormal patterns, creating the heat and inflammation that a thermal imaging camera detects.

An abnormal thermogram is the single most important marker of high risk for developing future breast cancer, ten times more significant than a family history of the disease. In other words, if someone gets a suspicious thermogram

indicating that something is wrong, something usually is. Did you know that the single greatest risk factor for development of breast cancer is a woman's lifetime breast exposure to estrogen? A woman can have up to fifty times more estrogen in her breast tissue than her blood levels indicate.

With the help of a natural practitioner or qualified nutritionist, a woman can make changes to affect her hormone levels and lower her risk. Throughout this time, a woman can monitor her breast tissue changes with thermography and actually see that the changes made to correct the imbalance are working. This is where breast thermography plays

an unprecedented role in breast cancer prevention. Along with over 800 published peer-reviewed studies on the effectiveness of thermography, a study published in the January 2003 publication of the showed thermography to be a "safe, non-invasive and valuable adjunct to (not replacement for) mammography in determining whether a lesion was benign or malignant, with over 97% sensitivity".

Image courtesy of Donna Tomey. Donna J. Tomey is a Certified Clinical Thermographer. received her certification at Duke University under the auspices of the American College of Clinical Thermology, Inc.

## Barefoot Running Improves Technique



Barefoot running has become a popular activity for athletes, and with the right training, can be a helpful tool for many runners. A recent study from the University of Jaén, in Spain, confirms the benefits of barefoot running. Researchers set out to determine what types of changes a 12-week program of barefoot running would produce in foot strike patterns, inversion, eversion and foot rotation.

Thirty-nine recreational athletes with no experience in barefoot running participated. Twenty formed the experimental group, with 19 serving as a control group. Researchers determined each runner's low, high and comfortable running speed and conducted pre- and post-running tests using cameras to document foot strike patterns. The experimental group's training consisted of a progressive increase in the duration and frequency of barefoot running, while those in the control group performed the same progressive running program with their shoes on.

The experimental group showed significant changes in foot strike pattern, with a tendency toward a mid-foot strike at all speeds. They also displayed changes in foot rotation and inversion toward a more centered strike at the lower speed, supporting the notion that progressive barefoot training can help athletes trying to change their foot pattern to a mid- or front-foot strike.

## Drinking More Water Improves Food Intake

Ruopeng An, Ph.D., a kinesiology and community health professor at the University of Illinois at Champaign-Urbana, studied the hydration and dietary habits of more than 18,300 American adults and found that drinking more water each day can impact the overall calories and nutritional value of food consumed.

Reviewing data from four parts of the National Center for Health Statistics' National Health and Nutrition Examination Survey, in which participants were asked to recall their food and drink intake during two non-consecutive days, An determined the percentage of plain water drunk by each person. He found an association between a 1 percent increase in the subjects' daily intake of plain water and an 8.6-calorie reduction in food intake. An also discovered a slight reduction in foods high in fat, sugar, sodium and cholesterol with the change.

Participants that increased their plain water consumption by one to three cups reduced their calorie intake by 68 to 205 calories per day. The same increase in water correlated with a daily reduction in sodium intake by 78 to 235 milligrams, five to 18 grams less sugar and seven to 21 milligrams less cholesterol.



## Sage Linked to Cognitive Health

A 2016 review from Australia's Murdoch University, in Perth, confirms the cognitive benefits of consuming



plants in the *Salvia* genus, particularly sage. Cognition includes processes associated with attention, memory, judgment, evaluation, reasoning, problem solving and decision making.

Researchers discussed the theory that an accumulation of amyloid- $\beta$  peptide (A $\beta$ ) in the body is responsible for some cognitive dysfunction in Alzheimer's patients. Studies have shown that sage can protect mice against A $\beta$ -induced neurotoxicity, thus helping to preserve cognition.

The researchers also highlighted acetylcholine (ACh), a neurotransmitter believed to play an important role in attention, learning, memory and motivation. ACh enzyme inhibitors help prevent alterations in ACh, preserving these functions. In vitro and animal studies show that some species of *salvia* are effective ACh enzyme inhibitors.

In addition, animal studies have shown that sage extracts can reduce depression and anxiety. Both of these conditions can contribute to a decrease in cognitive function.

Further research is needed to determine the extent of the effect and safe dosage.

**Your health always seems much more valuable after you lose it.**



## Butterfly Rescue

How to Create Helpful Home Habitats

We watch the graceful flight of colorful butterflies and appreciate their crucial role as pollinators.

Establishing butterfly gardens or accommodating them in yard plantings increases food sources radically threatened by reductions in blossom-rich landscapes due to development, intensive agriculture, insecticides and climate change.



Sean Xu/Shutterstock.com

The National Wildlife Federation ([nwf.org](http://nwf.org)) reports that butterflies are particularly attracted to red, yellow, orange, pink and purple blossoms that are flat-topped or clustered for landing or hovering, with short flower tubes that present easy access to nectar.

**Regional planting.** In the Southeast, goldenrod, with its arching, yellow flowers, appeals to Buckeye species. Tiger Wing, Dainty Sulphur and Malachite lead the way in Florida.

Some other suitable plants and trees for attracting butterflies, according to the Lady Bird Johnson Wildlife Center ([Wildflower.org](http://Wildflower.org)) are yarrows, red and white baneberries, and red, scarlet and soft maples in the Northeast; Butterfly and Honey daisies, Indian Mallow, American Century and Husiache, in the Midwest; and Giant, Ground, Subalpine and Noble firs, Vine Maple and Columbian Monkshoods in the Northwest.

**Inspiring individual efforts.** [Care2.com](http://Care2.com) reports that California Academy of Sciences aquatic biologist Tim Wong cultivated California Pipevine plants in his backyard butterfly home four years ago upon learning that it is the primary food for California Pipevine Swallowtails in the San Francisco area. Starting with just 20 caterpillars, he was able to donate thousands of the swallowtails to the San Francisco Botanical Gardens last year and has grown more than 200 plants.

**Milkweed.** Populations of iconic Monarch butterflies have plummeted 90 percent in the past 20 years, reports the National Wildlife Federation, primarily due to decline of 12 native milkweed species. They need support for their annual 2,000-plus-mile migration from the U.S. Northeast and Canada to central Mexico and back. Joyce Samsel, curator of the Florida Native Butterfly Society ([FloridaNativeButterflies.org](http://FloridaNativeButterflies.org)), notes that the Florida Monarch stays south of Tampa year-round.

Learn about milkweed host plant growing conditions at [Tinyurl.com/LocalMilkweedByState](http://Tinyurl.com/LocalMilkweedByState). Find milkweed seeds via [MonarchWatch.org](http://MonarchWatch.org).

**Donate to help.** Adopt milkweed habitat land through an Environmental Defense Fund ([edf.org](http://edf.org)) program by donating \$35 for one acre up to \$350 for 10 acres. Their goal is to retain and protect 2 million acres.

# 7 Common Signs of Nutrient Deficiency

## Poor Night Vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. It also helps to maintain healthy skin and soft tissues throughout the body.

## Cracks at the Corners of the Mouth

More likely to occur for those following vegan and vegetarian diets because it's harder to get sufficient zinc, iron and B12.

## Sores or Discoloration of the Mouth and Tongue

Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them to maintain health.

## Weak, Spotted or Ridged Nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

## Poor Blood Clotting

Essential for normal blood clotting, vitamin K also plays a vital role in bone mineralization and cell growth. Lack of vitamin K can result in bruising, frequent nosebleeds, and brittle bones.

## Weak Muscles and Bones

In advanced cases it's called rickets (for children) or osteomalacia (for adults), but it boils down to a deficiency in vitamin D, an essential nutrient for the growth, health and maintenance of the structural system.

## Frequent Cramps in the Lower Legs

Magnesium, Calcium and Potassium support proper muscle development and growth. Lack of these important nutrients can cause persistent discomfort in the feet, calves and back of the leg.

**Lafayette Office**

**Call (337) 356-1251 to schedule**

**Get Checked**

**A Vitamin Test can help**

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

## Saving Sharks

### Ocean Sanctuaries Expand in Pacific



Nagy-Bagoly Arpad/Shutterstock.com

The Pacific island nation of Kiribati has established the world's second-largest (1.3 million-square-mile) shark sanctuary, which bans commercial fishing throughout, and has also expanded the Micronesia Regional Shark Sanctuary. The possession, trade and sale of sharks and shark products are also prohibited in these areas as is the use of fishing gear such as wire leaders for targeting sharks.

Worldwide, about 100 million sharks are killed each year in commercial fisheries. Nearly 30 percent of all known shark species assessed by scientists are now threatened with extinction. Sharks are particularly vulnerable to overfishing because they mature and reproduce slowly. Many Pacific island nations have established shark sanctuaries, recognizing the valuable ecosystem and economic roles that healthy populations provide.

The Convention on International Trade in Endangered Species of Wild Fauna and Flora recently added 13 shark and mobula ray species to its list, a step toward ensuring sustainable and legal trade of these species.

## Dirty Driving

### Traffic Pollution Chokes Big Cities Worldwide

When air pollution blanketed Paris for three days, authorities called it the worst bout in 10 years and made public transit free. For the fourth time in 20 years, the city instituted a system based on alternating odd and even license plate numbers to keep certain vehicles off city streets, effectively cutting daily traffic in half; it's the first time the ban's been maintained for consecutive days. "Cars are poisoning the air," says Paris city hall transport official Herve Levife. "We need to take preventive measures."

Three other cities—Athens, Madrid and Mexico City—will ban diesel engines by 2025 as part of a similar effort. Beijing, China's capital city, has such dirty skies from cars and coal that protective masks are commonplace despite emissions restrictions and power plant closures, partly due to pollutants from neighboring regions.

Paris leads the world in monthly car-free days, but several large metro cities participate in an international car-free day each September 22, including Washington, D.C., Seattle and Long Island, New York.



ssuaphotos/Shutterstock.com

Source: EcoWatch.com



Cabeca de Marmore/Shutterstock.com

## Petroleum-Free Phasing Out Plastic Film Food Wrappers

Many grocery store foods are wrapped in plastic packaging that creates non-recyclable, non-biodegradable waste, even though thin, plastic films are not efficient at preventing spoilage. Some plastics are also suspected of leaching harmful compounds into food. Researcher Peggy Tomasula, D.Sc., is leading a U.S. Department of Agriculture team developing an environmentally friendly film made of the milk protein casein that addresses these issues. She states, "The protein-based films are powerful oxygen blockers that help prevent food spoilage. When used in packaging, they could prevent food waste during distribution along the food chain."

Plastic six-pack rings are renowned for their negative impact on wildlife and the environment. Now the Saltwater Brewery, in Delray Beach, Florida, is making edible six-pack rings for beer cans that are 100 percent biodegradable. Constructed of barley and wheat ribbons from the brewing process, they can be safely eaten by animals that come into contact with the refuse. Company President Chris Gove notes, "We hope to influence the big guys and inspire them to get on board."

Source: American Chemical Society



# WEIGHT LOSS

## LOSE WEIGHT FAST

- ✓ **Burn Excess Fat & Calories**
- ✓ **Completely Natural**
- ✓ **Flatten Your Stomach**
- ✓ **Kick-Start Your Metabolism**
- ✓ **Curb Your Cravings**
- ✓ **Finally, Look Sexy Again!**

**\$45**



Before	After
Scale wt. <b>162 lbs.</b>	Scale wt. <b>124 lbs.</b>
Body Fat% <b>37.92 %</b>	Body Fat% <b>24.36 %</b>
Abdomen <b>33.5</b>	Abdomen <b>27.5</b>
Fat Mass <b>61.43</b>	Fat Mass <b>30.2</b>



**Amber**

## HOW IT WORKS

BF-4 contains all of the major weight loss and fat burning ingredients: garcinia cambogia, raspberry ketone, green coffee beans, and chromium. These ingredients have been featured on the Dr. OZ show and are clinically proven to help you lose unwanted weight.

*For best results use BF-4 with a low fat diet (no meat for 6 weeks), drink a minimum of 72 oz of water each day, don't skip meals, walk at least 30 mins three times a week. Use organic fiber, digestive enzyme, and our probiotic complex to clean out your colon and get your gut back on track.*

**[www.bf4onlinestore.com](http://www.bf4onlinestore.com)**

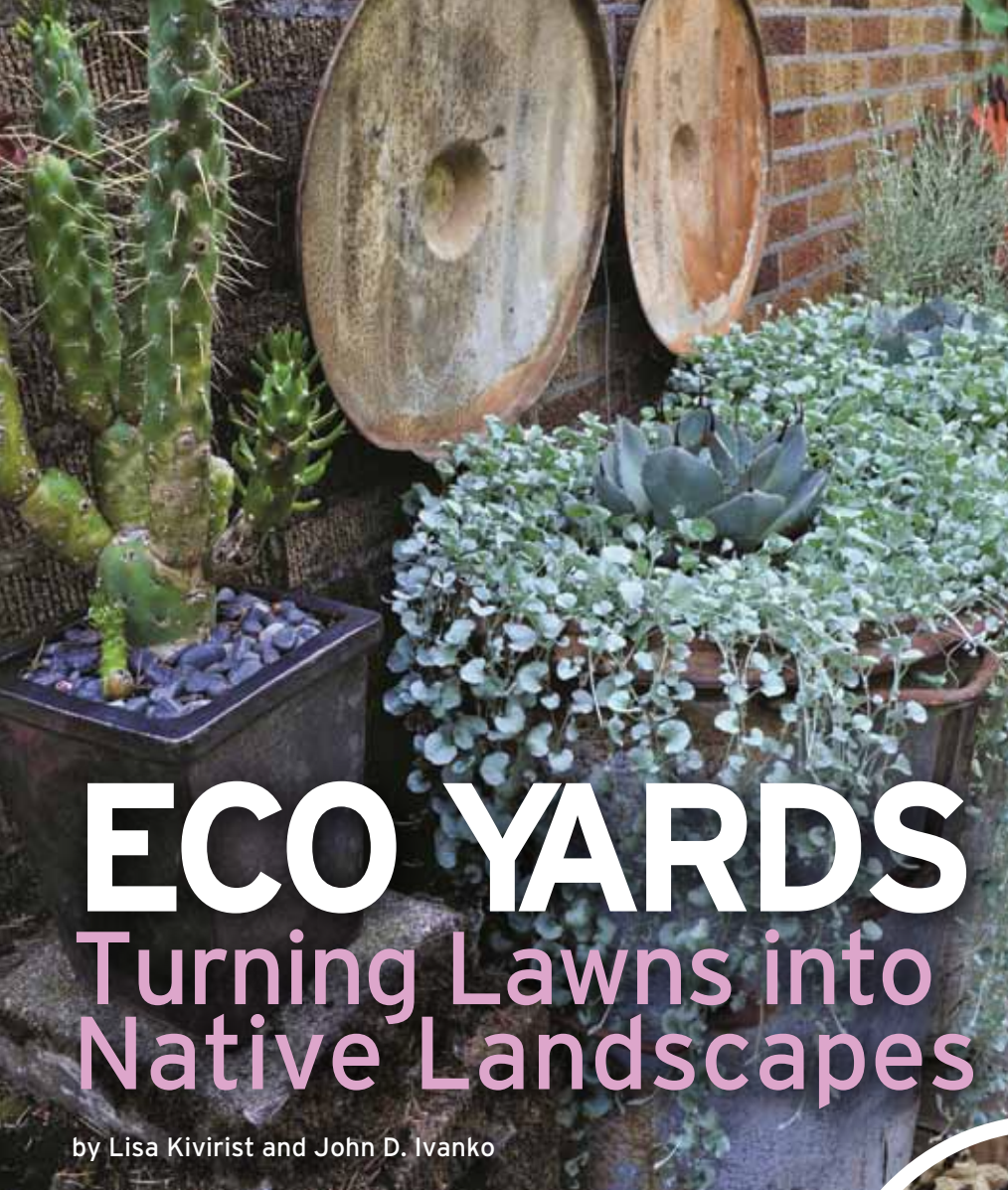
**Drug Emporium**  
Vitamin's Plus  
Lafayette  
**261-0051**

**Caribbean Retreat**  
Wellness Center and Campground  
Opelousas  
**678-1844**

**DHARMA**  
Wellness Center  
Sunset  
**662-3120**

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





photos by Pam Penick

# ECO YARDS

## Turning Lawns into Native Landscapes

by Lisa Kivirist and John D. Ivanko

“Traditional turf lawns are an ecological nightmare,” says John Greenlee, author of *The American Meadow Garden*, who notes that most monoculture turf lawns never even get used.

His company, Greenlee and Associates, in Brisbane, California, designs residential and other meadows throughout the U.S. as an engaging alternative. Many other appealing options likewise use native plants appropriate to the local climate. For instance, replacing Kentucky bluegrass, Bermuda grass or another non-native species with natives can deliver drought resistance and lower irrigation needs; eliminate any need for fertilizers or toxic pesticides; reduce or eliminate labor-intensive and often polluting mowing and edging; enhance the beauty of a home; and attract birds, butterflies and other wildlife.

Before replacing a lawn, determine the desired result. It may simply be achieving a low-maintenance, lawn-free yard; growing food like vegetables, herbs, fruit or nuts; or supplying ample flowers for a fresh weekly bouquet. Other benefits might include increasing privacy, dining *al fresco*, escaping into nature or even sequestering carbon dioxide to reduce climate change.

To be successful, choices must be appropriate to the climate, plant hardiness zone, local zoning ordinances and homeowner association rules. Also consider the soil quality and acidity, moisture content and whether plantings will be in full sun or shade, or both.



The right regional native plants often include grasses and ferns, herbaceous plants like flowering perennials and woody ones like shrubs, vines and trees. Native plants provide shelter and food for wildlife and help preserve a sense of place. “Work with a professional landscaper in your area, ideally a member of the Association for Professional Landscape Designers,” advises Greenlee. Tap a local university extension service, master gardener and garden club for local expertise, often available at no or low cost via classes or club membership.

### Four-Season Climates

From the Midwest to New England, “Wild ginger makes a nice, low groundcover with heart-shaped leaves in shade or part shade, where lawn grass often struggles,” suggests Pam Penick, of Austin, Texas, author of *Lawn Gone: Low-Maintenance, Sustainable Attractive Alternatives for Your Yard*. “Pennsylvania sedge, a low, grassy, meadow-like groundcover, can also work. For areas with full sun, bearberry, an evergreen creeping shrub with red berry-like fruit in fall, or prairie dropseed, a beautiful prairie grass with sparkling seed heads in fall, might be worth trying.”

“Stick with the *Carex* family of plants, the sedges, for a native meadow,” echoes Greenlee. “They vary in color, texture and height. Follow nature’s lead and create a tapestry of commingled plants. Start slow and add flowering plants like Queen Anne’s lace, daisies, asters and poppies.”

### Hot and Humid Subtropics

In sunny and well-drained areas of the South, Penick suggests Gulf muhly, an ornamental grass. “Its fall blooms resemble pink cotton candy floating above its green leaves.” In Florida, flowering sunshine mimosa with fern-like leaves and other natural groundcovers are low maintenance.

“Basket grass is a low, evergreen grass-like plant with long, spaghetti-type





covers gardening nationally at *GardeningWithCharlie.com*. “For part shade, experiment with gooseberry, red flowering currants, western amelanchier, deer fern, trillium and wild ginger.”

Adding some clover to a traditional lawn may eliminate the need for fertilizers while retaining some turf, says

Erica Strauss, of Gamonds, Washington, in her Northwest Edible Life blog.

“When the clover loses leaf mass from mowing, its roots die off to compensate and nitrogen enters the soil for neighboring plant roots to use.”

White clover works well for those on a budget; microclover costs more and is even better.

For shady, north-facing or boggy-wet areas, Strauss recommends sweet woodruff. Moss is another option.



leaves that puddle around it, suitable for shade or partially shaded areas,” advises Penick. “It’s slow to grow, but highly drought-tolerant and nicely covers a dry slope or spills over a retaining wall. Texas sedge makes a low-growing, meadowy alternative that’s evergreen and needs mowing only once every year or two.”

Moss is a fine option for shady and moist areas. “If moss is naturally colonizing a patch of yard, allow it to fill in where the lawn doesn’t want to grow,” Penick counsels. “It makes a springy, evergreen groundcover needing only brief misting to keep it looking good during dry periods.”

## Mediterranean and California Coast

Plentiful sunshine, rare frosts and modest rainfalls make many California coastal areas perfect for growing lots of plants, rather than plots of water-thirsty turf. “For full sun, work with California yarrow, purple sage, Indian mallow, white sage, lupines and California sagebrush,” recommends Charlie Nardozi, of Ferrisburgh, Vermont, author of *Foodscaping*. “In shade, try mountain yarrow, mimulus monkey flower, California honeysuckle, California flannel bush and coyote mint.”

“Blue grama grass is native to many states, and buffalo grass is native to states west of the Mississippi River in the right places,” adds Greenlee. They’re especially suited for meadows established in drought-prone regions.

## Rainy Marine Areas

“For sunny areas, try goat’s beard, penstemon, beach strawberry, mock orange and huckleberry,” says Nardozi, who

# More Eco-Yard Ideas

## Edible Landscaping

A kitchen garden represented by any kind of edible landscaping replaces some turf grass with produce. Carefully designed and maintained, it can be as attractive as any other garden space. “According to *GardenResearch.com*, 30 million U.S. households, about 25 percent, participated in vegetable gardening in 2015,” reports Dave Whiting, executive director of the National Gardening Association, owned by Dash Works, in Jacksonville, Texas.

“To integrate edibles into a landscape, first assess the locations of sunny and shady spots,” says garden consultant Charlie Nardozi. “Then, identify plants suited to the growing conditions that will fit in those areas. Mix in edibles with flowers, shrubs and groundcovers to keep the yard beautiful.” For urban areas, he recommends raised beds and containers as a good way to integrate edibles, bringing in clean soil and moving containers to the sunniest spots in the yard.

“We have 3,000 raised beds in Milwaukee,” says Gretchen Mead, executive director of the Victory Garden Initiative, which helps install edible landscapes. “We went from about 35 new kitchen gardens eight years ago to more than 500 each year now.”

The easy-to-build raised beds go on top of or in place of turf lawns. For Midwestern residents, Mead recommends beginning with six crops that can be started as transplants, like tomatoes or broccoli, and then growing a couple of plants from seed, like zucchini or green beans.

## Water-Saving Gardens

“Water-saving gardens use less of this precious resource through appropriate plant choices, rain-conserving features, berming and terracing to slow runoff, water-permeable hardscaping and smart irrigation practices,” says Pam Penick, author of *The Water-Saving Garden*. “Regardless of where you live,

## Semi-Arid, Steppe and Desert Climes

“If you crave a lawn but want to go native, Habiturf is perfect for the hot, dry Southwest,” says Penick. Developed by the Lady Bird Johnson Wildflower Center, in Austin, Texas, it’s a mix of several native turf grasses, looks like a shaggy traditional lawn and can be occasionally mowed on a high setting to keep it neat. Once established, it needs far less water than traditional turf.

“Silver ponyfoot grows well in many regions as an annual; as a perennial, it needs mild winters,” Penick continues. “Native to western Texas, New Mexico and Arizona, it likes good drainage, gravelly soil and full-to-part sun.”

Xeriscaping—landscaping that requires little to no water—is especially prevalent in hot, dry regions. Plant picks typically include cactus, succulents, agave and herbs like rosemary or sage.

*John D. Ivanko and Lisa Kivist, co-authors of ECOpreneuring and Farmstead Chef, operate the Inn Serendipity, in Browntown, WI.*

saving water is a priority for everyone. Drought is a growing problem in the Southwest and West, but also affects the Midwest, Southeast and even New England."

"Rain gardens help absorb, retain and use rainfall, preventing it from draining into the sewer," agrees Jennifer Riley-Chetwynd, with Colorado's Denver Botanic Gardens. "Rain barrels collect water from gutters and downspouts so there's more control in time and method of distribution, including perhaps drip irrigation."

According to the Groundwater Foundation, in Lincoln, Nebraska, rain gardens can remove up to 90 percent of problematic nutrients and chemicals and up to 80 percent of sediments from rainwater runoff. Compared to a conventional lawn, they allow 30 percent more water to soak into the ground.

### Hardscaping

Hardscaped areas are used far more



frequently than the turf lawn they replace as we move through spaces like walkways, patios, fountains, decks and grilling areas to enjoy the outdoors.

"Plant people can get excited about planting but forget to leave ample space for patios and paths, often resulting in an overgrown, pinched look for seating areas and other places meant to be

inviting," cautions Penick. "It can also be easy to underestimate how large plants can grow in a few years. Plan ahead for these 'people spaces' and install them before establishing garden beds."

Landscapers recommend being generous with this technique without paving over paradise. "Plants will spill and lean over hardscaping, so it won't feel too large once your garden is filling in," says Penick. "To address runoff and allow rainwater to soak into the soil, use water-permeable paving wherever possible: gravel, dry-laid flagstone or pavers; even mulch for casual paths."

## APRIL 2017 COUPONS

**BUY 1  
GET 1  
1/2 PRICE**



**FROZEN WHEATGRASS**  
16 1.5oz frozen cups

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

**Expires 5/16/17**

## APRIL 2017 COUPONS

**BUY 1  
GET 1  
1/2 PRICE**

ANY SINGLE OR PACKAGE PRICE



**IONIC FOOT DETOX**  
30 minute sessions

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

**Expires 5/16/17**





# MEDICAL MASSAGE

## Targeted Therapy for Specific Ills

by Linda Sechrist

**S**haron Puszko, Ph.D., founder of the Daybreak Geriatric Massage Institute, in Indianapolis, teaches and certifies massage therapists working in assisted living, long-term care and memory care facilities. She relates, "These individuals appreciate not only the physiological benefits of massage but also having a therapist touch and address them by their names. A 105-year-old woman jokes, 'Now that they've figured out how to keep us alive for so long, they don't know what to do with us. Thank God for massage therapy.'"

Specialty certificate programs such as Puszko's, representing advanced education and training within a modality qualified as therapeutic massage and bodywork, are benefitting both massage therapists and clients. Some outcome-based specialty modalities considered as requirements for specific populations such as seniors, athletes, infants and cancer patients and survivors, are referred to as "medical massage".

The nonprofit National Certification Board for Therapeutic Massage & Bodywork provides an accredited, voluntary certification beyond entry-level state licensure. To maintain their status, therapists must complete 24 hours of continuing education and 100 hours of work experience, and pass a criminal background check every two years. The certifying board also approves continuing education providers that teach specialty techniques, including integrative health care, sports massage and military veteran massage. The result is therapies

administered according to a national standard of excellence requisite for therapists working in collaboration with doctors, chiropractors, wellness centers, retirement care communities and other medical settings.

Puszko, an approved provider who founded her service in 2000, offers beginning and advanced weekend workshops for therapists on the complexities of physiological changes and technical skills required to work with geriatric or senior clients. She works from three offices in upscale retirement communities and teaches approved continuing education curricula throughout the U.S. and internationally.

"Although the skills I teach are not taught in massage school, they are in demand at independent and assisted living facilities where massage is considered a vital aspect of health care," says Puszko. "Older Americans represent the greatest challenge to massage therapists. For elderly residents, stretching and pulling on delicate skin and joints, as well as pushing one's elbow into *gluteus maximus* muscles, are unacceptable approaches." She explains that they might be called upon for a range of needs from helping prepare a 70-year-old marathoner for a race to reducing the stress of an exhausted hospice patient.

Geri Ruane is one of four founding directors of Oncology Massage Alliance, in Austin, Texas. She manages the operations for this nonprofit created in 2011 to help therapists that volunteer to administer complimentary hand and foot massage therapy to cancer patients and caregivers

in chemotherapy infusion rooms and prior to radiation treatment. The alliance offers financial assistance to licensed massage therapists for advanced training through approved third-party oncology massage classes and provides hands-on experience with cancer patients.

Ruane defines the essential aspects of an oncology massage therapist's (OMT) skill set. "A properly trained therapist has an informed understanding of the disease itself and the many ways it can affect the human body; the side effects of cancer treatments, such as medications, surgery, chemotherapy and radiation; and the ability to modify massage techniques in order to adapt accordingly. Our main purpose is to reduce stress and provide emotional support for cancer patients and caregivers in radiation and infusion rooms."

For example, an OMT will ask a patient about their cancer treatment history, including particulars of related individual health issues, prior to the massage. Hospitals in 35 states and Washington, D.C., now offer massage therapy to individuals during cancer treatment. MK Brennan, president of the Society for Oncology Massage, created in 2007, in Toledo, Ohio, is a registered nurse with a longtime practice in Charlotte, North Carolina. Brennan observes, "In nursing school, I was taught how to give a back rub, an aspect of patient care once provided by all nurses, but no longer part of a nurse's education. It now appears that there could be a resurgence of interest in offering massage therapy in hospitals that would encompass more medical aspects and require modified techniques for different patient populations."

In addition to oncology and geriatric massage, other select massage therapy modalities such as orthopedic, bodywork, Asian techniques and those related to pregnancy, infant and child health care as well as other special needs require advanced education and training.

Before making an appointment with a massage therapist/bodyworker for a specific type of help, inquire about their knowledge, experience, training and continuing education. Ask about additional credentials above entry-level core education that are specific to special needs.

*Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at ItsAllAboutWe.com.*



## BENEFITS OF GREEN WATERS

### 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 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.





## BENEFITS OF WHEATGRASS

### **Lose Weight:**

Wheatgrass is a superfood and provides the essential nutrients needed to build healthy cells in the body. Wheatgrass increases the metabolism and your ability to burn calories.

### **Fights Depression:**

Wheatgrass helps to keep your iron levels stable, which is particularly important for women. Iron deficiency is linked to apathy and depression.

### **Decrease the Risk of Cancer:**

Wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. Wheatgrass is 80% chlorophyll and protects against carcinogens better than any other food.

### **Improve Healing of the Body:**

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

### **Oxygenates the Cells of the Body:**

Wheatgrass contains up to 80% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

### **Detox the Body:**

The high amount of chlorophyll found in wheatgrass increases oxygen levels in the blood, an important part of detox and cleansing. It allows toxins to exit the body and its high phenolic content promotes the binding of chelated metal ions in the colon and liver. And, glutathione activates wheatgrass enzymes, catalyzing the breakdown of harmful bodily waste.

### **Slows Down the Aging Process:**

Chlorophyll contains enzymes and superoxide dismutase, a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to slow down the aging process.

### **Heals the Body:**

According to the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends wheatgrass - chlorophyll for its antiseptic benefits. This includes clearing up foul smelling odors, neutralize strep infections, healing wounds, curing chronic sinusitis, healing chronic inner ear inflammation and infection, reducing varicose veins and healing leg ulcers, healing rectal sores, successfully treating inflammation of the uterine cervix, getting rid of parasitic vaginal infections, and reducing fever.



## 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**

## 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**

## conscious eating



chrisdorney/Shutterstock.com

# Eggs-pert Advice

## How to Buy Good Eggs from Happy Hens

by Judith Fertig

Janice Cole, the author of *Chicken and Egg: A Memoir of Suburban Homesteading with 125 Recipes*, knows how delicious a really fresh egg tastes. She keeps three chickens she calls “the girls” in the backyard of her suburban Minneapolis home. “Jasmine, a white Silkie, lays small, beige-colored eggs; Keiko a black and white Ameraucana and Silver Wyandotte cross, green eggs; and Peanut, a brown, feathery Cochin mix, brown eggs,” relates Cole.

Cole has learned a lot about the natural lives of chickens. They need 14 hours of sunlight to produce eggs and lay about one per day. Chickens must be protected from predators, locked up at night in their coop for optimal well-being and let out in the morning to roam. Here are some tips for buying the freshest, most delicious and humanely raised chicken eggs.

### How to Read an Egg Carton

Deciphering the language on an egg carton is a first step. Diet affects flavor. “Eggs from pasture-raised chickens allowed to roam—eating grass, worms and bugs in the backyard or a pasture—will look and taste better than eggs from chickens limited to an inside space eating chicken feed,” says Cole. “Pasture-raised eggs will have a fresh

herbaceous, or grassy, flavor with an ‘egg-ier’ essence.”

“Look for the terms organic, free range or ideally, pastured or pasture-raised,” advises Adele Douglass, in Herndon, Virginia, executive director of Humane Farm Animal Care (*CertifiedHumane.org*).

“USDA Organic” is a U.S. Department of Agriculture label confirming that the food the chicken ate was certified organic. “Non-GMO” indicates a diet free of genetically modified ingredients. “Free-range”, another USDA label, means the chicken had continuing access to the outdoors. “Pasture-raised” assures that the chicken roamed outdoors daily, eating what they wanted; the ideal scenario.

“Cage-free” is a USDA-regulated designation ensuring that the chickens were allowed to roam freely about within their building to get food and water. “Natural” has no real meaning says Douglass; the term invokes no USDA regulation and nothing about actual farming practices. “Certified Humane” or “Animal Welfare Approved” means that each free-range hen has at least two square feet of outdoor space; it’s the most desirable designation, says Douglass.

When farmers want to raise egg-laying chickens, they need to provide



physical conditions similar to those Cole affords, but on a larger and more efficient scale, usually without the love. In regions where 14 hours of daylight are not a given, farmers use artificial lighting.

When snow is too deep for the birds to venture out and it's too cold for bug life, farmers supply indoor coops and feed. How well and humanely they do this is up to consumers to find out.

## Egg Nutrition

Eating one egg a day, or moderate consumption, will not raise cholesterol levels in healthy adults, concludes a 2012 review in the journal *Current Opinion in Clinical Nutrition and Metabolic Care*. While egg yolks contain cholesterol, they also possess nutrients that help lower the risk for heart disease, including protein, vitamins B<sub>12</sub> and D, riboflavin and folate, according to the Harvard School of Public Health, in Boston. A study by Kansas State University researchers published in the 2001 *Journal of Nutrition* also found that phosphatidylcholine, another substance in eggs, can decrease the amount of cholesterol the body absorbs from them.

**More than 90 percent of eggs sold today come from giant egg factories.**

**~ Pete and Gerry's, America's first Certified Humane egg producer**

"I've always been a huge proponent for eggs. As lean sources of protein, they help us stay full, are easy to prepare and can be part of a healthy eating regime because they're packed with free-radical- and inflammation-fighting antioxidants." Kirkpatrick adds, "Eggs also help protect eyes. Their nutrient-rich yolks, like leafy green vegetables, are high in lutein and zeaxanthin, carotenoids that studies have repeatedly shown help protect against macular degeneration."

Ideally, all chickens would be treated like Cole's "girls." For now, the best most of us can do is choose "Pasture-Raised," "Organic" and "Certified Humane". Getting to know more about the farmers that produce our eggs is even better.

*Judith Fertig writes food health articles and cookbooks from Overland Park, KS (JudithFertig.com).*

Plus, eggs are great sources of micronutrients and antioxidants, says Kristin Kirkpatrick, a registered and licensed dietitian and wellness manager for Cleveland Clinic's Wellness Institute, in Ohio.

## Eggs to Trust

Here's Humane Farm Animal Care's Adele Douglass' short list of sources for well-raised eggs.

Kirkland Signature Organic Eggs, at Costco, are Certified Humane. While not pasture-raised, they're cage-free. Costco has partnered with several small family farms throughout the country, which guarantees peace of mind for Costco and gives these smaller purveyors a steady stream of business.

Vital Farms, of Austin, Texas, supplies eggs to stores throughout many of the southern and western states. They specialize in Pasture-Raised and Certified Humane eggs, produced by about 90 family farms. Recently, they pioneered a process to make



"culling" (killing non-egg-bearing male chicks) more humane.

Pete and Gerry's Organic Eggs, headquartered in Monroe, New Hampshire, works with more than 30 family farms in Illinois, Indiana, Maine, New Hampshire, New York, Ohio, Pennsylvania and Vermont. Their eggs are Organic and Certified Humane, as the chickens live in spacious barns with outdoor access. "Most of the year, they roam outside our barns as they please on organically grown grass amid clover and wildflowers," says owner Jesse Laflamme. "At the same time, we also have to ensure our hens are safe from predators and communicable diseases from wild birds."

## 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

## Rethink your drink

### GREEN WATERS pH 9.5 alkaline water



An alkaline body is healthier:

- Increased Energy
- Anti-Aging
- Positive Mood
- Stabilized Blood Sugars
- Sound, Restful Sleep
- Weight Loss
- Better Digestion
- Lower Cholesterol
- Clear Skin
- Disease Reversal (Cancer, Hepatitis C, etc.)

ZINC FIGHTS  
DEPRESSION

ARE YOU LOW?

SIGNS OF LOW ZINC

- \* SOFT OR THIN FINGERNAILS
- \* WHITE SPOTS ON FINGERNAILS
- \* SLOW HAIR GROWTH
- \* STRETCH MARKS ON SKIN



**GET A VITAMIN TEST**

**CALL (337) 662-3120**

Call to schedule or for more information

**AT THE END OF  
THE DAY IT'S NOT  
ABOUT WHAT YOU HAVE  
OR EVEN WHAT YOU'VE  
ACCOMPLISHED... IT'S  
ABOUT WHO YOU'VE  
LIFTED UP, WHO YOU'VE  
MADE BETTER. IT'S  
ABOUT WHAT YOU'VE  
GIVEN BACK.**

DENZEL WASHINGTON

greenliving



NewentHouse photo by Taifline Laylin

# ECO-FRIENDLY HOME BUILDING

## Innovations Boost Energy Efficiency

by John D. Ivanko and Liam Kivirist

Smart, innovative, technological breakthroughs are making buildings more energy-efficient, healthier to live in and highly attuned to our connected world.

“Homeowners continue to be interested in green building options because they help foster a healthier, more comfortable and affordable home—and it’s good for the environment,” says Dan Chiras, Ph.D., of Gerald, Missouri, founding director of the Evergreen Institute and author of *The Homeowner’s Guide to Renewable Energy*.

### Panel Insulation

“Structural insulated panels in walls, roofs and floors dramatically reduce air leakage and heat loss through thermal bridging, or heat conduction through framing materials, facilitating a more energy-efficient home that can maintain comfortable temperatures with lower fuel bills than a conventionally built home,” advises Chiras. Find manufacturers via the Structural Insulated Panel Association at [sips.org](http://sips.org).

### Efficient Heat Recovery

“The energy recovery ventilator, or ERV, ensures fresh air in tightly sealed homes

with little heat loss,” adds Chiras. The UltimateAir RecoupAerator, a whole-house air filtration ERV, also flushes out harmful airborne pollutants commonly found in residences, replacing them with clean, fresh, healthy air.

### Solar Monitor

“Many solar energy users want to monitor their system using their computer, tablet or smartphone through advances in energy software,” says Allison Lindquist, with the Midwest Renewable Energy Association (MREA), which hosts the Annual Energy Fair and sustainable living event every June in Custer, Wisconsin. “One highlight last year was PacketFlux Technologies’ SiteMonitor.”

“When a homeowner views their energy monitoring data, they quickly begin seeing the correlation between their energy consumption and production,” says Leon Dulak, the MREA site manager. “The direct correlation drives them to change how they live and use energy.”



It costs slightly more on a monthly mortgage to build a home that costs far less per month to operate.

## Energy Storage

Tesla Motors does more than produce high-end electric cars and solar shingles. The company is also on the cutting edge of future energy storage. Tesla's new, compact Powerwall 2 battery system, complete with inverter, can power an average two-bedroom home for 24 hours.

Chiras says, "Utilities throughout the nation are cracking down with special fees on solar-home owners that occasionally pull electricity from the grid. I think more people are going to opt to go off-grid or install a Tesla battery to provide nighttime power to preempt this. It's easier to maintain than a standard lead-acid battery, and should last as long. When its useful life is over, the homeowner returns it to the company."

"Saltwater-based batteries for homeowners are coming up," observes Clay Sterling, assistant professor of electrical technology at Kankakee Community College, in Kankakee, Illinois. "The batteries from Aquion Energy are non-toxic, safe and recyclable." Their Aspen series of aqueous hybrid ion batteries contain neither heavy metals nor toxic chemicals and are non-flammable and non-explosive, adding to their safety.

## Home Plans

Building green gets easier with green home plans. The prototype, super-insulated, 970-square-foot NewenHouse sustainable home in Viroqua, Wisconsin, is about 50 percent smaller and more than 80 percent more energy efficient than the average American home. The plans-and-services package for the Passive House-certified NewenHouse home features double walls for insulation and a super-efficient heat recovery ventilator. Four different home plans are available for houses under 1,000 square feet.

*John D. Ivanko is co-author of ECOpreneur. Liam Kivirist captures the latest technology news on TechSocket.net.*

# HOME TECH UPDATE

## Nest Smart Thermostat

Google's Nest Learning Thermostat replaces the old thermostat and immediately starts saving energy and money. Partnered with a smartphone, custom settings will lower the temperature at night, warm up the house upon waking and reduce heating or cooling swings when owners are away. On average, people save 10 to 12 percent on heating bills and 15 percent on cooling bills according to Energy Trust of Oregon research, with the device often paying for itself in less than two years.

## Blueair Purifier

Leveraging a mix of filters, ionizers and fans, the Blueair HEPASilent air purification system captures 99.97 percent of particles down to 0.1 micron. A range of sizes are available to suit different spaces.

## Haiku Light

The Haiku Light fixture from Big Ass Solutions brightens when someone enters a room and turns off when it detects the absence of movement. The light-emitting diode (LED) fixture produces 50 percent more light than a typical 15-watt compact fluorescent light (CFL).

## Natufia

The Natufia Kitchen Garden is a fully automated vertical garden that easily fits into a kitchen area. Natufia manages the non-GMO, certified organic seed germination, watering, nutrient needs, humidity control and light cycles, freeing the gardener to simply pick and savor year-round fresh produce. While pricey, it provides an option for urbanites that both lack outside growing space and prioritize convenient healthy eating.

## Smart Robot

This handy droid vacuums up dust mites, allergens, pet hair and dirt. iRobot's Roomba 880 detects debris, maneuvers around most furniture and curtains, features a high-efficiency particulate air filter to suck up the small stuff, works on a variety of surfaces and automatically plugs itself in to recharge.

## Self-Cleaning Toilets

The bowl of Toto's MH wall-hung, high-efficiency toilet with powerful 3-D dual flushing is coated with a nanotechnology glaze that seals the porcelain with an ionized barrier; its non-porous surface repels visible and invisible waste. The company's smart toilet model also cleans itself.





12/15/2015 10:46:00 AM http://www.shutterstock.com



# RUN FUN

## Races Beckon Beginners

by Aimee Hughes

“I’ve run in cities, rural areas and suburbs. I’ve run while deployed to military bases in the Middle East, in cities on four continents, in blazing heat and winter snowstorms,” says Maria Cicio, a licensed professional counselor candidate and marathoner in Grove, Oklahoma. “I’ve been running regularly for 25 years, mostly injury-free, and have found what works best for me.”

For beginners, Cicio recommends starting with a 5K race. “There are a hundred reasons why a full marathon would not be fun for a beginner, but trail running, charity races and 5K road races are perfect,” she says.

Cicio attests the physical health benefits come from the training and preparation more than from the race itself. “You can run for many years before deciding to run an official race, in which case you’ll probably have already experienced increased cardiovascular health, improved muscle tone and strength.

“Running your first race can focus your running and turn it into training. You might increase your daily or weekly mileage, depending on the planned length of the race, or add some speed work to your regular running routine. When I’m training for a race, I’m more in tune with what my body needs; I also sleep better,” she says.

The mental benefits are what keep many people running, even after the physical ones seem to plateau, advises Cicio. “Running means regular exercise, so it can improve our general mood. While numerous studies show this to be true, the best evidence comes from runners themselves.”

Almost everyone has heard of a runner’s high, even if we haven’t experienced it ourselves. It’s long been accepted that endorphins released during exercise create a feeling of euphoria after a satisfying workout. Recent research on mice

by the Central Institute of Mental Health at the University of Heidelberg Medical School, in Germany, suggests that it might be natural endocannabinoids that lighten our mood and contribute to the high.

Meditation master Sakyong Mipham Rinpoche, in Halifax, Canada, teaches an online course, *The Art of Mindful Running*. He points out that running, or doing any physical activity, in a meditative state can deepen, train and enhance the mind. “Within 20 to 30 minutes, you have an opportunity to work with your mind. Instead of just spacing out or trying to get exercise, you can actually say, ‘I am going to be present, I am going to relate to my breathing and my movement a little bit,’” says Mipham. “This is healthy both for the mind and the body.”

Those looking for an alternative to running on concrete and asphalt find that trail running ups the fun factor while nature nurtures us. “While I’d always loved running races, the roads rarely changed. Even the same trail tends to change daily, with a new puddle or a log to jump or crawl over, or a new offshoot. The natural running landscape is full of surprises,” says Nikki Partridge, an avid trail runner, American College of Sports Medicine-certified personal trainer and Stott Pilates instructor in Auburn, California.

“Trail running healed me,” says Partridge. “I always had some injury from running: tendonitis, sprained ankles, runner’s knee, pulled hamstrings, iliotibial band syndrome, shin splints or plantar fasciitis. I became a walking encyclopedia on injury and recovery. But the trails saved me. I no longer pronated when I ran, I had no more tendonitis from running on canting sidewalks—even my knee pain disappeared—my balance improved and my body was happy.”

When winding down after a race, carve out ample time for recovery and reflection. “I always ask myself what I liked about how it was organized, course conditions, support staff and the after-party, and then look for another race that fits my preferences,” says Cicio. “Consider taking a vacation around a particular race that interests you or find a local road race the next time you travel. For a modest fee, you get to run a race and typically luck into a T-shirt, food and party camaraderie.”

The running world can open our eyes to new places, good people and greater self-awareness, along with physical fitness. Spring is a good time to lace up our shoes and begin the expansive journey.

*Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy and senior staff writer for LongevityTimes online. Connect at [Aimee@LongevityTimes.com](mailto:Aimee@LongevityTimes.com).*



# The Benefits of an Alkaline Body

## Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

## Cancer Prevention

A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

**Tel: (337) 896-4141**

Purchase at DHARMA Center in Sunset or Natural Health Center in Carencro



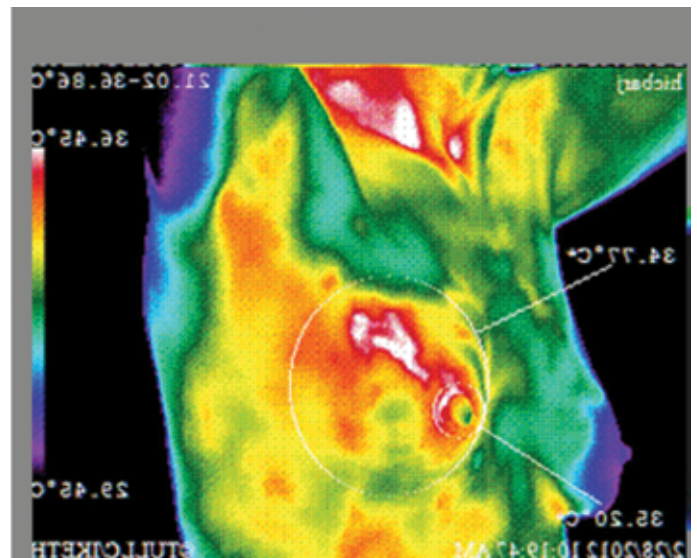
## Connie's Story

"In 2007 my thermogram indicated a possible pathology in the right breast between 9 and 12 o'clock. I was diagnosed in February of 2012 with cancer exactly where the thermogram revealed it to be all those years ago.

I had a mammogram in 2009 with negative results. In 2011 my general practitioner performed an exam, felt nothing and gave me a clean bill of health. One year later the GP felt a mass and strongly urged a mammogram. It revealed a large mass between 9 and 12 o'clock. My concurrent thermogram showed not only the mass, but possible involvement of the lymph nodes as well.

Due to my doctor's dismissive attitude towards thermography, I did not take the 2007 report seriously. I allowed three years to pass before my next mammogram. Now I have been diagnosed with invasive breast cancer (5.4 cm mass), 31 lymph nodes removed in which 16 are involved (stage 3 or 4 cancer).

This was truly a learning experience for me - thermograms do count! I could have prevented this! Now I am engaged in a battle with cancer; including chemotherapy and possibly radiation."



Get a Thermography Exam

Call the Carencro Office

**(337) 896-4141**

# Turn Your Passion Into a Business

## Own a *Natural Awakenings* Magazine

Our publishers ranked us among the highest in franchise satisfaction for our **Training, Support, Core Values and Integrity!**\*

As a *Natural Awakenings* publisher, you can empower yourself and others to create a healthier world while working from your home earning an income doing something you love!

No publishing experience is necessary. You'll work for yourself but not by yourself. We offer a complete training and support system that allows you to successfully publish your own magazine.

- **Meaningful New Career**
- **Low Initial Investment**
- **Proven Business System**
- **Home-Based Business**
- **Exceptional Franchise Support & Training**



For more information, visit our website [NaturalAwakeningsFranchise.com](http://NaturalAwakeningsFranchise.com) or call **239-530-1377**



\**Natural Awakenings* recently received the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review.

*Natural Awakenings* publishes in over 85 markets across the U.S., Puerto Rico and the Dominican Republic (listed below).

Contact us about acquiring an existing publication **FOR SALE** highlighted in **RED\***.

- Huntsville, AL
- Gulf Coast AL/MS
- **Phoenix, AZ\***
- Tucson, AZ
- East Bay Area, CA
- San Diego, CA
- Northern CO/ Cheyenne
- Denver, CO
- Fairfield County/ Housatonic/Valley, CT
- Hartford, CT
- New Haven/ Middlesex, CT
- **Washington, DC\***
- Daytona/Volusia/ Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/ St. Augustine, FL
- Melbourne/Vero, FL
- Miami & the Florida Keys
- Naples/Ft. Myers, FL
- North Central FL
- Orlando, FL
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tampa/St. Pete., FL
- Treasure Coast, FL
- Atlanta, GA
- Hawaiian Islands
- Chicago, IL
- Chicago Western Suburbs, IL
- Indianapolis, IN
- Acadiana, LA
- Baton Rouge, LA
- New Orleans, LA
- Boston, MA
- Worcester, MA
- Ann Arbor, MI
- East Michigan
- **Wayne County, MI\***
- Western MI
- **Minneapolis/ St. Paul, MN\***
- Charlotte, NC
- Raleigh/Durham/ Chapel Hill, NC
- **Bergen/Passaic, NJ\***
- Central, NJ
- Hudson County, NJ
- Mercer County, NJ
- Monmouth/ Ocean, NJ
- North Central NJ
- South NJ
- **Santa Fe/Abq., NM\***
- Las Vegas, NV
- Albany, NY
- Long Island, NY
- Hudson Valley W., NY
- **Manhattan, NY\***
- Westchester/ Putnam Co's., NY
- Central OH
- **Cincinnati, OH\***
- **Toledo, OH\***
- Oklahoma City, OK
- Portland, OR
- Bucks/Montgomery Counties, PA
- Chester/Delaware Counties, PA
- Harrisburg/York, PA
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Northeast, PA
- Philadelphia, PA
- Rhode Island
- Charleston, SC
- Columbia, SC
- **Greenville, SC\***
- **Chattanooga, TN\***
- **Austin, TX\***
- Dallas, TX
- Houston, TX
- North Texas
- **San Antonio, TX\***
- South Houston/ Galveston, TX
- Richmond, VA
- Seattle, WA
- **Madison, WI\***
- Milwaukee, WI
- Puerto Rico
- Dominican Republic

\* Existing magazines for sale

### Start a magazine in an OPEN TERRITORY

- Los Angeles, CA
- Riverside, CA
- Sacramento, CA
- San Bernardino, CA
- Santa Barbara/ Ventura, CA
- Santa Clara Co., CA
- Southern, MA
- Annapolis, MD
- Baltimore, MD
- Kansas City, MO
- Saint Louis, MO
- Bronx, NY
- Brooklyn/ Staten Island, NY
- Cleveland, OH
- Pittsburgh, PA
- Nashville, TN
- Ft. Worth, TX
- Salt Lake City, UT

Inquire about other open areas



## The Heart of the Wild Reveals Our Spiritual Life

Excerpts from  
"America's National Parks"  
from *The Hour of Land*

by Terry Tempest  
Williams

I was standing inside Timpanogos Cave (a national monument) as an 8-year-old child that marked me. Hiking to the entrance of the cave with our church group, we were ushered in by a park ranger. Immediately, the cool air locked inside the mountain enveloped us and we wore it as loose clothing. Immense stalactites and stalagmites hung down from the ceiling and rose up from the floor, declaring themselves teeth. We were inside the gaping mouth of an animal and we were careful not to disturb the beast, traversing the cave on a narrow constructed walkway above the floor so as not to disturb its fragility. But it was the Great Heart of Timpanogos Cave that captured my attention.

When everyone else left the charismatic form, I stayed. I needed more time to be closer to it, to watch its red-orange aura pulsating in the cavernous space of shadows. I wanted to touch the heart, run the palms of my hands on its side, believing that if I did, I could better understand my own heart, which was invisible to me. I was only inches away, wondering whether it would be cold or hot to the touch. It looked like ice, but it registered as fire.

Suddenly, I heard the heavy door slam and darkness clamp down. The group left without me. I was forgotten—alone—locked inside the cave. I waved my hand in front of my face.

I learned early  
on we live by

Nothing. I was held in a darkness so deep that my eyes seemed shut even though they were open. All I could hear was the sound of water dripping and the beating heart of the mountain.

I don't know how long I stood inside Timpanogos Cave before our church leader realized I was missing, but it was long enough to have experienced how fear moves out of panic toward wonder. Inside the cave, I knew I would be found. What I didn't know was what would find me—the spirit of Timpanogos.

To this day, my spiritual life is found inside the heart of the wild. I do not fear it, I court it. When I am away, I anticipate my return, needing to touch stone, rock, water, the trunks of trees, the sway of grasses, the barbs of a feather, the fur left behind by a shedding bison.

Wallace Stegner, a mentor of mine, wrote: "If we preserved as parks only those places that have no economic possibilities, we would have no parks. And in the decades to come, it will not be only the buffalo and the trumpeter swan that need sanctuaries. Our own species is going to need them, too. It needs them now."

Excerpts from *The Hour of Land: A Personal Topography of America's National Parks* by Terry Tempest Williams, reprinted with permission. Learn more at [CoyoteClan.com/index.html](http://CoyoteClan.com/index.html).

## GREEN WATERS

### pH 5.5 Acidic Body and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs become with toxins, the less effective they become at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite your best efforts, you are unable to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. Alkalize your body to lose weight.

### Alkalize your body with GREEN WATERS





I am a  
**MEDICAL ASSISTANT**

Do this for 12 months to become a medical assistant: Classes Monday thru Thursday (8AM - 2PM), tuition plan \$150 per week, homework twice a week, and one month of clinicals.



**Get your diploma in 12 months**

**Text MEDICAL ASSISTANT and your name to (337) 424-5066 for more information.**

Telephone:  
Admissions (337) 806-3109  
Administration (337) 896-4141

healthykids

# NEW WAVE

## Kids Organize to Save Our Oceans

by April Thompson



Prasert Wongchindawest/Shutterstock.com

Earth's oceans shelter more than a million species, employ millions of people and feed billions more. Their complex ecosystems increasingly face critical challenges, including acidification, overfishing and pollution. Inspiring us all, youths nationwide are stepping up with bold, creative actions benefiting present and future generations to show us how we too, can do our part.

Sean Russell, 24, of Englewood, Florida, was exposed to ocean wonders in junior marine conservation summer camps and 4-H programs. Volunteering with Mote Marine Laboratory's dolphin research program, in Sarasota, Russell was struck by how improperly discarded fishing line entangled and killed dolphins and other wildlife. At 16, he launched the Stow It—Don't Throw It Project to promote portable receptacles made from repurposed tennis ball containers for anglers to stash used fishing line for later safe disposal on shore. More than 21,000 containers have been distributed nationwide to date.

While earning a bachelor's degree in biology, Russell launched the Youth Ocean Conservation Summit to harness youth enthusiasm for related issues. Six summits have convened hundreds of concerned young change-makers and adult professionals. "Young people learn about current threats to marine

life and become inspired by peers sharing ideas and successes," says Russell. Planning and skill-building sessions fuel action, often assisted by microgrants to help kick-start community projects.

Russell is also involved with the nonprofit EarthEcho International, which activates young leaders through peer-to-peer networks. One recent campaign, 3T4E, encouraged youth worldwide to pick up three pieces of trash on November 1 and document their efforts. Nearly 2 million social media impressions later, they've reached youth in 24 states, in 19 countries and on six continents, according to Executive Director Mia DeMezza.

Founded by siblings Philippe and Alexandra Cousteau, the Washington, D.C., EarthEcho shares service learning stories that record steps young people are taking to mitigate local waterway issues. In a virtual classroom field trip series, they can explore issues such as oceanic dead zones and acidification through dynamic multimedia presentations. "These young people are going to inherit the problems we've created, and deserve a seat at the table," says DeMezza.

Given the opportunity, youth can play a key role in conservation, research and policy making for Earth's oceans. "I look at youth not as leaders of the future, but leaders of today," says Russell.



Daniela Fernandez, 23, is one of the youth leaders working to bridge the generational divide on ocean conservation issues. An undergraduate at Georgetown University, in Washington, D.C., she was invited to a 2013 United Nations (UN) meeting to address the state of the world's oceans. When she inquired if they had social media outlets to share their discussions, she discovered they did not. The 2016 Christopher Benchley Ocean Award winner relates, "I returned to campus with a sense of urgency about the issues I learned about, which led me to start a nonprofit to connect Millennials with the oceans."

The resulting Sustainable Oceans Alliance (SOA) has since hosted three global ocean summits with participants from more than 30 colleges and universities, learning directly from leaders in government, science, business and policy. Summit-watch parties at embassies around the world enabled Millennials to submit questions and comments online. Consequently, Secretary of State John Kerry's office partnered with SOA to incorporate a youth component in the state department's 2016 Our Ocean Conference.

The SOA, recognized by the United

Nations as a game-changing initiative, has catalyzed 30 chapters on U.S. campuses, with plans to expand to Britain, Chile and Spain. Actionable steps include advocating for college curricula on ocean health. Already, the alliance has helped sway global policy, gathering 30,000 signatures petitioning that ocean conservation be included in UN sustainable development goals. It also mobilized youth advocating for the Northeast Canyons and Seamounts Marine National Monument, America's first marine monument (measuring a bit larger than Yellowstone National Park), off of Cape Cod, created by former President Obama in 2016.

Russell and Fernandez agree that rallying around solutions is key to engaging youths and adults alike. "You can talk about the problems all day long, but it's solutions that inspire people to take action," says Russell.

Fernandez adds, "Often, people feel helpless in the face of big issues, but if you give them a simple way to help, they will get behind it."

*Connect with freelance writer April Thompson, in Washington, D.C., at [AprilWrites.com](http://AprilWrites.com).*

## What We Can Do Now

Everyone has a part to play in keeping oceans clean and healthy. Here are some ways concerned individuals of all ages can help.

**Do away with disposable plastics.** Use reusable alternatives to single-use plastics such as plastic bags, water bottles, to-go containers, takeaway cups and straws, all of which clog the oceans and endanger 600 aquatic species due to ingestion or entanglement.

**Green what drains.** Anything that washes down the drain can end up in waterways. Avoid dumping chemicals like paint, oil and solvents and opt for non-toxic cleaning products like DIY cleaners made from vinegar and baking soda, which are safe for people and the seas.

**Eat smart.** Per a 2016 United Nations Food and Agriculture Organization report, nearly a third of commercial fish stocks are now fished at dangerously unsustainable levels. Find best choices on the Monterey Bay Aquarium's downloadable sustainable seafood guide and app at [SeafoodWatch.org](http://SeafoodWatch.org) when dining or shopping, and ask seafood eateries and fish counters to carry ocean-friendly selections.

**Reduce fertilizers.** Fertilizer runoff from gardens and commercial agriculture eventually end up in oceans, leading to "dead zones" with low levels of oxygen that kill aquatic life.

**Cut energy use.** Carbon dioxide from fossil fuel consumption is turning oceans acidic, which is particularly harmful to coral reefs. Use energy-efficient appliances and vehicles, opt for renewable energy plans from local utilities and bike, walk and take public transit.

*Primary sources: [Ocean.si.edu](http://Ocean.si.edu); [Ocean.org](http://Ocean.org); [Ocean.NationalGeographic.com](http://Ocean.NationalGeographic.com)*



Do this routine every other day for six weeks: 30 minutes of infrared sauna, 10 minutes of whole body vibration, 2 BF-4+ capsules before each meal, 40 minutes of Zerona Laser Treatments, 64 oz of greenwater, and a brisk walk for 30 minutes.

**18 laser treatments**  
**21 pounds lost**  
**6 inches lost**  
**6 weeks**

**Text TUMMY TUCK and your name to (337) 424-5066 for more information.**

Telephone:  
Lafayette Office (337) 356-1251  
CarenCro Office (337) 896-4141  
Sunset Office (337) 662-3121

# ENZYME THERAPY FOR PETS

## A Key to Good Health

by Shawn Messonnier

Enzymes are among the most commonly used supplements for cats and dogs because they are widely beneficial. They support digestive health and enhance nutrient absorption, as well as reduce inflammation and boost overall wellness.

A nutrition school adage states, "If you have a question on your exam and don't know the answer, put down 'enzymes' and you'll likely be correct." The point is that enzymes made by the body for specific functions are essential to life because they affect nearly every physical or biological process.

Enzymes help normal, healthy pets use nutrients and support the righting of gastrointestinal disorders, whether involving simple vomiting, diarrhea, chronic or complete constipation, anal sac disorders or inflammatory bowel disease, regardless of cause. Because sick pets often suffer from reduced appetite and impaired digestion, enzyme supple-

ments are often added to a dietetic regimen to improve their nutritional status.

Helpful enzymes include proteases, carbohydrases (like amylase) and lipases that break down proteins, carbohydrates and fats, respectively. Digestive enzymes are highly specific both to the type of food they act upon and the conditions under which they work. They can be derived from pancreatic, plant or microbial sources (bacteria or fungi).

While pancreatic enzymes activate mainly in the small intestines (being inactive in the stomach's lower pH environment), plant and microbial enzymes begin digesting foods in the stomach immediately after ingestion and likely even on the food being prepared, if the enzymes are added several minutes before they are eaten. Enzymes from microbial and plant origins have a broader spectrum of activity because they are stable and active through a wide pH range of 3.0 to 8.0.

Enzymes may be helpful for pets with inflammatory conditions, including arthritis, dermatitis, allergies, asthma and cancer. In such cases, they should not be administered with food, because otherwise they will be "used up" before the pet digests the food.

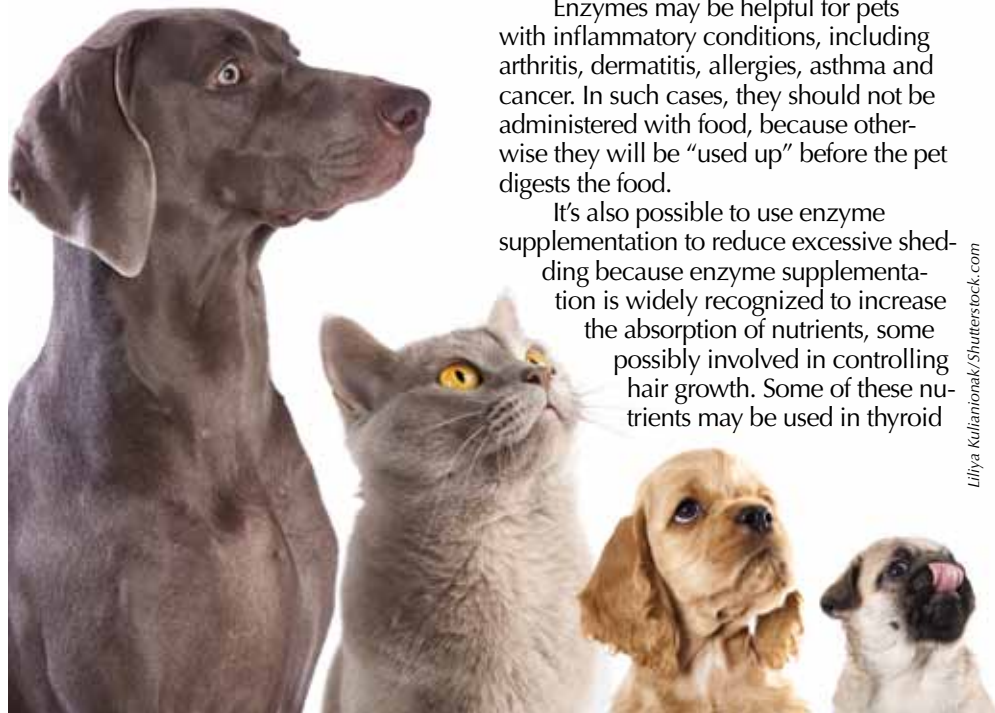
It's also possible to use enzyme supplementation to reduce excessive shedding because enzyme supplementation is widely recognized to increase the absorption of nutrients, some possibly involved in controlling hair growth. Some of these nutrients may be used in thyroid

hormone synthesis, which can positively affect hair growth and reduce shedding.

A novel use for enzymes is to help pets practicing coprophagia, or the eating of their own or another animal's feces. Adding the proper enzymes to the diet is believed to curb this problem, which could result from a nutrient deficiency caused by incomplete digestion and absorption. For pets with behavioral coprophagia, enzyme supplementation is unlikely to help the problem but will still benefit the pet's overall health.

The recommended dose by breed and weight is based upon experience, the label of a specific product and directions provided by the family veterinarian. Using enzymes according to a professional's advice is safe, with rare to nonexistent side effects. Talk to the pet's doctor about the best enzyme products to address individual needs and keep them healthy.

*Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets. For more information, visit [PetCareNaturally.com](http://PetCareNaturally.com).*



Liliya Kullantonak/Shutterstock.com

### The Knot Prayer

Dear God,

Please untie the knots that are in my mind, my heart, and my life.

Remove the have nots, cannots, and the do nots.

Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots, and should nots that obstruct my life.

And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough.

Amen



# "TV•Ears saved our marriage!"™

**The Doctor Recommended TV•EARS®** headset has helped millions of people hear television dialog clearly while eliminating concerns about loud volume or the need to buy expensive hearing aids. Put on your TV•Ears headset and turn it up as loud as you want while others listen to the television at a comfortable volume. You can even put the TV on mute and listen through the headset only. Others in the room won't hear a thing, but we guarantee you will. Imagine watching television with your family again without fighting over the TV volume or listening in private while a loved one sleeps or reads. As thousands of our customers have said, "TV•Ears has changed our lives!"

## Voice Clarifying Circuitry®

The TV•Ears headset contains proprietary Voice Clarifying Circuitry that automatically adjusts the audio curve to increase the clarity of television dialog while decreasing the volume of background sounds such as music and sound effects.

The words seem to jump out of the audio track, making even whispers and accents understandable.



Adjustable Foam Tips

Headset weighs only 2 oz.

5 year Limited Warranty

Rechargeable Battery

120dB Volume

Adjustable Tone

(( ( WIRELESS ) ) )

**Fast, Safe and Simple.** TV•Ears transmitters use Speed of Light Infrared Technology™ (SoLIT) to send the television's audio to the headset. Unlike slower Bluetooth or Radio Frequency, SoLIT does not need to be paired or adjusted, is completely safe with pacemakers, and will not interfere with your telephone.

**Twice the Power with 120 decibels.** The TV•Ears headsets are classified as "Assistive Listening Devices" for hearing-impaired individuals. This special designation permits the TV•Ears headset to have twice the maximum volume compared to all other wireless headsets.

## Voice Clarifying TV•Ears Headset

Over 2 million satisfied users since 1998

TV dialog is clear and understandable

Works better than hearing aids

## New Special Offer!



**Pat and Shirley Boone**  
Happily married over 60 years!

*"I can watch TV as loud as I want without disturbing my wife. The dialog is clear and it's good to hear my favorite shows again!"*

— Pat Boone, Singer/Songwriter

*"My wife and I have used the TV•Ears headset almost daily for many years and find them an invaluable help in our enjoyment of television. We would not be without them. As a retired Otologist, I heartily recommend them to people with or without hearing loss."*

— Robert Forbes, M.D., California

**TV Ears Original™ .....~~\$129.95~~**

**Special Offer**

**Now \$59.95** +s&h

For fastest service, call toll-free between 6am and 6pm PST Monday through Friday.

**1-800-379-7832**

or visit

**www.tvears.com**

Please mention **Promotion Code 35789**

**30-day risk free trial**

**TV•EARS**

TV Ears is a trademark of TV Ears, Inc. © 2017 TV Ears, Inc. All Rights Reserved

# Vitamin Testing \$39

(Takes only 15 minutes for a full screening)

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

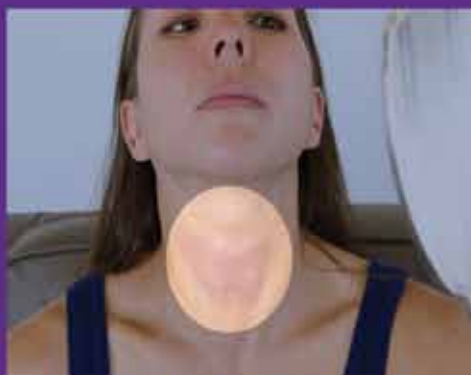
Thiamin  
Vitamin B6  
Vitamin B12  
Vitamin C  
Calcium  
Fluoride  
Iodine  
Iron

Riboflavin  
Magnesium  
Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

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

- Andrew Weil, M.D.

## Did you know A vitamin deficiency can cause



**ENLARGED THYROID**  
Iodine deficiency



**JOINT PAIN**  
Vitamin C deficiency



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

**cancer**

hypertension

**inflammation**

**diabetes**

depression

# GET TESTED

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

**DHARMA Wellness Center**

**(337) 662-3120**

CALL to schedule your 15 minute vitamin testing



# We See It First!

## 8-10 Years Before A Mammogram

Breast Cancer can be prevented with early detection and lowering your risks.

**"We Can See It BEFORE the Mass Develops"**

2.5 cm **Mammogram - detects AFTER lump**

.25 cm **Thermography - detects BEFORE lump**

**Cancer Cells Double Every 90 Days!**

90 days	2 cells	
1 year	16 cells	
<b>2 years</b>	<b>256 cells</b>	<b>.25 cm</b>
3 years	4,896 cells	
4 years	65,536 cells	
5 years	1,048,576 cells	
6 years	16,777,216 cells	
7 years	268,435,456 cells	
<b>8 years</b>	<b>4,294,967,296 cells</b>	<b>2.5 cm</b>
<b>9 years</b>	<b>68,719,476,736 cells</b>	
<b>10 years</b>	<b>1,099,511,627,776 cells</b>	
11 years	281,474,976,710,656 cells	
12 years	4,503,599,627,370,496 cells	

**Tumor size when detected by Thermography.**  
Thermal imaging can see a tumor the size of a grain of rice. You'd have a 99% survival rate. 80% of lumps found are benign.

**2.5 cm** About the size of a dime  
Generally the first detection of tumor by mammogram

**\$67**  
Breast Cancer SCREENING  
with this Ad Only

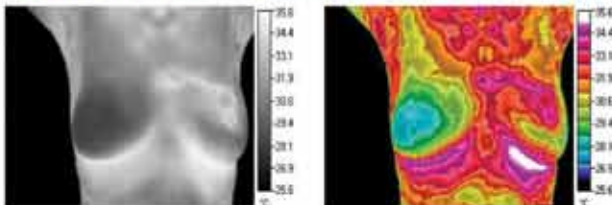
**\$94**  
Full Body SCREENING  
with this Ad Only



Painless • No Radiation • No Contact • FDA Approved

**Breast Cancer can be prevented with early detection and lowering your risks.**  
Thermography Can Detect Tumors 8 - 10 Years Before a Mammogram

Note: LOUISIANA is in the top 3 states with the highest rates of breast cancer mortality in the U.S. 1 in 8 Women will develop breast cancer this year.



**Left Breast Cancer Grey Scale and Color Breast Temperature**

Left image identifies the warm (white) vascular markings in the left breast. These markings are not only warm but appear chaotic in their distribution. They are actually circling a tumor and are angiogenic. The color image demonstrates the degree of warming that has occurred in the left breast. The heat is a function of increased tumor metabolism in combination with cancer induced blood vessel dilation, inflammation and neoangiogenesis.

Mammography cannot detect a tumor until after it has been growing for years and reaches a certain size. Thermography can detect the possibility of breast cancer much earlier, because it can image the early stages of increased blood supply to cancer cells (angiogenesis), which is a necessary step before they can grow into a detectable size.

# THERMOGRAPHY

Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

EXIT 4, Carencro • Across from Lourdes Aftercare Center

By Appointment Only • Sorry, no walk-ins.

**(337) 896-4141**

# calendarofevents

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

## GET YOUR CALENDAR ITEMS PUBLISHED

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

### Monday April 3

**Cajun Classique** – 5-7pm. Thru April 9 Sunday 8am-7pm. Classic wooden boat cruise down Bayou Teche with excursions in Breaux Bridge, St. Martinville, New Iberia and Franklin. Bayou Teche, Breaux Bridge to Franklin. [CajunClassique.com](http://CajunClassique.com).

### Thursday April 6

**Rhythms on the River** – 5:30 - 8:30pm. Thru Thursday May 4. Live music by local artists. Free. River Ranch Town Sq.

### Friday April 7

**Downtown Alive** – 5:30pm. Thru Friday May 12. Friday night live music party with local musicians. Foods and beverages for purchase to pay for artists. Free. Parc International, Lafayette.

**Bach Lunch** – 11:15am-1pm. Thru Friday April 28. A lunch hour series featuring local performers. Free. Benefit of the Lafayette Science Museum. Parc Sans Souci, Lafayette.

### Saturday April 8

**3rd Rice City Classic Car, Antique Tractor & Implement Show** – 9am-3pm. Marvel at the automobiles of an era gone by and up to today's hot rods. Free. Purchase food and beverage from vendors or activities and train rides for children. Crowley City Hall. 337-783-0824 ext 301.

**Hopefest** – 11:00am - 9:00pm. A music-festival fundraiser by juniors of St. Thomas Moore Catholic High School. Acadiana Boys and Girls Club of Acadiana and the Options Program. Parc International, Garfield St, Lafayette,

### Saturday April 15

**Lao New Year Celebration** – 8:00am - 8:00pm. Thru Sunday April 16. Lanexang Village celebrates with live music, a beauty pageant, parades, sand castle building, children activities and vendors selling clothes, jewelry, music and food of Southeast Asia. Wat Thammarattanaram Temple, 7913 Champa Ave, Broussard. 337-251-6624.

### Wednesday April 19

**Cycle Zydeco** – 8:00am-7pm. Thru Sunday April 23. Casual touring bike ride through Acadiana with food, live music and attractions. A four day 172 mile bike ride through several towns in Acadiana including Arnauville, Eunice and Opelousas. Hosted by TRAIL. 337-781-9416. [CycleZydeco.org](http://CycleZydeco.org).

### Friday April 21

**13th Annual Le Feu et l'Eau Rural Arts** – 11am-11pm. A celebration featuring a multitude of local artists, performers and cultural workers in a variety of disciplines and genres. Free. NUNU Arts and Culture Collective & Downtown Arnauville.

**Scott Boudin Festival** – 6pm-12am & Sat April 22 – 10:30am-12:30am. Thru Sun April 23-12pm-7pm. Gather to celebrate family, food, arts and crafts, music, and Boudin. The Scott City Hall building.

### Saturday April 22

**Southern Garden Festival** – 9-5pm. Enjoy art, live music, a garden tour, Master Gardener presentations, bayou boat tours and refreshments. \$10. Family Promise of Acadiana. Gardens of Harold and Sarah Schoeffler, 3502 East Simcoe St, (near Oakbourne Country Club) Lafayette. [Director@FamilyPromiseAcadiana.org](mailto:Director@FamilyPromiseAcadiana.org).

**30th Annual Acadiana RV, Sports & Boat Show** – 12-7pm. Thru Sun April 23. A showcase of trailers, boats, kayaks and motor homes. Cajun Field, 201 Reinhardt Dr, Lafayette.

**Louisiana Boil Off** – 4pm. A crawfish boiling competition with live music. Tasting for \$20 - \$25. Boys and Girls Club of Acadiana. Warehouse 535, 535 Garfield St, Lafayette.

### Sunday April 23

**3rd Annual Celebration of Life Butterfly Release** – 2-4pm. Heart of Hospice releases butterflies with a vigil of music, crafts for young guests and the reading of names of those remembered. Refreshments served. Calla Ott. LARC Acadian Village - Stutes Store, 200 Greenleaf Dr, Lafayette. 337-232-8159. [Calla.Ott@HeartofHospice.net](mailto:Calla.Ott@HeartofHospice.net).

### Wednesday April 26

**Festival International de Louisiane** – Thru Sunday April 30. The largest international music and arts festival in the United States with a special emphasis on the connection of Acadiana and the Francophone world. Free. Downtown Lafayette. [FestivalInternational.org](http://FestivalInternational.org).

### Friday April 28

**32nd Annual Étouffée Festival** – 5pm-12am. Thru 11am-5pm. Sunday April 30. Festivities include carnival rides, bands, bingo, various vendor booths, an auto show and étouffée tasting. St. John Francis Regis Church, 370 Main St, Arnauville. 337-754-5912.

### Saturday April 29

**Cajun Woodstock** – 10am & Sunday April 30. A festival that highlights culture & music of the area. \$5. St. Jude Children's Research in Memphis. Church Point City Park, 100 E Darbonne St, Church Point. [CajunWoodstock.com](http://CajunWoodstock.com).

### Sunday April 30

**Paws in the Park** – 10-2pm. A day at the park of fun and games for the kids and pets. Raffle tickets for a long list of prizes available. St. Martin Humane Society. Parc de Pont, downtown Breaux Bridge. [Info@StMartinHumane.com](mailto:Info@StMartinHumane.com).



Depression  
Anxiety  
Can't Focus  
Brain Fog



**Mood Enhancer**  
can help you



We do indoor birthday parties for KIDS

BEAT THE HEAT - BEAT THE RAIN. Indoor birthday parties.

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

All birthday party rentals include: rental of the building, all of the indoor jumps and arcades are FREE and INCLUDED WITH BUILDING RENTAL, unlimited guests, and bring your own food and drink.

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

Place your deposit and book your party online.

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

### Cancer Cells Double Every 90 Days

90 days	2 cells	•
1 year	16 cells	
<b>2 years</b>	<b>256 cells</b>	.25 cm
3 years	4,896 cells	
4 years	65,536 cells	
5 years	1,048,576 cells	
6 years	16,777,216 cells	
7 years	268,435,456 cells	2 cm
<b>8 years</b>	<b>4,294,967,296 cells</b>	
<b>9 years</b>	<b>68,719,476,736 cells</b>	
<b>10 years</b>	<b>1,099,511,627,776 cells</b>	

#### First Detected by Thermography

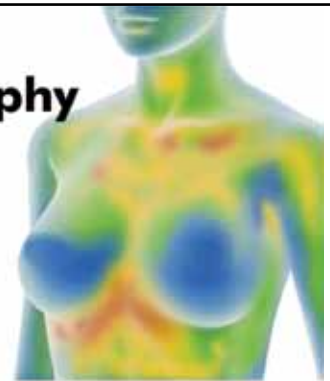
Thermal imaging can see a tumor the size of a grain of rice. You'd have a 99% survival rate

#### First Detected by Mammogram

Tumor size at 8 years is about the size of a dime

### Breast Thermography

Can increase your chance of survival.



Schedule your first appointment now.

Call 896-4141



# BODY REBOUND

## Weight Loss Program

6-Week Program Only  
**\$340**

Lose weight with meal replacement shakes and BF-4 fat burners. Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.



# Are you overweight?

## Being overweight is unhealthy

Doctors recommend that you lose weight to prevent major health issues.

### BF-4

Take two capsules before each meal to help you lose weight. Use BF-4 for a minimum of 30 days to lose weight and continue as needed.



Also Available  
at  
**Drug Emporium**  
Lafayette

## COMMUNITY WELLNESS CENTERS

(337) 896-4141  
Carencro Office

(337) 356-1251  
Lafayette Office

(337) 662-3120  
Sunset Office

(337) 424-5066  
Send a TEXT





Opelousas (French: Les Opelousas) is a small city in and the parish seat of St. Landry Parish, Louisiana. It lies at the junction of Interstate 49 and U.S. Route 190. The population was 22,860 at the 2000 census. Although the 2006 population estimate was 23,222, a 2004 annexation should put the city's population above 25,000. In the 2010 census, the population shrunk to 16,634. Opelousas is the principal city for the Opelousas-Eunice Micropolitan Statistical Area, which had an estimated population of 92,178 in 2008. Opelousas is also the 3rd largest city in the Lafayette-Acadiana Combined Statistical Area, which has a population of 537,947. Source: www.wikipedia.com



**VITAMIN SHOP in Opelousas, LA**  
 Front Desk: (337) 678-1844 Line 2: (337) 678-1500

**Hwy 190 Next Door to Lucky's Casino and Truckstop**



**BF-4 \$45**



**Frozen Wheatgrass \$30**



**Green Water \$36/case**

# Become a Medical Assistant

(Medical Assistants provide the clerical, front desk, and some basic clinical assistance.)

## 12 Month Diploma Program

The healthcare industry is booming and medical administrative assistant and secretary jobs are expected to increase as much as 36% over the next several years! You'll learn from our dedicated faculty members with real world experience. Saint Christopher College's Medical Administrative Assistant program can provide training to help you read and understand medical terminology, manage and update patient records, and perform basic office procedures—all at a pace that's right for you.



**SAINT  
CHRISTOPHER  
COLLEGE**

### Saint Christopher College

166 Oak Tree Park Drive #F  
Sunset, LA 70584

Admissions (337) 896-4141

Front Desk: (337) 662-3120

Administration: (337) 896-0085



**TO ENROLL  
CALL (337) 896-0085**



# LASER TUMMY TUCK TREATMENTS

The Zerona Laser reduces the size of fat cells and slims you down.



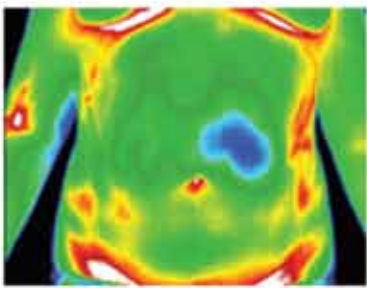
- no pain or downtime
- can return to work after each treatment
- no scars

6 laser treatments \$450  
9 laser treatments \$550  
12 laser treatments \$650

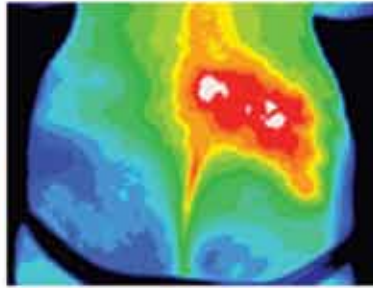
Lafayette Office: (337) 356-1251  
Carencro Office: (337) 896-4141  
Sunset Office: (337) 662-3120



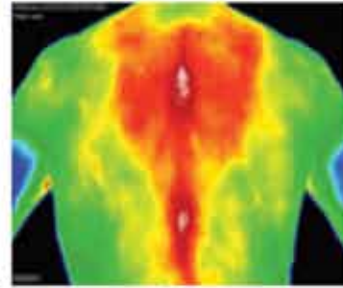
**Text name and TUMMY TUCK to (337) 424-5066 for more information.**



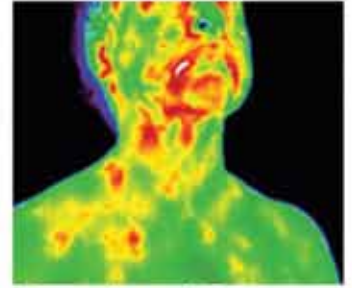
Hypothermia in the Stomach



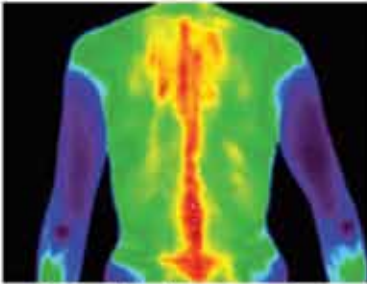
Shingles



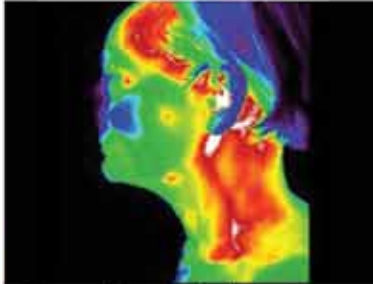
Lung Cancer



Periodontal Disease



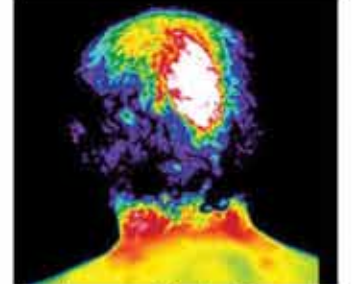
Spinal Inflammation



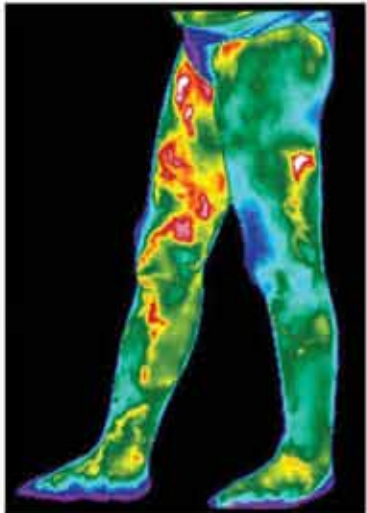
Carotid Artery Inflammation



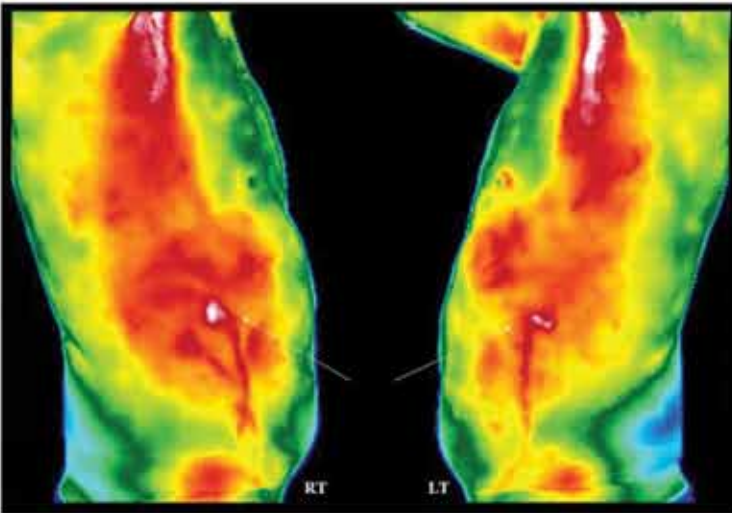
Poor Circulation Left 4th & 5th Finger



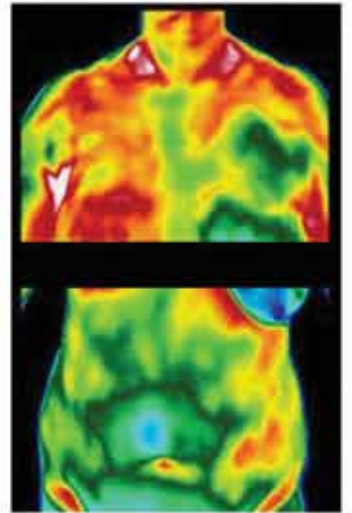
Melanoma-Scalp Cancer



Varicose Veins



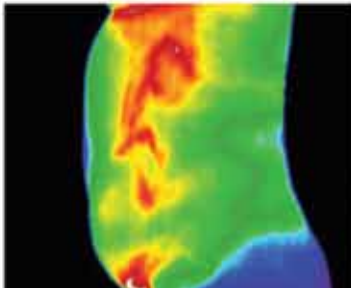
Bilateral Kidney Stones



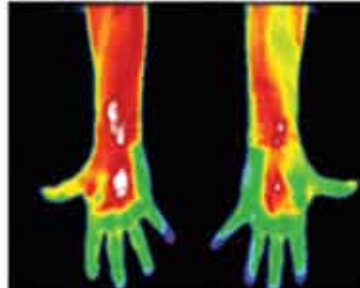
Breast Cancer



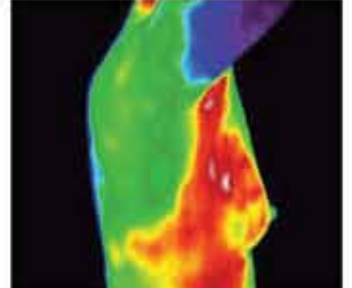
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

## \$94 Full-Body Thermography Screening

Text **EXAM** and your name to  
(337) **424-5066**  
for more information  
Call **896-4141** to schedule

Thermography is used to:

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