

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

Onward & UPWARD

Rising Above
Adversity

Meditation that Works

Tips for Finding
the Right Practice

Heart-Happy Valentine Dinner

Looking Good

How Teens Can Learn
to Love Themselves



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

BF-4 Weight Loss FAT GRABBER AND FAT BURNER



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



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

Use this to reduce PAIN and INFLAMMATION

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

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



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natural health center
Carencro, LA (337) 896-4141

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wellness and fitness center
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How we respond to any situation reveals a lot about our attitude and perception, and our immediate response sets up a corresponding chain of neurological events. If we can control our immediate response, we can change the outcome of those events and create our own realities.

Likewise, if our first response to any given situation is negative, it makes a positive outcome much more difficult to achieve. That initial negative response will trigger our established response patterns and we will begin to follow the ingrained pattern established by previous negative experiences. In essence, we will switch over to autopilot in the wrong direction.

Perception is a powerful thing. So many of our actions are determined by how we perceive things to be. How we perceive is based on what we think we hear or see. Yet, our perception of events, words or people can be entirely wrong. Our perceptions tell us as much about ourselves as they do about the issue. When a person criticizes someone or something, it may come from a negative perception that is a precursor to judgment. Spiritually, we are taught that Christ warned us not to judge lest we be judged ourselves.

How much difference can we create in our life with a subtle little shift in perception? Sometimes the difference between a happy, successful outcome and a dismal failure is only a slight shift. How we represent things to ourselves determines how we will respond to any given situation. In turn, our response will help determine the result.

Many times we take our innermost thoughts and emotions and we project that on to the people around us. This is powerful because it gives us that opportunity to create a new perception for someone else. Always remember that faulty perceptions weaken others, our communities and ourselves unnecessarily. We have been given a gift of love. By changing our own perceptions about who we are first we can then share our gift of love with the world. So love one another as our Creator teaches us and you can be perceived as the change you want to see in the world.

Dear Lord, who we really are inside is what matters to You. We pray again today for You to create a pure heart within us and to renew our spirit. Amen.

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

Steve & Michelle

Steve and Michelle Castille, Publishers



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Subscriptions are available by sending \$75
(for 12 issues) to the above address.

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NaturalAwakeningsMag.com

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

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



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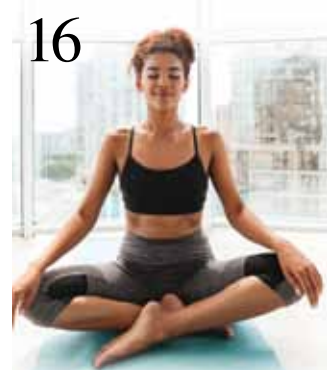
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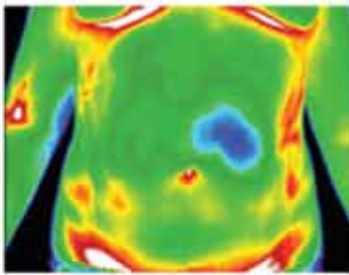


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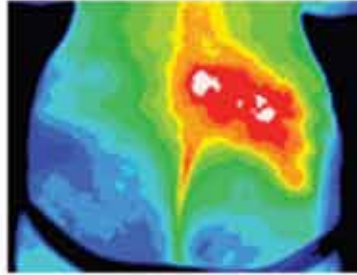
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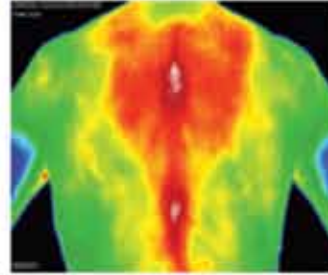
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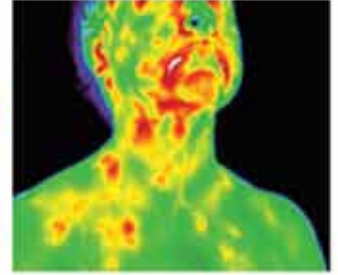
Hypothermia in the Stomach



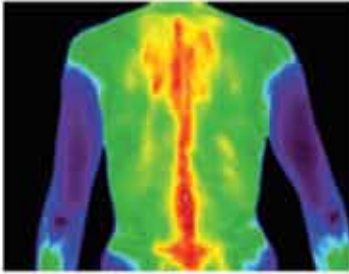
Shingles



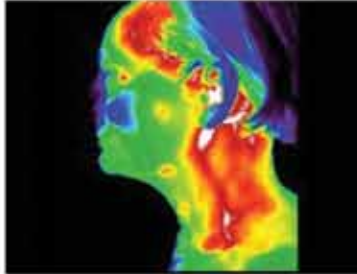
Lung Cancer



Periodontal Disease



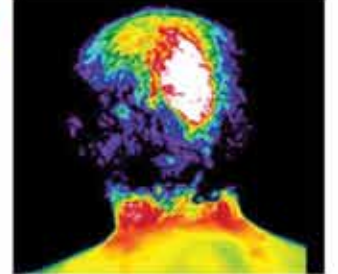
Spinal Inflammation



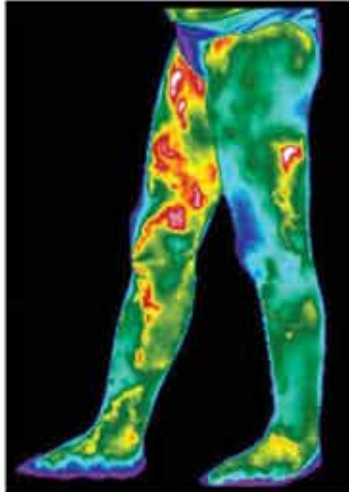
Carotid Artery Inflammation



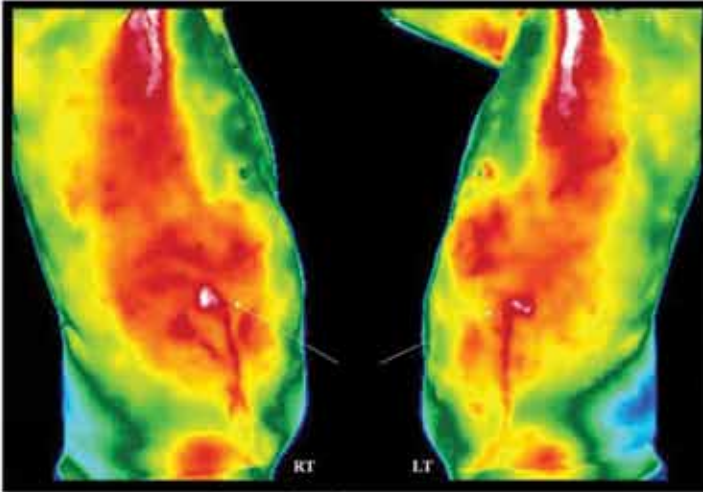
Poor Circulation Left 4th & 5th Finger



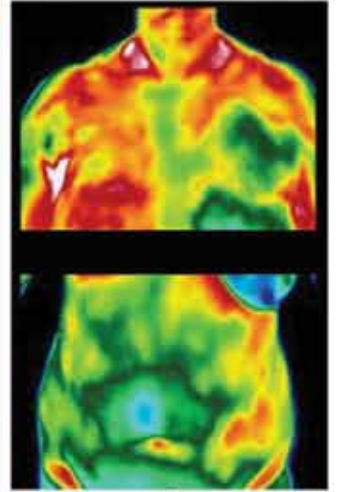
Melanoma-Scalp Cancer



Varicose Veins



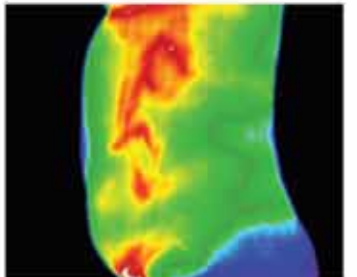
Bilateral Kidney Stones



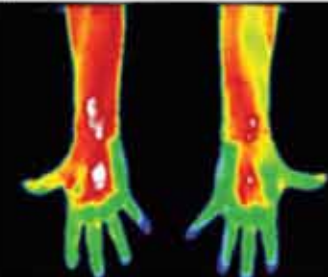
Breast Cancer



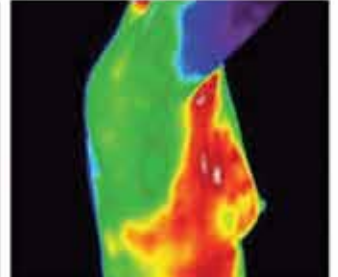
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

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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

Migranes and constant headaches

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

Abnormal lump in the breast

abnormal cells in the breast create new blood vessels and inflammation and can lead to breast cancer.

Chest pains and irregular heartbeats

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

Uncontrollable weight gain or loss

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

Acid reflux and upset stomach

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



inflammation

sparks almost every major disease in the body

1 in 3 Women

develop breast cancer in Louisiana

A breast thermography exam can detect inflammation and activity in the breast before a cancer forms. This can be important in taking steps to prevent breast cancer.

GET A THERMOGRAPHY EXAM

Carencro Office: (337) 896-4141

Lafayette Office: (337) 356-1251

* A thermography exam costs only \$94

2018 Komen Acadiana Race For The Cure



The Susan G. Komen Race for the Cure® is coming to Acadiana on February 24 at Sugar Mill Pond, in Youngsville. Race registration opens at 2 p.m., along with the expo area, pre-race activities and Kids' Korner.

The race begins at 5 p.m. The Susan G. Komen Race for the Cure® is a series of 5K runs and fitness walks aimed at raising significant funds and awareness for breast cancer. This effort not only serves as a fundraiser, but also celebrates breast cancer survivorship and honors those who have lost their battle with the disease.

Race for the Cure is Komen Acadiana's largest annual fundraiser. Proceeds from the race are used to fund local community grants in and around Acadiana for breast cancer education, screening, patient navigation, treatment and support services. The Komen Race Series welcomes people of all ages and fitness levels, from walkers to elite runners with participants opting to race individually or as a team. The Race is a 5K route, which is approximately three miles with a shorter route option of approximately one mile.

For information, email info@komenacadiana.org or call 337-993-5745.

Urban Naturalist Offers Rabbit Deuce Fertilizer



Urban Naturalist, a local edible landscaping service with a mission to create healthier landscapes for families, is now offering rabbit deuce (manure) fertilizer. Local rabbit deuce is an all-natural, environmentally safe alternative to fertilize crops and blooms. Rabbit deuce has a higher nutrient count making it superior to other manures, yet it doesn't burn plants and can be used immediately without composting—making the process of fertilization less labor intensive and faster.

Since the manure is pelletized, it's a natural time-release source of nutrients. Rabbit deuce can be tilled in or simply applied to the top of the soil, a method known as layering or lasagna gardening. Urban Naturalist sources the rabbit deuce from local farmer—ensuring higher quality and making this method more economically sustainable than commercial chemical fertilizers. The rabbit deuce is sold in seven-gallon bags and will cover a 4x6 bed (24 square feet).

Location: 216 Madison St., Lafayette. For information, call 337-258-0878.



Natural Health Center

Powerful, Positive Healing for Life

100 E. Angelle St., Carencro
(across from Super 1 Grocery Store)

(337) 896-4141



namasté

Wellness and General Nutrition Center
858-B Kaliste Saloom Rd. Lafayette, LA

(337) 356-1251



DHARMA Wellness Center

166 Oak Tree Park Dr. #H, Sunset

(337) 662-3120

Signs of Nutritional Deficiencies

EYES

Dark circles or bags under the eyes: Allergies, food tolerances, dehydration

Poor night vision: Vitamin A

Ruptured blood vessels in the eyes: Vitamin C

Nearsightedness: Vitamin D

Pale lower eyelid: Iron

HAIR

Hair loss: B2, B5, Biotin, D, Zinc

Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin

Dandruff: Selenium, Omega 3, Vitamin A

MUSCLES AND JOINTS

Muscle cramping: Magnesium, B1, B2, B6

Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium

Edema/Swelling: B1, B6, Potassium

Numbness or tingling: B12, B5

Clicking Joints: Manganese

SKIN

Bumps on the back of the arms: Vitamin A

Dry or rough skin: Vitamin A, E

Unusual nosebleeds: Vitamin C

Easy bruising: Vitamin C

Acne during menstruation: B6

Dermatitis: B2, B3, Biotin

Red stretch marks: Zinc

NAILS

Spoon shaped: B12, Iron

White marks: Calcium or Zinc

Pale Nails: Iron, Biotin

Brittle Nails: Calcium, Magnesium, Iodine

Cuticles Tear Easily: Protein

TEETH AND GUMS

Bleeding gums: Vitamin C, folic acid

Crowded Teeth: Calcium, Vitamin K

MOUTH

Canker stones: B3, B12, Folic acid, Calcium

Cracks in the corner of the mouth: B2

Weak tooth enamel: Vitamin A, D, K, Calcium

Painful tongue: B2, B3, Folic Acid

Loss of smell or taste: Zinc

EMOTIONAL / MENTAL

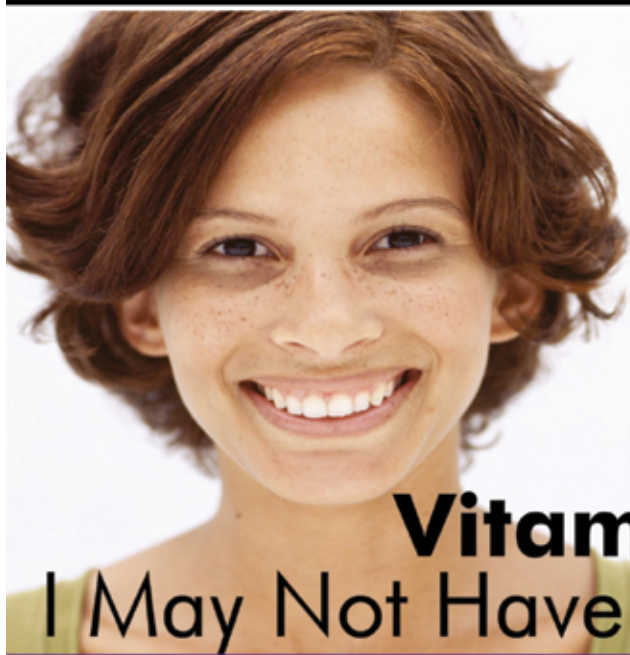
Depression: B1, B5, Biotin, PABA

Dementia: B1, B3, B12, folic acid

Nervousness/Irritability: B1, B6, B5

Insomnia: B3, B5, B6, D3

Dizziness: Iron, B2, B12



Get a VITAMIN TEST every 2-3 months and correct nutritional deficiencies.

Heal your body

96% of the American Population Die from Disease

4% will die in an accident.

Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease

Vitamin Testing Means I May Not Have To Be Sick Anymore

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

\$39



BIG BREAKFAST,

LOWER BODY MASS

A study of more than 50,000 people in the Czech Republic by the Seventh-Day Adventist Loma Linda University, in California, found that those that made breakfast their largest meal of the day had lower body mass index (BMI) levels. Lunch as the largest daily meal showed the next best results. The researchers concluded that timing and frequency of meals play a role in predicting weight loss or gain. The two factors associated with higher BMI were eating more than three meals a day (snacks were counted as extra meals) and making dinner the day's largest meal.

Moderate Exercise Guards Against Depression

In Exercise and the Prevention of Depression, a study of 33,908 adults in Norway by the University of New South Wales, researchers found that one hour of exercise a week reduced depression in 12 percent of the subjects.

The purpose of the study was to address whether exercise protects against new-onset depression and anxiety and if so, the intensity and amount of exercise required. They concluded that regular leisure-time exercise of any intensity provides protection against future depression, but not anxiety. Thus, increasing the population of people exercising may provide public mental health benefits and prevent a substantial number of new cases of depression.

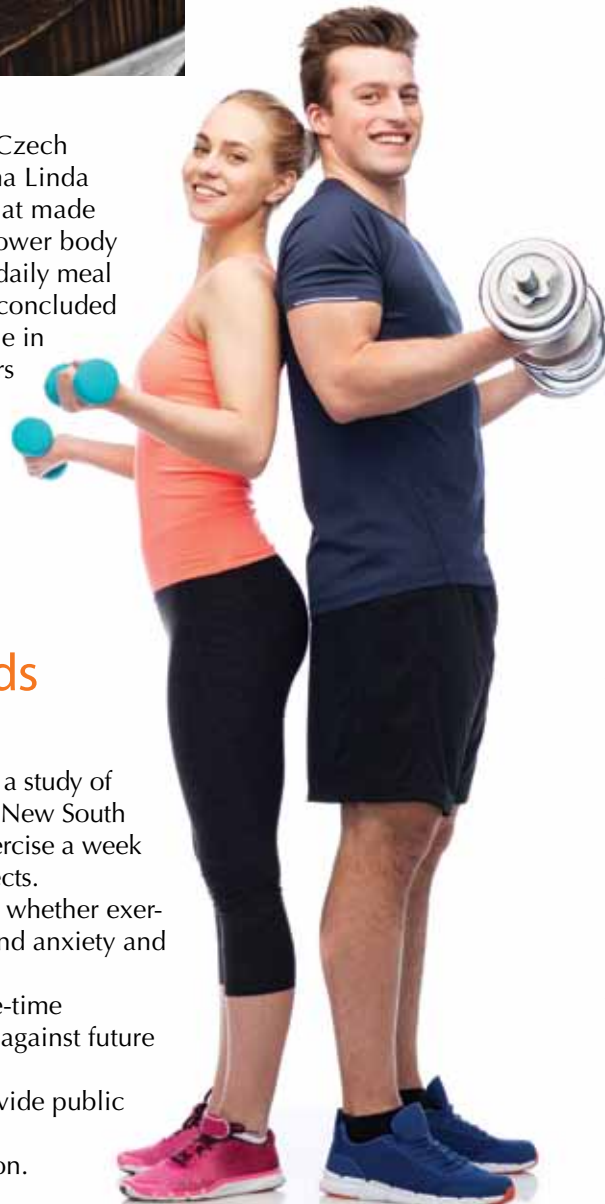
Zinc Inhibits Throat Cancer

Research from the University of Texas at Arlington reported in The FASEB Journal, published by the Federation of American Societies for Experimental Biology, has found that zinc supplements can inhibit or slow the growth of esophageal cancer cells. The research also found that zinc deficiency is common among throat cancer patients. Zinc-rich foods include spinach, flax seeds, beef, pumpkin seeds and seafood such as shrimp and oysters.



Chocolate and Olive Oil Help Heart Health

Cardiologist Rossella Di Stefano, with the University of Pisa, in Italy, led a study of 26 people and determined that eating a combination of dark chocolate and olive oil improved cholesterol levels and blood pressure after 28 days. She says, "Fruits and vegetables exert their protective effects through plant polyphenols found in cocoa, olive oil and apples. We found that eating small, daily portions of dark chocolate with added natural polyphenols from extra-virgin olive oil was associated with an improved cardiovascular risk profile. Our study suggests that extra virgin olive oil might be a good food additive to help preserve our 'repairing cells'."



Antidepressants in Pregnancy Linked to Autism

A study by the University of Bristol, England, of 254,610 young people from Stockholm showed that children born to mothers taking antidepressants during pregnancy had more than a 4 percent risk of autism, compared to less than a 3 percent risk in children born to mothers with psychiatric conditions not on antidepressants. Depression is common in women of childbearing age, with 3 to 8 percent of pregnant European women prescribed antidepressants. But with 95 percent of them bearing children without autism, the risks and benefits must be carefully weighed, say researchers.



MaxFX/Billion Photos

Mindfulness Reduces Alcohol Cravings

In a randomized, double-blind experiment published in the *International Journal of Neuropsychopharmacology*, University College London researchers found that among 68 heavy drinkers, just 11 minutes of recorded mindfulness training reduced drinking. Subjects were closely matched with an active control group that was taught relaxation techniques. Seven days later, the mindfulness group on average drank 9.3 fewer units of alcohol, roughly equal to three pints of beer, while the relaxation group showed no drop in alcohol consumption.

MaxFX/Shutterstock.com



THIRD-PERSON SELF-TALK AIDS IN EMOTIONAL CONTROL

As reported in *Scientific Reports*, two studies of 37 and 52 people at Michigan State University have discovered that talking to ourselves in the third person using statements like, "Why is John upset?" instead of, "Why am I upset?" can help improve our ability to control our emotions.

Everyone occasionally engages in internal monologue, an inner voice that guides our moment-to-moment reflections. Now, scientists believe that the language used in the process influences actions differently. The premise is that third-person self-talk leads us to think about ourselves similarly to how we think about others, which provides the psychological distance needed to facilitate self-control.

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Range Brutality

Shooting Wild Horses and Burros

As we went to press, the fate of 90,000 wild horses and burros depended on Congressional action, as the U.S. Senate and House were hammering out differences in the delayed 2018 spending bill. The Senate version vowed to fund “humane and viable options” to the animal euthanasia allowed in the House bill.

Last October, the National Wild Horse and Burro Advisory Board recommended that the U.S. Bureau of Land Management (BLM) achieve its on-range population goal of 26,715 wild horses and burros while also phasing out the use of long-term holding facilities within three years.

Killing tens of thousands of healthy animals would “be a betrayal of millions of taxpayers that want wild horses protected as intended in the 1971 Wild Free-Roaming Horses and Burros Act,” says Neda DeMayo, president of

Return to Freedom Wild Horse Conservation. BLM has been tasked by Congress with the responsibility of protecting wild horses and other wildlife. The agency has balked at using affordable fertility control, despite ample evidence that it’s a more than 90 percent safe and effective means of population control, critics charge. Instead, it spends 65 percent of its annual budget in capturing, removing and warehousing animals.



Renewable Payoff

Germany Undergoes an Energy Renaissance

Last May, Germany’s renewable energy mix of solar, wind, hydropower and biomass generated so much power for a few hours that customers actually got paid for using electricity. The country’s renewable power sources generate 88 percent of total electricity demand, and growing wind power assets alone are expected to make the phenomenon a regular occurrence. When this happens, commercial producers either close power stations to reduce the electricity supply or pay consumers to take it off the grid.

Auto Revolution

Industry Revs Up for Electric Car Future

China, the world’s largest car market, is planning to stop production and sales of traditional energy vehicles in favor of electric vehicles (EV), and the decision has sped up competitive development by U.S. automakers. General Motors is promising to launch at least 20 new electric vehicles in the next six years. “General Motors believes the future is all-electric,” says Mark Reuss, the company’s head of product development.

The falling cost of lithium-ion batteries also brings a tipping point into view, observers say. By 2025 it’s possible that electric drivetrains will have no cost disadvantage compared with internal combustion engines.

Technology is fast resetting the outlook for what cars can do, how consumers use them and how much an EV will cost. Tesla, Ford and Japanese and European companies are also responding to what’s being called both “the age of electricity”, and “the age of personalized transportation”.



Yes to Yarn

Popular Needlework Crafts Go Green

Whether for function, decoration or personal gifting, the skillful hobbies of yarn arts such as knitting, quilting, weaving, stitching, sewing, crocheting and macramé are going strong. The difference these days is that doing it eco-responsibly is enhancing the process.

“More people are making and hand-dyeing their own yarn,” says blogger Ann Budd (AnnBuddKnits.com), of Boulder, Colorado, former editor of Interweave Knits magazine and author of Knitting Green. “The results are beautiful with different color combinations, and even striping.”

Also, more yarn is American-sourced. “Shearing and dyeing are done here to cut down on the overall carbon footprint,” explains Budd, who conducts workshops for shops and clubs, plus two annual learning retreats. This year’s are in Savannah, Georgia, from April 26 to 29, and in Sturgeon Bay, Wisconsin, from September 20 to 23.

GreenAmerica.org suggests Green Mountain Spinnery (Spinnery.com) as a U.S. source of certified organic, natural fiber yarns processed without toxic oils, chemicals or dyes; Ecobutterfly Organics (Ecobutterfly.com), for vegan-friendly, fair trade and botanically dyed organic cotton yarns and fiber, recycled glass beads, buttons and kits; and Organic

Cotton Plus (OrganicCottonPlus.com), offering certified organic woven and knit fabrics, hemp and hemp-blended fabrics, threads, ribbons and vegetable-based dyes.

Interweave (Interweave.com), a craft magazine publisher, provides video and online education. Learn how to avoid potential hand and arm pain from repetitive motions with the new book Knitting Comfortably: The Ergonomics of Handknitting (ErgoKnit.com) by San Francisco physical therapist and needlework teacher Carson Demers.

For many needlework fans, charitable volunteering keeps their fingers flying. Members of the nonprofit Mittens for Detroit (MittensForDetroit.org) make mittens, gloves, hats and lapghans for children and adults in need. Donna Davis, of Roswell, New Mexico, has knitted hats for African newborns, wool items for Eastern European orphans and scarves for American artists. Learn more at KnittingForCharity.org.

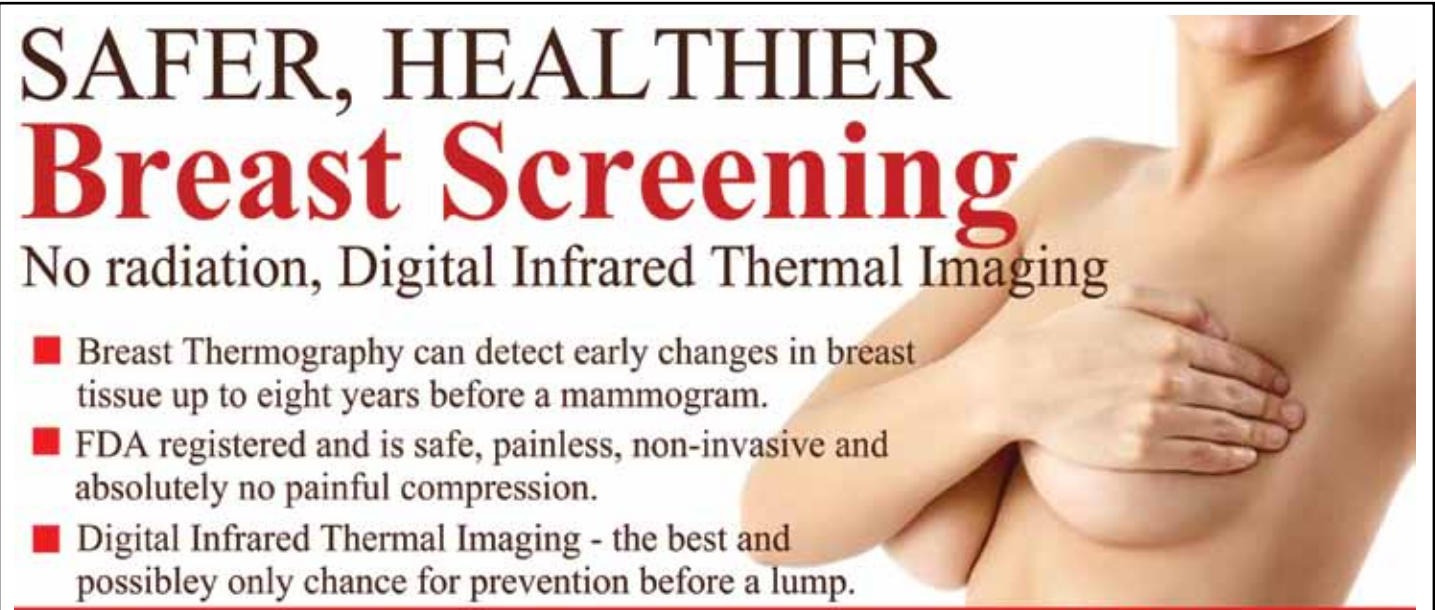


Coprid/Shutterstock.com

SAFER, HEALTHIER Breast Screening

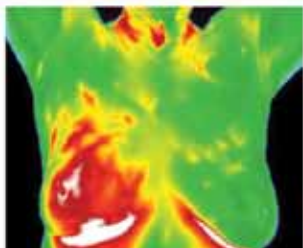
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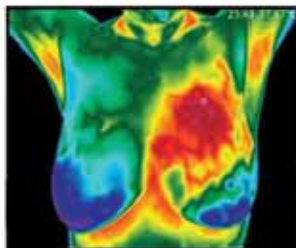


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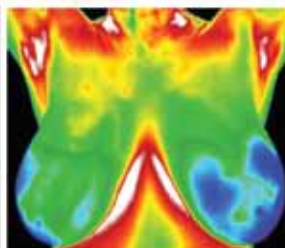
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RISING ABOVE ADVERSITY

How to Strengthen Your Resilience Muscle

by April Thompson

At one time or another, an estimated 70 percent of people experience a life-altering traumatic event, and most grow stronger from surviving it, according to decades of research by leading institutions like Harvard and Yale universities and the University of Pennsylvania. We can prepare now for life's inevitable hurdles and setbacks by developing the skills and tools of resilience.

It's an incredibly hopeful message: We can go through the most terrible things imaginable and still get through to a better place," says David B. Feldman, associate professor of counseling psychology at California's Santa Clara University and co-author with Lee Daniel Kravetz of *Super-survivors: The Surprising Link Between Suffering and Success*.

Such researchers have found that, like elastic stretched beyond its normal limits, people often don't just bounce back to their old form, but stretch and expand in new ways. The pair conducted in-depth case studies of survivors of extreme traumatic experiences that went on to do bold things. Just one case in point: After losing a leg in a car accident, college basketball player Casey Pieretti reinvented himself as a successful Hollywood stuntman.

According to many studies, 60 to 80 percent of people grow in some way from personal trauma, known as "post-traumatic growth", according to Feldman. "It can be as simple as appreciating each day more. It can mean deepening relationships. It may result in a renewed sense of spirituality. Or, it might take one's life in a dramatically different direction," he says.

Ila Eckhoff, a financial executive in New York City, has experienced more than her share of challenges: developing cerebral palsy as a toddler, enduring 12 childhood surgeries, losing her mother at age 11 and four years ago, her husband. "All of the struggles and losses brought me here, now," says Eckhoff. "Nobody ever said



life was easy. We have greater appreciation for the things that we had to struggle to achieve."

Choosing self-directedness instead of self-pity in the face of challenges differentiates those that thrive from those that merely survive, observes Catherine Morisset, a life coach from Ottawa, Canada, who specializes in resilience. "It's taking responsibility for life and managing the way you want to live it. We all have choices, even in the face of difficulty," she says.

Mastering an Optimal Outlook

"Challenges don't define you. How you respond does," remarks Doug Hensch, an executive coach and author of *Positively Resilient: 5½ Secrets to Beat Stress, Overcome Obstacles, and Defeat Anxiety*. He attests that having a growth mindset is vital, focusing on strengths without disregarding areas needing improvement. Maintaining a balanced outlook that's real-

istic, yet positive, enables individuals to move on from trauma. For supersurvivors, being pragmatic serves them far better than a false sense of optimism about bad situations, Feldman found, saying, "They grieved losses, but thought realistically about what to do next."

"Optimism in the best sense is focusing on the positive without denying the negative, while focusing on what's in your control," notes Hensch.

Martin Seligman, known as the "father of positive psychology", found that when people take setbacks personally, viewing them as permanent, pervasive and personal, they develop a sense of learned helplessness that inhibits growth and happiness. "It's important not to 'catastrophize' or generalize a failure and extend it to other areas of life," says Dr. Steven M. Southwick, a professor of psychiatry at Yale University School of Medicine who focuses on post-traumatic stress disorder and resilience.

Make Caring Connections

Social networks are critical in the face of challenges, resilience experts agree. "When we are wronged or feel unsafe, it's natural to withdraw when we should do the opposite," says Feldman. "It's also not the number of friends you have, or even how much time you spend with them, that matters. All you need is at least one person you can count on."

"We are built to be connected with others. It has a significant impact in regulating stress," says Southwick, a co-author of *Resilience: The Science of Mastering Life's Greatest Challenges*, from West Haven, Connecticut. Over the past two decades, Southwick and his colleagues have studied three groups that have come through harrowing events: being Vietnam War prisoners, Special Forces instructors and civilians. They found people that rebounded strongly often shared common attributes, including embracing a spiritual outlook and social network.

In 2013, Damon Redd, of Boulder, Colorado, awoke to a severe flooding event, with his home and business buried under five feet of mud and water that nearly wiped out his clothing business, Kind Design, overnight.

"It was the hardest thing I've ever gone through, to lose everything I had built. It also gave me a new perspective on what's important. It made me aware that you can replace physical things, but you can't replace memories. My mind was blown away by the support I received."

Redd ended up paying forward the kindness. "We cleaned and repaired 1,500 pairs of gloves in our inventory that were damaged that day, and are

Parents do a disservice to their kids when they try to remove adversity from their lives. When little things go wrong, rather than rush to fix it, let the kids figure out a solution. They'll realize it's not the end of the world.

~Doug Hensch

donating them to search-and-rescue teams and ski patrols. The more good you do, the more good other people will do," Redd professes.

Altruism and owning a moral code is another common characteristic of resilient individuals, according to Southwick. Having a purpose is a huge indicator of whether a person will rise to the occasion. "You can endure almost anything if you have a mission, or believe what you are doing has meaning. It gives you great strength," he says.

In 2016, Bobbi Huffman lost her high school sweetheart and husband to suicide a few days before Valentine's Day. As she began to process the tragedy, she saw two choices ahead: "Drop into a deep depression and give up or focus on our deep love for one another, get into therapy, and make a difference by inspiring, encouraging and helping others," says Huffman.

She chose the latter, asking for professional help and signing up for the 16-mile Overnight Walk for Suicide Prevention, in New York City. "Getting into the best shape of my life at age 50 became my passion. As I walked through the night, I reflected on our beautiful memories as a couple. It was an amazing, healing experience," reflects Huffman.

Forgiveness—whether for others or oneself—is another key to help us move forward, reports Feldman. "Often, people can get stuck in blame, but resentment keeps people shackled to the past. If and when a person is ready to forgive, widespread research indicates that it can lead to better health outcomes."

Strengthening Our Resilience Muscle

Experts point out that there isn't any

one perfect formula or single must-have trait for building resilience, and none we can't develop. Learning a skill like mindfulness is an easy place to start.

"Resilient people don't try to avoid stress, but learn how to manage and master it," says Southwick. "Mindfulness meditation requires practice, but through it, you can learn to regulate emotions and relax the nervous system."

Eckhoff practices mindfulness several times a day with a one-minute gratitude meditation. "I have five things I am most grateful for. I close my eyes, take a deep breath and say them. It brings me focus, reduces stress and reminds me of how lucky I am," she says.

Morisset suggests making incremental changes to strengthen our resilience muscles. "Success builds success and failure builds failure, so do something you know you can accomplish and build on that," she counsels.

Writing can also be a good coping tool, according to Hensch. "Just write about your emotions. It's amazing how much you can learn about yourself and how calming it can be."

Good times are the best times to begin "resilience training" notes Hensch. "I sought out a therapist once I had turned the corner after my divorce and was dating someone and my business was taking off. It was precisely because I knew something else would likely happen, and I wanted to be better prepared for it," he recalls.

Applying positive self-talk when something blindsides us helps, as does not expecting to handle things perfectly. "There's nothing wrong with just staying afloat when you're in the middle of trauma or adversity. One key to happiness in life is just managing expectations. It's okay to be anxious, sad and worried at times—in fact, it's healthy," says Hensch.

Hardships are just that: hard. However, with time and experience, resilient individuals come to trust their ability to get through them, large and small. "Resiliency is not about how you bounce back from a single traumatic event; it's how you respond every day to the challenges that life presents," Eckhoff has learned. "Repetitive use of this 'muscle' builds strength and enables you to do more and sometimes, the impossible."

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MEDITATION THAT WORKS

Tips for Finding the Right Practice

by April Thompson

More Americans than ever before are seeking the benefits of meditation, which notably improves mental, physical and spiritual health. Choosing from its many styles and traditions can be daunting for a new meditator, as is figuring out how to incorporate such a practice into a busy life.

Universal Appeal

"Meditation is for people of all spiritual backgrounds. As a tool to develop awareness, it can enhance what you already believe and practice," assures Diana Lang, the Los Angeles author of *Opening to Meditation: A Gentle, Guided Approach* and a spiritual counselor who has taught meditation for 37 years.

For Jackie Trottmann, a Christian author from St. Louis, Missouri, there is no contradiction between a meditation practice and her faith; rather, they complement one another. For her, "Prayer is like talking to God, whereas meditation is listening to God. Before I came to meditation, I had been doing all the talking."

She came to meditation during a trying period working in sales and marketing. "When a friend gave me a meditation CD, I popped it in after a stressful conference call and felt instantly calmed. Ten years later, meditation has gone beyond quieting the mind; it's sunk into my heart and spirit," says Trottmann, who went on to publish her own CDs at *GuidedChristianMeditation.com*.

"I came to meditation tired of habitual suffering and stress, and wanting to be happier," says Bill Scheinman, a coach in Mindfulness-Based Stress Reduction (MBSR), which he refers to as "mindfulness practice without the Buddhist jargon." The Oakland, California, instructor has taught mindfulness in settings ranging from corporations to prisons, drawing from a range of meditative disciplines and 23 years of intensive practice.

Begin Modestly

"Millions are seeking more mindfulness through meditation, but don't know

how to go about it," says Sean Fargo, a Berkeley, California, meditation instructor and former Buddhist monk. "The key is to take baby steps, like going to the gym for the first time. Start by practicing a few minutes a day; just pay attention to something such as the sensations of breathing, without judgment."

"Having taught meditation to tens of thousands of people, I would say the most common issue is that beginning meditators don't think they're doing it right. It's important not to judge yourself or have loaded expectations about the experience," notes Lang. She suggests starting wherever we are right now, adding, "Whatever book, class or teacher you first stumble upon is a clue." But that doesn't call for rigidly adhering to a particular type of meditation forever.

Assess Benefits

"Shop around and try different things, but at some point, you will begin to discover what works for you," advises Scheinman.

In trying to decide which meditation practice is right for us, "Go with what feels juicy," says Fargo, who founded *MindfulnessExercises.com*, offering 1,500 free mindfulness meditations, worksheets and talks. "You're more likely to do what feels alive and enlivening."

The act of meditating can be uncomfortable, but the challenges are part of its power. Scheinman remarks. "If you establish a daily practice, eventually, you will become more clear-headed, kinder and happier. That's how you know your practice is working—not how you feel during meditation itself." Consistency is key. It's not effective to only meditate when you feel good, he says.

Overview of Options

Mindfulness practices go by many names, from *vipassana* to MBSR, and can be done sitting or walking, but all are focused on cultivating moment-to-moment awareness. "Mindfulness is about being aware: deliberately paying attention to body sensations, thoughts and emotions. Focused attention is on the body, heart and mind," explains Scheinman.

Guided visualization differs from most forms of meditation in that the meditator is intentionally creating a mental image, typically one of a peaceful, beautiful place. Typically, the goal of a guided visualization is deep relaxation and stress reduction.

Mantra meditations involve continuous repetition of a word, phrase or sound, drawing spiritual power from the sound's vibration, as well as its meaning. Many mantras are uttered in a tradition's native language, such as *shanti*, meaning peace in Sanskrit. Teachers like Lang prefer to use mantras in English that meditators can more easily grasp, such as, "Love is the way."

Breathing meditation. Meditation experts say our ever-present breath is a sound foundation for a meditation practice, as well as an easy place to start. "Tapping into the power of our breath is vital; it cleanses our system," says Trottmann.

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Foods Our Heart Will Love

Top 10 Heart Healthy Choices

by Judith Fertig



Anna Hoychuk/Shutterstock.com

to treat atherosclerosis, normalize heart rhythms and help lower blood pressure, cholesterol and triglyceride levels, as well as significantly lower the risk of stroke.

4 Pumpkin seeds. High in magnesium—about 764 mg per cup—roasted pumpkin seeds, or *pepitas*, top the list of heart-healthy nuts and seeds. Magnesium is an important electrolyte that helps the heart fire on all cylinders and not skip a beat. Improvements in lipid profiles can occur with a daily intake of 365 mg, or about a half-cup, of pepitas. Enjoy roasted pumpkin seeds as a snack or scatter them in a salad, bowl of chili or soup for a delicious crunch.



“How do I love thee? Let me count the ways.” Elizabeth Barrett Browning once penned this unforgettable line to her husband and fellow poet, Robert Browning.

Let us also count the ways to improve our loved ones’ heart health: Lower blood pressure. Modulate irregular heartbeats. Avoid plaque build-up in arteries. Improve blood flow to the heart.

We can love our hearts with 10 superfoods that just might make perfect ingredients for a Valentine’s Day meal, starting with dark chocolate.

1 Cocoa powder. Cacao’s flavanols lower blood pressure, reduce the risk of stroke and act as

antioxidants to prevent inflammation. Dr. JoAnn E. Manson, a physician, doctor of public health and professor of medicine at Harvard Medical School affiliate Brigham and Women’s Hospital, in Cambridge, Massachusetts, confirms, “Between 400 and 900 milligrams (mg) a day of cocoa flavanols may favorably affect several mechanisms and pathways related to cardiovascular disease prevention.”

Not all chocolate is created equal. Manson recommends chocolate with cocoa or cacao as the first ingredient, not sugar. She and her colleagues are currently conducting the Cocoa Supplement and Multivitamin Outcomes



Study, a large-scale, randomized study of 18,000 U.S. men and women testing the benefits of ingesting 600 mg per day of cocoa flavanols.

2 Raspberries. Just one-half cup of berries a day can provide plenty of phytonutrients and antioxidants for decreasing inflammation and preventing heart disease, says Wendy Bazilian, a doctor of public health and registered dietitian in San Diego, and author of *The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients*. “Whirl them into a breakfast smoothie, add them to a green salad or combine them with dark chocolate for a tasty, heart-healthy dessert,” she advises.



3 Salmon. Full of omega-3 fatty acids, wild-caught salmon (about two six-ounce weekly servings) helps reduce systemic inflammation and risk of developing atherosclerosis, hypertension and stroke, according to Dr. Josh Axe, of Nashville, Tennessee. Beyond prevention, omega-3s in oily fish are also widely known



5 Avocados. Fresh avocados supply magnesium, plus they’re a good source of potassium, another electrolyte the heart needs for optimum functioning. “You probably know bananas and citrus fruits are top sources of potassium, but I like avocados because they also supply healthy fats,” says Dr. Stephen T. Sinatra, a board-certified cardiologist with the HeartMD Institute, in Manchester, Connecticut.



6 Almonds. Sinatra recommends a handful of almonds a day to raise HDL, a form of “good” cholesterol he likens to a “lipid garbage truck” that picks up oxidized “bad” LDL in the bloodstream and carries it to the liver for processing.



7 Extra-Virgin Olive Oil. Cold-pressed extra-virgin olive oil with a high phenol content can help lower blood pressure (via about two tablespoons daily), make more efficient and protective HDL cholesterol, and protect the inner lining of arteries.



8 Beet Juice.

A 2015 study in the journal *Hypertension* found that two daily eight-ounce glasses of beet juice can help reduce high blood pressure. Beets contain a natural dietary nitrate found in previous studies to lower high blood pressure. Enjoy beet juice in smoothies, as a tart drink known as a “shrub” (beet juice with raspberry vinegar) or in soups like borscht.



9 **Garlic.** Allicin, the sulfur compound that gives garlic its distinctive aroma, helps keep blood thin and flowing optimally, says Sinatra. The freshest chopped garlic offers the best benefits, according to a study from the University of Connecticut School of Medicine.



10 **Pomegranate.** Drinking about one cup of pomegranate juice a day for three months can improve blood flow to the heart, reports a study in the *American Journal of Cardiology*.

The ultimate reason of all to keep our hearts in good working order was voiced by Helen Keller: “The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”



Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS (JudithFertig.com).

5 Common signs of nutrient deficiency

Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. 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.

Weak, spotted or rigged 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.

Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

Frequent cramps in your lower legs or 'Restless Leg'

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CITY HOMESTEADING

Creating Sustainable Urban Living

by Randy Kambic

Homesteading is a broad field. “Along with planting produce, we encourage people to compost, change how they use water, learn about biochar—a long-term soil amendment that returns carbon to the earth—and employ creative economics, including bartering and food-sharing systems,” says K. Ruby Blume, of Grants Pass, Oregon, who founded the Institute of Urban Homesteading, in Oakland, California, a decade ago ([iuhOakland.com](#)). She’s also co-author of *Urban Homesteading: Heirloom Skills for Sustainable Living*.

Blume was recently engaged to invite speakers and coordinate presentation content for the three-day online Gardening and Homesteading Skills Summit hosted by The Shift Network. Last October, 20 leading farmers, master gardeners, homesteaders and other experts shared innovative, environmentally friendly advice for providing food and adopting eco-friendly practices.

Blume, who grows fruit and vegetables and raises chickens, sheep and bees on 22 acres, plans to launch her Fantastic Farm Store this month, and will offer spring classes at her institute, as well as at the Rogue River Community Center, in southern Oregon. “Everyone should grow their favorite vegetable from seed; think about the animal if eating meat; and take a nature field study class. These all connect us to

nature and our world,” advises Blume.

Food as Medicine

David Crow, teacher, author of *In Search of the Medicine Buddha* and founder of Floracopeia Aromatic Treasures ([Floracopeia.com](#)), is a leader in research and development of growing herbs for medicine, working from Grass Valley, California. He extols the importance of gardens of all types—backyards, schools, neighborhoods and public spaces. “They can strengthen communities, beautify life and reduce crime,” he says. In his home state, he helped launch The Learning Garden, at Venice High School, in 2001. “It’s an eye-opener for youngsters, and they take pride in ownership.” People without a garden plot can place a pot inside or on a balcony or find a community garden.

“Medicinal plants don’t have to be a luxury of the wealthy. You can spend a fraction of the \$30 for a drug prescription in growing most of them, and then trade for others with neighbors,” says Crow. He particularly values oregano, thyme, rosemary, lavender and basil.

To increase yields, home gardeners may consider daily drip irrigation—a system of tubes positioned just above the soil, with tiny holes spaced at regular intervals. It can conveniently work on a timer with an automatic shutoff during rain. Other benefits include water conservation and better soil structure by avoiding puddles from manual watering.

“Drip irrigation can be especially helpful during dry spells, which can run two to four weeks in many climates,” says Robert Kourik ([RobertKourik.com](#)), landscape consultant, horticultural researcher and author of *Drip Irrigation for Every Landscape and Climate*, and last year’s *Understanding Roots*. “It can be effective for virtually any fruit or vegetable, except water crops like rice and cranberries.”

Green Living

Carol Venolia, author, speaker and architect in Santa Rosa, California, ([ComeHomeToNature.com](#)) has designed homes of straw, earth and sustainably sourced and reclaimed wood throughout the West. She consults on greening schools, healing centers, camps and eco-villages, and stresses the benefits of sunlight as in her new e-book, *Get Back to Nature Without Leaving Home*. She says, “Sunlight’s many wavelengths, shifting directions and intensities render biological effects that keep us functioning well. Watch how it enters your home; changes occur daily and seasonally.”

It’s easy to move furniture to align with sunshine. In warmer climates, attach plant trellises or fabric awnings outside windows to filter or direct reflected light. “Add a potted plant to a window and a picture of a natural scene on a wall. Take the time to get out into woodlands,” advises Venolia.

She commends Marc Rosenbaum, of South Mountain Company, in Martha’s Vineyard, Massachusetts, as a green building leader who “brings a soulful approach, as well as engineering, data and technology efficiencies, to a project.” Along with green building goals like zero net energy, Rosenbaum strives to create homes that are healthy, comfortable, resource-efficient, durable and adaptable by the people that inhabit them.

Along with being part of the slow food movement and do-it-yourself trends, Blume believes, “Homesteading gives people the feeling they are making a positive difference by making sustainable changes in their lifestyle and home.”

For summit recordings or transcripts and notices of upcoming events like the online annual Plant Medicine Telesummit in March, visit [TheShiftNetwork.com](#).

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

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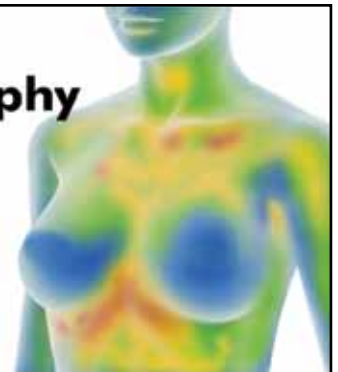
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Banishing Body-Image Blues

How Teens Can Learn to Love Their Looks

by Amber Lanier Nagle

Many young women don't feel comfortable in their own skin. A 21st-century global study sponsored by Unilever's Dove brand found that 90 percent of girls from 15 to 17 years old wanted to change at least one aspect of their physical appearance, especially their body weight. University of Minnesota research following adolescents for 10 years showed that about half of the female participants had dieted in the previous year, twice the number of males.

Tracy Anderson, a mother of two and fitness expert, has spent the last 18 years working with women seeking balance in their bodies. In her recent book, *Total Teen: Tracy Anderson's Guide to Health, Happiness, and Ruling Your World*, she observes, "Teens are depleted from comparing themselves to the shapes of others and from scolding themselves: 'I should be thinner, I should be able to fit in those pants, I should be in better shape.' But looking good on the outside must start with feeling good on the inside."

Monitor Thoughts

Anderson believes we feel most happy and fulfilled and accomplish the most when our minds are calm, clear and

alert.

"If young women learn to connect with their mind, identify when their thoughts are anxious or stressed, and practice conscious breathing and meditating to regain a calm, centered state, they'll be able to rebalance themselves for the rest of their lives," she says. "By keeping a thought journal for a while and noticing when their thoughts have negative undertones, they can retrain their attitude."

Live a complaint-free day once each week. Every time a negative thought pops up, expel it and focus on a positive aspect of the idea or experience. Also invest a few moments each day feeling thankful for successful aspects of life. "After a while, these exercises become habitual," says Anderson. "Happy, high-achieving people fill their minds with positive, uplifting thoughts, affirmations and sincere gratitude. It's widely proven to work."

Eat Well

"Most teens can eat junk food all day long and still wake up the next morning ready to take on the world," Anderson says. But such an unhealthy routine "shapes eating patterns for the rest of their lives, eventually catching up with them."

She strongly believes every young woman should routinely ask herself, "Is this real food?"

"A potato is a real food, or whole food, but instant mashed potatoes are processed. A fresh ear of corn is a whole food; corn chips are processed. If you want to feel strong and healthy and look great, eat whole foods," says Anderson.

Also, note how the body responds to eating specific foods. Here again, a journal can help. "Jot down how a food made you feel after 15 minutes, an hour and two hours. Are you alert or sluggish? What signals are your stomach and brain sending? It's useful information to make better ongoing food choices," Anderson advises. She also advocates drinking plenty of water and eating organic foods when possible, and warns teens against skipping meals or snacks when their developing bodies feel the need for fuel.

Move More

For some teens, exercise movements don't feel comfortable or natural, which hinders them from doing healthful exercise. "I've found that if a young woman practices exercises for a while privately, she'll become more comfortable and confident over time," says Anderson. "It's like learning a foreign language, musical instrument or any skill. You master the basics first and build on them. With practice, you start feeling more at ease."

In her book, Anderson offers many step-by-step, illustrated workout moves designed to daily tone arms, legs and abs, and increase strength and flexibility. Many incorporate fun dance components that work well with music.

"Regular exercise releases endorphins—the hormones that make us feel happier and better about ourselves," she says. "For young women navigating the emotional ups and downs associated with menstrual cycles and puberty, exercise can be a lifesaver." Whether it's yoga, walking, martial arts, dancing, hiking, biking, horseback riding, climbing, skiing, gymnastics or tennis, teens need to find "some kind of movement and activity to become part of their everyday life."

A University of Wisconsin meta-analysis of 77 studies examining women's body images suggests body dissatisfaction is a risk factor for eating disorders and a significant predictor of low self-esteem, depression and obesity. Helping young women build, strengthen or regain their positive body image and self-esteem works to empower a new generation and enables them to enjoy happier, healthier lives.

Amber Lanier Nagle is a freelance writer in Northwest Georgia (AmberNagle.com).



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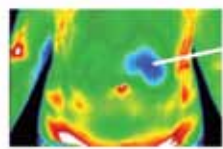
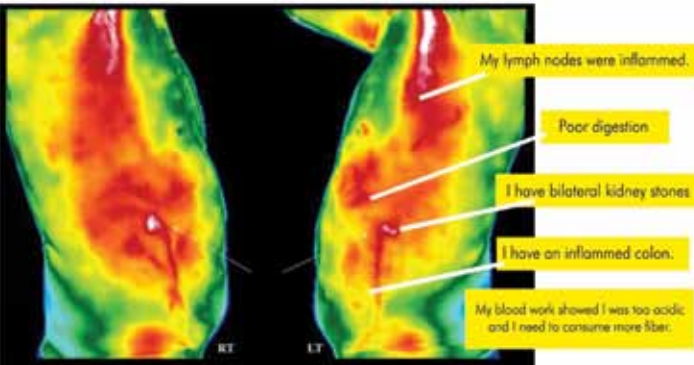


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- Franklin Carter, Jennings, LA



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- aid in accurate diagnosis and treatment

fit body



Be On the Ball

Putting Extra Fun into Fitness

by Marlaina Donato

Their playful appearance as a beach ball look-alike makes exercise balls welcome props in home workouts, gyms and yoga studios. "They're a fun training tool for every age, from children to maturing Baby Boomers," says Dennis Fuchs, CEO of TheraGear, in Sumas, Washington. "Exercise balls are affordable and offer many benefits, from enhanced mobility to reduced risk of injury and increased athletic performance."

Originally developed by Italian plastic manufacturer Aquilino Cosani in 1963 as a toy called the Gymnastik and then used by British and Swiss physical therapists to help orthopedic patients, the ball has since come a long way to serve fitness needs. Also known as Swiss, stability, balance, physio- and Pilates balls, this colorful piece of equipment can range in size from 14 to 34 inches to be appropriate for a user's height (Tinyurl.com/RightSizeExerciseBall).

Core Strength Without Strain

Stability balls are recommended by fitness trainers and chiropractors for their ability to build core strength and increase flexibility of pelvic muscles without putting unnecessary strain on the back. "The core is a series of muscles used in almost all functional movement; tailored exercises focus both on abdominal and back strength and pelvic and hip stability," explains Linnea Pond, an exercise instructor at the Pocono Family YMCA, in Stroudsburg, Pennsylvania.

Using an exercise ball also promotes full body conditioning. "Swiss ball training connects the brain with stabilizer muscles, improving gross motor skills and upper body strength, as well," Fuchs elaborates. "These versatile training balls help equip an individual to handle the functional demands of sports and everyday life."

Recovery from Injury and Illness

Exercise balls are used in occupational therapy for stroke patients and others recovering from injury. "A stroke deadens part of the brain, and to regain movement in an affected arm or leg, an unaffected part of the brain must take over

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Fewer Colds

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Cancer Prevention

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

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the lost function. The goal of the therapist is to establish new neural pathways through repetition and visual reinforcement. We have patients do simple exercises with the ball hundreds of times so these pathways start to form," explains Bob Schrupp, a physical therapist and founder of Therapy Network, in Winona, Minnesota.

One goal for physical and occupational therapists is to help clients perform rehabilitation exercises that also motivate them to continue exercising. While the ball is an excellent tool in clinical settings, Schrupp cautions, "After a stroke, or if you're older or in poor health, it's always best to check with your doctor or physical therapist to determine if stability ball exercises are appropriate."

Pregnant Women and Senior Fitness

Balance balls, when used properly, can offer a safe way for pregnant women, children and seniors to stay fit. Exercising with a ball can help older individuals increase flexibility, especially in the hips, with cardiac strengthening as a bonus.

Pregnant women can safely increase and maintain abdominal strength as the baby grows, and in doing so, care for muscles that will help them through labor. "Pregnancy can throw a woman off balance, and a growing baby puts pressure on internal organs. Pressing the back on a stability ball against a wall offers support for squats. Sitting on a ball helps maintain good posture and pelvic mobility, and reduces low back pain," explains Pond.

Incorporating the ball into yoga or Pilates routines prompts different muscles into action because it calls on the body's learned ability to sense and respond to movement, termed proprioception. Pond says, "Proprioception is challenged just

from sitting on the ball; there are immediate physical adjustments made to maintain posture and stability. In yoga, the ball is another tool to increase flexibility and balance."

School and Workplace

Exercise balls are increasingly replacing traditional chairs in classrooms and offices, and teachers are reporting better grades and attention span as a result, while workers appreciate better-toned muscles and enhanced balance. Maintaining good posture by sitting on the ball also increases blood circulation throughout the body, including the brain.

Regarding the equipment's eye-catching appearance, Schrupp sees a helpful bonus: "The ball is a big, colorful reminder to perform your exercises."

Marlaina Donato is a freelance writer, author and multimedia artist. Connect at Marlaina-Donato.com.



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

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

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Chymotrypsin	250 USP
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Do-Good Dogs Do Almost Anything

Service Animals Train to Help People in Need

by Sandra Murphy

Service dogs help an aging population live full lives in spite of limitations, no matter the size, age or breed of dog. Plus, hundreds of thousands of canines make living with disabilities both possible and more pleasant.

The Rules

“Service dogs don’t eat on duty, and should be on the floor, not put in a handbag or shopping cart,” advises Maggie Sims, project manager for the Rocky Mountain Americans with Disabilities Act Center, in Colorado Springs. “If the dog disrupts business, the person can be asked to remove the animal and then return. Emotional-support dogs are not provided for by the disabilities act, because the dog does not perform a specific task.

“We get calls from people concerned about fake service dogs when owners try to bring them into places where pets generally aren’t allowed. Usually, they’re the ones that behave badly,” Sims says. Service animals are not required to wear a special vest or have documentation.

Educating the Public

A motorcycle accident left Matthew Smith dependent on using a wheelchair or crutches. An administrator at Comcast Cable, in Baltimore, Maryland, Smith relies on his pit bull, Jericho, to fetch dropped items, open doors and help him maintain balance. “Gravity is my specialty,” he jokes. “If I fall, he braces me so I can get up. Moving about stresses my shoulders, so Jericho pulls the wheelchair on days when I’m in pain.”

Although working service dogs should not be petted or approached, Smith tells Jericho, “Go say ‘Hi,’” if someone asks to approach him. “Pit bulls have an undeserved bad reputation, so I’ll take a minute to let people meet him to change that perception. When Jericho is the subject of conversation, it also takes the spotlight off of me,” he says.

Jericho was trained by Apryl Lea, a certified assistance dog trainer for the Animal Farm Foundation’s Assistance Dog Program, in Kingston, New York. She explains, “The pit bulls I train are from shelters, and must be good with people and other animals and be

comfortable in social settings that match the person's lifestyle."

Overcoming Obstacles

"When a counter is too high, a service dog can pass money to the cashier. Dogs will pull a rope to open a heavy door. In the event of seizures or fainting, our dogs react based on location; at home, they find another family member, but in public, will stay with their person," Lea says.

The muscles of a patient with Parkinson's disease may freeze while walking. Dogs brace against a resulting fall or touch the person to help unfreeze the muscles. Tethered to an autistic child, the dog provides distraction from repetitive behaviors like flapping hands or crying, while keeping the child in a safe area. Some dogs are trained to track the child, as well, in case of escape. Likewise, dogs can give

When someone brings a dog into a place of business, we can legally

ask only two short questions: "Is this animal needed for a disability?" and "What tasks has the animal been trained to do in relation to the disability?"

Riley the Chihuahua's job is caring for Jennifer Wise, an aromatherapist and owner of Enchanted Essence, in Toledo, Ohio. Wise has a neurological disease that affects her legs and makes her prone to falls. "Riley's trained to bark for help if I am unable to get up," she explains. "If barking fails, he'll grab someone's pant leg or shoelaces and pull in my direction. He's small, but determined."

Michelle Renard, a stay-at-home mom in Woodstock, Georgia, relies on Mossy, a goldendoodle trained by Canine Assistants, in nearby Alpharetta, to detect

Alzheimer's disease patients a bit of freedom without getting lost.

Sounding Alerts

Hearing dogs alert their hearing-impaired person to the sound of a doorbell or ringing phone. In the car, they'll nudge the driver with a paw if they hear a siren.

high- and low-blood sugar levels. "She's never wrong," says Renard.

Comfort and Joy

Linda Blick, president and co-founder of Tails of Hope Foundation, in Orange County, New York, observes, "A veteran with post-traumatic stress disorder may not show outward symptoms, but have anxiety. Dogs are trained to turn on the lights, lick their person's face or apply reassuring pressure by lying across their person's chest to bring them out of night terrors.

"One of our veterans was so uncomfortable in public, it was difficult for him to even speak to the veterinarian about his dog's torn knee ligament," Blick explains. "For the sake of the dog, he managed to discuss care, a big step for him."

As Sims states, "True service dogs literally give people with disabilities their lives back."

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mind-spring.com.

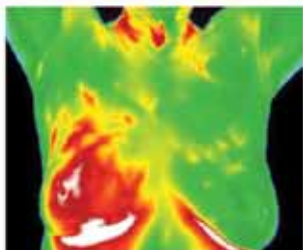
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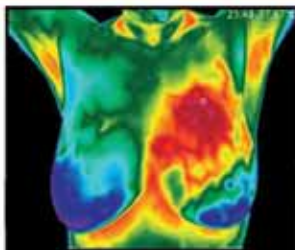
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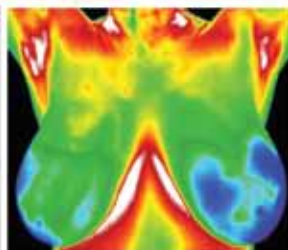
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Above: Breast Cancer Image



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New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to stop a virus. Touch it with copper. Researchers at labs and universities worldwide agree — copper is “antimicrobial.” It kills microbes, such as viruses and bacteria, just by touch.

Four thousand years ago ancient Greeks and Egyptians used copper to purify water and heal wounds. Now we know why it worked so well.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper. This destroys the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked

again every time he felt a cold coming on. He reports he has never had a cold since.

He asked relatives and friends to try it. They said it worked for them, too. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days after the first sign, if they still get the cold it is milder and they feel better.

Users wrote things like, “It stopped my cold right away,” and “Is it supposed to work that fast?”

Pat McAllister, age 70, received one as a gift and called it “one of the best presents ever. This little jewel really works.”

People often use CopperZap for prevention, before cold signs appear. Karen Gauci, who flies often for her job, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. “It saved me last holidays,” she said. “The kids had colds going around and around, but not me.”

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

Some users say copper stops nighttime stuffiness if they use it just before bed. One man said, “Best sleep I've had in years.”

Users also report success in stopping cold sores when used at the first sign of a tingle in the lip. One woman said, “I tried every product on the market over 20 years. Some helped a little, but this stopped it from happening in the first place.”

The handle is sculptured to fit the hand and finely textured to improve contact. Tests show it kills harmful microbes on the fingers to help prevent the spread of illness.



Sinus trouble, stuffiness, cold sores.

Copper may even help stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

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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.

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- Boosts Red Blood Cells
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8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
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13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
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16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuild, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskal, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

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Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
NAMASTER Wellness Center, 858-B Kaliste Saloom Rd., Lafayette 337-989-7001.

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



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inspiration

SELF-LOVE

by Charlie Chaplin

As I began to love myself, I found that anguish and emotional suffering are only warning signs that I was living against my own truth.

Today, I know, this is **AUTHENTICITY**.

As I began to love myself, I understood how much it can offend somebody as I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me.

Today I call it **RESPECT**.

As I began to love myself, I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow.

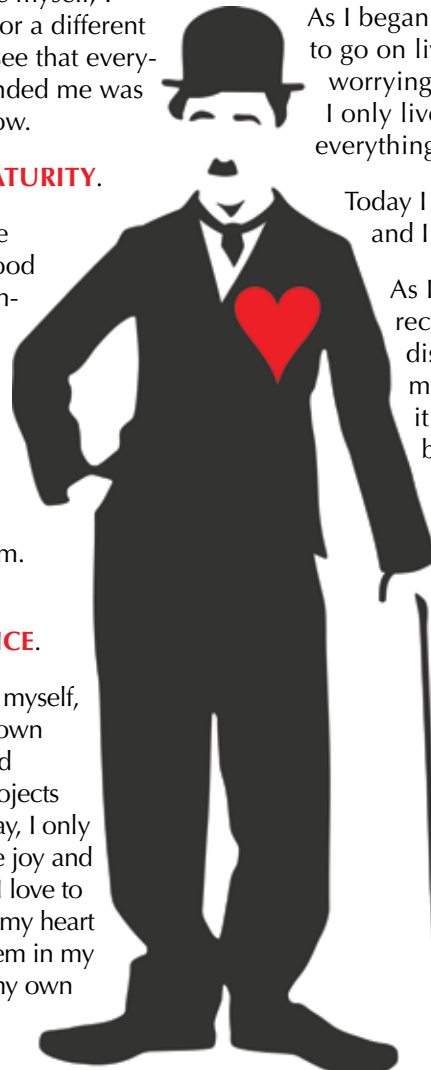
Today I call it **MATURITY**.

As I began to love myself, I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm.

Today I call it **SELF-CONFIDENCE**.

As I began to love myself, I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm.

Igor Brisker/Shutterstock.com



Today I call it **SIMPLICITY**.

As I began to love myself, I freed myself of anything that is no good for my health—food, people, things, situations and everything that drew me down and away from myself. At first I called this attitude a healthy egoism.

Today I know it is **LOVE OF ONESELF**.

As I began to love myself, I quit trying to always be right, and ever since, I was wrong less of the time.

Today I discovered that is **MODESTY**.

As I began to love myself, I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening.

Today I live each day, day by day, and I call it **FULFILLMENT**.

As I began to love myself, I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally.

Today I call this connection **WISDOM OF THE HEART**.

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born.

Today I know that is **LIFE**.

Chaplin's World museum, in Switzerland, opened in 2016 (ChaplinsWorld.com/en).

calendar of events

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

GET YOUR CALENDAR ITEMS PUBLISHED
SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

Saturday February 3

King Cake 5K – 7:30am-12pm. Join this Mardi Gras inspired run and then eat king cake from bakeries in Acadiana. \$35-40 registered runners; \$25 for the 1-mile Fun Run; and \$5 for all you can eat king cake. Benefits go to Faith House. Sugar Mill Pond, 101 Waterview Rd, Youngsville.

Courir de Mardi Gras de L'anse/Mermentau Cove – 8am-11:30pm. A traditional Mardi Gras run with a fais do-do and gumbo. Back roads of 1174 Lafosse Rd, Morse. CadienTouJour.org.

Art by Theon Guillory – 8:30am-12pm. Thru Wed Feb 28. Celebrate African American History Month with this area artist's depictions of Louisiana people, landscapes, cultures, and personal connections. Acadian Cultural Center, Lafayette, 501 Fisher Rd, Lafayette. 337-232-0789.

2018 Scouting Parade – 9:30-10:30am. Honor current and past scouts in the area. Boulogny Plaza new Iberia LA, 128 West Main Street, New Iberia.

Therapeutic Recreation Valentines Dance – 6:30-9:30pm. Be my sweetheart dance for special needs individuals 13 years and older. \$10. Lafayette Recreation & Parks. Denise Ferguson. Heymann Recreation Center, 1500 S Orange St, Lafayette. 337-291-8127. LafayetteLA.gov

Sunday February 4

Courir du Mardi Gras – 10am -4pm. Experience a traditional, country Mardi Gras run to the city. Children will be invited to chase a chicken and the one who catches it will get a special prize. See exhibits of King Cake making, listen to live music and gumbo will be available for purchase. \$5. Vermilionville, 300 Fisher Rd, Lafayette.

Wednesday February 7

Opelousas Catholic Tasters' Dinner and Auction – 6-9:30pm. Local chefs offer taste-size portions in featured dishes in six food categories. Tickets \$35-\$45. Opelousas Catholic

School. Opelousas Civic Center, 1638 Creswell Ln Ext, Opelousas. 337-942-5404 ext. 105.

Saturday February 10

Singer's Workshop – 9am-12pm. Every other Saturday thru Saturday June 2. Touch a heart, or even save a life with expression of song. Learn music genres, stage presence, audition prep, songwriting, music theory, vocal technique and range. Ages 5-18yrs. St. Christopher College, Enterprise Business Center, 3419 NW Evangeline Thruway, Lafayette. 337-458-4892. StayinTune.biz/workshop.html.

Tuesday February 13

57th Courir de Mardi Gras – 8am-11:30pm. Colorful costumed horseback riders, wagons, buggies, live music on the courier. Chase the chickens or catch the greased pig. Traditional gumbo, boudin and beverages available. Saddle Tramp House, 1036 E Ebey St, Church Point. 337-684-2026. ChurchPointMardiGras.com.

31st Tee Mamou-Iota Mardi Gras – 9am-5pm. Celebrate family folk life Mardi Gras festival with live Cajun & Zydeco bands, young musicians' tent, folk craft booths, food and a parade. Downtown Iota, Duson Avenue (Hwy 98), Iota. 337-523-6557.

Mardi Gras Parade – 9am-12pm. Half-Fast Krewe of Frank parade with live music. 600 E Landry St, Opelousas. 337-351-6943. CajunTravel.com/mardigras

18th Carnival d'Acadie Mardi Gras – 10am-5pm. A heart of Cajun prairie celebration with carnival rides, costume contest, a parade, live music and dancing. S Parkerson St, Downtown Crowley. 337-783-0824. Crowley-La.com.

Grand Marais Mardi Gras – 11am-4pm. Family-oriented parade with floats, bands, dance groups, Mardi Gras royalty, Grand Marshal, elaborate and colorful costumes, beads and throws. Highway 90 & College Road, Jeanerette. 337- 365-8655.

Krewe of Coteau Mardi Gras – 1-2pm. A Mardi Gras parade, with marching bands, dance groups and music. Francis Romero Memorial Park, Coteau Park Rd & LA 88,

Coteau. 337-577-5099.

Lafayette Mardi Gras Festival Parade – 1pm. Family-oriented parade with floats and marching bands. Downtown to Cajun Field, Lafayette. 800-346-1958. GoMardiGras.com.

Chic-a-la-Pie Mardi Gras Parade – 2pm. Enjoy a family-friendly, old-fashioned parade. S Cushing Ave, Kaplan.

Family Affair Mardi Gras Parade – 2-3pm. Enjoy marching bands, dance groups and music. Loreauville Main St. 337-967-4554.

Thursday February 15

Les Cadiens du Teche – 7-9:30pm. French Music Assoc presents Al Roger with a catered meal. \$5. LaLouisiane Banquet Hall, 5509 Hwy 14, New Iberia. 337-277-1188.

Saturday February 17

Theresian Day of Reflection – 8:30am-2pm. Embracing change, maintaining values lenten reflections. Speakers include Rev Chester Arceneaux, Kessie Thomas and Katie Austin. Light breakfast, lunch and snack. \$25 registration online or \$30 at the door. Roses of Acadiana District Theresians. St. Pius X School Theatre, 205 E Bayou Pkwy, Lafayette. AcadianaTheresians.com.

A Princess at Heart – 9-11am. A royal tea with six popular princesses, Miss Louisiana and Mrs. Louisiana. Benefiting the Congenital Heart Foundation of Louisiana. Esprit de Coeur, 402 Garfield St, Lafayette.

Sunday February 18

Harlem Globetrotters – 2pm. Amazing feats of basketball with acrobatic high flying dunks and the debut of the Flying Globies. \$29-\$245. Cajundome, 444 Cajundome Blvd, Lafayette.

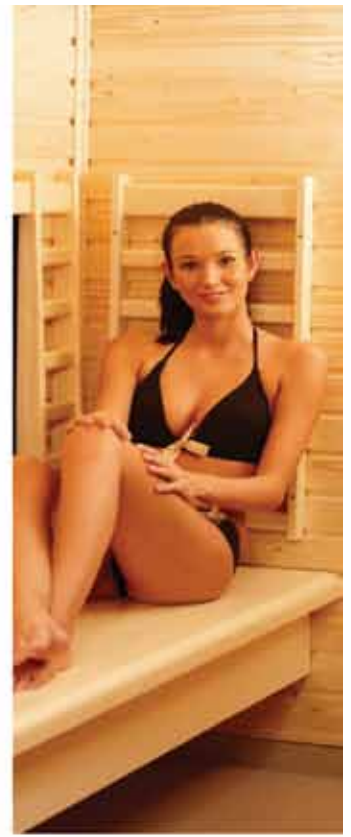
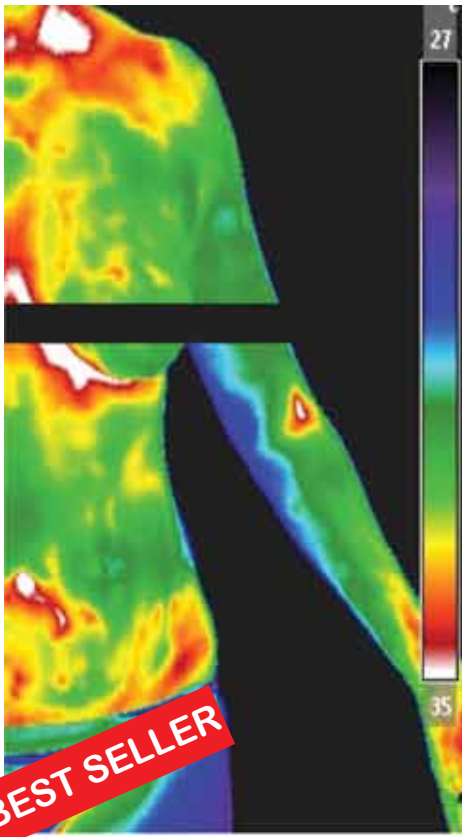
Wednesday February 21

Sunnyside Up: A Positive Approach to Everyday Life – 7:30-8:30am. Breakfast speaker series with humorous insight on how to live a more positive and blessed life. \$10. Abacus Restaurant, 530 W Pinhook Rd, Lafayette.

Yoga – 6-7pm. Christy Broussard Farnsworth leads this calming practice every last Wednesday. Yoga en français with Martine Colin. \$13/class or \$50 for five classes. Nunu Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

Saturday February 24

Vivacious Vixens Fashion Show – 7-11pm. Acadiana Roller Girls transform into models and take the stage to show off hair and fashion supplied by local shops. Bring dancing shoes and enjoy music by the DJ. \$17.89 - \$28.45. Feed n Seed, 106 N Grant St, Lafayette.



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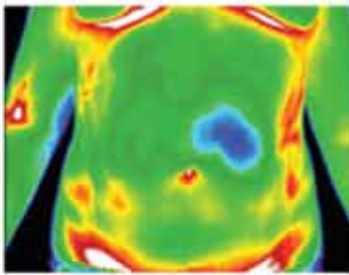
6 Week Program
\$340

12 Week Program
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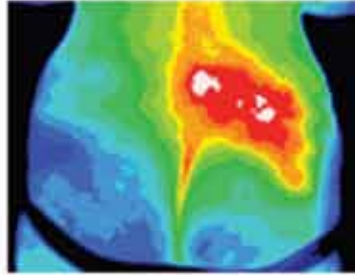
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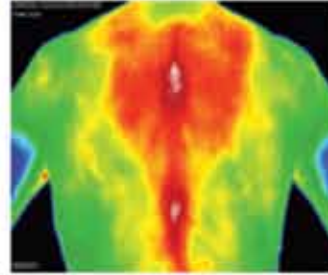
Text your name and RESTORE HEALTH to (337) 424-5066 for more information.



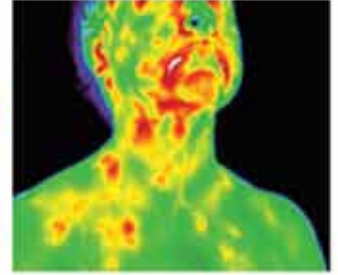
Hypothermia in the Stomach



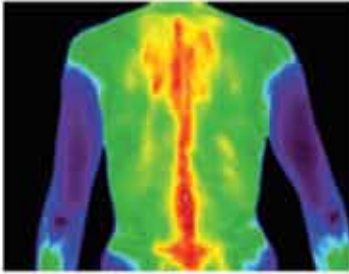
Shingles



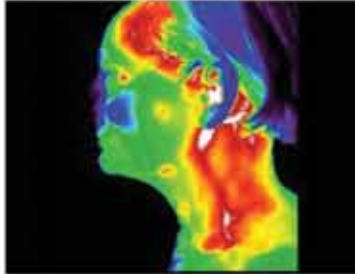
Lung Cancer



Periodontal Disease



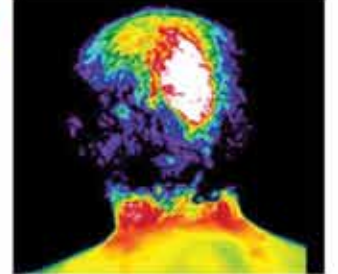
Spinal Inflammation



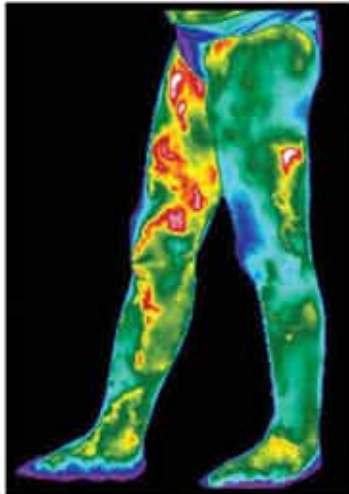
Carotid Artery Inflammation



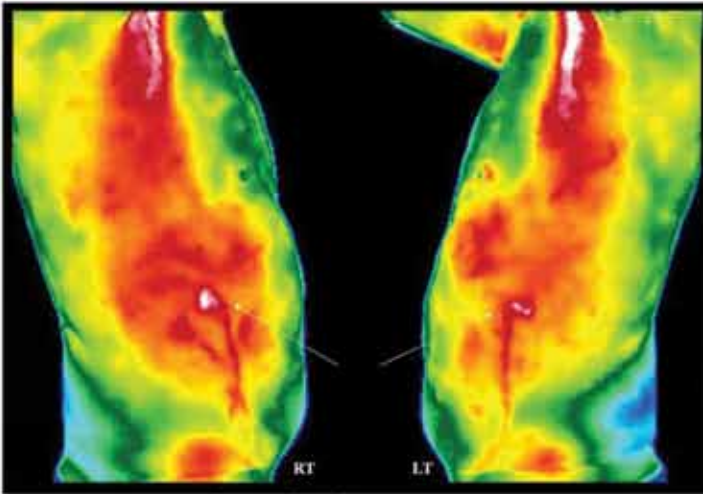
Poor Circulation Left 4th & 5th Finger



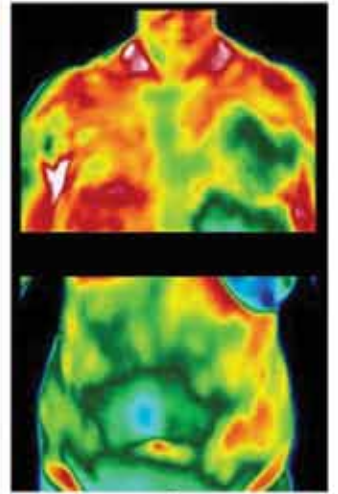
Melanoma-Scalp Cancer



Varicose Veins



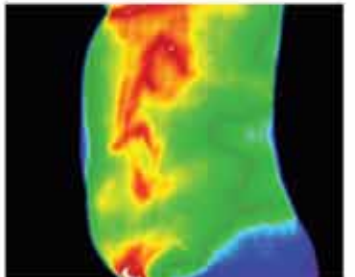
Bilateral Kidney Stones



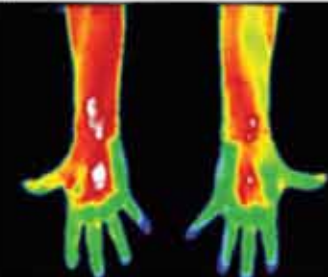
Breast Cancer



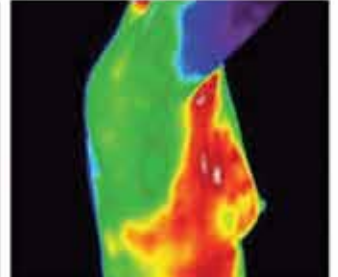
Thyroid Cancer



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