

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

FREE

feel good • live simply • laugh more

## Celebrate Earth Day



LaFogg©

### Horse Rescue

Caring Homes  
Sought for Aging and  
Abandoned Horses

### Color Us GREEN

Everyday Acts of  
Sustainability

### Troubled Waters

Our Precious  
Freshwater Supplies  
Are Shrinking



# WEIGHT LOSS

You have tried everything  
but you haven't tried BF-4.



**\$45**

## BF-4

### Garcinia Cambogia

prevents fat cell formation

### Raspberry Ketone

helps fat cells shrink

### Green Coffee Bean

signals the body to burn  
stored fat

### Chromium

builds muscle and burns fat

BF-4 contains all the four major fat burners.  
You have no choice but to lose the weight.

**Drug Emporium**  
Vitamin's Plus  
Lafayette

261-0051

**namasté**  
Wellness Center  
858-B Kaliste Saloom Rd.  
Lafayette

356-1251

**Caribbean**  
Wellness Center  
and campground  
Opelousas

678-1844

**DHARMA**  
Wellness Center

Sunset  
662-3120

**Natural Health Center**  
100 E. Angelle St.  
Across from Super 1 groceries  
Carencro

896-4141



# Become a Member

## Natural Awakenings Vitamin Club

### BASIC MEMBERSHIP \$30/month

- Box of Frozen Wheatgrass (16 – count)
- 3 Bottles of Greenwater
- pH 9.5 Drops

**Retail Value: \$78**

### PLUS MEMBERSHIP \$45/month

- Box of Frozen Wheatgrass (16– count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)

**Retail Value: \$141**

### GOLD MEMBERSHIP \$59/month

- Box of Frozen Wheatgrass (16 – count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)
- Pain and Inflammation Enzyme (1 box)

**Retail Value: \$171**

### PICK 3 MEMBERSHIP \$40/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ 3 Bottles of Greenwater (Retail \$18)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ Whetea Drops for a flat stomach (Retail \$20)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$95 - \$105**

### PICK 4 MEMBERSHIP \$60/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ 3 Bottles of Greenwater (Retail \$18)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$115 - \$135**

### PICK 6 MEMBERSHIP \$79/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ Case of Greenwater (Retail \$36)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ Whetea Drops for a flat stomach (Retail \$20)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)
- \_\_\_ Mood Enhancer for Depression and Anxiety (Retail \$30)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$140 - \$215**

**Natural Health Center, Carencro** 896-4141  
**DHARMA Wellness Center, Sunset** 662-3120  
**Caribbean Wellness Center, Opelousas** 678-1500  
**Namaste Wellness Center, Lafayette** 356-1251

Text **VITAMIN CLUB** and your name to **424-5066** to join.



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

### Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

### Green Waters Alkaline Water



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

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

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

### pH 9.5 Drops



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

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

### WheTea

#### BURNS STOMACH FAT



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

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



## BF-4 Weight Loss



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

.....\$45.00

## Pain & Inflammation Enzyme



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

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

## Digestive Enzyme Complex



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

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

## Raspberry Ketone Drops



Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula. ....\$30.00

## Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.....\$24.00



## 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



Spring is finally here and we are so excited about the freshness that comes with crocus, new buds and the greening grass. We love winter, but there is something about spring that lifts our hearts and fills us with optimism for the future. To celebrate the renewed hope of spring and Earth Day (April 22 marks the 46th anniversary), *Natural Awakenings* magazines all across the country will share their Green Living issue with over 3 million readers!

Earth Day is important because it reminds people to think about humanity's values, the threats the planet faces, and ways to help protect the environment. We've designed this issue to inspire you to repair your homes instead of buying new, to rethink using toxic lawn care chemicals, eating processed foods and being wasteful, and to celebrate the Earth as though there is no place else for us to live. We are thrilled that our readers are conscious consumers who are concerned about what they feed their families and what they feed their lawns and water tables. But what about the people we know who may not share our sentiments? We would like to request that you extend an olive branch (and a copy of the magazine) to your neighbors and friends who may still believe that artificially green lawns are in vogue and sugar-filled beverages are a healthy source of carbs. The best way to reach out is to be a role model. As Mohandas Gandhi said, "You must be the change you wish to see in the world." When everyone creates even a small change in their own circle, huge waves of positive energy of change will radiate outward. Please reduce, reuse, recycle, donate to worthy causes, and ask your friends to do the same.

This Earth Day we ask that each of you are mindful of the need for real peace on our planet, it must start with each of us—not by being angry or righteously indignant—but by being peaceful, loving and non-judgmental. It starts with each of us. Individually, we can make a difference in our own world, which ultimately gets projected to the rest of the world through a ripple effect.

So, read on and be inspired. If we can spur just one reader to take one small step toward living a more empowered and enriched life, then our efforts will have been well rewarded.

Finally, we want to personally thank you, the reader, for supporting the businesses in our magazine that strive everyday to improve our lives. Without them and your continued support, we could not accomplish our goals of bringing positive change to Acadiana each month. Thanks for reading and please share us with your friends!

*Dear Lord, we know that the divine rule is to live a life of prayer and obedience before You. We press on to reach the goal for which You have called us. Amen.*



Think green, live peacefully, share your love,

*Steve & Michelle*

Steve and Michelle Castille, Publishers



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## advertising & submissions

### HOW TO ADVERTISE

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

### 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.

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

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

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## 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.



## Baby Safe Homes Now Serving Lafayette



**B**aby Safe Homes, a professional, same-day baby proofing service, is now serving Lafayette and the surrounding areas. The service provides trained safety consultants

to help families create a safer environment for their babies and toddlers to explore, learn and grow safely. Each consultation consists of a home visit in which the consultant inspects the home for child safety and dangers. After the inspection, the consultant can recommend and install specialized safety products to ensure maximum safety within the home.

Baby Safe Homes can install items such as custom baby and child safety gates for stairs and hallways; durable, easy-to-use childproof cabinet and drawer locks and latches; and safety straps for TVs, furniture, dressers and changing tables and bookshelves. They also offer electrical safety, like self-closing electrical outlets, outlet plugs, power strip covers, carbon monoxide and smoke detectors.

*For more information, or to schedule a consultation, call 888-481-7233 or visit [BabySafeHomes.com](http://BabySafeHomes.com).*

## Popular Symphony Sunday in the Park Set for April 3



**S**ymphony Sunday in the Park, an outdoor pop concert presented by the Iberia Cultural Resources Association, will be held on Sunday, April 3, at 3 p.m. in New Iberia City Park. The concert, which features Broadway tunes, big band music and jazz selections, is part of a three part series in which Symphony Sunday is perhaps the most popular. This year's theme is "A Celebration of 10 Years."

Other attractions include the "picnic theme of the day" competition and an instrument petting zoo, which allows children to examine and try out different musical instruments. In case of rain, the concert is held in the Sugar Cane Festival Building.

*For more information, call 337-364-1603.*

## DHARMA Wellness Center Now Offering Therapeutic Art Class



**D**HARMA Wellness Center and Fit Club is now offering therapeutic art classes—painting classes in which individuals will participate in freestyle painting in a group setting. Each

class focuses on breathing, relaxation and meditation through concentration and focus on one's center point, as well as one's painting canvas.

The primary benefits include stress management and reduction, anxiety reduction, extended relaxation and self-expression. Classes are approximately an hour to an hour and a half and are scheduled mostly on weekends with one or two being held during the weekday. All materials needed for the class are provided.

*Location: 166 Oak Tree Park Dr., Sunset. For information, call 337-662-3120 or visit [DharmaWellnessCenter.net](http://DharmaWellnessCenter.net).*

## New Spring Herbs at Hebert's Garden Center



**H**ebert's Garden Center, a full-service garden center offering a wide selection of bedding plants, hanging baskets and more, now has spring herbs for the garden. Some of the herbs include echinacea, rosemary, thyme, vinca,

heuchera, yucca and lavender. In addition to specializing in providing season herb plants and shrubs, Hebert's also offers a complete selection of garden plants, vegetables and fruit trees. The center can provide individuals with all the tools, supplies and soils needed to grow an herb garden. The professionally trained staff can assist with the design, as well.

Hebert's is open Monday through Friday from 9 a.m. to 5 p.m., Saturdays from 8 a.m. to 4 p.m. and open seasonally on Sundays.

*Location: 1300 Bertrand Dr., Lafayette. For more information, call 337-371-1755.*

# BODY REBOUND

The Best Way to Lose Weight  
Get Your Body Back in Great Shape

## Our Weight Loss Is Guaranteed To Work

- Meal Replacement Shakes
- Burn calories in the sauna
- Tone with whole body vibration
- Use body wraps to lose inches

**Lose up to 6 lbs in 7 days  
with the body rebound  
program. Only 3 days a  
week medical-spa workout,  
protein drinks twice a day,  
fat burner supplements,  
and a health coach.**

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



The BODY REBOUND PROGRAM works to help you lose unwanted pounds using fat burners, changing your eating habits, and using medical spa treatments to burn calories to burn off the fat. Lose the weight and look good - feel great!

\*\* Guarantee will be honored if patient follows documented weight loss program requirements.

**896-4141**  
Carencro Office

**356-1251**  
Lafayette Office

**662-3120**  
Sunset Office

**(337) 424-5066**  
Text **BODY REBOUND** for more information



# Cold Laser

FAT  
~~Weight~~ Loss Treatment

**No Exercise Required**

## Zerona

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

**12 Treatments \$850**  
**9 Treatments \$675**

**Carencro Office: (337) 896-4141**

# Vitamin Testing <sup>\$39</sup>

(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

## Kiwis Boost Heart Health



A multi-center study from the University of Salamanca, in Spain, has found that consuming even one kiwi fruit (*Actinidia deliciosa*) per week will significantly boost cardiovascular health. The researchers tested 1,469 healthy people throughout Spain. The volunteers were given dietary questionnaires and underwent

testing for cholesterol lipids and inflammatory markers for heart disease.

The researchers determined that those that ate at least one kiwi fruit per week had significantly lower triglycerides and fibrinogen (a marker for inflammation), and higher HDL-cholesterol levels. Higher levels of HDL-cholesterol are associated with reduced incidence of atherosclerosis.

The researchers concluded: "Consumption of at least one kiwi a week is associated with lower plasma concentrations of fibrinogen and improved plasma lipid profile in the context of a normal diet and regular exercise."

## Nature's Colors Aid Focus and Accuracy

Researchers from the University of Melbourne determined that taking a quick break and looking at natural colors can significantly increase attention, focus and job performance. The researchers tested 150 university students that were randomly selected to view one of two city scenes consisting of a building with and without a flowering meadow green roof.

The two views were experienced as micro-breaks, a 30-second period that can be taken every 40 minutes. Both groups were tested before and after viewing the scene for sustained attention spans, along with a performance test upon completing a task. Subjects that looked at the scene with the verdant roof had significantly longer attention spans and fewer errors in doing their tasks.



## Mercury Use Linked to Dentists' Tremors

A study of thousands of dentists found that the absorption of mercury is associated with an increased risk of tremors. Published in the *Journal of the American Dental Association*, the study followed 13,906 dentists for a 24-year period.

The research tested the dentists' urinary mercury levels to estimate their individual exposure. The incidence of tremors—the involuntary shaking of hands, arms and other parts of the body—among the dentists was then compared with their exposure to mercury.

Higher exposures to mercury increased the risk of tremors among the entire population of dentists studied by 10 percent; the increased risk among the young dentists was 13 percent.



## Fracking Fluids Found Toxic to Health

In analyzing 1,021 chemicals contained in fluids and wastewater used in hydraulic fracturing (fracking) for oil or natural gas, a Yale University study found that at least 157 of the chemicals—including arsenic, benzene, formaldehyde and mercury—are associated with either developmental toxicity, reproductive toxicity or both.

Of the total identified chemicals, 925 were used in the hydraulic fracturing process, 132 in fracking wastewater and 36 were present in both. The scientists utilized the REPROTOX database in the Chemical Abstract Service registry and then reviewed the available research, including human and animal studies.

Toxicity data wasn't available for 781 of the chemicals used in fracking. Among the other 240 chemicals, 103 were reproductive toxins. An additional 95 were developmental toxins. Another 41 have been found to be both reproductive and developmental toxins. The researchers further suggested that at least 67 of the chemicals be prioritized in drinking water testing.

Senior author and Professor of Public Health Nicole Deziel, Ph.D., adds, "This evaluation is a first step to prioritize the vast array of potential environmental contaminants from hydraulic fracturing for future exposure and health studies. Quantification of the potential exposure to these chemicals, such as by monitoring drinking water in people's homes, is vital for understanding the [associated] public health impact."

# The 'Dirty Dozen' of Cancer-Causing Chemicals



Scientists at the Environmental Working Group published a list of the 12 chemicals that have been most prevalently linked to cancer in numerous research studies. The list encompasses bisphenol A, atrazine, organophosphate pesticides, dibutyl phthalate, lead, mercury, per- or poly-fluorochemicals (PFC), phthalates, diethylhexyl phthalate, polybrominated diphenyl ethers, triclosan and nonylphenol.

The scientists suggest that consumers can reduce their exposure to each of these chemicals by avoiding plastics marked with "PC" (polycarbonates) or the recycling number 7 mark, polyvinyl chloride (PVC) plastics in food packaging, PFC-treated wrappers on food and other products, lead paints, mercury-laden sea-foods, phthalates-containing fragrances and plastics, foam products made before 2005, foreign antibacterial soaps, and detergents and paints with nonylphenol. Other proactive measures include drinking only filtered water when in agricultural areas and purchasing organic foods.

The researchers contend, "Given that we live in a sea of chemicals, it makes sense to begin reducing exposures to ones we know are bad actors."

## Tai Chi Eases Effects of Chronic Disease

A review of research from the University of British Columbia tested the effects of tai chi exercise upon people with four chronic diseases: chronic obstructive pulmonary disease, heart failure, osteoarthritis and cancer. Dr. Yi-Wen Chen and his team analyzed 33 studies of more than 1,500 people that participated in tai chi.

The research also tested the effects of the practice on general health, including walking speed, muscle strength, speed in standing up from a sitting position, quality of life, symptoms of depression and knee strength. The heart disease patients among the subjects showed a reduction in depression symptoms, and all shared a reduction of muscle stiffness and pain, increased speeds in both walking and standing from a sitting position and improved well-being.

"Given the fact that many middle-aged and older persons have more than one chronic condition, it's important to examine the benefits of treatment/exercise interventions across several co-existing conditions," says Chen.



World Tai Chi & Qigong Day is April 30

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## globalbriefs

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

### Ground Control

Down-to-Earth Climate Change Strategy



The Center for Food Safety's Cool Foods Campaign report *Soil & Carbon: Soil Solutions to Climate Problems* maintains that it's possible to take atmospheric carbon dioxide (CO<sub>2</sub>) that fuels climate change and put it back into the soil, where much of it was once a solid mineral. There's too much carbon in the atmosphere and the oceans, but not enough stable carbon in the ground sup-

porting healthy soils.

Cultivated soils globally have lost 50 to 70 percent of their original carbon content through paving, converting grasslands to cropland and agricultural practices that rob soil of organic matter and its ability to store carbon, making it more susceptible to flooding and erosion. Healthy soils—fed through organic agriculture practices like polycultures, cover crops and compost—give soil microbes the ability to store more CO<sub>2</sub> and withstand drought and floods better, because revitalized soil structure allows it to act like a sponge.

The report concludes, "Rebuilding soil carbon is a zero-risk, low-cost proposition. It has universal application and we already know how to do it."

Download the report at [Tinyurl.com/CFS-Climate-Report](http://Tinyurl.com/CFS-Climate-Report).

### Bee Kind

The Good Fight for Honeybees

A U.S. federal appeals court has blocked the use of the pesticide sulfoxaflor over concerns about its effect on honeybees, which have been disappearing throughout the country in recent years. "Initial studies showed sulfoxaflor was highly toxic to honeybees, and the U.S. Environmental Protection Agency (EPA) was required to get further tests," says Circuit Judge Mary Schroeder. "Given the pre-



cariousness of bee populations, leaving the EPA's registration of sulfoxaflor in place risks more potential environmental harm than vacating it." The product, sold in the U.S. as Transform or Closer, must be pulled from store shelves by October 18.

Paul Towers, a spokesperson for the nonprofit advocacy group Pesticide Action Network, comments, "This is [an example of] the classic pesticide industry shell game. As more science underscores the harms of a pesticide, they shift to newer, less-studied products, and it takes regulators years to catch up."

On another front, an insect form of Alzheimer's disease caused by aluminum contamination from pesticides is another suspected contributing cause of the well-documented widespread bee colony collapse, according to a study published in the journal *PLOS ONE*. Honeybees studied had levels of aluminum in their bodies equivalent to those that could cause brain damage in humans.

## Grading Grocers

Greenpeace Issues Report on Seafood



As a link between the oceans and consumers, supermarkets play a pivotal role in the destruction of our oceans and have big opportunities to help protect them. Greenpeace evaluates major U.S. retailers for seafood sustainability in four key areas.

Policies examine the systems in place that govern a company's purchasing decisions and how it avoids supporting destructive practices. They

encourage retailers to enforce strong standards for both the wild-caught and farm-raised seafood in their stores. They also evaluate retailers' participation in coalitions and initiatives that promote seafood sustainability and ocean conservation such as supporting sustainable fishing, calling for protection of vital marine habitat and working to stop human rights abuses in the seafood industry. Finally, the need for labeling and transparency takes into account retailers' levels of truthfulness about where and how they source their seafood and how clearly this is communicated to customers. The group's Red List Inventory, a scientifically compiled list of 22 marine species that don't belong in supermarkets, is at [Tinyurl.com/GreenpeaceRedList](http://Tinyurl.com/GreenpeaceRedList).

View the store ratings at [Seafood.GreenpeaceUSA.org/grocery-store-scorecard](http://Seafood.GreenpeaceUSA.org/grocery-store-scorecard).

## GMO-Free Germany

Five Dozen Countries Now Ban or Label GMO Crops

New rules implemented by the European Union now allow individual member states to block farmers from using genetically modified organisms (GMO), even if the variety has been approved on an EU-wide basis. Scotland was the first to opt out and Germany is next, according to German Agriculture Minister Christian Schmidt.

Controversy concerning the safety and/or necessity of GMOs persists, but countries like these have decided not to idly sit by while the effects posed by long-term consumption of GMO foods are revealed. This move makes Germany one of between 64 and 74 countries that have instituted some type of ban or mandatory labeling requirements.

Source: [CollectivelyConscious.net](http://CollectivelyConscious.net)



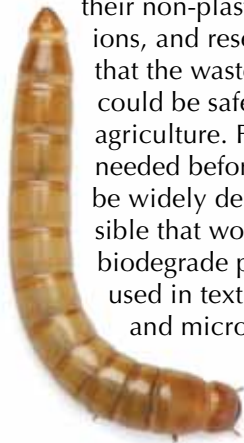
## Working Worms

They Can Safely Biodegrade Plastic Waste

Mealworms can safely and effectively biodegrade certain types of plastic waste, according to groundbreaking new research from Stanford University and China's Beihang University. In two newly released companion studies, researchers reveal that microorganisms living in the mealworm's gut effectively break down Styrofoam and plastic into biodegraded fragments that look similar to tiny rabbit droppings.

Plastic waste takes notoriously long to biodegrade; a single water bottle is estimated to take 450 years to break down in a landfill. Due to poor waste management, plastic waste often ends up in the environment, and research reveals that 90 percent of all seabirds and up to 25 percent of fish sold in markets have plastic waste in their stomachs.

Worms that dined regularly on plastic appeared to be as healthy as their non-plastic-eating companions, and researchers believe that the waste they produce could be safely repurposed in agriculture. Further research is needed before the worms can be widely deployed. It's possible that worms could also biodegrade polypropylene, used in textiles, bioplastics and microbeads.



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



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## globalbriefs

### Oily Oops

Touted Dispersants Worsened Effects of Gulf Oil Spill



A study conducted by the University of Georgia has found that the Corexit oil dispersant lauded by British Petroleum during the devastating 2010 Deepwater Horizon Gulf of Mexico oil spill not only failed to perform as expected, but may have formed deposits on the seafloor in a chemically altered condition. The naturally occurring proliferation of a particular species of bacteria

(marinobacters) that eats untreated oil was completely curtailed when the spill was replaced with dispersed oil. This could be a worst-case scenario, because marine life would continue to be exposed to it over many years, if not decades.

According to the report *Environmental and Health Impacts of the BP Gulf Oil Spill*, "As compared with only oil, Corexit-laden oil is four times more lethal; dispersed oil is 10 times more deadly than the dispersant alone."

The Center for Biological Diversity reports, "One of the dispersants used at the BP spill, Corexit 9527A, contains the toxin 2-butoxyethanol, which may cause injury to red blood cells, kidneys or the liver with repeated or excessive exposure." Many nations have since outlawed the use of dispersants in their territorial waters in response to these revelations.

Read the report at [Tinyurl.com/BP-Oil-Spill-Report](http://Tinyurl.com/BP-Oil-Spill-Report).

### 100 Percenter

Lower Austria Wholly Powered by Renewable Energy

Lower Austria, the largest of the country's nine states and home to 1.65 million people, now receives 100 percent of its electricity from renewable energy sources. The country's total power output is about 70 percent renewable.



The Danube River is so powerful that hydroelectric power is a natural choice. The mountainous geography means that vast amounts of energy can be generated from this high-capacity river rapidly flowing down through a series of steep slopes. The remainder of the state's energy is sourced from wind, biomass and solar power.

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



### Free Park-ing

National Parks Announce Fee-Free Days

The National Park Service turns 100 years young in 2016 and is offering free admission on special days. Next up are April 16 to 24, National Park Week; August 25 to 28, its birthday celebration; September 24, National Public Lands Day; and November 11, Veterans Day. They invite everyone to come out and play.



## Ballot Power Community Initiatives Secure Local Eco-Rights

While America will choose its next president this November, voters in Oregon may

also vote on the right to local community self-government, enabling protection of citizens' fundamental rights and prohibiting corporate activities that violate them. The Oregonians for Community Rights group, formed by the Community Environmental Legal Defense Fund (CELDF), submitted a constitutional amendment proposal to the secretary of state in January as a prelude to a larger signature-gathering effort to qualify the measure for the state ballot.

Concurrently, the CELDF is supporting other community initiatives on various topics that may inspire other regions to also be active at the grassroots level. For example, Oregon's Coos County Protection Council is currently finishing its signature gathering to place a Right to a Sustainable Energy Future ordinance on a special ballot in May. It would protect citizens' rights to clean air and water and the production of sustainable, localized energy, instead of county approval of several potential non-green energy projects.

Oregon's Columbia County Sustainable Action for Green Energy is gathering signatures for a Right to a Sustainable Energy Future ordinance for its November ballot that would protect the county from fossil fuel projects like coal and oil trains and a proposed methanol plant, and close two natural gas power plants by 2025. Other state groups are seeking to have November ballots in Lane and Lincoln counties include bans on aerial pesticide spraying. A Lane County group has filed a local food system charter amendment that would ban GMO (genetically modified) crops locally.

"Community rights are driven by the people in the community, not by any organization targeting potential activism," says Kai Huschke, Northwest and Hawaii community organizer of the CELDF, which has supported 200-plus separate community initiatives. Particularly active states have included New Hampshire, New Mexico, Ohio, Oregon and Pennsylvania. "Organizing typically comes about due to a localized threat. It means settling into a long-term battle to change the structure of government, having resolve and organizing beyond just a ballot vote."

Learn how to take local action at [celdf.org](http://celdf.org).

## Overweight is the Second Leading Cause of Cancer in the United States

Report: Pancreatic cancer second most deadly by 2030

(CNN) -- By 2030, the top cancer killers in the United States will be lung, pancreas and liver, according to a new report published Monday in the American Association for Cancer Research's journal.

Lung cancer is already the top killer overall, but pancreatic and liver cancer will surpass the cancers currently considered the second and third leading causes of death, researchers say. Right now, second most dangerous is breast cancer for women and prostate cancer for men; and third is colorectal cancer for both men and women.

Researchers looked at trends in cancer incidence and death rates between 2006 and 2010, and used that data -- combined with expected U.S. demographic changes -- to predict numbers for 2030.

Liver and pancreatic cancers will surpass breast and prostate to become the second and third-leading causes of cancer-related deaths, the researchers say.

The rate of pancreatic cancer has been slowly increasing for the past 15 years, says Dr. Otis Brawley, chief medical officer of the American Cancer Society. Some of that rise can be attributed to the prevalence of obesity and diabetes.

**"Many Americans are not aware that the combination of obesity, high-caloric intake and lack of physical activity is the second-leading cause of cancer in the U.S.,"**

Brawley said. "It is linked to at least 12 types of cancer, of which these are two. This is an American problem ... the rise in pancreatic cancer is not as severe as in Europe where obesity is less of an issue."

### **Obesity may affect cancer patients' outcomes**

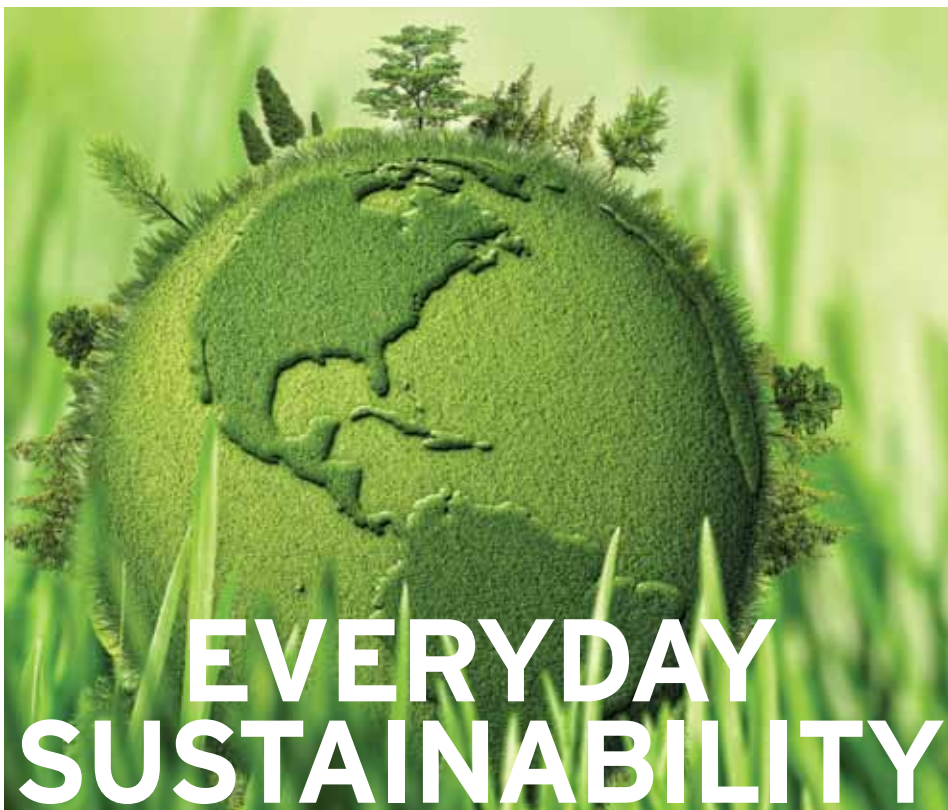
Overall, the number of cancer cases is expected to increase over the next 16 years, due to the rapidly aging population. In 2010, the United States had about 1.5 million cases of cancer; in 2030, researchers expect that number to reach 2.1 million.

"We're living much longer in the United States, so the number of people 65 age and older will be much greater," Matrisian said. "And that's, of course, one of the biggest risk factors for cancer: Age."

Lung, breast, prostate and colorectal cancers are currently the most common in the United States. Known as the "big four," these cancers have the highest incidence rates and receive the most research funding from the National Cancer Institute.

Source: CNN.com

**ALERT! SPECIAL REPORT**



# EVERYDAY SUSTAINABILITY

## Practical Ways We Can Help Out the Planet

by Lisa Kivirist and John Ivanko

For many Americans, living more sustainably has become a natural part of their daily routine as they consistently recycle, eat healthy and use energy more efficiently. It's just what they normally do every day.

Every one of them had to start somewhere, growing their efforts over time to the point that nearly every activity yields better results for themselves, their family, their community and the planet. It might begin with the way we eat and eventually expand to encompass the way we work.

### New American Way

"The sustainability movement is large and growing in the U.S.," says Todd Larsen, with Green America, a grassroots nonprofit organization harnessing economic forces to create a socially just and environmentally sustainable society. "Half a million people turned out in New York City to march for action on climate change. People also are working in their local communi-

ties to oppose fracking and pollution, and to support green building and clean energy. Many businesses now include sustainability as a core business practice, including the 3,000 certified members of Green America's Green Business Network."

This month, *Natural Awakenings* profiles the experiences of representative individuals from around the country that are helping to both make the world more sustainable and their own lives richer and more meaningful. From growing and cooking family food and line-drying laundry to powering their business with renewable energy, their approaches are as varied as the places they call home.

### First Steps

"Many people start with something small at home, particularly if they're concerned about the impacts on their family's health," says Larsen. "More Americans are approaching sustainability first through food. It's relatively

easy to change spending habits to incorporate more organic, fair trade and non-GMO [genetically modified] foods, and with the growth of farmers' markets nationwide, people are able to buy local more easily."

A focus on food quality is how Wendy Brown and her husband and five children launched their eco-journey just outside of Portland, Maine. "We started thinking about where our food came from, how it was grown and raised and what we could do to ensure that it was better," says Brown. "What we don't grow or forage ourselves, we try to purchase from local farmers." Living more simply during the past decade has helped the family cut debt and become more financially stable.

"Our entry point to sustainable living was to grow tomatoes on the steps of an apartment that Kelly and I once called home years ago," echoes Erik Knutzen, who, with his wife Kelly Coyne, have transformed their 960-square-foot Los Angeles bungalow into an oasis where they grow food, keep chickens and bees, brew, bake and house their bikes.

Gabriele Marewski's journey also started with what she ate. "I became a vegetarian at 14, after reading *Diet for a Small Planet*, by Frances Moore Lappé," says Marewski, who in 1999 turned an avocado orchard in Homestead, Florida, into Paradise Farms. "Forty-seven years later, I'm still a strict vegetarian. I believe it's the single most important statement we can make about saving the planet."

Marewski's five-acre farm showcases certified organic micro greens, edible flowers, oyster mushrooms and a variety of tropical fruits marketed to Miami-area chefs. Her farm also offers Dinner in Paradise farm-to-table experiences to raise funds for local nonprofits providing food for underprivileged city residents, and bed-and-breakfast lodging.

Sweden's Chalmers University of Technology offers a free online course, Sustainability in Everyday Life, based on five themes: energy, climate change, food, chemicals and globalization. "People can make a difference by making responsible choices in their everyday life," says Anna Nyström Claesson, one of the three original teachers.

## Consume Less

“Every step toward sustainability is important and in the right direction,” explains Gina Miresse, with the Midwest Renewable Energy Association (MREA), which will again host the world’s largest energy fair in June in Custer, Wisconsin. “It’s easy to start at home by adopting one new practice and sticking with it until it becomes a habit; then add a second practice and so on. This keeps people from getting overwhelmed.”

We might, for example, switch to non-toxic home cleaning products when current products are used up. “There’s no need to throw everything in the trash and replace it all immediately—that would partially defeat the purpose of sustainability,” says Miresse.

Green America, which suggests green alternatives to many products in online publications at *GreenAmerica.org*, recommends a congruent strategy. “We see people first change the way they purchase their food, move to reduce their purchases overall and green those they make, and then make their home more energy-efficient,” remarks Larsen. “Next, they consider walking and biking more.”

Pamela Dixon explains, “On a day-to-day basis, it’s really about the products we use, like transferring to eco-friendly cleaners and yard maintenance, recycling electronic devices, paying bills electronically and receiving statements via email.” She and her husband, David Anderson, own Dave’s BrewFarm, in rural Wilson, Wisconsin, where they grow herbs, hops, raspberries and apples on 35 acres.

“A 20-kilowatt wind generator supplies our electricity, and we use geothermal for heating and cooling,” adds Dixon. Due to career opportunities involving teaching principles of sustainability, the Wisconsin couple is in the process of selling the BrewFarm to move to La Crosse. “At our new home, we’re replacing the windows and appliances with more energy-efficient ones. We also chose our neighborhood so we can walk or bike to local grocery co-ops. We prefer to repair things when they break rather than buying something new, recycle everything the city will accept, compost food scraps and buy clothes at secondhand stores.”

When the MREA Energy Fair began 27 years ago, the majority of attendees were interested in learning about first steps, such as recycling, relates Miresse. Today, sustainability basics ranging from fuel savings to water conservation are familiar, and they’re focused on revitalizing local economies. “Folks are now considering more ambitious practices such as sourcing food directly from local farmers, producing their own solar energy and incorporating energy storage, driving an electric vehicle or switching to more socially responsible investing.” The fair’s 250 workshops provide tools to help in taking their next steps on the journey to sustainability.

Knutzen and Coyne’s passion has evolved from growing food into a larger DIY mode. “Cooking from scratch is something I prefer to do,” comments Knutzen. “I even grind my own flour.” Library books provide his primary source of inspiration.

The Brown family likely echoes the thoughts of many American families. “We have many dreams, but the stark reality is that we live in a world that requires money,” says Wendy Brown. An electric car or solar electric system, for example, is a large investment.

“The biggest barriers were mental blocks because we ‘gave up’ previous lifestyle norms,” she says. “Most people we know have a clothes dryer and can’t imagine living without one. Line-drying is just part of the bigger issue of time management for us, because living sustainably and doing things by hand takes longer.”

## Each Day Counts

“The biggest and most positive impact I have comes from my general non-waste philosophy,” advises Brown. “I try to reuse something rather than throwing it away. I’ve made underwear out of old camisoles and pajama pants from old flannel sheets. I reuse elastic from worn-out clothing. My travel beverage cup is a sauce jar with a reusable canning lid drilled with a hole for a reusable straw. Such examples show how we live every day.”

Marewski’s love of travel doesn’t interfere with her sustainability quest. “When I travel, I like to walk or bicycle across countries,” she says. “It gives me a closer connection to the land and spontaneous contact with interesting

## Next Steps to Sustainability

Green America  
*GreenAmerica.org*

Midwest Renewable Energy Association  
*MidwestRenew.org*

*Browsing Nature’s Aisles*  
by Eric and Wendy Brown

*ECOpreneur*  
by Lisa Kivirist and John Ivanko

*Surviving the Apocalypse in the Suburbs*  
by Wendy Brown

*The Urban Homestead and Making It*  
by Kelly Coyne and Erik Knutzen

people. I’m building a tiny home on wheels that’ll be completely self-sufficient, with solar, composting toilet and water catchment to reduce my footprint even further.”

“Last August, I started a tenure-track position in the school of business at Viterbo University,” says Dixon, who emphasizes how students can pursue sustainability in business and life. “I teach systems thinking, complex systems change and globally responsible leadership, all of which have a sustainability component.” She’s also faculty advisor to Enactus, a student organization focused on social entrepreneurship and making a positive impact on the community.

“The best part of how we live is when my daughters make everyday eco-minded choices without even realizing it,” observes Brown. “I can see how remarkable it is, because I have the perspective of having lived differently. But for them, it’s just the way things are done. I think in that way, I’ve succeeded.”

*Lisa Kivirist and John Ivanko’s eco-journey is captured in their books, ECOpreneur, Farmstead Chef, Home-made for Sale, Rural Renaissance and Soil Sisters. Every day, they eat from their organic gardens surrounding their farm powered by the wind and sun.*

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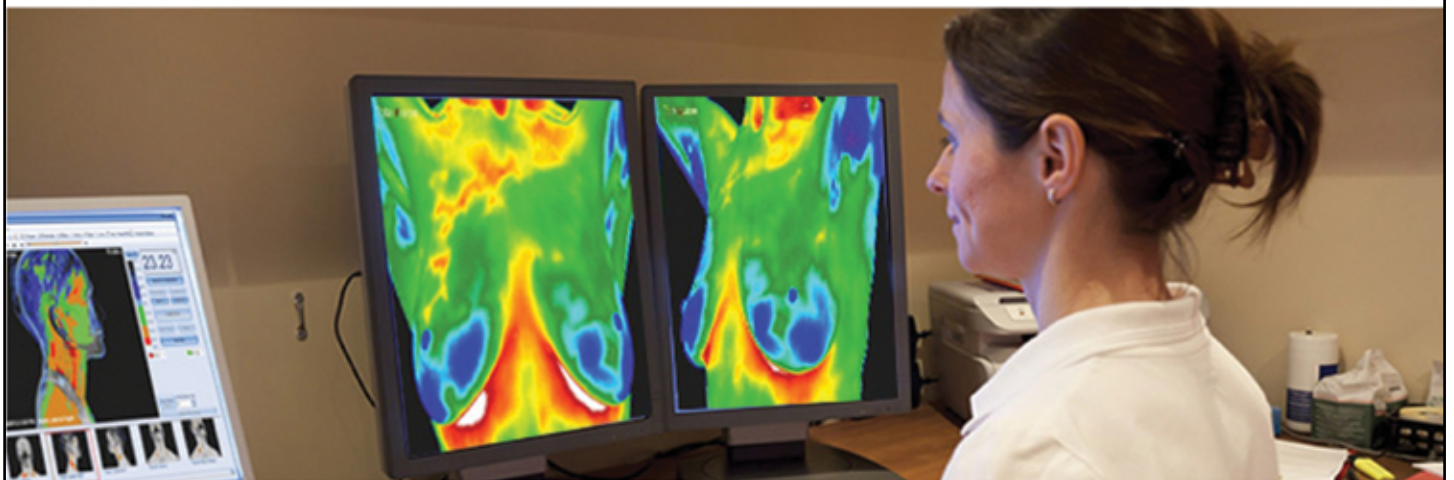
**The latest research suggests that 90% of all cancers are linked to nutrition.**

Most patients diagnosed with breast cancer **this year (2016)** did a mammogram in  
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2014  
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## **Thermography Imaging of the Breast**



## GREEN WATERS

# pH 5.5

## Acidic Body and OBESITY



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Three bowel movements a day is considered a very healthy body.

### Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

"The digestive tract contains more bacterial cells than there are cells in the entire body."

### Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.

# DETOXIFICATION

What goes in must come out.

We absorb toxins through our skin, from the air we breathe, the chemicals in our foods, and from the chemicals released in our homes and workplaces. They all add to our body's toxic load. Ideally, on a daily basis, our bodies break down these toxins and clear them away. Detoxification is simply normalizing the body's ability to process and excrete toxins.

## Why get a Vitamin Test?

To support the detoxification process, the body requires a variety of nutrients. If these nutrients are in low supply, the toxins re-circulate. These unneutralized, fat-soluble toxins can be stored in body tissues such as fat, brain and nervous system causing systemic symptoms and future disease processes.

**DHARMA Wellness 662-3120**

### POSSIBLE SYMPTOMS

- Digestive problems
- Constipation, Gas and/or Bloating
- Skin Rashes
- Fatigue
- Headaches and/or migraines
- Weight Gain
- Brain Fog or Memory Problems
- Excessive Mucus
- Poor Body Odor or Bad Breath

### POSSIBLE HEALTH ISSUES

- Chronic Fatigue
- Allergies and Asthma
- Autoimmune Diseases
- Leaky Gut/Malabsorption
- GI Inflammation
- Obesity or Weight Gain
- Hormone Issues
- Chemical Sensitivities
- Fertility Problems
- Irritable Bowel Syndrome

### 1. SKIN

The largest elimination organ.

### 2. LUNGS

Trap toxins in mucous lining, either coughed up or breathed out.

### 3. LYMPH

Carries nourishment and clears waste. Requires gravity and movement to do its job.

### 4. COLON

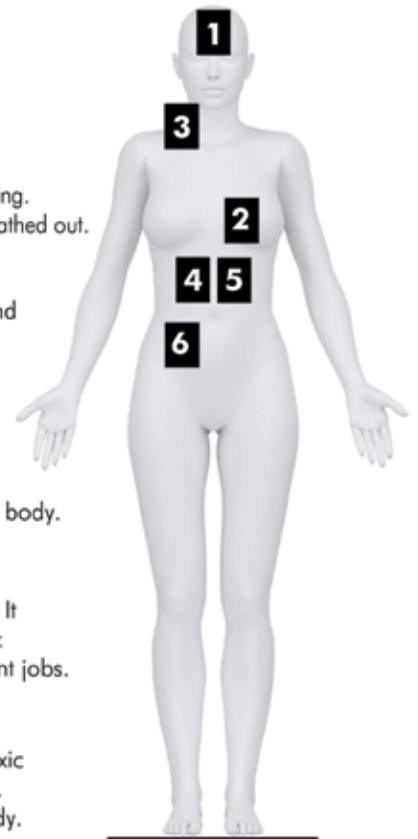
Absorbs nutrients and carries waste out of the body.

### 5. LIVER

The main detox organ. It works around the clock doing over 500 different jobs.

### 6. KIDNEYS

Filter metabolic and toxic waste out of the blood. Regulate pH of the body.



## Marie Kondo on the Joy of Tidying Up Simplicity Invites Happiness into Our Lives

by April Thompson

Japanese organizing consultant Marie Kondo helps us discover happiness through tidiness. Already perusing home and lifestyle magazines by age 5, she spent her childhood “tidying” up her surroundings rather than playing with toys.

The organizing system Kondo went on to develop, the KonMari method, defies most long-held rules of organizing, such as installing clever storage solutions to accommodate stuff or decluttering one area at a time. Her *New York Times* bestseller, *The Life-Changing Magic of Tidying Up*, has been published in 30 countries, demonstrating that her methods speak to universal desires, including a hunger for order and simplicity. She’s now released a companion book, *Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up*.

Kondo’s principles, including vertically stacking clothing and using special folding methods for socks, can seem quirky, yet her approach gets results. Kondo claims a nearly zero percent “clutter relapse” rate among clients because they’ve become surrounded only by things they love.

### **How can we begin to get and stay organized?**

It’s not about a set of rules, but acquiring the right mindset for becoming a tidy person. Think in concrete terms,



photo by Ichigo Natsumo

so that you can picture what it would be like to live in a clutter-free space. Start by identifying your bigger goal. Ask yourself why you want this, repeating the question to get to the root of the answer. As you explore the reasons behind your ideal lifestyle, you’ll realize that the ultimate reason is to

be happy. Then you are ready to begin.

I recommend cleaning out and organizing your entire space in one go-around. When completed, the change is so profound that it inspires a strong aversion to your previously cluttered state. The key is to make the change so sudden that you experience a complete change of heart. By discarding the easy things first, you can gradually hone your decision-making skills, including knowing who else can use what you don’t need. I recommend starting with clothes, then move to books, documents, miscellaneous items and finally anything with sentimental value.

### **Is it important to touch every single object in the decision process?**

At one point in my life, I was virtually a “disposal unit”, constantly on the lookout for superfluous things. One day, I realized that I had been so focused on what to discard that I had forgotten to cherish the things I loved. Through this experience, I concluded

that the best way to choose what to keep is to actually hold each item. As you do, ask yourself, “Does this spark joy?” When you touch something, your body reacts, and its response to each item is different.

The process of assessing how you feel about the things you own—identifying those that have fulfilled their purpose, expressing your gratitude and bidding them farewell and good wishes for their onward journey—is a rite of passage to a new life.

### **Must keepsakes be included?**

Mementoes are reminders of a time that gave us joy, yet truly precious memories will never vanish, even if you discard the associated objects. By handling each sentimental item, you process your past. The space we live in should be for the person we are becoming now, not for the person we were in the past.

### **What do you recommend for organizing what remains after a purge?**

The secret to maintaining an uncluttered room is to pursue simplicity in storage, so that you can see at a glance what you have. My storage rules are simple: Store all items of the same type in one place and don’t scatter storage space.

### **How does this process change us and our relationship to things?**

Through it, you identify both what you love and need in your home and in your life. People have told me that decluttering has helped them achieve lifelong dreams, such as launching their own business; in other cases, it has helped them let go of negative attachments and unhappy relationships.

Despite a drastic reduction in belongings, no one has ever regretted it, even those that ended up with a fifth of their earlier possessions. It’s a continuing strong reminder that they have been living all this time with things they didn’t need.

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



## Earth Song Mother Nature's Rhythms Restore the Soul

by Susan Andra Lion

**M**other Earth's gentle hand is the secure cushion that warms us on long nights and sings comforting messages through endless days, protecting us even when things seem amiss. Take in her lovely presence. Embrace her consistent wisdom. Know that her dreams are ours and ours hers, connected by timely, comforting songs.

It's time to step away from the manicured lawns, concrete walks and well-planned gardens. An open door beckons us to the sparkling air out there to listen to the grasses breathe and murmur. Prairie grasses roll on and on through curvaceous hills and flat-edged fields, undeterred by human attempts to control their rippling arpeggios. We are asked to just listen. Be alone with the music of the grasses and be in harmony with the hum of the universe.

Mother Earth's apron is laden with flowers; simple, ever-present reminders that we are loved. She tempts us to take some time off, shed our shoes and settle into the lyrical realms of her strong body.

The trees reach to the depths of the earth, deep into the mystery of lavender waters, and simultaneously throw their arms to the heavens, connecting all things living. The wind hears the prevailing songs that weave in and out of these lovely courtiers of the forest. In listening to their unerring stories, we let their siren songs sigh into our soul.

It's time to play in Earth's garden and see her for who she is—today. Don't hesitate. Go, play, linger, breathe and be one with the present moment.

*Adapted from Just Imagine Trees, a coloring book for all ages, by Susan Andra Lion.*

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



### Poor lymphatic flow can prevent weight loss and discharge of unwanted body fat.



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Breast Cancer Thermography Screening  
Review of Thermography and Vitamin Test Results

\* Mr. Ted George, CPHC, Certified Natural Health Consultant and Nutritional Health Practitioner

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18 Whole Body Vibration\*  
3 Red Light Therapy with Zerona\*  
12 Foot Detox\*  
12 Antioxidant Treatments\*  
15 Water/Lymphatic Massage\*  
2 Thermograms & 1 Vitamin Test\*  
9 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$5,410

### \$612 10-Week Program

27 Infrared Sauna\*  
24 Whole Body Vibration\*  
9 Red Light Therapy with Zerona\*  
21 Foot Detox\*  
20 Antioxidant Therapy\*  
20 Water/Lymphatic Massage\*  
2 Thermograms & 1 Vitamin Test\*  
12 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$6,850

## RESTORE Health Program \$340

### \$340 6-Week Program

14 Infrared Sauna\*  
18 Whole Body Vibration\*  
12 Foot Detox & 2 Inversion Therapy\*  
12 Hydration Therapy\*  
9 Water/Lymphatic Massage\*  
2 Thermograms and a Health Coach\*  
6 pH Acid Testing & 1 Vitamin Test\*

INDIVIDUAL FULL PRICE: \$2,410

### \$493 10-Week Program

20 Infrared Sauna\*  
24 Whole Body Vibration\*  
18 Foot Detox & 4 Inversion Therapy\*  
17 Hydration Therapy\*  
12 Water/Lymphatic Massage\*  
2 Thermograms and a Health Coach\*  
9 pH Acid Testing & 1 Vitamin Test\*

INDIVIDUAL FULL PRICE: \$4,190

## BODY REBOUND Weight Loss Program

### \$340 6-Week Program

14 Infrared Sauna\*  
18 Whole Body Vibration\*  
6 Foot Detox\*  
9 Body Wraps\*  
9 SlimPOD Slimming\*  
1 Vitamin Test & 1 Thermogram  
4 Sessions with Personal Trainer\*  
2 Inversion Therapy\*  
9 pH Acid Testing & Body Comp\*  
Nutrition Program & Nutritional Supplements\*

INDIVIDUAL FULL PRICE: \$3,634

### \$580 12-Week Program

24 Infrared Sauna\*  
25 Whole Body Vibration\*  
12 Foot Detox\*  
20 Body Wraps\*  
18 SlimPOD Slimming\*  
1 Vitamin Test & 1 Thermogram\*  
4 Sessions with Personal Trainer\*  
2 Inversion Therapy\*  
12 pH Acid Testing & Body Comp\*  
14 DERMOSONIC Cellulite Treatments\*  
3 ZERONA Cold Laser Lipo\*  
Nutrition Program & Nutritional Supplements\*

INDIVIDUAL FULL PRICE: \$6,945

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8 Sessions Sauna & Whole Body Vibration: \$140  
12 Sessions Sauna & Whole Body Vibration: \$190

## Water Massage Therapy

2 Sessions Water Massage Therapy: \$70  
4 Sessions Water Massage Therapy: \$120  
8 Sessions Water Massage Therapy: \$190

## DERMOSONIC Cellulite Reduction

4 Sessions DERMOSONIC Cellulite Reduction: \$120  
8 Sessions DERMOSONIC Cellulite Reduction: \$220  
12 Sessions DERMOSONIC Cellulite Reduction: \$320

## Doctor Visit and Office Consultation

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\* Dr. Steven T. Castille, BS, MS, DNM, Doctorate in Natural Medicine and Integrative Medicine Practitioner

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Full Body Thermography Exam: \$94  
Full Body Exam with Full Labs: \$325

## Zerona Laser Lipo Treatment

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12 Zerona Treatments: \$850  
18 Zerona Treatments: \$1100

## Infrared Body Wrap

1 Session Infrared Body Wrap: \$90  
2 Sessions Infrared Body Wrap: \$170  
4 Sessions Infrared Body Wrap: \$280

## Ionic Foot Detox

1 Session Ionic Foot Detox: \$45  
2 Sessions Ionic Foot Detox: \$80  
4 Sessions Ionic Foot Detox: \$150

## Massage Therapy

1 Massage Therapy Session: \$69  
2 Massage Therapy Sessions: \$125

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

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### \$69/mo BASIC Membership

- 2 Weeks Per Month*
- 2 Infrared Sauna\*
  - 2 Whole Body Vibration\*
  - 2 Foot Detox\*
  - 1 Hydration Therapy\*
  - 1 Water/Lymphatic Massage\*
  - 2 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$310

\*\*\* Become a member today. You pay only \$69. Registration + \$69 for the first month membership plus tax.

### \$89/mo VIP Membership

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- 4 Infrared Sauna\*
  - 4 Whole Body Vibration\*
  - 4 Foot Detox & 2 Inversion Therapy\*
  - 2 Hydration Therapy\*
  - 2 Water/Lymphatic Massage\*
  - 1 Thermography Exam Annually
  - 1 Vitamin Test every six months

INDIVIDUAL FULL PRICE: \$814

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## What is a RESTORE Health Program?

The RESTORE Health Program uses holistic therapy, bodywork, vitamin therapy, and integrative medicine to help restore your body's health. Inflammation, poor diet and nutrition, poor circulation, and inadequate detoxification all work to create cancer, heart disease, immune disorders, and many of the other health conditions we face today.

## What is Integrative Medicine?

Integrative medicine means taking a holistic approach when seeking treatment for imbalances and choosing to live a more balanced lifestyle. What primarily distinguishes integrative medicine apart from alternative medicine, complementary medicine, and traditional medicine is that physical health is not necessarily the main focus. Instead we seek balance of mind, body, and spirit as a whole.

*All of our programs are based on published peer-reviewed research in complementary and natural medicine. We only use evidence-based instruction.*

## Nutrition

Nutrition is the primary focus of our business. Whether it's eating a proper diet specific to your disease, using nutritional supplements, or a combination of both. Nutrition is the only way to properly heal the body.

Vitamins and minerals are used in every biological and chemical process in your body. Vitamins and minerals build cells, cells build tissue, tissue form organs, organs for organ systems, and organ systems form the human body.

## The body is self-healing and self-regulating.

Inflammation is the root cause for almost every major disease we know today (cancer, diabetes, heart attack and stroke, etc.). Our programs and services focus primarily on restoring normal acid/alkaline balance, minimizing inflammation, proper diet-nutrition-hydration-elimination.

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- 6 Water/Lymphatic Massage\*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer\*
- 2 Thermograms\*
- 6 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$2,184

### EACH ADDITIONAL PERSON \$205 4-Week Program

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- 12 Whole Body Vibration\*
- 8 Foot Detox\*
- 6 Hydration Therapy\*
- 6 Water/Lymphatic Massage\*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer\*
- 2 Thermograms\*
- 6 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$2,184

## TWO - PEOPLE Wellness Program

### \$580 6-Week Program

- 28 Infrared Sauna\*
- 36 Whole Body Vibration\*
- 24 Foot Detox\*
- 24 Hydration Therapy\*
- 18 Water/Lymphatic Massage\*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms\*
- 12 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$5,630

### \$1100 10-Week Program

- 40 Infrared Sauna\*
- 48 Whole Body Vibration\*
- 36 Foot Detox\*
- 34 Hydration Therapy\*
- 24 Water/Lymphatic Massage\*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms\*
- 18 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$9,002

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1 Person / 6 Days with Complite Included

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- 6 Whole Body Vibration\*
- 6 Foot Detox\*
- 4 Hydration Therapy\*
- 2 Water/Lymphatic Massage\*
- 2 Thermograms\*
- 6 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$2,410

### \$510 6-Day Program

2 People / 6 Days with Complite Included

- 12 Infrared Sauna\*
- 12 Whole Body Vibration\*
- 12 Foot Detox\*
- 8 Hydration Therapy\*
- 4 Water/Lymphatic Massage\*
- 4 Thermograms\*
- 12 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$4,820

### \$260 2-Day Program

2 People / 2 Days with Complite Included

- 4 Infrared Sauna\*
- 4 Whole Body Vibration\*
- 4 Foot Detox\*
- 4 Hydration Therapy\*
- 4 Water/Lymphatic Massage\*
- 2 Thermograms\*
- 4 pH Acid Testing & Body Comp\*

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## Prevention!

Eat breakfast, lunch, dinner and two healthy snacks daily.

### GRAINS

- Oatmeal
- Whole-grain bread, tortillas or buns
- Whole-grain cereal
- Whole-grain pasta
- Wild rice or brown rice

### FRUIT

- Fresh or frozen berries
- Oranges
- Pears
- Red or purple grapes

### VEGETABLES

- Broccoli
- Cauliflower
- Edamame
- Garlic
- Kale
- Onion
- Romaine
- Spinach
- Tomatoes

### PROTEIN

- Black, red or pinto beans
- Chickpeas
- Eggs
- Fish
- Lean chicken or turkey
- Tofu

### DAIRY

- Lowfat cheese
- Lowfat yogurt
- 1% or skim milk

### SNACKS

- Almonds
- Hummus
- Popcorn
- Whole-grain crackers

### HERBS/SPICES

- Parsley
- Rosemary
- Turmeric

### CONDIMENTS

- Lowfat or fat-free salad dressing
- Olive oil

### DRINKS

- Green or white tea
- Purple grape juice (100% juice)

*Dr. Steve's recommended grocery shopping list*

## healingways



# Farm-to-Hospital

## On-Site Farms Grow Organics for Patients

by Judith Fertig

Most people would agree with the results of a 2011 study by the nonprofit Physicians Committee for Responsible Medicine: Typical hospital food is full of the dietary fat, sodium, calories, cholesterol and sugar that contribute to the medical problems that land many in the hospital in the first place. The study's dietitians further found that some hospitals house up to five fast-food outlets.

Because studies from institutions such as the U.S. Department of Health & Human Services and the University of Maryland show that a poor diet contributes to a host of illnesses and longer recovery time after surgery—all of which increase healthcare costs—it befits hospitals to embrace healthier eating. Now, a dozen pioneering hospitals have their own on-site farms and others are partnering with local farms, embracing new ways to help us eat healthier, especially those that most need to heal.

"In a paradigm shift, hospitals are realizing the value of producing fresh, local, organic food for their patients," says Mark Smallwood, executive direc-

tor of the nonprofit Rodale Institute, in Kutztown, Pennsylvania. It recently partnered with St. Luke's University Hospital, in nearby Bethlehem, to help support operations of the hospital's 10-acre organic farm that yields 30 varieties of vegetables and fruits served in hospital meals to support patient recovery. New mothers are sent home with baskets of fresh produce to help instill healthy eating habits.

"Organic fruits and vegetables offer many advantages over conventionally grown foods," says Dr. Bonnie Coyle, director of community health for St. Luke's University Health Network. She cites the higher amounts of vitamins, minerals, essential fatty acids and antioxidants as contributing to a reduced incidence of heart disease and some cancers and a lowered risk for other common conditions such as allergies, and hyperactivity in children.

Hospital farms also benefit the environment and facilitate other healing ways. Saint Joseph Mercy Health System Ann Arbor's hospital farm, created in 2010 in Ypsilanti, Michigan, is a win-win solution. "We can model the



connection between food and health to our patients, visitors, staff and community," says hospital spokesperson Laura Blodgett. Their Health Care Without Harm pledge commits the hospital to providing local, nutritious and sustainable food.

The farm repurposed some of the hospital's 340-acre campus, eliminating considerable lawn mowing and chemicals. Today, its organic produce also supplies an on-site farmers' market. Most recently, collaboration with a rehab hospital treating traumatic brain injuries resulted in a solar-heated greenhouse to continually produce organic food using raised beds and a Ferris-wheel-style planting system that enables patients to experience gardening as agritherapy. "Patients love the hands-on healing of tending the garden," says Blodgett.

Another innovative hospital is Watertown Regional Medical Center, in rural Wisconsin. Its farm, located behind the 90-bed hospital, raises 60 pesticide-free crops a year, including vegetables, herbs and even edible flowers. "We believe that food is medicine," says Executive Chef Justin Johnson. He also serves his healthier fare to the public via special dinners in the hospital's café, celebrating spring and fall harvests.

In Arcata, California, Mad River Community Hospital's designated farmer, Isaiah Webb, tills six plots and two greenhouses to supply organic carrots, beets, tomatoes, basil, potatoes, sweet

corn, artichokes, squash, pumpkins, lettuce, blueberries, apples and strawberries to patients and guests. An in-house work/share program encourages hospital employees to volunteer gardening time for a share of the produce.

A three-way partnership of the Vermont Youth Conservation Corps, Fletcher Allen Health Care and Central Vermont Medical Center, all in the Burlington area, combines community supported agriculture (CSA) and physicians' prescriptions for healthier eating. Diane Imrie, director of nutrition services at Fletcher Allen, comments, "If we want to have a 'well' community, they have to be well fed." Paid student farmers from 15 to 21 years old grow and harvest eight acres of fruits and vegetables for selected doctor-recommended patients in the 12-week-growing season program. Patients gain an appreciation of healthy eating that remains with them, thus decreasing their need for acute medical care.

According to the U.S. Department of Agriculture, farm-to-institution programs like these both provide healthy food to hospital patients and help develop sustainable regional food systems. We all benefit from such healing ripples in the healthcare pond.

*Judith Fertig is the author of award-winning cookbooks, including The Gardener and the Grill; she blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com) from Overland Park, KS.*

## 20 Best Foods for FIBER



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout "added fiber"—is the best way to increase your fiber intake.

—Dr. Steven T. Castille

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conscious eating



## Edible Heirlooms

### Old-Fashioned Fruits and Veggies Return to the Table

by Avery Mack

Of the 7,500 varieties of apples in the world, 2,500 are grown in the U.S., but only 100 commercially. As of the 1990s, 70 percent were Red Delicious; more recently they're being replaced with Gala, Granny Smith and Fuji types from taller, thinner trees that can be planted more compactly for easier harvesting, yet are more sensitive to disease and require trellis supports.

Mass-produced fruits and vegetables have been modified over the years to make them look appealing and ship well, while sacrificing taste. Consumers in search of health-enhancing nutrients and robust flavor can find them by instead connecting with the past through food and flowers.

"Heirloom seeds have remained intact and unexposed to commercial pesticides," says Jere Gettle, owner of Baker Creek Seed Company, in Mansfield, Missouri. "They're reliable—plants grown now will be the same next year; not so with hybrids." This cleaner, tastier alternative to the status quo

is typically packed with more good vitamins than good looks. Heirloom produce often also delivers a unique regional flavor, such as Vidalia onions or Hatch chile peppers.

#### Exemplary Fruits

Fine restaurants like to feature Yellow Wonder wild strawberries because they taste like cream. The fragrant Baron von Solemacher strawberry, an antique German Alpine variety, is small and sweet, red and full of flavor; it's been around since the Stone Age. For pies and preserves, pair them with Victorian rhubarb, which dates back to 1856. Eat only the rhubarb stalks; the leaves contain poisonous oxalic acid.

Aunt Molly's ground cherry (husk tomato) hails from Poland. "It's sweet, with a hint of tart, like pineapple-apricot," says Gettle. "The Amish and Germans use them in pies. Their high pectin content makes them good for preserves. Heirlooms send people in search of old recipes and they end up creating their own variations. It's food as history."



## Valuable Vegetables

Trending this year are purple veggies like the brilliantly colored Pusa Jamuni radish. Pair it with bright pink Pusa Gulabi radishes, high in carotenoids and anthocyanins, atop a stunning salad with Amsterdam prickly-seeded spinach's arrow-shaped leaves, a variety once grown by Thomas Jefferson. Add a fennel-like flavor with Pink Plume celery.

Brighten salsas using the Buena Mulata hot pepper, a deep violet that ripens to a sweet red. Serve with pink pleated Mushroom Basket tomatoes or Lucid Gems, with their black/orange peel and striking yellow/orange flesh. Purple tomatillos are sweeter than green varieties and can be eaten right off the plant.

"Purple sweet potatoes are found in Hawaii, but aren't common on the mainland," explains Gettle. "Molokai Purple sweet potatoes keep their deep purple color even when cooked, and are much higher in antioxidants than the orange variety." To be novel, serve the Albino beet. Baker Creek's customers use it raw in salads, roasted or fried and don't let the greens go to waste.

Monique Prince, a clinical social worker in Chester, New Hampshire, grows heirloom organic radishes, greens, herbs, tomatoes, peppers, squash, cucumbers and pumpkins in eight raised beds.

She received Ganisisikuk pole beans (seventh-generation seeds) and Abnaki cranberry runner beans from a Native American client. Rather than eat the bounty, she's accumulating the seeds to save the varieties.

## Herbs

Thai basil loves summer heat. Make batches of pesto, then freeze it in ice cube trays for later. Christina Major, a nutritionist in Trevorton, Pennsylvania, grows heirloom herbs that include borage, with its edible flowers, and marshmallow, which is a decongestant when added to tea. Her 300-square-foot garden supplies summer veggies such as scarlet runner beans, more than 50 kinds of perennial herbs for year-round use and heirloom raspberries, gooseberries and blackberries "that are eaten as fast as they're picked," she says.

Heirloom enthusiasts like to exchange seeds to try new varieties. "From December to March, traders swap seeds and plot their gardens," says Major. "I got 20 kinds of tomatoes by connecting with other traders on Facebook."

Heirlooms extend to trees and bushes. The drought-resistant Fourwing Saltbush has a deep root system and provides cover for songbirds in the West.

~BBB Seed

## Flowers

Of 400,000 flowering plants in the world, 20 percent are in danger of extinction. "Instead of marigolds and petunias, consider old-fashioned annuals. Trying new things is fun," says Gettle. Four O'clocks, familiar to many Midwesterners, come in a several colors and are easily cultivated from their abundant seeds. The succulent Ice plant, with its white-pink flowers, looks like it was dipped in sugar; its edible leaves taste like spinach. Black Swan's burgundy poppies have a frill-like edge, while Mother of Pearl poppies offer subtle watercolors.

"Save seeds, share with neighbors and pass them on to the kids," advises Gettle. "They're evidence of our culture."

Connect with the freelance writer via [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).

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# A GREENER SHADE OF YOUTH

## New Generations Put Earth First

by Randy Kambic



Every generation gets a chance  
to change the world.

~Paul David Hewson (Bono)

**B**aby boomers inspired in their youth by Earth Day are now supporting a new generation's enthusiasm for sustainability through educational and employment opportunities. A 2015 Nature Conservancy survey of 602 teens from 13 to 18 years old revealed that roughly 76 percent strongly believe that issues like climate change can be solved if action is taken now; they also hold that safeguarding important lands and waters should be a priority, regardless of ancillary benefits or the economy. This represents an increase in awareness since a 2010 Yale University Project on Climate Change Communication survey of 517 youths 13 to 17 years old showed that just 54 percent believed global warming was even happening.

Launched as Teens for Safe Cosmetics in 2005 and renamed Teens Turning Green two years later, today's expanded Turning Green (TG) nonprofit of Marin County, California, also informs and inspires college and graduate students to live and advocate for an eco-lifestyle ([TurningGreen.org](http://TurningGreen.org)).

TG's first 30-day Project Green Challenge (PGC) in 2011 involved 2,600

students nationwide and internationally; last fall's annual edition drew 4,000 students. "We've seen tremendous increases in sustainability offices and curriculums at universities nationwide," notes Judi Shils, founder and executive director. "They have set an intention."

Reilly Reynolds, a senior at Ohio Wesleyan University, hopes to take up urban farming and eventually own a farm-to-table organic restaurant. The PGC finalist and TG student advisory board member says, "I strive to lead an environmentally friendly and socially responsible life, but there is always room for improvement."

Another PGC 2015 finalist, Matt Gal, a senior at the University of Arkansas, also aspires to be an organic farmer. He wants "to grow and give away as much fresh and organic food as possible to people who need it most."

The TG [ProjectGreenU.org](http://ProjectGreenU.org) site features eco-friendly products, plus green advice geared for college students. It also operates a Conscience College Road Tour, leadership program, and organic non-GMO school lunch programs in Marin County and

Sausalito schools via its Conscious Kitchen and Eco Top Chef programs.

Milwaukee's 13th annual Sustainability Summit and Exposition ([SustainabilitySummit.us](http://SustainabilitySummit.us)), from April 13 to 15, will admit local students for free. "We'll address trends and potential careers in energy engineering, environmental health and water quality technology, sustainability and renewable energy," says Summit Chair George Stone, a Milwaukee Area Technical College natural sciences instructor.

Bradley Blaeser, founder and co-owner of The Green Team of Wisconsin, Inc., which provides eco-friendly landscaping and gardening services, helped start the Sustainable Enterprise Association of Milwaukee. As a social worker at the nonprofit Neighborhood House of Milwaukee in the late 90s, he helped young people in schools and community centers learn how to build their own aquaponics system, plus other gardening skills.

"We hit the marks as far as science guidelines," he recalls. "Kids would see the entire seed-to-harvest cycle through after-school and summer camps. Teachers also embraced nature a little more and saw how they could infuse it in curriculums." He notes that two young men that subsequently graduated from local colleges currently work for Neighborhood House and Growing Power.

More recently, he's worked with two local organizations, Next Door Foundation and Operation Dream, to teach youngsters agricultural skills and find recruits for related job training internships and employment. Green Team landscape technician Darius Smith, 25, of Milwaukee, will become a crew leader this spring. "You get a good feeling installing plants," he says. "We're a team, working in sync."

For the 13th year, the Agricultural Fair Association of New Jersey ([njagfairs.com](http://njagfairs.com)) has selected a youth ambassador—Rebecca Carmeli-Peslak, 16, of Millstone Township, near Princeton—to visit 2016 fairs to promote agri-tourism and encourage youngsters to pursue agricultural careers.

"It's important for kids to know where food comes from," says Carmeli-Peslak, who is also in her second year as a local 4-H Club health and fitness

ambassador, visiting Monmouth County libraries to speak on healthy eating and exercise. She's training selected peers to speak in other counties; the club's latest Look to You award recognizes her mentoring prowess.

She says, "I want to be a large animal vet and own a farm."

"Young people are becoming well informed about environmental issues by traditional and social media," observes Shils. "There's exponential growth in their taking a stand and becoming more active."

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



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

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

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

## Fix Your Gut - Fix Your Health



# TROUBLED WATERS

## Our Precious Freshwater Supplies Are Shrinking

by Linda Sechrist

Virtually all water, atmospheric water vapor and soil moisture presently gracing the Earth has been perpetually recycled through billions of years of evaporation, condensation and precipitation. As all living things are composed of mostly water and thus a part of this cycle, we may be drinking the same water that a Tyrannosaurus Rex splashed in 68 million years ago, along with what was poured into Cleopatra's bath.

Perhaps this mythological sense of water's endlessness or the National Aeronautics and Space Administration images from outer space of a blue planet nearly three-quarters covered by water makes us complacent. Yet only 2.5 percent of Earth's water is not salt water and of sufficient quality to be consumable by humans, plants and animals.

Vulnerable to the demands of humanity's unprecedented population explosion, careless development and toxic pollution and other contamination, we must reexamine this precious resource. Sandra Postel, founder of the Global Water Policy Project, who has studied freshwater issues for more than 30 years, says, "Communities, farmers

and corporations are asking what we really need the water for, whether we can meet that need with less, and how water can be better managed [through] ingenuity and ecological intelligence, rather than big pumps, pipelines, dams and canals."

Clean drinking water is rapidly being depleted all around the world.

and the 1972 Clean Water Act that has been weakened by the courts and previous administrations.

Notably, within hours of activating the regulation, the EPA was served with lawsuits from corporate polluters, and within weeks, more than 20 state attorneys general filed suit against it. Today the legal battle continues over whether the new regulation will be allowed to stay in force or not.

"Every day, local, state and federal governments are granting permission to industries to pollute, deforest, degrade and despoil our environments, resulting in serious effects on our planet and

our bodies," says Maya K. van Rossum, a Delaware Riverkeeper and head of the four-state Delaware Riverkeeper Network.

Under van Rossum's leadership the network has created a national initiative called For the Generations advocating for the passage of constitutional protection for environmental rights at both the state and federal levels. It was inspired by a legal victory secured by van Rossum and her organization in 2013 in a case titled *Robinson Township, Delaware Riverkeeper Network, et al. vs. the Commonwealth of Pennsylvania*, which used Pennsylvania's Constitutional Environmental Rights Amendment to strike down significant portions of a pro-fracking piece of legislation as unconstitutional. Until this legal victory, Pennsylvania's constitutional environmental rights amendment was dismissed as a mere statement of policy rather than a true legal protection.

"Each individual process of fracking uses on the order of 5 million gallons of freshwater water mixed with chemicals for drilling and fracking operations, introducing highly contaminated wastewater into our environment," explains van Rossum. "Every frack increases the chances of carcinogenic chemical leakage into the soil and water sources." In the pioneering Pennsylvania case, the court's ruling made clear that the environmental rights of citizens aren't granted by law, but are inherent and rights that cannot be removed, annulled or overturned by government or law.

"Even more significant, the court stated that these environmental rights belong to present generations living on Earth today and to future generations," enthuses van Rossum. She also cites that although America's *Declaration of Independence* includes several inalienable rights, our federal constitution and those of 48 states fail to provide protection for three basic needs required to enjoy them—the right to pure water, clean air and healthy environments.

Van Rossum's audiences are shocked to learn that clean water isn't enforced as a human right. Threatened by myriad environmental, political, economic and social forces, and contamination from carcinogenic pesticides, toxic herbicides, chemical

warfare and rocket fuel research materials plus heavy metals like mercury and lead, an era of clean water scarcity already exists in parts of our own country and much of

## Water is the foundation of life.

the world. Episodic tragedies like the 2015 Gold King Mine wastewater spill near Silverton, Colorado, and Flint, Michigan's current lead-laced drinking water crisis raise public awareness.

"The technologies and know-how exist to increase the productivity of every liter of water," says Postel. "But citizens must first understand the issues and insist on policies, laws and institutions that promote the sustainable use and safety of clean water."

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at [ItsAllAboutWe.com](http://ItsAllAboutWe.com).



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

Source: [www.cancer.org](http://www.cancer.org)



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## Millennials' Take on Fitness They Like Short, Social and Fun Workouts

by Derek Flanzraich

**M**illennials are a big deal. Most businesses view them as trendsetters for good reason: Born between the early 1980s and early 2000s, they make up 25 percent of the population and represent \$200 billion in annual buying power. Like the baby boomers before them, they also have the power to profoundly influence other generations, both young and old.

Millennials have largely rejected previous fitness trends and instead paved a new path to health and wellness. In doing so, they've transformed both the business of fitness and the idea of what it means to be healthy. They've created a more personalized approach that encompasses the values of their generation.

### What They Are

Millennials are a fast-paced, well-informed group. They devour news and information as soon as it's released and then share it with others, usually via social media. This quick turnover cycle has led to an "out with the old, in with the new" mentality in many aspects of life. For a generation that strives to be trailblazers, things quickly become outdated. Millennials are always seeking new ways to get fit and eat healthy, even if it means creating something

unique to them.

The Internet has allowed these young adults to find more like-minded people than ever before. They grew up with constant connectivity, which has allowed them to build larger communities of friends online as well as locally, and keep everyone apprised of their fitness goals and progress.

Millennials' overscheduled lives mean they value shorter, quicker and more convenient options, especially in regard to workouts and healthy meals. They are more likely than any other age group to track their own health progress and use technologies such as health and fitness apps which monitor such data as steps, heart rate and caloric intake as a complement to their fitness routines. Being healthy means more than weight loss or looking good to them. For this pivotal generation, health is increasingly about living a happier life.

### What They Like

Millennials' values and unique approach to health have fostered the growth of innovative fitness movements, health-focused stores and restaurants and alternative medicine. Here are the three biggest trends making an impact on the wellness industry.

**What's hot:** Shorter, full-body



workouts that are also fun.

**What's not:** Steady-state cardio exercises as a starting point for losing weight and improving health.

It's been increasingly shown that steady-state cardio workouts may be the most effective way to lose weight, but they also lack widespread appeal. Instead of sticking to a traditional treadmill, many millennials have flocked to workout regimens that regularly switch exercises or use high-intensity interval training, such as Zumba, SoulCycle and CrossFit.

**What's hot:** A more holistic approach to health.

**What's not:** Diets that emphasize rapid weight loss.

Millennials don't believe that weight is the major indicator of health as much as previous generations have. Instead, they increasingly think of weight as just one among many key components of a healthy lifestyle. A higher percentage define being healthy as having regular physical activity and good eating habits.

**What's hot:** Alternative workouts that are customizable, fun and social.

**What's not:** Inflexible gym memberships and daily attendance.

Instead of hitting the gym, young adults tend to prefer new forms of fitness that can be personalized to their needs. They like obstacle races such as Tough Mudder, fun and distance runs like The Color Run, at-home fitness workouts like P90X, and body-weight regimens.

As a group, millennials are redefining wellness and changing how following generations will view health. Their preferences for fun, personalized workouts and holistic wellness have fueled trends with far-reaching implications for the food, tech and healthcare industries, and that's just the start.

*Derek Flanzraich is an entrepreneur on a mission to help the world think about health in a healthier way. He is the founder and CEO of Greatist, a New York City-based media startup working to make healthy living cool.*

## Detoxifying Foot Bath

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

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

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

### How does it Work?

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

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



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

**THE PERFECT STORM\***

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

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

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

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



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## I drink wheatgrass.

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

Source: [www.cancer.org](http://www.cancer.org)



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naturalpet



# Horse Rescue

## Caring Homes Sought for Aging and Abandoned Horses

by Sandra Murphy

An estimated 9 million horses in the U.S. are used for racing, show, informal competitions, breeding, recreation, work and other activities. Many need a new home when they start to slow down physically or when an owner's finances become tight. Horses need space to run, require hoof care and when injured or ill, may require costly procedures.

### Domestic Horse Rescue

"We foster 50 horses right now," says Jennifer Taylor Williams, Ph.D., president of the Bluebonnet Equine Humane Society, in College Station, Texas, which has placed about 800 horses in the last decade. "We could have 10 times that many if we had more foster homes and space. There's often a waiting list. We help law enforcement, animal control, and shelters with horses found through neglect or abuse cases."

Starved and too weak to stand, Tumbleweed was an emergency case when she arrived at the Humane Society of Missouri's Longmeadow Rescue Ranch clinic on a sled. Having since regained her health, including gaining 200

pounds to reach the appropriate weight for her age and size, she illustrates the benefits of the facility's status as one of the country's leaders in providing equine rescue and rehabilitation.

The Communication Alliance to Network Thoroughbred Ex-Racers (CANTER USA) serves as an online matchmaker for racing horses. Volunteers take photos at tracks, obtain the horse's bio from the owner or trainer and post them to attract potential new owners. Along with the healthy horses, the 3,000 ill or injured horses cared for by the alliance have been retrained, rehabbed and re-homed to participate in polo, show jumping, cart pulling and rodeos.

"Race horses are intelligent, used to exercise and retire as early as 2 years old, so we find them a second career," says Nancy Koch, executive director of CANTER USA. The nonprofit's 13 U.S. affiliates work with 20 racetracks across the country. "I can't emphasize enough the importance of volunteers. No one here receives a salary." Collectively, they have placed more than 23,000 horses nationally since 1997.

## Wild Horse Rescue

The U.S. Bureau of Land Management calculates the appropriate management level (AML) for the number of wild horses. Excess numbers are captured and offered for adoption or sale. In December 2015, 47,000 horses were waiting in holding facilities at an annual cost of \$49 million. The AML projects removal of an additional 31,000 horses from Western lands. As an example, although local wild species predate the park's existence, horses in Colorado's Mesa Verde National Park are labeled "trespass livestock", and subject to removal.

Return to Freedom, a nonprofit wild horse rescue in Lompoc, California, recognizes the tightly bonded nature of these herd groups. Its American Wild Horse Sanctuary is the first to focus on entire family bands, providing a safe haven for about 200 horses and burros.

The Wild Horse Rescue Center, in Mims, Florida, rescues, rehabilitates and finds homes for mustangs and burros, usually housing 30 horses at a time. With many needing medical care upon arrival, expenditures average \$3,000 their first year and \$1,700 annually once they're healthy. Although the goal is adoption, equine fans also can sponsor a horse by donating \$5 a day or purchasing a painting done by a horse. The center also provides public educational forums.

Sponsored by the American Society for Prevention of Cruelty to Animals (ASPCA), April 26 is Help a Horse Day, a nationwide grant competition. Last year, some 100 U.S. equine rescue groups held events to recruit volunteers, gather donated supplies and find homes for adoptable horses ([Tinyurl.com/ASPCA-HelpAHorseDay](http://Tinyurl.com/ASPCA-HelpAHorseDay)).

## Call to Action

Although a U.S. law now bans slaughterhouses for domestic horses, each year 120,000 are sold at auction for

## Horses Count

Racing . . . . .	844,531
Showing . . . . .	2,718,954
Recreation . . . . .	3,906,923
Other . . . . .	1,752,439
Total . . . . .	9,222,847

Note: "Other" activities include farm and ranch work, rodeos, carriage tours, polo, police work and informal competitions.

Source: *The Equestrian Channel; U.S. stats*

as little as \$1 each and transported to Canada and Mexico for slaughter, their meat destined for human consumption in Europe and Japan or for carnivores at zoos. Horses can legally be confined to a trailer for up to 24 hours without food or water during shipment.

Two-thirds of all horse rescue operations are either at or approaching capacity. Almost 40 percent turn away animals because of lack of space or money. Many horses are ill, underweight or injured, which raises the cost of care.

"We need foster homes and volunteers. We need the time and skills people can donate; not everything is hands-on, so those that like horses but don't have handling skills can still help," says Williams. "Bluebonnet, for example, has many volunteer jobs that can be done remotely. Office work, social media to spread the word, gathering donations—everything helps."

Rescue groups ask that concerned horse lovers donate time, money and land to help and lobby for legislation to ban the export of horses for meat markets.

Connect with Sandra Murphy at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).

The average lifespan of a horse is 30 years. It should have two acres of land for grazing. The minimum annual cost for basic food and veterinarian services is \$2,000, not including equipment and boarding, which can be more expensive in urban areas and in or near racing meccas like Kentucky or Florida. Rescues budget \$300 a month per horse.

## CANCER NOTES

### Nutrients and Herbs That Help:

Antioxidants are some of our best cancer fighters. They protect us from the free radical scavengers that turn our cells malignant and age our bodies. Some antioxidants even reduce the toxicity of chemotherapy drugs. Some of our most popular antioxidants include vitamins A, C and E, beta carotene, selenium, coenzyme Q10, bioflavonoids, and grapeseed extract to name a few. Coenzyme Q10 actually increases the life expectancy of patients by five to 15 years for various forms of cancer. Vitamin C also reduces the pain associated with some cancers and can minimize the toxic side-effects of chemotherapy. The fat soluble forms of Vitamin C are much more effective than the water-soluble forms. Shark cartilage, as well as vitamin E, cuts off the blood supply to cancerous cells in some tumors, giving the immune system a better chance to destroy the smaller tumor mass. Many herbs act to prevent and control cancer-cell activity. Essiac tea, a mixture of sheep sorrel and other herbs, is purported to completely eliminate some types of cancer and has gained a devoted following. Wheatgrass juice is used by several cancer clinics for its ability to rejuvenate the liver, detoxify the colon, and cleanse the blood and lymph systems. Garlic and echinacea both fight tumors and enhance immunity. Ginger helps tame the nausea associated with chemotherapy, and green tea shows potential in the treatment of breast and prostate cancers. Some of the other herbs known for their anti-cancer benefits include ginseng, red clover, and rosemary. If you have cancer, don't give up the fight. Over 75 trillion cells change every few months, so we are constantly remaking ourselves. You are not a statistic and cancer is not automatically fatal. When things get tough, you must get tougher. Lance Armstrong, the USA Olympic cycling champion, said it best when he learned he had testicular cancer: "With my fitness level, my drive and desire, I'm not going to lose. I can't lose." He didn't and he went on to win the Olympics.

# Pamper Your Skin With The Best Nature Has To Offer

## Natural Awakenings Advanced Healing Skin Cream

### Therapeutic Qualities

Natural Awakenings Advanced Healing Skin Cream combines botanicals and a unique blend of essential oils for a deep moisturizing therapy. It soothes and relieves dry, itchy or cracked skin quickly while restoring moisture and provides ultra-hydration protection and soothing comfort to wounds, sores, cuts and burns. Manuka Honey also relieves the pain and itch of psoriasis and other skin conditions. Besides its potent antibacterial properties, honey is also naturally extremely acidic, and that will eliminate organisms that decides to grow there.

### Our Skin Cream Contains:



### Hydration is a Must

The skin has a water content of 10 percent to 30 percent, which gives it a soft, smooth and flexible texture. The water comes from the atmosphere, the underlying layers of skin and perspiration. Oil produced by skin glands and fatty substances produced by skin cells act as natural moisturizers, allowing the surface to seal in water. Natural Awakenings Advanced Healing Skin Cream, applied after a shower or bath as daily maintenance, will improve the appearance of skin and heal unwanted conditions. Natural Awakenings Advanced Healing Skin Cream also combines pure botanicals and a unique blend of essential oils for a deep moisturizing therapy.

### What Is Manuka Honey?

Manuka Honey is gathered in the wild back country of New Zealand from the native Manuka tree (*Leptospermum scoparium*). The bees don't use the pollen from a variety of other flowers or plants, so the content of the honey is very consistent. A 2013 study in the *European Journal of Medical Research* used active Manuka Honey under dressings on post-operative wounds for an 85 percent success rate in clearing up infections, compared with 50 percent for normal antibiotic creams.

## { Satisfied Customer }

Natural Awakenings Advanced Healing Skin Cream is a wonderful product. The skin cream goes on smooth and absorbs into the skin quickly - it is not "greasy". I have been plagued with dry skin around my ears, belly button and scalp for over 20 years and this product

has healed those areas in just 3 days of use. The Manuka Honey that is in this product, I was told repairs damaged skin - now I am a believer!!! I continue to use this skin cream to keep my skin soft. I have to mention the product has a wonderful aroma, like peppermint, and when applying the cream one can feel a slight warming sensation and I know it is working into the pores to do it's work! Glad I tried this product!

~ Jim

The cold, damp winter days are upon us. Don't let chapped or dry, flaky skin get in the way of your daily life. Natural Awakenings Advanced Healing Skin Cream, a soothing therapeutic balm made with exclusive Manuka Honey from New Zealand, is the ultimate skin moisturizer for everyone in your family. Order one for the office, too!

## Restore Your Skin to Natural Youthful Beauty

You'll love Natural Awakenings' therapeutic cream's clean, fresh botanical fragrance.

Discover what our amazing skin cream can do:

- Provides Ultra-Hydration of Skin
- Enhances Anti-Aging and Skin Renewal
- Soothes Dry, Itchy, Cracked Skin
- Relieves Most Burns, Including Sunburn
- Comforts Wounds and Sores

**MANUKA HONEY** is produced by bees that pollinate New Zealand's Manuka bush. Advocates cite its antibacterial properties.



4-oz jar \$21.99 · 8-oz jar \$39.99 + ONLY \$5 for shipping

Order today, available only at  
**ShopNaturalAwakenings.com**  
or call: 888-822-0246



Like us on Facebook at Natural Awakenings Webstore

# Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

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

DHARMA Wellness Center, Sunset, LA  
(337) 662-3120

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

## Pricing and Rate Sheet

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

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

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

Last Updated: 11/30/14

# Specialty Vitamins and Supplements

## Whey Protein (Vanilla)

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



.....\$45.00

## Organic Fiber

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



.....\$35.00

## pH 9.5 Drops

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



.....\$30.00

## Women's Libido

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



.....\$35.00

## Lecithin



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

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

.....\$30.00

## Garcinia Cambogia

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



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

.....\$35.00

## WheTea Ab Fat Burner

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



.....\$20.00

## Mood Enhancer

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

memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



## Women's Hormone Balance



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

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

.....\$35.00

## Phase 2 Starch Complex



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

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

.....\$35.00

## Digestive Enzyme Complex



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

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

## BF-4 Weight Loss



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

.....\$45.00

## Manglier Tea

mong-lee-AY

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



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

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

.....\$24.00

## Raspberry Ketone Drops



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

.....\$30.00

# Natural Medicine and Nutrition Centers



100 E. Angelle St., Carencro  
(337) 896-4141



166 Oak Tree Park Dr. #H, Sunset  
(337) 662-3120



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



858-B Kaliste Saloom, Lafayette  
(337) 356-1251

3 Days a Week - Up to 9 Treatments each Week

# Restore Your Health

## RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

### Whole Body Vibration Therapy

- improves lymphatic circulation
- improves blood circulation
- tones muscles
- burns fat with increased metabolism

### Aqua - Hydro Massage Therapy

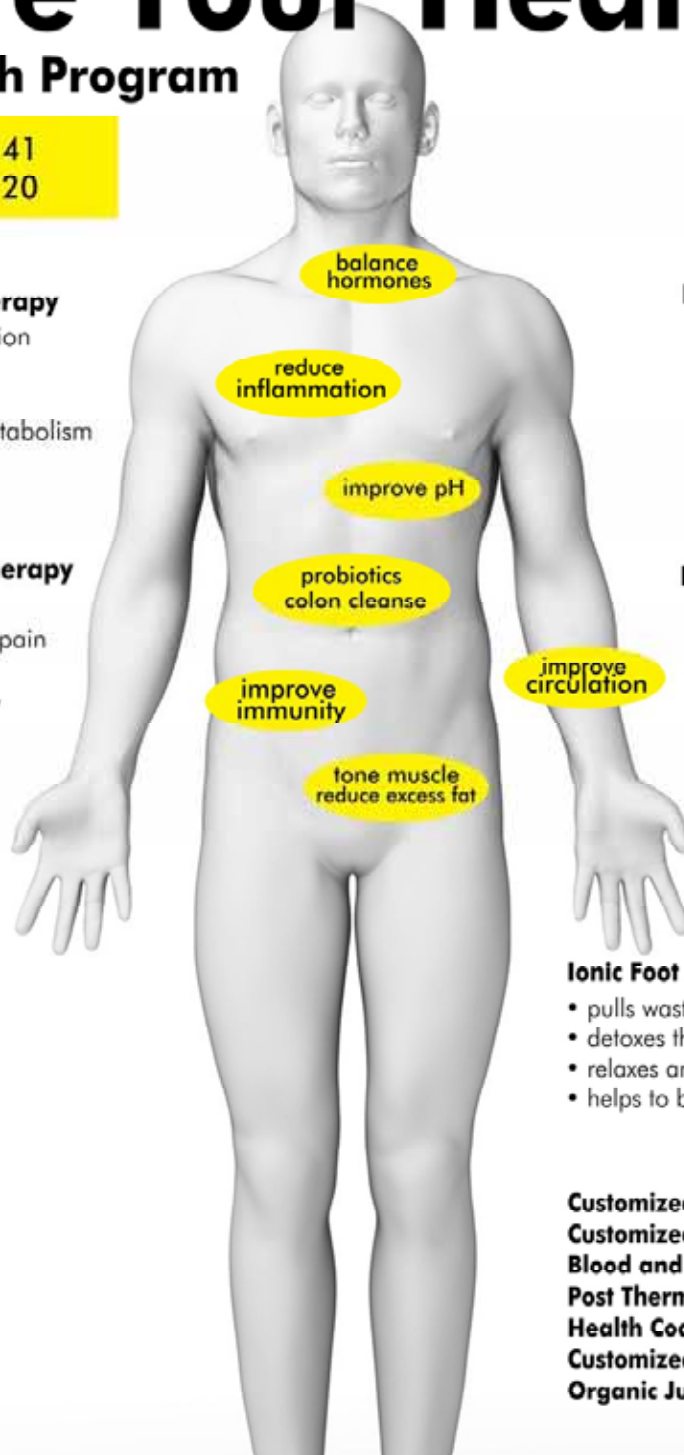
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

### Zerona Cold Laser Therapy

- reduces the size of fat cells
- destroys fat cell deposits
- improves metabolism

### Biofeedback Therapy

- improves oxygen levels
- resets and relaxes the body
- improves self-awareness
- reduces stress and anxiety



### Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

### Liquid Vitamin Hydro-Therapy

- speeds up repair of body cells
- reduces and balances pH
- destroys pathogens

### Ionic Foot Detox Therapy

- pulls waste from kidneys, lungs, colon
- detoxes the lymphatic system
- relaxes and resets the body
- helps to balance acids in the body

### Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

**6-Week RESTORE Health Program \$340** 10-Week Program: \$493 12-Week Program: \$562



## INFRARED SAUNA THERAPY

### INCREASED METABOLISM AND WEIGHT LOSS

Infrared Sauna Therapy can burn hundreds of calories by increasing your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.



### A BOOSTED IMMUNE SYSTEM

During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. The intense sweating during Infrared Sauna Therapy will enhance your immune system and increase your overall health and resistance to disease.

### DETOXIFICATION OF THE BODY

Infrared Sauna Therapy is excellent for detoxifying the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat.

### RELIEF FROM PAIN

Infrared Sauna Therapy has been effective in providing pain relief to those suffering from back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headaches and many other muscular-skeletal ailments.

### RELIEF FROM STRESS

Infrared Sauna Therapy has been shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, thereby reducing the negative physical impact of stress on the body.



## AQUA MASSAGE THERAPY



### COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage

together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

### MUSCLE BENEFITS

Just like using a traditional massage, an aqua massage can assist in relieving muscle pain, including pain that is caused by fibromyalgia. The massage will also improve circulation and relax muscles.

### HEALTH BENEFITS

Like other forms of massage, aqua massage is used to reduce pain and inflammation in sore, tense muscles and to encourage a state of overall relaxation. Other benefits of regular treatments may be improved sleep patterns, decreased muscle spasms, improved circulation and better body awareness, as in improved posture and alignment.

## WHOLE-BODY VIBRATION



### LOW IMPACT EXERCISE

Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility. Whole-body vibration research has shown an increase in serotonin levels after vibration.

## ION FOOT DETOX THERAPY



### Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our

high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

### How will it make you feel?

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each detoxification treatment. You will be able to think more clearly and have more energy. This treatment is especially beneficial to those who suffer from edema, inflammation, gout, osteoarthritis and pain.

### How does it work?

Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

## LIQUID VITAMIN THERAPY



### INFRARED EFFECTS

- Reduces and balances the acid level
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

### HYDROFUSION™

Hydrofusion™ is an exceptional technological breakthrough that creates a single blended energy from infrared heat and steam. Hydrofusion™ optimizes skin cleansing and detoxification, resulting in more balanced, hydrated skin and increased nutrient absorption from skin care products. The secret behind Hydrofusion™: infrared heats the body causing the skin to perspire. The moisture cannot vaporize in the moist steam environment, thus forming a protective layer on the body surface. This condensation layer is absorbed back into the skin, increasing oxygen supply to the blood stream and tissues leaving skin soft, supple and rejuvenated.

### CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy generates a rich variety of mood enhancing programs, leaving clients in a state of harmony and balance.

### VIBRATORY MASSAGE

The ergonomically designed bed features a patented vibratory system with adjustable rhythms. Vibration can be delicate or intense for relaxing or stimulating programs. Vibratory massage provides muscle relaxation, relief of minor aches and pains, and improves local blood circulation.

# COMMUNITY WELLNESS CENTERS



# namasté

Wellness and General Nutrition Center

Mr. Tre' Gradnigo, Center Director  
Dr. Steven T. Castille, CEO

858-B Kaliste Saloom Rd. Lafayette, LA  
(across from Fresh Pickens)

(337) 356-1251

- naturopathic supplements
- whole body vibration exercise
- cardio and walking exercise
- Zerona
- Infrared Sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- meditation
- organic juices
- health coaching
- vitamin shop
- alkaline waters
- wheatgrass products
- organic tea bar

We offer comprehensive, evidence-based nutrition and natural medicine options in weight loss, cancer wellness, circulation, inflammation, and diet. We are a holistic wellness center and all of our wellness programs, organic juices, and organic teas and nutritional supplements, are designed to work with the body's natural healing pathways.

# ONE DAY PASS

This is your one day pass to any one of our four wellness centers.

Learn all about natural health and get a :

**FOOT DETOX**  
**Whole Body Vibration**  
**Infrared Sauna Treatment**

**TEXT your name and  
ONE DAY PASS  
to (337) 424-5066**  
to schedule your one day pass. \*minimum \$35 purchase required



## 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.

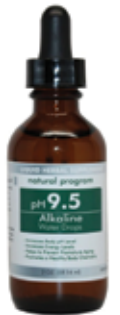


## GREEN WATER BUNDLE

Drink green water and get rid of the acid!!!

Case of Greenwater \$36  
pH 9.5 Drops \$30  
Box of Frozen Wheatgrass \$30  
**GRAND TOTAL = \$96**

You Pay Only  
**\$65**



# GO NATURAL

**Thermography Exam** \$94  
**Hair Analysis** \$45  
**Vitamin Test** \$39  
**GRAND TOTAL = \$178**

You Pay Only  
**\$134**



# COMMUNITY WELLNESS CENTERS



# DHARMA

## Wellness and Fitness Center

Mr. Tre' Gradnigo, Center Director  
Dr. Steven T. Castille, CEO

166 Oak Tree Park Dr. #H, Sunset  
(across from Janise's Grocery Store)

(337) 662-3120

- VITAMIN TESTING
- kinetics and fitness training
- personal training
- Zerona
- infrared sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- massage therapy
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs

At DHARAMA Wellness Center, our number one priority is helping you protect your most precious resource, your health. Many health issues can involve numerous components, requiring multiple bodies of knowledge for proper assessment and effective treatment. To achieve optimal health, all aspects of your individuality must be considered – the physical, energetic, emotional, spiritual and genetic components that make you unique. Therefore, the well care services and treatments at DHARMA focus on customizing a comprehensive plan specifically for you, one that may integrate a variety of conventional and alternative approaches, techniques, and treatments. Our primary goal is to identify and eliminate the source of the problem, not just the symptoms, and get you back into a state of wellness and full functionality.

## Flat Stomach Zerona

6 Treatments  
Bottle of BF-4  
pH 9.5 Drops

You Pay Only  
**\$425**



## Mood Enhancer

for depression  
for anxiety  
for stress

Buy 1 Get 1 1/2 OFF



## ION FOOT DETOX

Detox your body fast!!!

4 Sessions of Ion Foot Detox only **\$120**  
4 Sessions plus Whole Body Vibration only **\$120**

Must present this coupon at the time of joining.



## RESTORE HEALTH PROGRAM

Stop Inflammation - Build Better Circulation

14 Infrared Sauna Treatments  
18 Whole Body Vibration Sessions  
12 Foot Detox Sessions  
12 Hydration Treatments  
9 Lymphatic Massages

**INDIVIDUAL FULL PRICE: \$2,410**

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



# COMMUNITY WELLNESS CENTERS



liteon

## Natural Health Center

*Powerful, Positive Healing for Life*

Dr. Steven T. Castille, CEO and Center Director

100 E. Angelle St., Carencro

(across from Super 1 Grocery Store)

(337) 896-4141

- thermography medical imaging
- clinical chemistry lab
- naturopathic doctor
- Zerona
- infrared sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- vitamin testing
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs

Natural medicine is grounded in the belief that the human body has an innate ability to heal itself and the treatments we employ simply support that process. Therefore, our initial treatments are the most minimally invasive therapies we know to be effective. This usually means starting with lifestyle and diet modifications. If those changes are enough to restore health, great! If not, we move to additional treatments that gradually become more invasive.

# GREEN SMOOTHIE CLEANSE for weight loss

Just add water and drink!

Includes the protein powder, alkaline drops, and wheatgrass

1 month supply \$69  
2 month supply \$99



# ONE DAY PASS

This is your one day pass to any one of our four wellness centers.

Learn all about natural health and get a :  
**FOOT DETOX**  
**Whole Body Vibration**  
**Infrared Sauna Treatment**

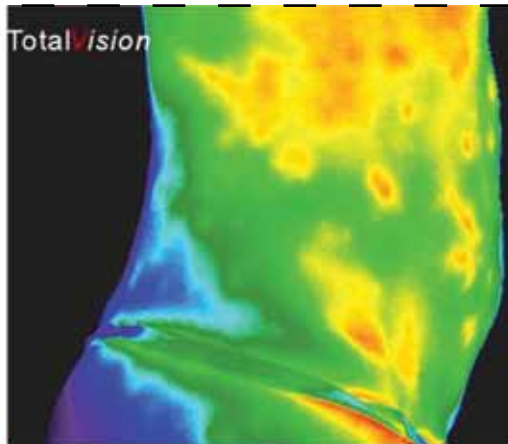
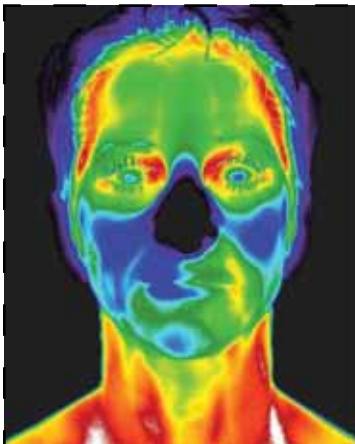
**TEXT your name and  
ONE DAY PASS  
to (337) 424-5066**

to schedule your one day pass. \*minimum \$35 purchase required

Depression  
Anxiety  
Can't Focus  
Brain Fog



**Mood Enhancer**  
can help you



Total Vision

**Get a  
Thermography  
Exam Today**

You Pay Only  
**\$94**

# COMMUNITY WELLNESS CENTERS



## caribbean Wellness Retreat and Campground

Dr. Steven T. Castille, CEO and Center Director

1077 Wisdom Rd., Opelousas

(just next door to Lucky's Casino and Truckstop)

(337) 678-1844 or (337) 678-1500

- CAMPGROUND
- SALT WATER POOL
- retreat cabins
- yoga video classes
- infrared sauna
- clubhouse and family center
- wheatgrass farm
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- organic juicing
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs
- aromatherapy

At the CARIBBEAN Wellness Retreat and Campground we focus on providing the ideal place to get away from it all. Our wellness center and vitamin shop offers the perfect opportunity to balance your body and your nutrition. Our yoga and aerobics studio is housed inside of the caribbean clubhouse and we offer more then 300 different video yoga and aerobic titles. Experience the peace and serenity of night time camping and swimming at our saltwater pool facility. When you enroll in any of our wellness programs ask about a weekend stay at the caribbean wellness retreat center.



# 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.



# ONE DAY PASS

This is your one day pass to any one of our four wellness centers.

Learn all about natural health and get a :

**FOOT DETOX**

**Whole Body Vibration**

**Infrared Sauna Treatment**

**TEXT your name and  
ONE DAY PASS**

**to (337) 424-5066**

to schedule your one day pass. \*minimum \$35 purchase required



## ALKALIZE YOUR BODY

**Get Rid of the ACID !!!**

### pH 9.5 Drops BUNDLE

pH 9.5 Drops \$30

pH 9.5 Drops \$30

pH 9.5 Drops \$30

**GRAND TOTAL = \$96**

**You Pay Only**

**\$59**

## RESTORE HEALTH PROGRAM

**Stop Inflammation - Build Better Circulation**

- 14 Infrared Sauna Treatments
- 18 Whole Body Vibration Sessions
- 12 Foot Detox Sessions
- 12 Hydration Treatments
- 9 Lymphatic Massages

**INDIVIDUAL FULL PRICE: \$2,410**

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





liteon

# Natural Health Center

*Powerful, Positive Healing for Life*

## Natural Remedies Guide

356-1251 Lafayette Office   896-4141 Carencro Office   662-3120 Sunset Office   678-1844 Opelousas Office

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

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

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

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

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

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

**Alzheimer's** - [Vitamin E](#), [Mood Enhancer](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#),

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

which detoxes the lymphatic systems and benefits eczema.

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

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

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

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

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

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

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

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

## Flat Stomach Zerona

6 Treatments  
Bottle of BF-4  
pH 9.5 Drops

You Pay Only  
**\$425**



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www.LiteonNaturals.com

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

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

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

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# Adult Food-Based Multi

30 Tablets  
Dietary Supplement

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 25%
Vitamin C (as magnesium ascorbate)	200mg 333%	(as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	100 IU 25%	(as chromium chloride)	50mcg 42%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU 100%	Molybdenum (as sodium molybdate)	30mcg 13%
Vitamin K (as phytylanolone)	50mcg 63%	Potassium (as potassium chloride)	25mg <1%
Thiamin (as thiamine mononitrate)	10mg 667%	Vanadium (as vanadium amino acid chelate)	5mcg
Riboflavin (as riboflavin)	10mg 588%	Boron (as borax glycinate)	90mcg
Niacin (as niacinamide)	75mg 125%	Bioflavonoids (from leucos)	25mg
Vitamin B6 (as pyridoxine HCl)	10mg 500%	Rutin	10mg
Folic Acid (as cyanocobalamin)	400mcg 100%	Choline (as choline bitartrate)	10mg
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Inositol	10mg
Biotin (as biotin)	300mcg 100%	Hesperidin	10mg
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Para-aminobenzoic acid (PABA)	5mg
Calcium (as calcium citrate)	30mg 3%	Protease	1100 HUT
Iron (as ferrous bisglycinate)	5mg 28%	Amylase	1000 U
Iodine (from kelp)	100mcg 67%	Lipase	25 U
Magnesium (as magnesium oxide, magnesium ascorbate)	75mg 18%	Cellulase	2CU
Zinc (as zinc citrate)	5mg 33%	Proprietary Superfood	475mg
Selenium (as selenomethionine)	25mcg 36%	Blend (apple pectin, papaya juice (fruit), spirulina, chlorella, stevia (root), barley grass, schizandra (berries), astragalus (root), nettles (leaf), carrot (root), spinach (leaf))	

\* Daily Value not established.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Hyperglycemia** - see Diabetes

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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



# 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.





cells to produce energy and may slow brain cell death.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

## RECOMMENDED DAILY INTAKE

### VITAMINS

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

### MINERALS

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

### Note:

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

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

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The publishers of *Natural Awakenings Magazine* nor the Natural Health Center or DHARMA Wellness Center does not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

The nutrition supplements found in this Natural Remedies Guide are available at:

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

# 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)**

## Friday April 8

**Semi-Annual Antique Fair & Yard Sale** – 9am-5pm. Thru Sunday April 10. The South's largest antique fair with shoppers browsing six acres with over 200 vendors from across the country. Old Schoolhouse Antique Mall, 123 S Church St, Washington. 337-826-3580.

**Dave Robicheaux's Literary Festival** – thru Sunday April 10. Events of storytelling, academic symposium, theatrical vignettes, music, cuisine, Dave Robicheaux tours and a 5K run. Various venues celebrate literature and its impact on the area's culture. Downtown New Iberia. 337-606-5977. [IberiaTravel.com/Dave-Robicheaux-Literary-Festival](http://IberiaTravel.com/Dave-Robicheaux-Literary-Festival).

**Cajun Hot Sauce Festival** – 7pm-12am. Thru 12-6pm. Sunday April 10. Hot sauce competition, jambalaya cook-off, live entertainment, food court and crafts. SugArena Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. [SugArena.com](http://SugArena.com).

## Saturday April 9

**Meditation 101: Mandalas** – 9-11am. Learn the ancient practice of mandala meditation with energy specialist Joie Conelly. \$10. Susan Buller-Iberia Parish Recreation. Curtis Landry Wellness Center, 2016 Jane St, New Iberia. 337-519-2864.

**Hopefest** – 12pm. A music charity festival with music, food, and fun. \$15 - \$25. Proceeds go to the DesOrmeaux Foundation and the STM Options program. Parc International, 200 Garfield St, Lafayette.

## Sunday April 10

**Heart of Hospice Celebration of Life Butterfly Release** – 2 pm. An event for anyone who has experienced a loss. Free. Heart of Hospice. LARC's Acadian Village, 200 Greenleaf Dr, Lafayette. 337-232-8159.

## Wednesday April 13

**Natural and Spiritual Healing** – 6pm. Anthropologist Ray Brassieur discusses traiteurs and traditional healing practices. Jeanerette Museum, Jeanerette. 337-276-4408. [JeaneretteMuseum.com](http://JeaneretteMuseum.com).

## Thursday April 14

**Louisiana Alternative Fuels Expo** – 7:30am. 150-200 stakeholders, fleet operators, fuel suppliers, equipment manufacturers, government

agencies, safety officials and energy consultants provide informative and educational sessions on alternative fuels. Free. Cajundome, 444 Cajundome Blvd, Lafayette.

## Saturday April 16

**Acadiana Dragon Boat Festival** – 8am-6pm. Experience authentic dragon boats racing down Bayou Teche. Boats are powered by 20 paddlers while one drummer keeps the beat. Burger cook-off, vendors and live music. Boulogny Plaza, 102 W Main St, New Iberia. 337-352-2180. [IberiaOnTap.com](http://IberiaOnTap.com).

**Blooming on the Bayou** – 9am-4pm. Yard art and plant sale with a cruise in sponsored by the Breaux Bridge Garden Club and The Crazy Wheels. Free. Marilyn Guidry. Breaux Bridge City Hall, downtown Breaux Bridge. 337-277-8165. [Gardenclubbb@gmail.com](mailto:Gardenclubbb@gmail.com).

**12th Annual Le Feu et L'Eau Rural Arts Celebration** – 11am-11pm. Thru Sunday April 17. Featured local artists, performers and cultural workers in a variety of disciplines and genres. Participate in cooking demos, hear live music, listen to poetry and shop local art vendors. Free. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. 337-453-3307.

**Earth Day Celebration** – 12pm-4pm. Learn ways to preserve mother nature. Fun jumps, obstacle course, fishing, petting zoo, arts and crafts and food prizes available. Admission is one plastic bag. Music by Curley Taylor and the Zydeco Trouble. Lafayette Middle School Environmental Sciences Academy. Lafayette Middle School, Lafayette.

**9th Annual La Vuelta d'Acadiana** – 1pm. Thru 7am. Sunday April 17. A 2 day competitive bicycle race consisting of a Saturday afternoon criterium, and Sunday morning road race through the city of Lafayette and the town of Arnaudville. 337-940-1418.

**Spanish King's Ball** – 7-11pm. Live band, tapas, open bar, dancing and visiting LA festival royalty. La Asociacion Espanola de Nueva Iberia, the City of New Iberia and the Daily Iberian. Cyr Gates Community Center - New Iberia City Park, 300 Parkview Dr, New Iberia. 337-380-7636. [NewIberiaSpanishFestival.com](http://NewIberiaSpanishFestival.com).

## Sunday April 17

**Earth Day Celebration** – 10am-4pm. Various organizations raise awareness and appreciation for

planet Earth and provide fun activities for all ages. Free. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077. [Vermilionville.org](http://Vermilionville.org).

**Washington Garden Club High Tea** – 2pm. Put on fancy dress and enjoy teas, local entertainment, and fine dining. \$35. Washington Garden Club. Wolff Banquet Hall, 202 North Main St, Washington 337-826-7337.

**An Evening with Peter Mulvey** – 7pm. Intimate singer songwriter night with Mulvey and special guest, Clay Parker & Jodi James. \$15. Norwood Recording Company. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122. [CitedesArts.org](http://CitedesArts.org).

## Wednesday April 20

**Festival International** – Thru Sunday April 24. The premiere international festival of unique and emerging performers from countries around the world to Southwest Louisiana. Free. Downtown Lafayette. [FestivalInternational.org](http://FestivalInternational.org).

## Friday April 22

**31st Annual Étouffée Festival** – 8am-7pm. Thru 12pm. Sunday April 24. Carnival rides, award winning bands, bingo, Cash-n-Carry store, various vendor booths, an auto show and étouffée cook-off. St. John Francis Regis Church, 370 Main St, Arnaudville. 337-754-5912.

## Saturday April 23

**Thai Chi Calligraphy** – 9-11am. Part 2. Learn the supreme way to harmony with master Brian Bernard. \$10. Susan Buller- Iberia Parish Recreation. Curtis Landry Wellness Center, 2016 Jane St, New Iberia. 337-519-2864.

**Cajun Woodstock** – 11am-7pm. Thru Sunday April 24. Live music of local artist. St. Jude Hospital benefit. Church Point City Park, 100 E Darbonne St, Church Point.

## Sunday April 24

**Shadows Preservation Jazz Brunch** – 11am-2pm. Sip and savor good food and drink. Listen to musical rhythms and experience the atmosphere under historic live oaks. Shadows-on-the-Teche, 317 E Main St, New Iberia. 337-369-6446. [ShadowsOnTheTeche.org](http://ShadowsOnTheTeche.org).

**Carrie Underwood** – 7pm. Live music of a seven-time Grammy winner and other artist. \$65. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

## Wednesday April 27

**Disney on Ice Frozen** – 7pm. Thru 1 & 5pm. Sunday May 1. A fantastical winter wonderland live skating show of love and friendship. \$20-\$100. Stonyfield YoKids Organic Yogurt. Cajundome, 444 Cajundome Blvd, Lafayette. [Cajundome.com](http://Cajundome.com).

## Friday April 29

**Merlin & Vivien** – 7:30pm. Thru 2pm. Sunday May 8. Six performances of a play that is a collaborative merging of poems written by Forrest M. Byrd and John W. Fiero. \$15. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122. [CitedesArts.org](http://CitedesArts.org).



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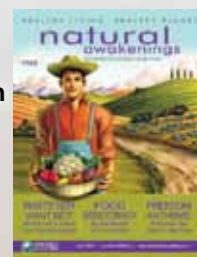
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Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more, visit FranchiseBusinessReview.com

# ongoing events

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

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## sunday

**Sunday Nature Program** – 11am. Activities chosen feature a particular season or event. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

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

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

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

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

## monday

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

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

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

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

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

## tuesday

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

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

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

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

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

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

**Acquired and Traumatic Brain Injury Support Group Meeting** – 6pm. 3rd Tues each month. Build a network of support. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

**Writer's Guild of Acadiana Meeting** – 7-8:30pm. Last Tue each month. Local writers meet to share information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. Writers-GuideOfAcadiana.com.

## wednesday

**La Table Francaise** – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation with other French speakers. Whiteville School House, Le Vieux

Village, 828 East Landry, Opelousas. 337-948-6263.

**Meditation in the Park** – 9:15am. Relax with Iberia Parish Wellness Program. Free. Curtis Landry Park, 2016 Jane St, New Iberia. 337-519-2864

**LEDA Networking Luncheon** – 11:30am. 1st Wed each month. Meet individuals for a buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone for introduction of their business. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

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

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

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

## thursday

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

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

## friday

**Bach Lunch** – 11am-1pm. Fridays thru April 11. Great food and great music. Lunch \$6. Lafayette Science Museum. Parc Sans Souci, 201 E Vermilion St, Lafayette. 337-291-5544. LafayetteScienceMuseum.org.

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

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

## saturday

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

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

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

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

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

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

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

**Lafayette Farmers and Artisans Market** – 8am-12pm. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products.. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

**New Iberia Creole Market** – 8am-1pm. 4th Sat each month. Shop for seasonal local produce, seafood, homemade jams, jellies and preserves. Enjoy activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

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

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

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

**Savoy Music Jam Session** – 9am-12pm. Bring an instrument or enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy 190 E, Eunice. 337-457-9563.

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

**Meditation in the Park** – 9:15am. Relax with the Iberia Parish Wellness Program. Free. Jeanerette City Park, Tarleton St, Jeanerette. 337-519-2864.

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

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

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

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

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

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

**"Rendez-Vous des Cajuns" Live Radio and TV Show** – 6-7:30pm. Cajun and Zydeco bands perform Cajun-style "Grand Ole Opry" Liberty Theater.

\$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.

**Monthly Night Hike** – 8-10pm. Last Sat each month. Hike through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

**Group Music Class** – 5-8pm. Cajun fiddle, slow jam, band lab and Cajun band lab classes are Monday thru Thursday respectively starting in June. All ages and abilities. \$20/wk -\$60-\$80/mo. Mitch Reed. The Front Room, 1301 Avenue A, Scott. 337-258-2333.

New Iberia Azalea Trail – daily thru Saturday April 30. A self guided tour of delicate azaleas that flood the landscape with a sea of red, pink, white, purple and salmon. Iberia Parish. 337-365-1540. IberiaTravel.com.

## PRAYER OF PEACE

God, my Father,  
May I love You in all things  
and above all things.  
May I reach the joy which You have  
prepared for me in Heaven.  
Nothing is good that is against Your  
Will,  
and all that is good comes  
from Your Hand.  
Place in my heart a desire to please  
You and fill my mind with thoughts  
of Your Love, so that I may grow in  
Your  
Wisdom and enjoy Your Peace.

# 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

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**Dr. Steven T. Castille**

CEO and Director of the Community Wellness Centers  
integrative medicine  
naturopathic supplements

Drawing on his conventional and naturopathic training, Dr. Steve practices truly integrative medicine, incorporating nutritional supplementation, prescription medication (from the patient/client's general physicians), nutrition, exercise, kinetics, mind/body exercise, and complementary therapies into his practice.

Dr. Steven T. Castille is the CEO and Director of the Community Wellness Centers. He is a clinical chemist with degrees in chemistry, engineering, and natural medicine.

## **naturopathic doctor wellness programs**

### **BASIC Program**

includes thermography exam, basic labs, doctor visit, and doctor visit

\$254

### **2-Week Program**

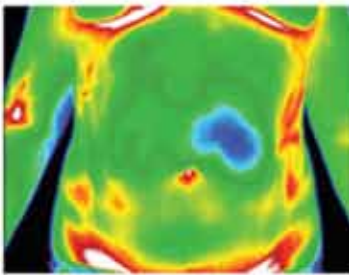
BASIC Program, a health coach, customized wellness program at our wellness centers

\$520

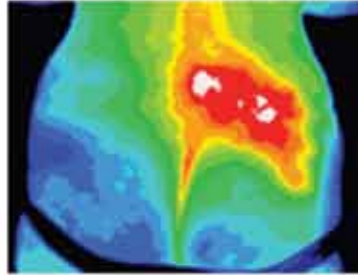
### **GOLD Program**

BASIC Program, 6-Week Program, all required nutritional supplements.

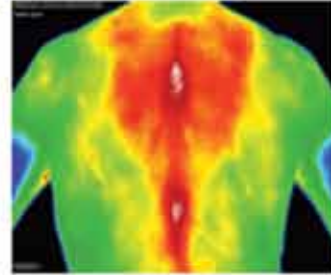
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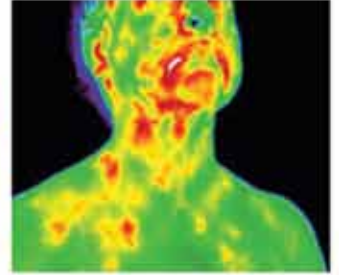
Hypothermia in the Stomach



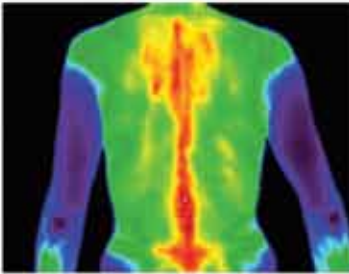
Shingles



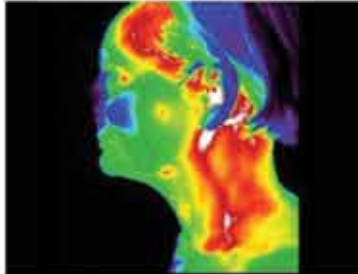
Lung Cancer



Periodontal Disease



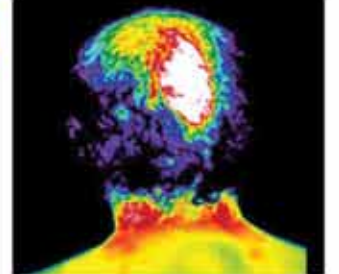
Spinal Inflammation



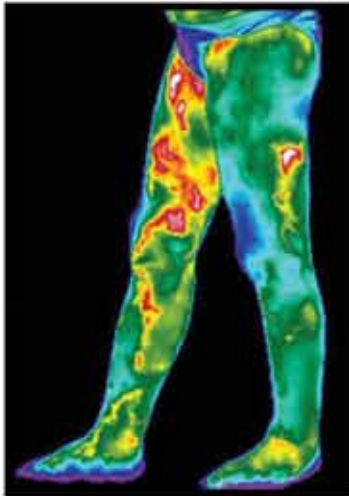
Carotid Artery Inflammation



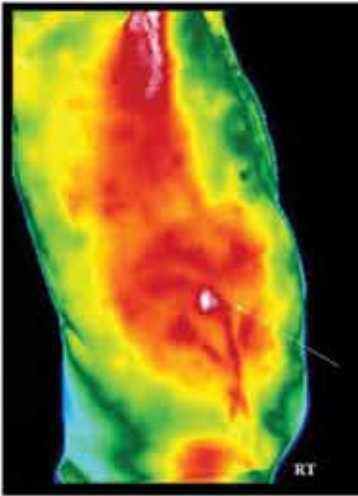
Poor Circulation Left 4th & 5th Finger



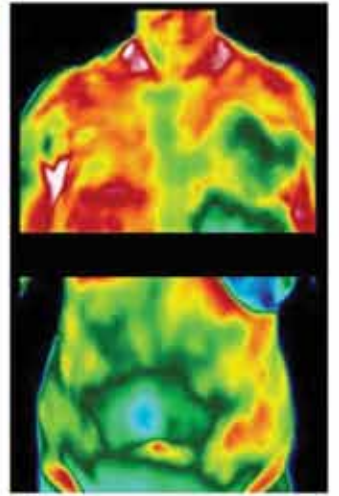
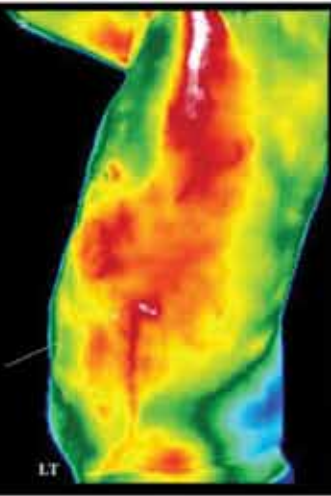
Melanoma-Scolp Cancer



Varicose Veins



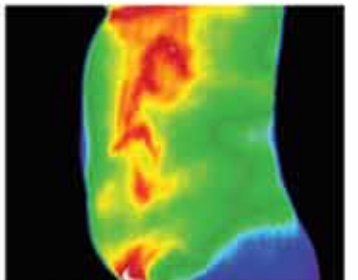
Bilateral Kidney Stones



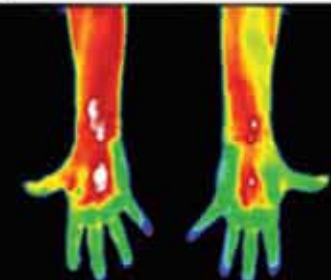
Breast Cancer



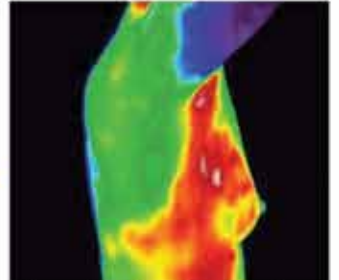
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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