

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

In the O-Zone

Oxygen Therapy
Heals a Host of Ills

LOVE Lessons

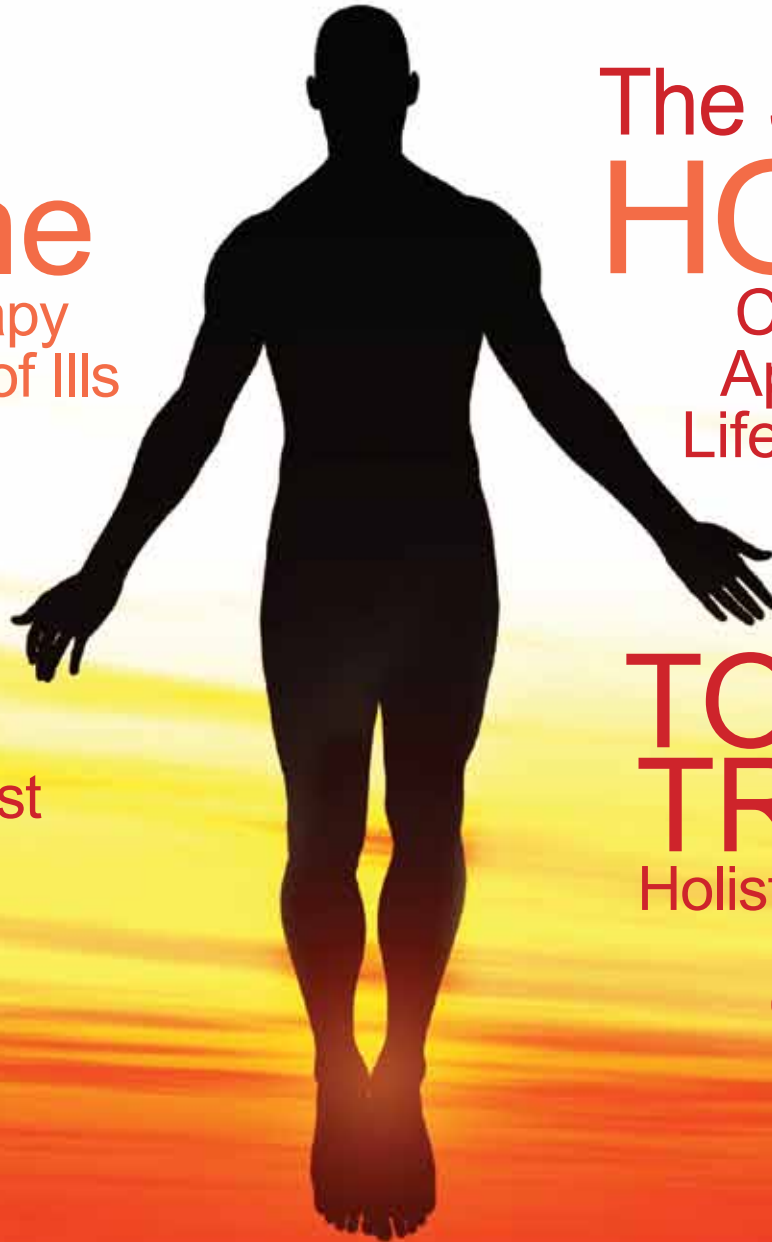
How to Make
a Marriage Last

The Journey HOME

Consciously
Approaching
Life's Ultimate
Transition

TOOTH TRUTH

Holistic Dentistry
Keeps Kids
Cavity-Free



February 2017 | Acadiana-Edition | www.NAcadiana.com



BF-4 Weight Loss



BF-4 (Body Fat Trim) is a special blend of all of the major fat burners. Because it contains all the four major fat burners it can help you lose weight quickly and naturally. 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.



We See It First!

8-10 Years Before A Mammogram

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

"We Can See It BEFORE the Mass Develops"



2.5 cm

Mammogram - detects AFTER lump

.25 cm

Thermography - detects BEFORE lump

Cancer Cells Double Every 90 Days!

90 days	2 cells	
1 year	16 cells	
2 years	256 cells	.25 cm
3 years	4,896 cells	
4 years	65,536 cells	
5 years	1,048,576 cells	
6 years	16,777,216 cells	
7 years	268,435,456 cells	

Tumor size when detected by Thermography.

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

8 years	4,294,967,296 cells	
9 years	68,719,476,736 cells	
10 years	1,099,511,627,776 cells	
11 years	281,474,976,710,656 cells	
12 years	4,503,599,627,370,496 cells	

2.5 cm About the size of a dime

Generally the first detection of tumor by mammogram

\$67
Breast Cancer SCREENING with this Ad Only

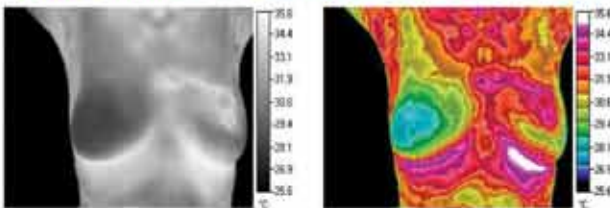
\$94
Full Body SCREENING with this Ad Only

Painless • No Radiation • No Contact • FDA Approved

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

Thermography Can Detect Tumors 8 - 10 Years Before a Mammogram

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



Left Breast Cancer Grey Scale and Color Breast Temperature

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

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

THERMOGRAPHY

Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

EXIT 4, Carencro • Across from Lourdes Aftercare Center

By Appointment Only • Sorry, no walk-ins.

(337) 896-4141



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 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



We all want to have true friends, but the quality of our friends depends on us. If we want to have true friends, we should be true friends ourselves.

By being a true friend, people will love to be around us. A true friend will always help us.

Someone once said that we tend to judge others by their actions and ourselves by our intentions. Some people have great intentions but simply can't get their acts together, and some people use outwardly

righteous actions to disguise evil intentions. Either way, when things don't go as we plan, we look for someone to blame. But blame never produces anything good in us.

When we find those precious people in our lives whom we can trust, this leads to loyalty—a rare virtue these days. Loyalty doesn't mean that those around us agree with us or follow our lead blindly. Loyalty is evident in a person who cares enough about us to protect us. If true friends see us falling, they run to catch us. A true friend always shares the joys and hardships with us.

A true and loyal friend is the best possession one could ever hope for in this short life. When it comes down to it, loyalty is one of the finest traits in a friend. Those to whom you extend it will never forget it. Those to whom we deny it will likely do the same.

A true friend wants to see people live up to their maximum potential. We can do this by helping our friends recognize and develop their personal strengths. A true friend is someone who thinks that we are a good egg, even if we are slightly "cracked." A true friend knows us well enough to see our weaknesses but still believes in our potential. To become a true friend, we should believe that our friends are good on the inside, regardless of their outward appearance. By this belief we can sincerely encourage them. True friendship isn't about being there when it's convenient; it's about being there when it's not.

It's been said that a true friend is someone who reaches for your hand and touches your heart. How many friends do you truly have? This is a good time to let them know what they mean to you. It might also mean giving second chances.

This month, *Natural Awakenings* explains conscious dying as a transformative healing journey. We offer tips on reflexology and imagery to relieve anxiety and herbs that might help relieve postpartum blues. Barbara Pleasant explains indoor kitchen gardening with microgreens.

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



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Tre' Gradnigo & Beth Davis

Outreach

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

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution

Marquia Castille-Grant & Kelly Arnaud

To contact Natural Awakenings

Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

Phone: 337-896-4141, Fax: 337-205-6191

publisher@NAacadiana.com

www.NAacadiana.com

© 2016 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

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

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

SUBSCRIPTIONS

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

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



contents



holbox/Shutterstock.com

- 8 **newsbriefs**
- 10 **healthbriefs**
- 12 **globalbriefs**
- 16 **healingways**
- 20 **consciouseating**
- 22 **greenliving**
- 24 **fitbody**
- 28 **inspiration**
- 29 **healthykids**
- 30 **naturalpet**

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

14 SACRED PASSAGE
Conscious Dying as a Transformative Healing Journey
by Linda Sechrist

16 IN THE O-ZONE
Oxygen Therapy Heals a Host of Ills
by Valerie Burke

20 INDOOR KITCHEN GARDENING
Easy-Grow Microgreens Are Big on Nutrition
by Barbara Pleasant

22 SUSTAINABLY STYLISH HOME
Relax into Nurturing Furnishings
by April Thompson

24 FIT FOR LIFE
How to Stay Healthy, Flexible and Strong
by Aimee Hughes

28 KISSED BY KINDNESS
by Emily Esfahani Smith

29 KEEP DECAY AWAY
Kids Do Best with Holistic Dentistry
by Linda Sechrist

30 HEART-TO-HEART WITH A HORSE
Their Gentle Empathy Helps Us Heal
by Sandra Murphy



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. Deadline for ads: the 10th of the month.

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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

www.NAacadiana.com

Mix It Up Lafayette Helps Get Kids in the Kitchen



Mix It Up Lafayette is offering fun and engaging youth cooking classes for Lil Chefs (ages 5-8), Junior Chefs (ages 9-11) and Teen

Chefs. An entertaining, safe environment specializing in teaching children kitchen safety and basic food preparation techniques, Mix It Up began in Houma by co-owners Chris and April Sins, a registered nurse and a registered dietician/nutritionist, respectively. The classes are designed to not only raise food awareness in children, but allow them to focus on having fun and building self confidence in their food preparation skills and knowledge.

Each class is centered on a specific topic with a matching recipe, which is prepared hands-on by the students. Classes may also include educational science experiments centered on food, and are structured to encourage the understanding of the class topic. Additionally, the students receive basic nutrition education about the items in which they are using. Some of the nutritional lessons include basic food groups, portion sizes and nutritional values of food.

Location: 127 Arnould Blvd., Lafayette. For information, call 985-868-3534.

Acadiana Symphony Orchestra Presents 'A Prelude To Spring'



Acadiana Symphony Orchestra will present A Prelude to Spring, its second concert of the New Iberia orchestra season at 3 p.m., February 26, at St. Peter's Church in New Iberia. Described by many as "champagne for the ears,"

A Prelude To Spring features romantic music presented by vocalists performing a variety of classical chamber music, holding to this year's theme, From Russia With Love.

The concert boasts a reputation for presenting an elegant and classy appeal as it touches both the mind and the heart, thus allowing for a complete culturally stimulating experience. The chamber music performed at the concert received its name because it was played for royalty in their private chambers.

Location: 108 East St. Peter St., New Iberia. For information, call 337-232-4277.

7 Common Signs of Nutrient Deficiency

- Poor Night Vision**
Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. It also helps to maintain healthy skin and soft tissues throughout the body.
- Cracks at the Corners of the Mouth**
More likely to occur for those following vegan and vegetarian diets because it's harder to get sufficient zinc, iron and B12.
- Sores or Discoloration of the Mouth and Tongue**
Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them to maintain health.
- Weak, Spotted or Ridged Nails**
These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.
- Poor Blood Clotting**
Essential for normal blood clotting, vitamin K also plays a vital role in bone mineralization and cell growth. Lack of vitamin K can result in bruising, frequent nosebleeds, and brittle bones.
- Weak Muscles and Bones**
In advanced cases it's called rickets (for children) or osteomalacia (for adults), but it boils down to a deficiency in vitamin D, an essential nutrient for the growth, health and maintenance of the structural system.
- Frequent Cramps in the Lower Legs**
Magnesium, Calcium and Potassium support proper muscle development and growth. Lack of these important nutrients can cause persistent discomfort in the feet, calves and back of the leg.

Lafayette Office
Call (337) 356-1251 to schedule
Get Checked
A Vitamin Test can help



Coloring Party

\$49 for the Event Room Reservation
\$12 per person



Adult Coloring Parties

Event Rooms in: Opelousas, LA Sunset, LA Carencro, LA

Color Between the Wines



A coloring book party for adults only.
Reduce stress with an evening of wine, coloring, and friends.

STEP 1 Pick A Day	STEP 2 Pick A Time	STEP 3 Pick A Location	STEP 4 CALL and Reserve
Wednesday Thursday Friday Saturday Sunday	AVAILABLE TIMES 12P - 2PM 2PM - 4PM 4PM - 6PM 6PM - 8PM	EVENT ROOM LOCATION Opelousas Sunset Carencro	<ul style="list-style-type: none"> • bring your favorite drinks • bring your favorite foods • invite up to 12 guests • have fun

CALL (337) 896-4141 Office
(337) 806-3109 Sales
(337) 896-0085 Reservations

Text your name and COLORING PARTY to (337) 424-5066 to book a party.

Coloring can help alleviate stress and anxiety while letting you be creative and train your brain to focus.

Urinalysis (UA)

means analysis of urine

Urinalysis is a test that evaluates a sample of your urine. Urinalysis is used to detect and assess a wide range of disorders, such as:

- urinary tract infection
- kidney disease
- diabetes
- gout
- pregnancy
- a bladder infection
- infection of the kidneys
- infection of the urethra
- Hematuria (blood in urine)
- liver infection and function
- dehydration

This is a very cost effective, and simple test that can provide important clinical information.



**Are you feeling sick?
Not sure why?**

LET ME RUN YOUR LABS

**Text your NAME and LABS3 to
(337) 424-5066**

for more information.

Call (337) 896-4141

The cost of a Urinalysis is only \$30

Infants Breathing Bad Air May Suffer as Teens



FamVeld/Shutterstock.com

A study from the Karolinska Institute of Environmental Medicine, in Stockholm, analyzed data on air pollution exposure and lung function in the first and 15th years of life among 2,415 adolescents in Sweden. The researchers focused on nitrogen oxide in vehicle exhaust and particulate matter from road erosion, using road traffic, topography and weather conditions to classify pollution levels. They compared this data to the level of difficulty the teens experienced getting air through their peripheral airways, termed “resistance”.

The study found that breathing problems increased for teenagers each time their exposure as infants to such pollution increased by 10 micrograms per cubic meter, with the strongest association occurring in male subjects with asthma at age 16. The same increase was not present in relation to their exposure to traffic pollution as teenagers.

Lead author Erica S. Schultz, Ph.D., says, “An increasing number of studies demonstrate the importance of airway periphery for lung health. It’s concerning that the effect from the first year of life seems to be long-lasting, although we don’t yet know the full clinical implications.”

Reflexology and Imagery Relieve Preoperative Anxiety

Anticipating surgery can be stressful, and many patients suffer from preoperative anxiety, which can cause serious health complications such as hypertension, rapid pulse and sugar metabolism changes. Israeli researchers from the University of Haifa have found that complementary medicine, combined with standard use of anti-anxiety drugs prior to entering the operating room, can significantly reduce preoperative anxiety levels and improve outcomes.



Photographie.eu/Shutterstock.com

Researchers divided 360 preoperative patients ages 17 and up into three groups: those receiving standard care for preoperative anxiety; those receiving standard care along with complementary therapy, featuring acupuncture, reflexology, individual guided imagery or a combination of the latter two; and those receiving standard care combined with generic guided imagery via a recording. Anxiety levels were measured preoperatively before and after the intervention on a scale of one to 10, with scores of four or more constituting intermediate or higher-level anxiety.

The study found that complementary therapy in combination with standard care produced a 60 percent reduction in anxiety, with the mean score dropping from 5.54 to 2.32. Combining standard care with reflexology and guided imagery provided the best relief, reducing anxiety by an average of 4.22 points. Patients receiving only standard care experienced a slight rise in their average anxiety level.

Fenugreek Eases Menopause



Oliver Wolfe/Shutterstock.com

A randomized, double-blind study from the Sri Jayadeva Institute of Cardiovascular Science and Research, in Bangalore, India, has found that an extract of fenugreek husk (FHE) called FenuSMART can provide relief from common symptoms of menopause, including night sweats, insomnia, headaches, hot flashes and mood swings.

Researchers studied 88 menopausal women between the ages of 45 and 58. Half were given one gram of FHE per day for 90 days while the other half received a placebo. The study measured the impact

the supplement had on the subjects' menopausal symptoms through weekly telephone sessions.

At the study's end, approximately 32 percent of the women in the FHE group reported no hot flashes, while the placebo subjects saw the frequency of theirs reduced from three to five per day to one or two. Additionally, the subjects that took FHE experienced a 57 percent reduction in night sweats, a 68 percent abatement of mood swings, a 75 percent drop in insomnia and 58 percent fewer headaches.

Chinese Herbs Lessen Postpartum Blues

A study from the China Academy of Chinese Medical Sciences, in Beijing, reports that Chinese Herbal Medicine (CHM) can be an effective treatment for patients with postpartum depression. Traditional Chinese Medicine advocates herbal treatments based on underlying issues.

Researchers analyzed data from 47 clinical trials encompassing 3,795 participants between the ages of 18 and 43 suffering from postpartum depression. The study pooled results into three categories: CHM versus placebo, CHM versus routine treatments (antidepressants) and CHM plus routine treatments versus only routine treatments.

The study found that using Chinese herbs combined with antidepressants is the most effective approach, noting that CHM is a safe, effective alternative for patients unable or unwilling to take antidepressants.



marilyn barbone/Shutterstock.com

Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, the oil is changed, and a tune-up is done -you perform better when you're eating a balanced diet, have the correct circulation, have little or no inflammation, and have balanced thoughts, feelings, emotions.

Enroll in a RESTORE Health Program to get a tune-up for your body.



If you think a Wellness Program is expensive

Try

Cancer
Depression
Stroke
Diabetes or
Congestive Heart Failure

6 Reasons to put Infrared Sauna

on your TO DO list

Weight Loss
Flush out toxins
Lower blood pressure
Increase immune system
Can reduce parasitic growth
Reduce aging



WEIGHT LOSS

A 30 minute infrared sauna session can burn up to 600 calories. As the body works to cool itself while using an infrared sauna, there is a substantial increase in heart rate, cardiac output, and metabolic rate. Infrared heat therapy raises core body temperature causing passive cardiovascular conditioning. Your body's natural response to infrared heat therapy is to increase circulation and sweat.

Carencro 896-4141

Sunset 662-3120

Opelousas 678-1500

globalbriefs

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

Heave Ho

Abandoned and Lost Fishing Gear Pollutes the Seas



Richard Whitcombe/Shutterstock.com

Abandoned and lost fishing gear such as traps, crab pots and nets litter the ocean floor in coastal areas worldwide, continuing to attract, entrap and kill fish and other marine life. The Associated Press reports that global non-profits, governments and companies are engaged in efforts to retrieve and recycle as many of the items as possible to protect the environment, save

marine life and reduce hazards to marine navigation.

A 2009 United Nations report estimated there are 640,000 tons of discarded fishing nets deep below the ocean surface worldwide. Recommended solutions include degradable panels on traps that break down and allow trapped marine life to escape. International agreements prohibit dumping fishing equipment at sea; yet in England, small vessels can amass landfill charges of roughly \$700 per year, giving them an incentive to ditch broken gear.

Pascal van Erp, a Dutch diver alarmed by the amount of equipment he's encountered, founded the Ghost Fishing Foundation to tackle the issue. He says, "It's found in all seas, oceans and inland waters at all depths, along the beach and under the sand. I don't think the problem can be resolved completely, but we can keep it from getting worse by showing the problem to the public and the authorities." Industry experts and scientists estimate that commercial fishermen annually lose about 10 percent of their traps due to bad weather.

Free Fuel

Hydrogen Conversion From Water Making Gains

Scientists at KTH Royal Institute of Technology, in Stockholm, report that they have finally unlocked a major barrier to exploiting a renewable energy source through extracting pure hydrogen from water. Because the best-performing catalysts for electrochemical oxidation, or "water splitting", are expensive precious metals, the research team led by KTH Professor Licheng Sun developed molecular catalysts for water oxidation with an efficiency approaching that of natural photosynthesis comprising common, abundant elements, all of which could help change the economics of large-scale hydrogen fuel production.

Meanwhile, Daniel Nocera, a professor of energy at Harvard University, and Pamela Silver, a professor of biochemistry and systems biology at Harvard Medical School, have co-created a system that uses solar energy to split water molecules and hydrogen-eating bacteria to produce liquid fuels. Their paper, whose lead authors include post-doctoral fellow Chong Liu and graduate student Brendan Colón, was recently published in *Science*.

"This is a true artificial photosynthesis system," says Nocera. "Previously, people were using artificial photosynthesis for water-splitting, but this is a true A-to-Z system, and we've greatly exceeded the efficiency of photosynthesis in nature."



Sashkim/Shutterstock.com



Veggie Tales

Plants Communicate with Sound

A recent study from the University of Western Australia has found that plants regularly react to and emit sounds through a series of clicks produced by their roots, and that such inter-flora communication may be essential to their survival. Evolutionary biologist Monica Gagliano, who made the discovery, listened to the roots of young corn plants and found that they regularly produced

sounds in the range of 220Hz, a frequency audible to the human ear.

Plants have been shown to influence each other in many ways through nano-mechanical oscillations on a molecular scale. Gagliano remarks, "Scientists also know that plants use volatile chemicals to communicate with each other."

Another biological research team under the direction of Professor Olaf Kruse, Ph.D., scientific director of the Center for Biotechnology at Germany's Bielefeld University, has shown that green algae not only engages in photosynthesis, but also has an alternative source of energy: It can draw it from other plants (*Nature Communications*).

Gagliano comments, "Considering that entire forests are all interconnected by networks of fungi, maybe plants are using fungi the way we use the Internet."

Watch the Birdie

Selfies Promote Animal Cruelty and Death

Zachary Crockett, of *Pricenomics.com*, has found that since 2014, 49 people were killed in attempts to take pictures of themselves with wild creatures. Although there are no statistics on how many animals have been harmed due to selfies, wildlife organizations such as Care for the Wild International are appealing to the public to stop using animals as props.

Visitors to China's Yunnan Wild Animal Park lured captive peacocks from their enclosure and grabbed them by their tails. The birds died as a result. Another group of people at a beach in Argentina was filmed mobbing a baby Franciscana dolphin, an endangered species, while taking pictures, resulting in its death likely through shock and severe dehydration from being removed from the water for too long.

Due to the high demand by tourists to take pictures with wild animals, special photographic settings are popping up in Mexico, Europe and Morocco. However, the Association for British Travel Agents stated that no legitimate sanctuary would allow animals to be used as photo props.



Repurposed Pallets

Texas Company Turns Wood Waste into Furniture

Nearly 2 billion wooden pallets are currently in circulation in the U.S., consuming around 50 percent of the country's annual hardwood harvest and representing more than 90 percent of the world's shipping waste. PalletSmart, in Fort Worth, Texas, has been making furniture, home decor and custom projects out of repurposed pallets and other reclaimed material since 2012.

Company co-founder John Zaskoda says, "As with any business, we are looking to grow, but want to be smart about it. For now, we are staying put, taking custom residential and commercial orders and producing top-notch furniture." He sees the endeavor as proof that with hard work and consistency it's possible to make trash into treasure.



Fungus Among Us

Genetically Altered Mushrooms Approved for Consumption

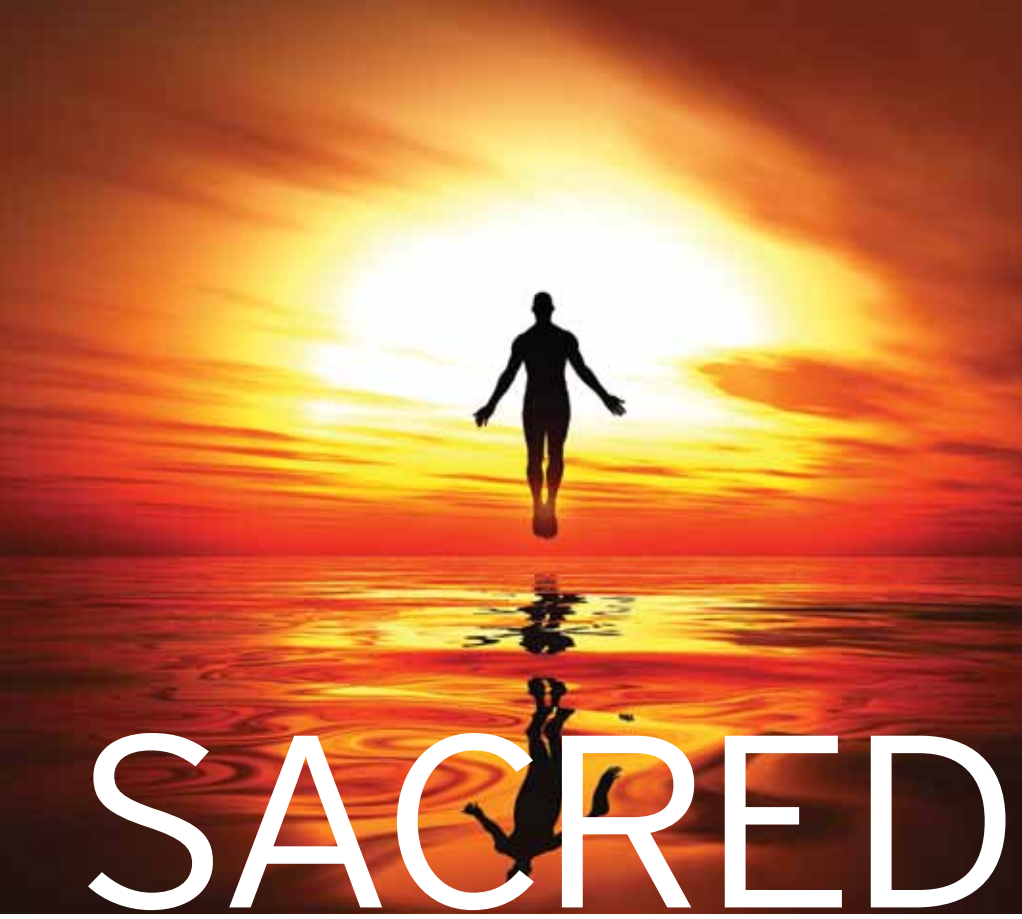
Clustered regularly interspaced short palindromic repeats (CRISPR) is a new method of editing genomes of farm animals and food crops. White button mushrooms (*Agaricus bisporus*) that have been genetically modified to delay the natural browning process are the first CRISPR-edited organisms to receive approval from the U.S. Department of Agriculture (USDA).

Yinong Yang, a plant pathologist from Penn State University, crafted the modified mushrooms by targeting the family of genes responsible for the browning effect seen in produce when sliced and exposed to oxygen. Yang was able to reduce the browning enzyme's work by 30 percent and was granted approval from the USDA because no foreign or altered DNA was integrated into the mushroom genome. The department only assesses whether there's a risk that the new modified variety of an organism could become a weed or "pest" to other plants.

The mushrooms may still be subject to Food and Drug Administration or Environmental Protection Agency regulations. The National Academies of Science, Engineering and Medicine are in discussions about developing a new set of rules for the biotech industry in the next five to 10 years.

Source: *Nature.com*

Source: *PalletSmart360.com*



SACRED PASSAGE

Conscious Dying as a Transformative Healing Journey

by Linda Sechrist

When properly viewed, the thresholds of all of life's transitional moments can be both emotionally and spiritually rewarding. Whether it involves marriage or birth, job loss or illness, gleaning insight from the experience can yield fresh perspective on how to live life more fully today, if we remain mindful and lovingly attentive through the process.

Like birth, death is a transition we can wisely prepare for. In recent years, compassionate individuals and grassroots movements have emerged to help us conduct ourselves, heal and grow from losing a loved one or face our own passing. An increasing number of initiatives support a new model in palliative care that treats death not as a failure, but an expected aspect of the human experience. Each in its own way advocates for a grace-filled passage supported by dignified, caring and compassionate practices.

Profound Shift

The Conscious Dying Institute, in Boulder, Colorado, aims to restore death and dying to its natural place in the sacred circle of life. Its end-of-life literacy curriculum and certificate training programs are helping to create a new, wisdom-based culture of healing teachers and end-of-life doulas that serve among the frontline caregivers and companions providing the comfort people want and need most. Founded by Tarron Estes, a healing artist, poet, Caritas coach and transformational learning educator, the institute is grounded in love, spiritual openness, compassion and a universal field of consciousness.

"Training is open to nurses, physicians, clinicians, caregivers, family members, healthcare teams and anyone else interested in exploring what it means to die consciously," says Estes. It attends

to the provider's inner awakening and helps them strengthen their ability to give spiritual, emotional, physical and practical care to anyone, helping to relieve pain, regardless of diagnosis.

"Rather than curative care, it's all about seeking to increase precious, meaningful moments, a sense of spiritual sanctity, beauty, interconnectedness and appreciation of life for the families and patients they serve. An end-of-life doula at bedside assures that families and loved ones can focus on what is most important," explains Estes, who believes that our true nature lives within us as an unblemished jewel.

Helping individuals become comfortable talking about death is the work of Dr. Karen Wyatt, of Dillon, Colorado, founder of the End of Life University, an online interview series with end-of-life care experts. She provides a trustworthy loving environment in monthly death cafés. The author of *What Really Matters: 7 Lessons for Living from the Stories of Dying* expands the conversation through related articles and podcasts at eolUniversity.com.

Death cafés benefit from Wyatt's experience as a hospice doctor. "There is never an agenda. Of the 10 to 12 people that generally join in, one is always a new caller, recently awakened to the idea of conscious dying or their own mortality. They're seeking information and someone to talk to because family and friends aren't interested. Some already embracing their mortality wish to explore their thoughts with others. Some callers join just to listen," advises Wyatt.

Because death in the West has become a commercialized, medical event with funeral home packages the norm, Wyatt recommends the National Home Funeral Alliance to those interested in a deeper understanding of options and resources for a gentler model. The nonprofit, grassroots movement and its members, such as Sacred Crossings, in Los Angeles, seek to restore the lost art and healing ritual of a home funeral by preserving the rights of families to provide home after-death care.

Supporting and educating interested families is the mission of Sacred Crossings founder Rev. Olivia Rosemarie Bareham. The certified death midwife and home funeral guide draws from her experiences as an auxiliary nurse and hospice volunteer to assist families with end-of-life planning, death midwifery and arrangements for an at-home vigil and funeral, as well as cremation and burial choices.

styleunited.de/Shutterstock.com

"We also offer sacred singing to help ease a loved one's transition. Music by a bedside soloist or choir before, during and after death can be deeply relaxing and comforting, and even provide pain relief," advises Bareham.

Exploring the Mystery

For more than 40 years, philosopher, psychologist and physician Raymond Moody's life work has been acknowledging the mysteries and validating the unexplainable events at the end of life. His seminal bestseller *Life After Life* appeared in 1975. Lisa Smartt's mentorship by Moody led them to co-found *FinalWordsProject.org*. She's also authored *Words at the Threshold*, a study of the nonsensical, metaphorical and paradoxical language and visions of the dying.

Moody and Smartt agree that by better understanding the unique language patterns related to end of life we can share more deeply and build bridges with our beloveds throughout the dying process. "When we do so, we offer greater support to the dying and ameliorate our own experience of loss as they cross the threshold," remarks Smartt. Like William Peters, founder of the Shared Crossings Project, in Santa Barbara, California, they caution that compassionate etiquette during events at death is important.

"Assume that levels of awareness exist in the dying so that our energy and presence are felt and our voices heard," advises Moody. "Respect your words and actions, regardless of the person's state of consciousness. Be a compassionate listener and validate their vision. Don't pretend to intellectualize or explain anything."

Dianne Gray, president and executive director of the Elisabeth Kübler-Ross Foundation, also owns Hospice and Healthcare Communications. "The dying often wish to leave here surrounded by peace and harmony. They choose to let go of contentiousness and often wish family members would do the same, which is facilitated by mapping out Advance Directives according to the final wishes of the patient," says Gray.

Questions she frequently addresses in public talks and Death Over Dinner party conversations include: the necessity of finishing unfinished business; bringing closure to unresolved relationship issues; finding words to express our compassion; soothing the sense of impending loss; and managing to take only love with us to the other side, yet leave enough of it behind



Sarir Wurtisman/Shutterstock.com

We rediscover that in order to die well, we must live well. Dying gracefully is the result of a mindful, day-to-day journey—a culmination of informed choices, honest discussions and deference to the hallowed fragility of nature's life-death cycles.

~William Rosa

to help loved ones through their grieving process. She cautions that no matter how well we plan for death, things don't always go as planned.

"Sometimes no matter how many advance care conversations have taken place, discord can dismantle the best laid plans. It requires the tough work of compassionate communications. Friends and families need to remember that this is the patient's end-of-life experience, not theirs. It is possible to find peace in the midst of conflict, understanding that the one leaving overwhelmingly wishes for a peaceful passing, including peace within the family."

The Death Over Dinner initiative, founded by Michael Hebb in 2013, has been hosted by groups in more than 20 countries to help people engage in conversations on "how we want to die"—the most vital and costly discussion Americans aren't having (*DeathOverDinner.org/stories*).

Practical Plans

The American Institute of Certified Public Accountants and its 360 Degrees of Financial Literacy program offer a free

downloadable national *Guide to Financial Decisions: Implementing an End-of-Life Plan* at Tinyurl.com/EssentialPlanNeeds. It includes basic descriptions of issues that arise as we age beyond retirement and details the critical documents needed for the individual, dependents, property, assets, estate planning, wills and trusts. It also addresses issues related to advance, treatment and do-not-resuscitate directives, insurance, types of funerals and costs, and Social Security, Medicare and veterans' benefits. Guidelines suggest consulting with a certified public accountant or personal financial planning specialist.

The latest innovation is the blessing of a living funeral, a celebration of life while the honoree is present to hear the eulogies, praises and farewells before they depart.

AgeingWithDignity.org provides a downloadable *Five Wishes* document, a popular advance directive, or living will that covers personal, spiritual, medical and legal aspects. It's easy to use and can serve as a family guide to prompt conversations about personal care preferences in the event of serious illness.

New York Times journalist Mark Leibovich wrote about how Massachusetts Senator Edward Kennedy chose to spend his final weeks in pursuit of a "good ending." As death approached, Kennedy told friends that he wanted to take stock of his life and enjoy the gift of his remaining days with the people he loved most. As a result, he continued enjoying his morning ritual of reading newspapers while drinking coffee, playing with his dogs, watching James Bond movies with his wife and holding family dinners and sing-alongs near nightly. He reveled in his bedside view of Nantucket Sound, sailed when he could and ate lots of his favorite ice cream. His mantra was, "Every day is a gift."

"As our time winds down, we all seek comfort in simple pleasures—companionship, everyday routines, the taste of good food, the warmth of sunlight on our faces," remarks Boston's Dr. Atul Gawande in *Being Mortal*. "If we strive in our final months for independence, companionship, mindful attention, dignity, wisdom, joy, love and freedom from pain, we have the power to make those days less miserable, confusing and frightening."

In these many ways, we can manage to gently embrace and tenderly navigate life's final transition with grace and love.

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

I did this.
in one word



\$675
6 Treatments
\$850
12 Treatments

Zerona

3 inches in 2 weeks

896-4141

Carencro Office

healingways

In the O-Zone

Oxygen Therapy Heals a Host of Ills

by Valerie Burke

As safe and trusted as hyperbaric (high pressure) oxygen therapy, ozone therapy also harnesses the healing power of oxygen. Since the 1950s, its popularity has increased around the world. Today, more than 45,000 physicians in 50 countries administer ozone therapy to address ailments ranging from endodontic infections and herniated disk pain to arterial plaque and Lyme disease.

According to the American Academy of Ozonotherapy, the widespread medical use of ozone began in Germany and has since spread across Europe as an alternative treatment for antibiotic-resistant bacteria. The academy notes that allopathic physicians caution against ozone therapy largely due to misinformation and a lack of understanding regarding its efficacy, side effects, expense and safety, even though published international studies as well as U.S. clinical trials have shown it can be used instead of more expensive and dangerous methods such as surgery or pharmaceuticals.

Therapeutic ozone has a sound safety record and no toxic effects have been observed from proper clinical use (*Journal of the American Medical Association*). Occasional reported side effects are slight weakness, dizziness or drowsiness for short periods of time during or after treatment. Rare allergic skin reactions like nettle

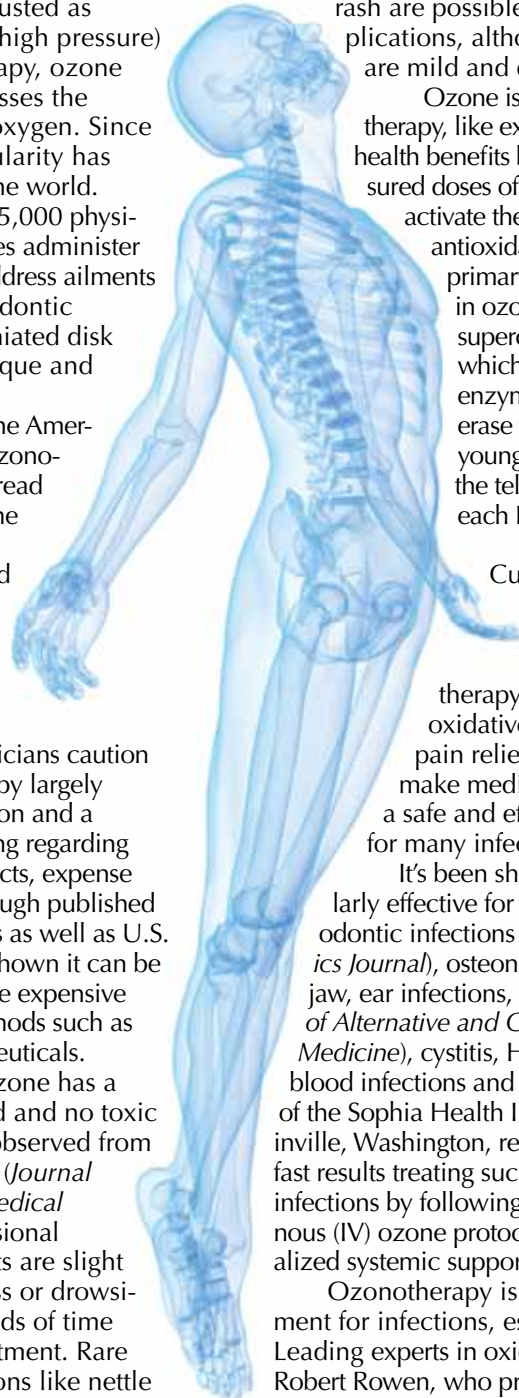
rash are possible with local applications, although occurrences are mild and quick to resolve.

Ozone is an oxidant. Ozone therapy, like exercise, creates health benefits by delivering measured doses of oxidative stress that activate the body's internal antioxidant systems. The primary natural enzyme in ozone therapy is superoxide dismutase, which stimulates another enzyme called telomerase that keeps DNA young by maintaining the telomere at the end of each DNA strand.

A study from Cuba's University of Havana of herniated disc patients found that ozone therapy provided both oxidative protection and pain relief. Such properties make medical ozone therapy a safe and effective treatment for many infections.

It's been shown to be particularly effective for sinus and endodontic infections (*Iranian Endodontics Journal*), osteonecrosis of the jaw, ear infections, hepatitis (*Journal of Alternative and Complementary Medicine*), cystitis, HIV, intestinal and blood infections and Lyme disease. Staff of the Sophia Health Institute, in Woodville, Washington, report remarkably fast results treating such chronic complex infections by following intensive intravenous (IV) ozone protocols, with individualized systemic support.

Ozonotherapy is a prime treatment for infections, especially viral. Leading experts in oxidative therapy Dr. Robert Rowen, who practices in Santa



Sebastian Kaulitzki/Shutterstock.com

Rosa, California, and Dr. Howard Robins, director of The Healing Center, in New York City, had good success administering treatment during the Ebola crisis in Sierra Leone. In addition to many patients helped, "It's been reported that ozone therapy rapidly cured five patients with Ebola during the outbreak," says Rowen.

Ozone therapy is now used to relieve arthritis, neuropathy, degenerative joint and disk disease, fibromyalgia and chronic fatigue. A pilot study led by the Universidad de Granada, Spain, saw improvement in the physical and depressive symptoms of fibromyalgia. "Ozone is also effective in treating osteoarthritic knees and, via injection,

arthritic hips," says Rowen. Other individuals describe their experiences of overcoming various diseases using ozone therapy at [YouTube.com/user/RobertRowenMD/videos](https://www.youtube.com/user/RobertRowenMD/videos).

One of the most impressive evidence-based applications is relief from the pain of herniated disks, particularly lumbar. More than one meta-analysis deemed ozone treatment an effective and extremely safe procedure, with pain and functional outcomes equal to or better than surgery and far lower complication rates (less than 0.1 percent), along with significantly shorter recovery times (*Pain Physician; American Journal of Neuroradiology*).

According to the *Journal of Natural Science, Biology and Medicine*, oxygen/ozone therapy used in dentistry offers three fundamental forms of applications to treat oral tissue—ozonated water, ozonated olive oil and oxygen/ozone gas. Ozonated water and olive oil have proved to be an ideal delivery system.

Non-toxic and simple to generate, ozone therapy is coming of age as a viable option for both the treatment and prevention of illnesses.

Valerie Burke is a freelance health writer in Olympia, Washington, versed in integrative medicine with a master's degree in nursing science.



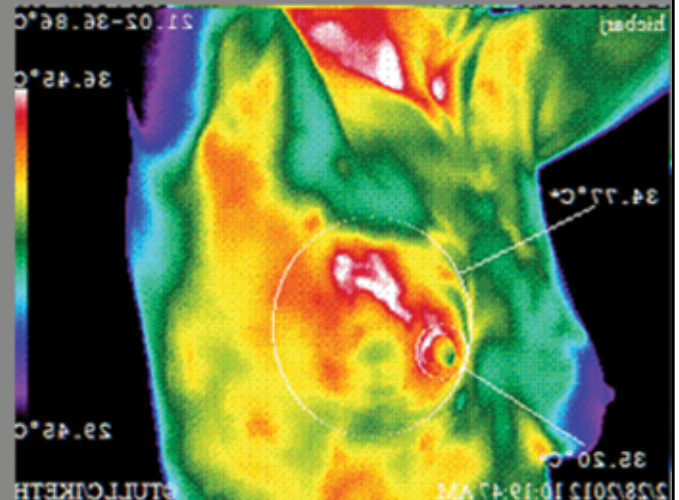
Connie's Story

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

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

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

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



Get a Thermography Exam

Call the Carencro Office

(337) 896-4141



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.



INDOOR KITCHEN GARDENING

Easy-Grow Microgreens Are Big on Nutrition

by Barbara Pleasant



akepong srichaichana/Shutterstock.com

Fast, fun to grow and packed with flavor and nutrition, tender young microgreens can go from seed to table in as little as a week. Close cousins to edible sprouts, microgreens are grown in potting soil or seed-starting mixes instead of plain water. They customarily grow beyond the sprout stage until they have produced a true leaf or two. After that, harvesting is a simple matter of snipping off fresh greens.

"You don't need a green thumb to grow microgreens, only patience and persistence," says Mark Mathew Braunstein, in Old Saybrook, Connecticut, author of *Microgreen Garden*. Even first-timers can

expect good results. For example, the thin shoots grown from popcorn taste like a more vibrant form of sweet corn, and pea shoots work well in wraps, salads and virtually any Asian dish.

Like high-fiber wheatgrass, "Microgreens are great for juicing, either by themselves or mixed with other veggies," says Rita Galchus (aka Sprout Lady Rita), proprietor of The Sprout House, in Lake Katrine, New York, which sells organic seeds for microgreens and sprouts. "You can add a handful of microgreens to a smoothie to ramp up the nutrition without changing its taste or texture," she notes.

Good Picks

The seeds of dozens of plants from alfalfa to wheat can be grown as microgreens. If seeking to maximize nutrition, put red cabbage and cilantro on the planting list. Scientists at the U.S. Department of Agriculture Food Quality Laboratory, in Beltsville, Maryland, tested the nutritional properties of 25 microgreens; red cabbage, cilantro, garnet amaranth and green daikon radish had the highest concentrations of vitamin C, carotenoids, and vitamins K and E, respectively. Microgreens generally provide three times as much nutrition per weight as the same food eaten in its mature state.

"People underestimate the intense flavor of microgreens and might try planting mustard greens or radish varieties even if they don't like spicy flavors," say Elizabeth Millard, an organic farmer in Northfield, Minnesota, and author of *Indoor Kitchen Gardening*. For beginners, large seeds that sprout quickly such as sunflowers, buckwheat and snow peas are good choices because they produce big, robust sprouts with mild flavor.

Many people also grow microgreens for their pets. "Cats tend to prefer mild, sweet-tasting microgreens such as red clover, alfalfa and flax seed," advises Galchus. "They also love grasses grown from hard wheat, whole barley and rye. Cats cannot digest the grass, but use it to bring up indigestible matter that might be lodged in their stomachs."

Clean Greens

Microgreens grow so fast that there's little time for them to run into trouble. Commercial growers use large trays, but home gardeners can also use pretty

Depression

Anxiety

Can't Focus

Brain Fog





Mood Enhancer
can help you

coffee mugs or tofu boxes rescued from the recycling bin. Drainage holes in the container bottoms work well when growing beets or other slow-sprouting seeds, but are less important for fast-growing sunflowers or wheat.

Work only with organic seeds. Seeds sold for sprouting or bulk grains from a local health food store cost much less than the larger, robust seeds produced for gardening. Soak seeds in water overnight to jump-start germination. Place an inch or so of potting soil or seed-starting mix in the container,

and then scatter the plump seeds on top. "A common beginner's error is to sow seeds too thickly," says Braunstein. Sown seeds should not touch each other, with most spaced about one-quarter-inch apart. Spritz with water and cover with a plate or plastic wrap.

At the first signs of sprouting, water and move the pot to a sunny spot near a bright window or within two inches of a bright grow light. Dribble in small amounts of water to maintain moisture over the next few days. To harvest, cut in bunches about one-half inch above

the soil line. Microgreens store well in the refrigerator for a couple of days, but are best eaten fresh.

For both beginners and experienced gardeners, growing microgreens provides a close-up look at seed germination, one of nature's miracles.

Award-winning garden writer Barbara Pleasant's new book Homegrown Pantry: A Gardener's Guide to Selecting the Best Varieties & Planting the Perfect Amounts for What You Want to Eat Year Round, will be out next month from Storey Publishing.



We do indoor birthday parties for KIDS

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

www.MyKidPartyZone.com

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

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

Place your deposit and book your party online.

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

Cancer Cells Double Every 90 Days

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

First Detected by Thermography

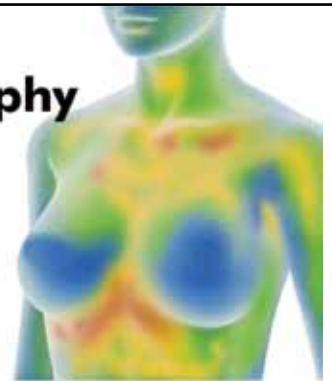
Thermal imaging can see a tumor the size of a grain of rice. You'd have a 99% survival rate

First Detected by Mammogram

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

Breast Thermography

Can increase your chance of survival.



Schedule your first appointment now.

Call 896-4141



BODY REBOUND

Weight Loss Program

6-Week Program Only

\$340

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

Must present this coupon at the time of joining.



ZINC FIGHTS
DEPRESSION

ARE YOU LOW?

SIGNS OF LOW ZINC

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



GET A VITAMIN TEST

CALL (337) 662-3120

Call to schedule or for more information

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

DENZEL WASHINGTON

greentiving



melis/Shutterstock.com

Sustainably Stylish Home Relax into Nurturing Furnishings

by April Thompson

We all relish a cozy nest, whether that means light-filled views, the embrace of form-fitting sofas and chairs or plush rugs that snuggle bare feet. A beautiful, comfortable home that reflects our personal style and embodies our values can be achieved by learning the origin of furnishings and investing in sustainably made pieces that will stand the test of time, say experts.

"Furnishing a home ethically doesn't mean sacrificing comfort or style," says JD Doliner, a business consultant in Charlotte, North Carolina. Doliner's home is graced with 18th- and 19th-century antiques, organic cotton mattresses, comfy custom-made chairs from Forest Stewardship Council (FSC)-certified wood and handmade wool rugs certified child-labor-free by GoodWeave. "They give me peace of mind as a humanitarian and environmentalist," she says.

Signs of Progress

Debbie Hindman, marketing director for Associates III Interior Design, in Denver, is working with increasingly knowledgeable clients like Doliner asking for sustainably sourced products. Manufacturers, in turn, are upping transparency about product origins, realizing it can provide a competitive edge, she notes.

"We look at the story behind a product and make sure that it aligns with both our company's and clients' values," says Hindman, a co-author of *Sustainable Residential Interiors*. "We ask questions like, 'Are workers paid a fair wage? Was the product made with local materials? What is the story behind the company's founding?'"

The Sustainable Furnishings Council (SFC) coalition of manufacturers, retailers and designers partners with businesses and informs consumers to increase environmentally responsible choices in the marketplace. Its 400 members commit to sustainability and transparency in their business practices and submit an annual action plan showing such efforts. Headquartered in Edenton, North Carolina, the council strives to minimize industry carbon emissions and remove unsustainable materials and harmful chemical ingredients from residential and commercial furnishings.

"The residential furnishings industry frequently takes raw materials from one continent, processes and manufactures on another to be consumed on yet another, leaving a huge environmental footprint," says Susan Inglis, the council's executive director. As the third largest consumer of wood, these manufacturers bear significant responsibility for preserv-

ing the world's forest ecosystems and fighting deforestation, reports Inglis.

Savvy Shoppers

To make informed decisions, furniture shoppers need to ask how, where, from what and by whom a potential purchase is made. Lisa Beres, a healthy home expert and former interior designer in Newport Coast, California, and author of *Just Green It!* advises not taking product claims at face value. Ask if the product has earned a certification like the Global Organic Textile Standard for fabrics or GreenGuard, which verifies low levels of chemical emissions.

Not all natural products are sustainably produced; cotton, for example, is one of the most heavily sprayed crops. Look for certified organic cotton as a responsible textile choice. Beres also suggests renewable fiber sources like bamboo or hemp. "Natural latex is a sound alternative to foam fillers, offering good support and dust mite resistance," says Beres.

Specific animal-based products like down feathers used in bedding can provoke allergies and be produced

inhumanely, Beres cautions. Products certified to the Responsible Down Standard, which protects the well-being and welfare of geese tapped for their manufacture, offer a humane choice for fluffy down comforters.

Look for well-crafted furniture made from locally sourced, reclaimed or FSC-certified wood instead of particleboard, which usually contains formaldehyde and may be made from unsustainably harvested wood.

Sustainable furnishings are both better for the planet and can make a home distinctive. Natural pieces like a countertop made from reclaimed, rough-hewn wood provide a unique beauty that mass-manufactured pieces can't match and also showcase the material's natural form and feeling.

Her firm promotes durable, timeless pieces over trendy furnishings that a client might discard in a few years. When it's time to retire a piece of furniture, find a new home for it, whether by donating to a charity or reselling through a consignment store.

While cutting corners on home furnishing choices can be tempting,

especially when shopping on a budget, remember that today's quality pieces may become tomorrow's cherished heirlooms.

"Some will spend money on the latest gadget, but hesitate to invest in a great piece of furniture or a quality mattress they'll spend much of their life sitting or sleeping on," says Beres. "It's not a splurge; you're investing in your health and protecting Earth's precious resources. It all comes full circle."

Connect with freelance writer April Thompson, of Washington, D.C., at AprilWrites.com.



St. Ignatius School

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



337-662-3325 / www.siscardinals.org

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

FREE MATTRESS CONTAMINATION TEST

A New Mattress Sanitizing Process Brings
Relief to Allergy and Sinus Sufferers...



Almost half of all Americans suffer from Allergies and a
DIRTY MATTRESS may be the cause!

If you're suffering from Allergy and Sinus related conditions, Asthma, Bronchitis, Inflammation of the Mucous Membranes, Eczema, Itchy Red Eyes, Fatigue and Headaches, the culprit could be millions of DUST MITES living and breeding in your mattress. But that is only the half of it! Mattresses are also home to harmful bacteria, mold, viruses, mildew and other pathogens and microorganisms.

We offer an all-natural (GREEN) chemical-free process that sanitizes within minutes. No water or steam involved. Bedding is ready upon completion! It's time to call the mattress cleaning and sanitizing professionals!

Call **HYGIENITECH PROS** today to schedule your **FREE**
No Obligation In-Home Dust Mite and Allergen Test

(337)277-2589

Authorized Dealer For
HYGIENITECH
MATTRESS CLEANING & SANITIZING

GREEN WATERS

pH 5.5 Acidic Body and OBESITY



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

Alkalize your body with GREEN WATERS



fitbody



Nejron Photo/Shutterstock.com

FIT FOR LIFE

How to Stay Healthy, Flexible and Strong

by Aimee Hughes

“When thinking about the best forms of exercise as we enter midlife and beyond, we should first clarify some myths and preconceptions,” says Michael Spitzer, of Fort Lauderdale, Florida, biochemist, fitness expert and author of *Fitness at 40, 50, 60 and Beyond*. “In our society, there’s a mindset that once we pass our 40th year, it’s all downhill from there. Our metabolism slows and we gain weight, lose mobility and flexibility, deal with more aches and pains, experience shortness of breath and the list goes on.”

According to Spitzer, this all can happen, but it’s more of a self-fulfilling prophecy than destiny. “Research with older people at both rehabilitation and nursing centers tells us that the human body wasn’t designed to begin a major decline in function until age 70, barring major illness or accidents along the way. Most of individual decline is due to lifestyle choices, not nature’s plan.”

Spitzer teaches his clients that weight training is essential for every age group. “After age 30, most people lose between 0.5 to 1 percent of lean muscle fiber per year, which directly affects the basal metabolic rate. Much like a car engine, the more lean muscle mass

we have, the more energy our ‘engine’ uses, even when idling. If not prevented, by age 50, for example, we may have lost as much as 20 percent of the lean muscle fiber we had when we were 30.”

He also recommends regular cardiovascular exercise. “Do a good round of cardio inside your target heart rate zone for 30 minutes at least three times a week. It’s vital for lung and heart health, the primary benefit of cardio exercise as opposed to just burning calories.”

“For those in their 40s, I recommend high-intensity interval training such as burst training, along with a mind-body practice like power yoga or budokon,” says Nelson Pahl, of Northfield, Minnesota, managing editor of *Longevity Times*. “Vinyasa yoga, tai chi and cycling are ideal during our 50s, while hatha yoga, tai chi, or qigong and hiking work well in our 60s.”

“Most of my clients are 70 and up,” notes Gwyneth Jones, an active aging specialist at the Carriage Club, in Kansas City, Missouri, who also trains physical therapists, rehabilitation specialists and movement educators. “They enjoy mixing up their daily exercise routines and look forward

to the support and encouragement of their classmates. Discussions include lighthearted wordplay and questions about anatomy and physiology."

Pahl urges everyone at every age, "Consume only whole foods, always." He rarely drinks alcohol and begins every day with yoga and qigong.

"Also, be sure to stay well hydrated," adds Jones. "This will keep your joints healthy, skin clear and moist, digestion more efficient and detoxification of organ systems more effective. Add fresh lemon if you like."

Physical fitness is only one aspect of aging gracefully. Spiritual growth lifts and lightens any mental and emotional load, while supporting physical well-being.

Spitzer also recommends, "Reading, learning to play a musical instrument, crafting activities, computer strategy games or doing other

activities that require concentration or new problem-solving skills; all help the mind stay tuned up and sharp." It's always healthy to break out of normal routines and comfort zones, venture into new worlds, volunteer and do what makes our heart soar.

Jones advises, "Choose activities that feel good, refreshing, include people you enjoy, and are done in pleasant environments. Don't forget to revel in sunshine or a good book on a rainy day. Listen to music, play music, sing and dance every day."

Maturity brings benefits we can embrace with delight when we bring loving attention and happy novelty to life.

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy and consultant for the Yandara Yoga Institute. Connect at ChezAimee@gmail.com.



Alia Images/Shutterstock.com

The Knot Prayer

Dear God,

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

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

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

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

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

Amen

FEBRUARY 2017 COUPONS

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



FROZEN WHEATGRASS
16 1.5oz frozen cups

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

Expires 4/16/17

FEBRUARY 2017 COUPONS

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

ANY SINGLE OR PACKAGE PRICE



IONIC FOOT DETOX
30 minute sessions

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

Expires 4/16/17

Turn Your Passion Into a Business

Own a *Natural Awakenings* Magazine

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

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

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

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



For more information, visit our website
NaturalAwakeningsFranchise.com
or call **239-530-1377**

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

Contact us about acquiring an existing publication **FOR SALE** highlighted in **RED** or starting a magazine in an open territory.

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

* Existing magazines for sale



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

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



Iodine

natural
Liquid Drops

- Helps regulate basic metabolic rate
- Benefits hormone levels
- Promotes weight loss
- Improves depression and anxiety
- Iodine fights pain and disease



Iodine's primary role is to keep the thyroid gland healthy and manufacturing sufficient thyroxine, a hormone that is needed throughout the body. About 50 to 60 percent of the body's iodine is stored in the thyroid gland, the rest is distributed throughout the body, especially in ovaries, breast and prostate tissue, muscles, and blood. Iodine plays an important role in many of the body's functions.

Insufficient iodine can lead to symptoms such as fatigue, dry skin, increased blood fats, brain fog, bowel irregularity, hoarseness, and delayed reflexes. Iodine is a very effective heavy metal detoxifier of mercury, lead, cadmium, aluminum and bromide.

Available at:

Natural Health Center, Carencro
DHARMA Wellness Center, Sunset

inspiration

KISSED BY KINDNESS

by Emily Esfahani Smith

Psychologist Ty Tashiro reports in *The Science of Happily Ever After* that only three in 10 couples remain in healthy, happy marriages. Psychologist John Gottman, in New York City, has studied couples for four decades seeking to understand successful relationships. He and his psychologist wife, Julie, founded The Gottman Institute that helps couples build and maintain loving, healthy relationships based on scientific studies.

Using data from his Love Lab at the University of Washington, John separated thousands of couples into two groups: masters (still happy after six years) and disasters (separated or chronically unhappy in their marriages).

One of Gottman's studies watched 130 newlywed vacationing couples and found that partners regularly made bids for connection, requesting responses from their mate. Choices to "turn toward" or "turn away" revealed the level of engagement and respect in the relationship. Couples that divorced within six years had shown "turn toward" bids a third of the time while couples still together responded to their partner's emotional need nine times out of 10.

An integral element is the spirit couples bring to the relationship: kindness and generosity or contempt, criticism and hostility.

"There's a key habit of mind that the masters have," Gottman explains. "They are scanning the social environment for things they can appreciate and express thanks for. Disasters are scanning for partners' mistakes."

People focused on criticizing miss 50 percent of positive things their

partners are doing and see negativity when it's absent. Deliberately ignoring their partner or responding minimally to opportunities for small moments of emotional connection devalues and kills a relationship.

Kindness, conversely, glues couples together, making each partner feel cared for, understood, validated and loved. In a study published in the *Proceedings of the National Academy of Sciences*, researchers found that the more someone receives or witnesses kindness, the more they will be kind themselves, creating upward spirals of love and generosity.

Practicing kindness during a fight is vital. Letting contempt and aggression spiral out of control during a conflict can inflict irrevocable damage. "Kindness doesn't mean that we don't express anger," Julie explains, "But it informs how we choose to express it. You can either throw spears or explain why you're hurt and angry, which is the kinder path."

Kindness can also solidify the backbone of a relationship by being generous about our partner's intention and avoiding misinterpreting what's motivating their behavior. "Even if it's executed poorly, appreciate the intent," Tashiro advises.

Clearly, if we want to have a stable, healthy relationship, exercise kindness early and often and let a spirit of generosity guide happy years together.

Emily Esfahani Smith is the author of The Power of Meaning: Crafting a Life That Matters. Connect at EmilyEsfahaniSmith.com or on Twitter @emesfahanismith.

Masson/Shutterstock.com



Kiselev Andrey Valerevich/Shutterstock.com

KEEP DECAY AWAY

Kids Do Best with Holistic Dentistry

by Linda Sechrist

According to a 2012 *New York Times* story, “Preschoolers in Surgery for a Mouthful of Cavities,” more dentists nationwide are recommending that children be administered general anesthesia at hospitals due to the severity of decay.

Such extensive dental work on children is largely preventable. Wise parents encourage their children to develop healthy habits such as brushing teeth at least twice a day; eating fewer sugary snacks and brushing afterwards; limiting fruit juice intake to four ounces a day; and sucking on bacteria-killing xylitol lollipops. Such a routine combined with an initial dentist visit by their first birthday can reduce dental costs, including hospital treatment for extreme decay that can cost thousands of dollars.

Other ways to reduce the too-common incidence of six to 10 childhood cavities include breastfeeding only until baby teeth erupt; avoiding transmission of an anaerobic oral bacteria carried in saliva that’s the leading cause of tooth decay; early interceptive treatment to avoid crowding of teeth; and consulting a nutritionist.

Breastfeeding

Andie Pearson, a doctor of dental medicine and owner of Gaimed Dental Spa, in

Wilmette, Illinois, tells mothers that in the descent through the birth canal, their baby ingests the bacteria necessary to digest breast milk. As teeth later emerge, their gut bacteria also become able to digest solid food. “By the time a child has all 20 baby teeth, between 18 and 30 months, they no longer have the microbial ecology for digesting breast milk and should be weaned. Researchers from the University of California-Berkeley have found that the more frequently a mother breastfed her child beyond the second birthday during the day, the greater the child’s risk of severe early tooth decay,” says Pearson.

Development of facial muscles and bone structure is dependent on chewing and gnawing. “Teething rings facilitate chewing that builds stronger teeth and creates better alignment,” she explains. If childhood tooth growth is delayed, Pearson often suggests a chiropractic adjustment if all other developmental areas are normal. “It can help the body relax so that teeth erupt naturally,” she advises.

Mouth-to-Mouth

Susan Maples, a doctor of dental surgery and owner of Total Health Dentistry, in Holt, Michigan, notes that *Streptococcus mutans* is the leading reason

children are hospitalized today. “Cavities are formed when the rate of decay of the teeth caused by the lactic acid produced by the bacteria exceeds the rate of repair initiated by the phosphate and calcium ions in saliva,” she explains.

The unwanted bacteria is transmitted through saliva, which is why adults should avoid licking spoons or tasting foods before offering them to children between the ages of 1 and 3. “This type of bacteria thrives on sugar, so children shouldn’t have lots of sugary drinks and sweet treats,” says Maples. Mouth kissing presents a similar risk.

Early Intervention

Kris Kammer, a doctor of dental surgery and owner of Gums of Steel Oral Hygiene Transformation, in Middleton, Wisconsin, learned early in his career to avoid mercury amalgam fillings and early extractions of bicuspids for orthodontic purposes, and that xylitol reduces buildup of plaque bacterial biofilm on teeth. A study published in the *Journal of Dental Research*, supported by findings of a metastudy appearing in *Clinical, Cosmetic and Investigational Dentistry* “shows that regular use of xylitol over six months significantly reduces the *Streptococcus mutans* population,” he says.

He also suggests early interceptive treatments which can be performed by general dentists. “Parents don’t need to wait for children’s teeth to come in crooked and crowded. These issues can be addressed with a removable appliance that expands the arch in the roof dome, influences bone growth and makes room for incoming teeth,” says Kammer. Early proper diet may also help prevent crowding of teeth as well as malocclusion, or misalignment of upper and lower teeth, according to Pearson.

Role Modeling

“Parents play a pivotal role in their children’s dental hygiene. They influence how their children care for their teeth, behave in the dentist’s office and feel about dental visits,” advises Pentti Nupponen, a doctor of dental medicine and owner of the Halifax Center for Holistic & Cosmetic Dentistry, in Halifax, Pennsylvania.

Children should be made familiar with dentistry and taught that they are responsible for their dental hygiene from around age 1. Nupponen explains his gentle method: “I encourage mothers to bring their children along for dental appointments so that they can watch me from their mother’s lap. Generally, by the time they are alone in my chair, they aren’t frightened.”

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



Osetnik/Shutterstock.com

HEART-TO-HEART WITH A HORSE

Their Gentle Empathy Helps Us Heal

by Sandra Murphy

Physical therapists have long used horses to help patients improve balance or strengthen core muscles. Now they're helping to teach empathy.

Given a horse's significant size, sometimes distracting surroundings and the need for safety, humans need to learn the animal's non-verbal cues, and to regulate their own. Close interaction without riding is proving to be helpful for those dealing with addictions, trauma and grief, and for employees to improve their communication and teamwork skills.

Kelly Wendorf and Scott Strachan, co-founders of Equus, in Santa Fe, work with both individuals and organizations. Strachan emphasizes, "This isn't magic. Horses reflect our feelings back to us. If we're nervous, the horse will be more skittish."

"We've had executives arrive with cell phones firmly in hand and leave holding soggy tissues instead," comments Wendorf. "For them, it was unexpectedly emotional."

For addicts caught up in a debilitating cycle, "Equine therapy gets the brain firing in a new direction," says Constance Scharff, Ph.D., director of addiction research at Cliffside Malibu, in California. "Patients may say they're fine when they're not, but you can't lie to a horse. They have boundaries; if you're angry, a horse won't tolerate your behavior and

will walk away."

Scharff notes, "Equine therapy is complementary to psychotherapy medicine, and one tool we use in approaching addiction. Depression, anxiety, post-traumatic stress disorder (PTSD) or attention deficit hyperactivity disorder can be the underlying issue, so we can address it, to understand why the person became an addict."

Wendorf relates the story of an 18-year-old client facing body image issues. "Five horses approached her and touched her with their noses on her arms and legs. Where they touched was where she had been cutting herself to try to relieve her emotional pain."

"People feel a powerful connection when they let down their defenses and a horse responds," says Sheryl Jordan, equestrian director at Salamander Resort & Spa, in Middleburg, Virginia. "Our Equi-Spective life lessons program brings self-awareness and the power to better control emotions. During the session, they may hug, pet and cry on the horse, but they leave the corral smiling."

The program teamed up with the Tragedy Assistance Program for Survivors (TAPS) serving bereaved military families. Kelly Griffith, a surviving sister of U.S. Marine Corps Major Samuel Griffith, points to the power of equine therapy in a video

at Tinyurl.com/Equi-SpectiveVideo.

Susan Wight, a former professional steeplechase rider and ambassador for TAPS in Leesburg, Virginia, says, "My husband was my riding coach. When he passed away, I was numb when facing decisions, but at the session, it felt like one of the horses was the one to choose. The initial flood of emotions and memories from being around horses again wasn't pretty, but empathy is a specific language, and I'm grateful for the opportunity. Horses are a huge part of my life."

At Ranch Hand Rescue Counseling Center & Animal Sanctuary, in South Argyle, Texas, founder Bob Williams considers animal therapy a ministry.

"We rescue abused and neglected farm animals, including horses that come into play when patients are not responding to usual therapies," he says. "It's important for damaged people to learn to live in the light, and our partnering with the special needs animals helps put them on the emotional path to health." The rescue's mission is to provide hope, healing and a sense of security for children and adults that have suffered severe trauma such as abuse, domestic violence and witnessing violent death (Tinyurl.com/RanchHandRescueVideo).

Riding Beyond's four-session program, in Ashland, Oregon, is free to women recovering from the rigors of breast cancer treatment. Expenses are covered by donations from the community. German research published in the journal *Psycho-Oncology* reported that 82 percent of participating breast cancer patients studied displayed symptoms of PTSD following diagnosis.

"They often don't want to touch or be touched, and have trouble with friendships and intimate relationships; issues that can cripple a woman's life," says Trish Broersma, founding director and a certified therapeutic riding professional at Riding Beyond (Tinyurl.com/RidingBeyondVideo). "The medical team that saved their lives doesn't treat these issues."

The first client, unfamiliar with horses, met Mystic, who touched her on the site of the former tumor. She says, "Even weeks later, when I brought her image to mind when stressed, sad or even happy, it brought feelings of contentment, peace and well-being."

Horses have been serving humans in many ways for centuries. Equine therapy shows they have even more to give if we are open to receive.

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

“TV•Ears saved our marriage!”™

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

Voice Clarifying Circuitry®

The TV•Ears headset contains proprietary Voice Clarifying Circuitry that automatically adjusts the audio curve to increase the clarity of television dialog while decreasing the volume of background sounds such as music and sound effects. The words seem to jump out of the audio track, making even whispers and accents understandable.

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

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

Voice Clarifying TV•Ears Headset

Over 2 million satisfied users since 1998

TV dialog is clear and understandable

Works better than hearing aids



New Special Offer!



Pat and Shirley Boone
Happily married over 60 years!

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

— Pat Boone, Singer/Songwriter

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

— Robert Forbes, M.D., California

TV Ears Original™~~\$129.95~~

Special Offer

Now \$59.95 +s&h

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

1-800-379-7832

or visit

www.tvears.com

Please mention **Promotion Code 35757**

30-day risk free trial

TV•EARS®

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

Are you overweight?

Being overweight is unhealthy

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

BF-4

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



Also Available
at
Drug Emporium
Lafayette

COMMUNITY WELLNESS CENTERS

(337) 896-4141
Carencro Office

(337) 356-1251
Lafayette Office

(337) 662-3120
Sunset Office

(337) 424-5066
Send a TEXT



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



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

Hwy 190 Next Door to Lucky's Casino and Truckstop



BF-4 \$45



Frozen Wheatgrass \$30



Green Water \$36/case

inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

BRAIN

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

SKIN

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

CARDIOVASCULAR

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

KIDNEYS

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

BONES

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

MUSCLE

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

BREAST

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

Source: Journal of Clinical Oncology

LIVER

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

THYROID

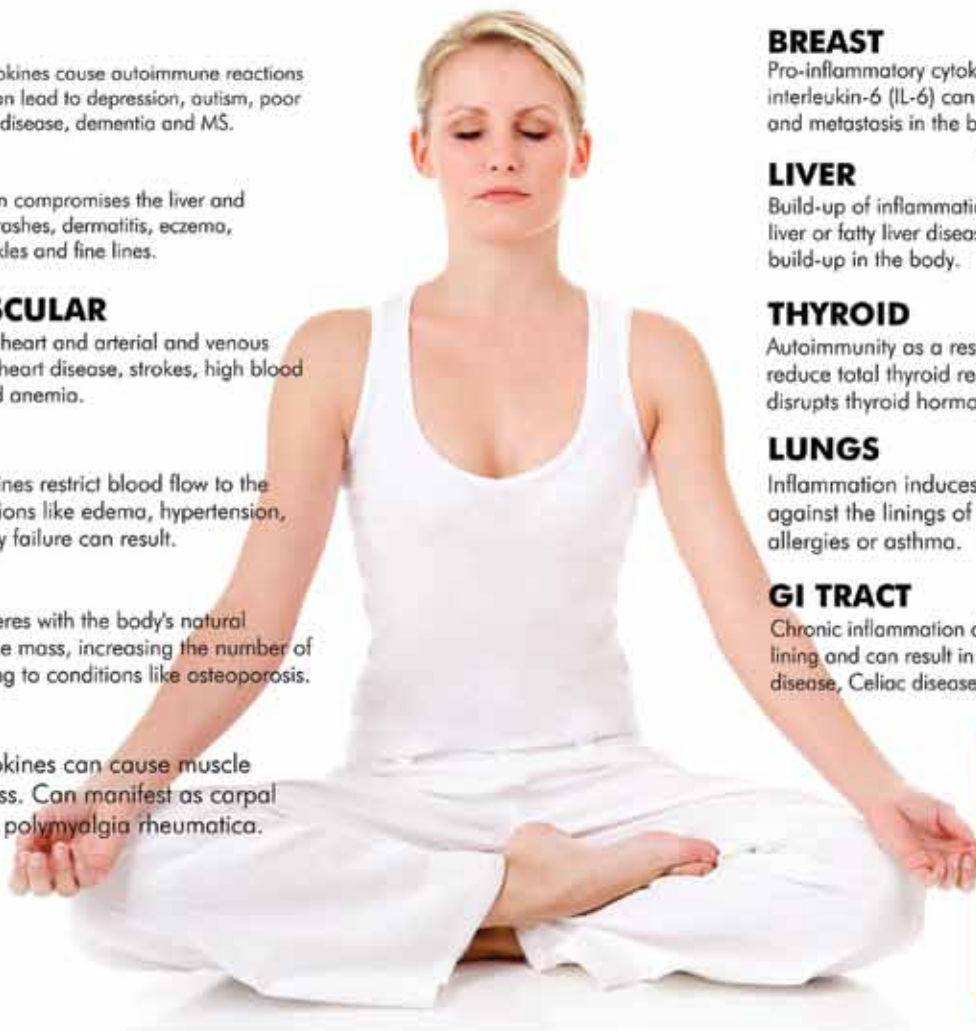
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

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

GI TRACT

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



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

Thermography detects inflammation
we see it first
(337) 896-4141

LASER TUMMY TUCK TREATMENTS

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

Buy
9 or 12 Treatments
GET FREE
6 additional
treatments



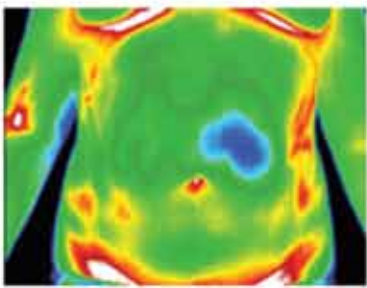
- no pain or downtime
- can return to work after each treatment
- no scars

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

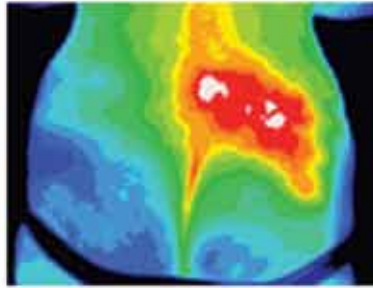
Lafayette Office: (337) 356-1251
Carencro Office: (337) 896-4141
Sunset Office: (337) 662-3120



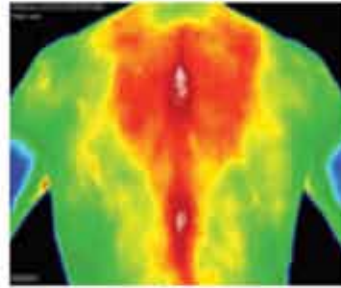
Text name and TUMMY TUCK to (337) 424-5066 for more information.



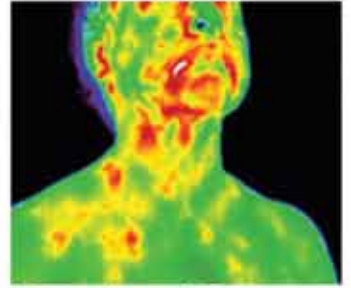
Hypothermia in the Stomach



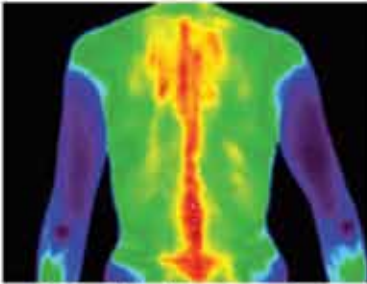
Shingles



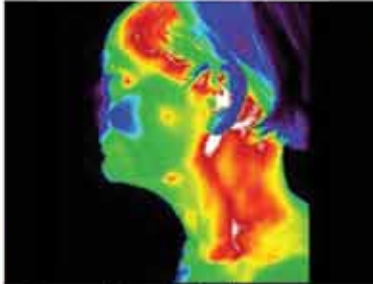
Lung Cancer



Periodontal Disease



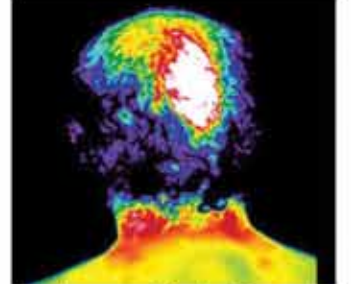
Spinal Inflammation



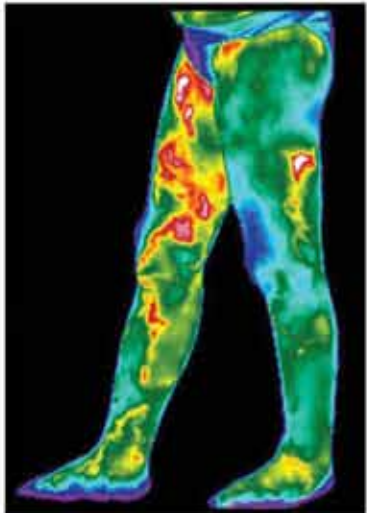
Carotid Artery Inflammation



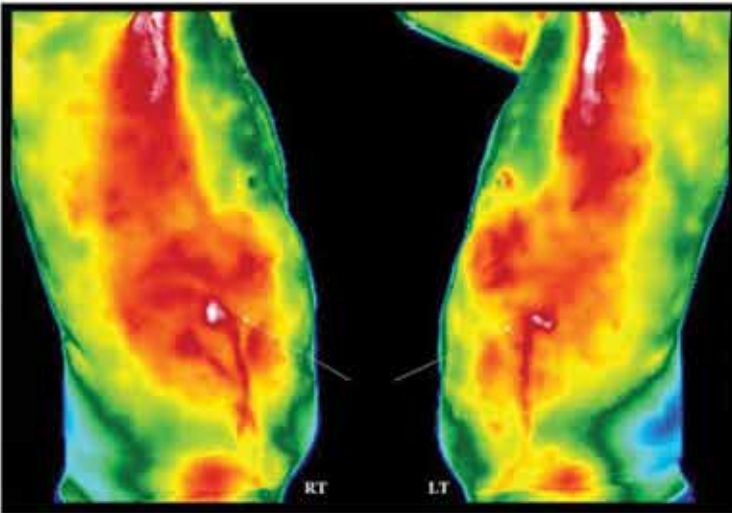
Poor Circulation Left 4th & 5th Finger



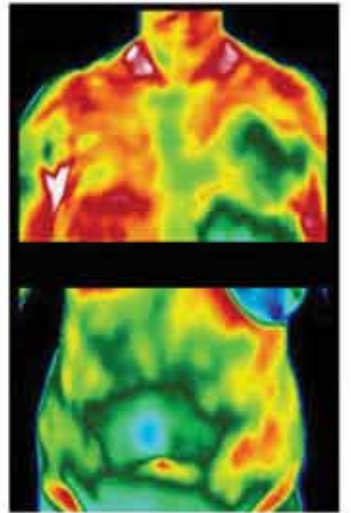
Melanoma-Scalp Cancer



Varicose Veins



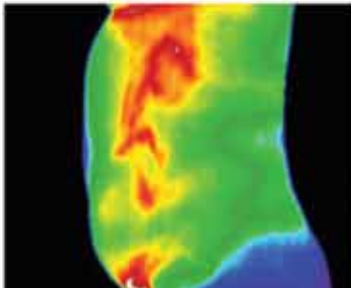
Bilateral Kidney Stones



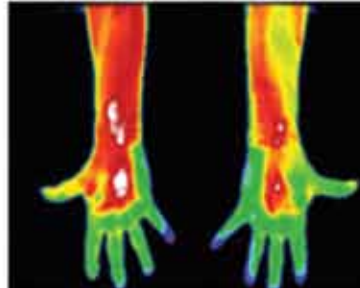
Breast Cancer



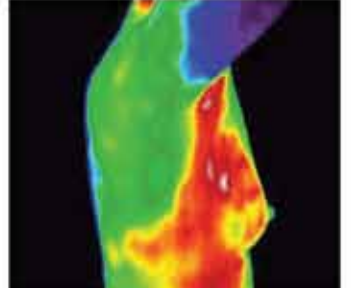
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

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

Thermography is used to:

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