

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings



GOING MINIMAL

Families Trade
Clutter for Calm

CONSCIOUS FATHERING

Knowing Ourselves
Comes First

BRAIN HEALTH

Smart Strategies for
Preventing Dementia

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FULL-Body Head to Toe
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\$94

Labwork

Liver & Kidney
Bloodwork

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Screening

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Results

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Inflammation

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Screening

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Breast Cancer

Thermography Image Reading
Screening

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Thyroid Function

Thermography Image Reading
Screening

\$35

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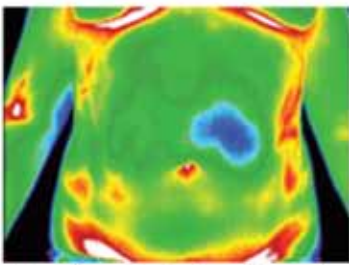
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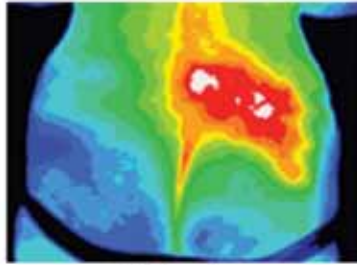
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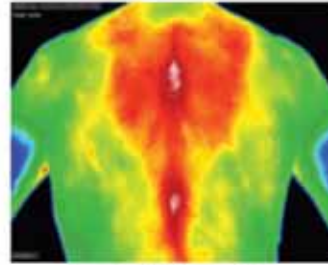
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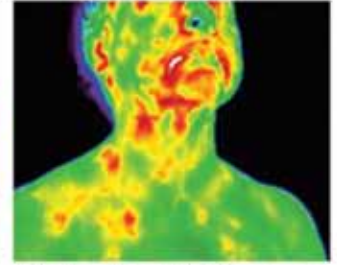
Hypothermia in the Stomach



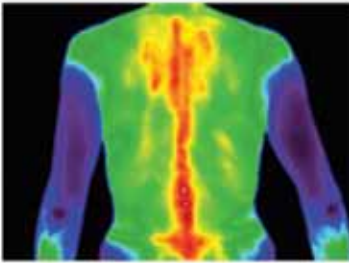
Shingles



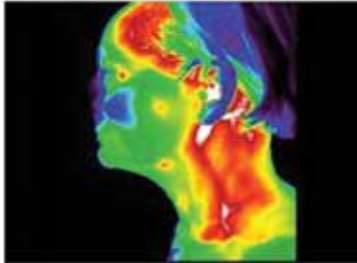
Lung Cancer



Periodontal Disease



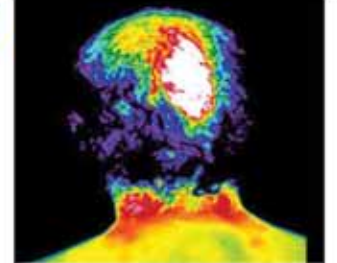
Spinal Inflammation



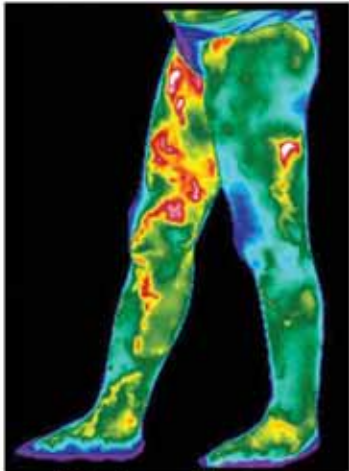
Carotid Artery Inflammation



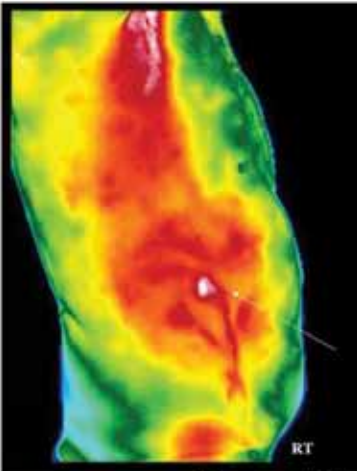
Poor Circulation Left 4th & 5th Finger



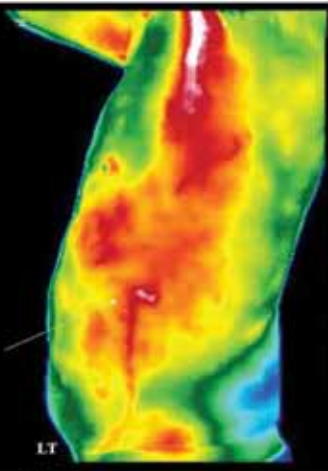
Melanoma-Scalp Cancer



Varicose Veins



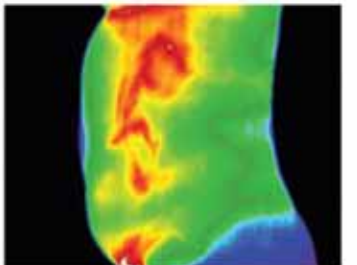
Bilateral Kidney Stones



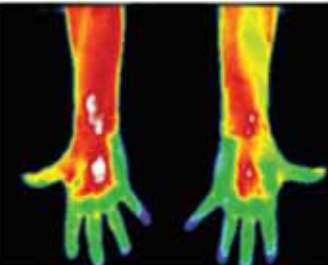
Breast Cancer



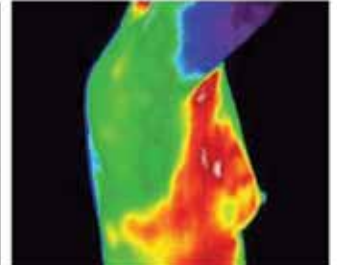
Thyroid Cancer



Digestive Disorders



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- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

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publisher's letter



In our home we will not only talk, we listen. We not only understand, we communicate. We have a healthy set of values and believe in them with conviction that can be passed on from generation to generation.

We are expressive, not only with our love for one another, but with our forgiveness as well. We teach by our actions. We encourage and support. We are there for each other in a crisis, and we rebuild in times of adversity. We have a sense of humor in our home, take time to laugh, play, and work together. We treat each other fairly and justly, and expect the same in return. Lastly, we seek to set an example for other families and neighbors. Our example is not just a blueprint

for other families to follow in our footsteps, but more so, to know that our home is a place where love lives. It is our intention that your home should be as well.

This month our feature article is about brain health. When most people think of brain health, immediately diseases such as Alzheimer's, mental health disorders, or cognitive disabilities come to mind. However, brain health is more than dementia or memory. The way we take in information and view the world is all dependent on our brain health. Our sleep patterns and social awareness can even be determined by the health of our brain. To maintain good brain health, we should eat well, sleep, exercise the mind and body, and think positive thoughts. But most of all we must have love in our hearts and positive intentions in our minds. Here is an unexpected human ability to exercise our brain for those who prefer to work with general intentions. It is called a brain blast exercise.

Gather as much love as you can in your heart, and blast and fill the entire brain with your heart energy. Intend that the energy enters, heals, and enhances every part of the brain. Intend that the healing extends to all parts of the brain (and body), known and unknown, that are involved with whatever problem you are addressing. The intelligence of the body and the universe will take it from there.

By performing daily mental and physical exercises, blood flow and oxygen are increased throughout the body. This allows the brain to receive needed nutrients and oxygen to perform tasks quicker. Along with mental and physical exercise, getting the required seven to nine hours of sleep maintains brain health. Sleep allows our bodies, especially our minds, to reflect and make sense of the world around us. Although the brain never fully "shuts off" when we sleep, it quiets the mind and relieves stress acquired from daily life. With sufficient amounts of sleep and meditation, the brain can effectively process emotions, memory, and bodily functions.

On June seventh and eighth, the Partners in Healthcare Expo and Conference will provide our community with access to local healthcare and wellness providers and a wealth of information and other resources. It's rare to have healthcare and wellness providers from so many diverse disciplines all under one roof. Come out and experience one of the first expos in Acadiana focused on uniting healthcare and wellness providers with our friends, family, and neighbors in our community.

In our home and in yours we hope that you find partners in healthcare to support you and your family's healthcare and wellness needs. Always remember that love, positive intentions, abundance, and prosperity are at the very core of the human experience. With them, good brain health is possible.

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

Contents



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10 BRAIN-SAVERS

Smart Strategies for Preventing Dementia

14 SANJAY GUPTA ON

'Chasing Life'

16 MEDICINAL MUSHROOMS

Beyond Buttons and Portabellas

17 THE MINIMALIST FAMILY

Trading Clutter for Calm

18 NATURE'S TOOLBOX

The Key to Prostate Health

19 JUST ADD WATER

Aquatic Workouts for Him

20 PRE-WIRED FOR THE FUTURE

Transportation Drives Urban Planning

22 NONTOXIC LAWN CARE

Protecting Pets and the Planet

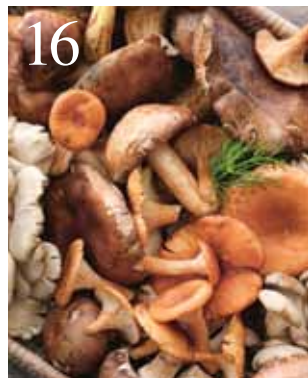
23 FATHERHOOD'S PAIN AND GLORY

We Must Face Our Own Story First

14



16



22



DEPARTMENTS

6 health briefs

7 global briefs

16 conscious eating

17 healthy kids

18 healing ways

19 fit body

20 green living

22 natural pet

23 inspiration

27 calendar

Eat More Carbs to Lower Heart Risk



Regardless of the type of protein consumed, low-carb diets significantly increase the risk of atrial fibrillation (AFib), according to a study presented at the latest annual meeting of the American College of Cardiology. Analyzing the records of almost 14,000 people over a 20-year period, researchers found

that diets such as Atkins, ketogenic and paleo, which emphasize protein instead of fruits, vegetables and grains, boosted the risk of AFib by 18 percent compared to diets with moderate carb intake. Researchers theorize that consuming less produce and fewer grains may aggravate inflammation, while eating high amounts of protein and fat may increase oxidative stress. Both conditions are linked to AFib, in which the heart beats irregularly, potentially causing palpitations, dizziness and fatigue. It's also linked to a five-fold increase in strokes.

Imbibe Less to Lower Blood Pressure

Even moderate alcohol consumption—seven to 13 drinks a week—increases the risk of high blood pressure, according to a new analysis of the health records of 17,000 U.S. adults. Wake Forest Baptist Medical Center researchers found that the average blood pressure among nondrinkers was about 109/67, among moderate drinkers 128/79 and among heavy drinkers 153/82, based on data from the U.S. Centers for Disease Control and Prevention for the years 1988 to 1994. The higher readings could be the result of alcohol's affect on the brain and liver, or because it raises caloric intake, partly by increasing appetite, say the researchers.

Sit Less to Live Longer



For those that don't move vigorously throughout the day—whether stuck behind a desk or lying on a couch in front of a screen—there's good news in a recent American Cancer Society study: Replacing just 30 minutes a day of stationary time with such moderate physical activities as brisk walking and dancing reduces the risk of dying over 14 years by a whopping 45 percent. Even light activities such as walking slowly, playing pool and doing housework like vacuuming for half an hour reduce mortality risk by 15 percent.

Eat Med Diet to Boost Performance

What we consume can boost our body even in the short term, a new study from St. Louis University shows. After eating the Mediterranean diet for just four days, athletes ran faster than after eating a Western diet. In the study, published in the *Journal of the American College of Nutrition*, seven women and four men ate one of two diets for four days: the Mediterranean, with its emphasis on whole fruits and vegetables, nuts, olive oil and whole grains, or the Western, high in trans and saturated fats, dairy, refined sugars, refined and highly processed vegetable oils, sodium and processed foods. After a nine-to-16-day break, they followed the other diet. The athletes exercised on a treadmill for five kilometers after each diet and were found to have run 6 percent faster after following the Mediterranean diet, despite similar heart rates and perceived levels of exertion.



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Green Surfing

Search Engine Company Plants Trees



Internet users can help fight global deforestation even while surfing. German on-line search engine Ecosia, now used in 183 countries, diverts its advertising revenue from click-throughs to planting trees worldwide to the tune of more than 52 million since 2009.

With each search, the company says, it removes around two-and-a-half pounds of carbon dioxide from the air. Christian Kroll, Ecosia's founder, wrote, "Climate change is a very real threat, and if we're to stop the world heating above the 1.5 degrees warned about in the IPCC [Intergovernmental Panel on Climate Change] report, we need to plant trees at scale." Kroll suggests that if Ecosia were to get as big as Google, they could absorb 15 percent of all global carbon dioxide emissions. Users can find it at Ecosia.org.

Baby Balking

Climate Change

Discourages Childbearing

USA Today has reported that concerns about climate change are giving women pause about bearing children. The U.S. birthrate has been falling for years, and in 2017, it was 60.3 births per 1,000 women, the lowest fertility rate since the Centers for Disease Control and Prevention began keeping such records in 1909. Related causes such as women marrying later, worries about the economy and the difficulty of finding affordable child care have all been suggested. But prospective parents are also thinking about the increased frequency and intensity of storms and other natural disasters such as drought and wildfires. Further, geopolitical unrest and scarcity of water and other resources are convincing some to at least postpone their decision to increase the population.

Aqua Breakthrough

Clean Water Solution in the Pipeline

With the world facing a future of climate change and water scarcity, finding an environmental way to cleanse drinking water is paramount. Researchers in China contend they are working on a method to remove bacteria from water that's both highly efficient and environmentally sound. By shining ultraviolet light onto a two-dimensional sheet of graphitic carbon nitride, the team's prototype can purify two-and-a-half gallons of water in one hour, killing virtually all the harmful bacteria present. This technique of photocatalytic disinfection is an alternative to current eco-unfriendly water filtration systems such as chlorination or ozone disinfection.

Far Out

Earth's Atmosphere Extends Past Moon

The scientific boundary between Earth's atmosphere and space is the Kármán line, 62 miles high. But a team of astronomers have published evidence in the *Journal of Geophysical Research: Space Physics* that the geocorona, a

tenuous cloud of neutral hydrogen in the outermost region of the Earth's atmosphere that glows

in far-ultraviolet light, extends much farther than the moon. The discovery means that telescopes positioned in the geocorona will need to have some of their settings adjusted for deep-space observations.

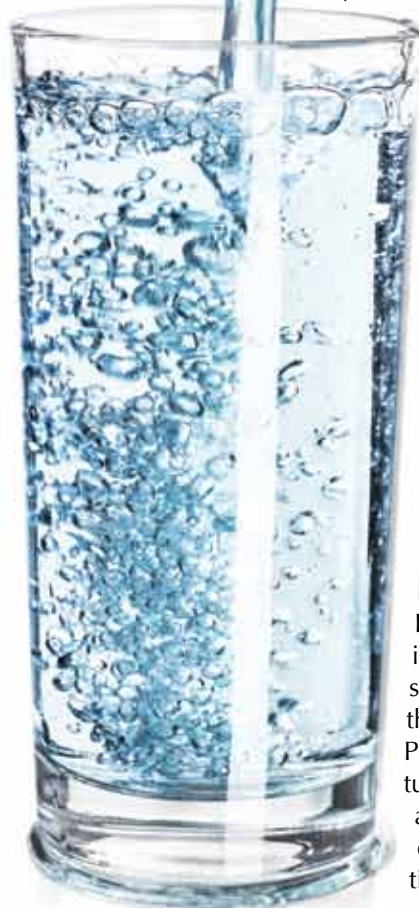


3-D Meat

Printer Produces

Plant-Based Substitute

Researcher Giuseppe Scionti, owner of Nova Meat, in Barcelona, Spain, has developed a synthetic meat substitute using vegetable proteins that imitate protein complexes found in real meat. Produced using a 3-D printer, it can mimic the texture of beef or chicken. The specialist in biomedicine and tissue engineering has been working for 10 years on bioprinting different synthetic tissues such as artificial corneas, skin and ears.



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

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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.

HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

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

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

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



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 joint-

ing 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

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HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

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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



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency “smart herbs” ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



WheTea Ab Fat Burner



WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.\$20.00

Raspberry Ketone Drops

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

.....\$30.00



Garcinia Cambogia



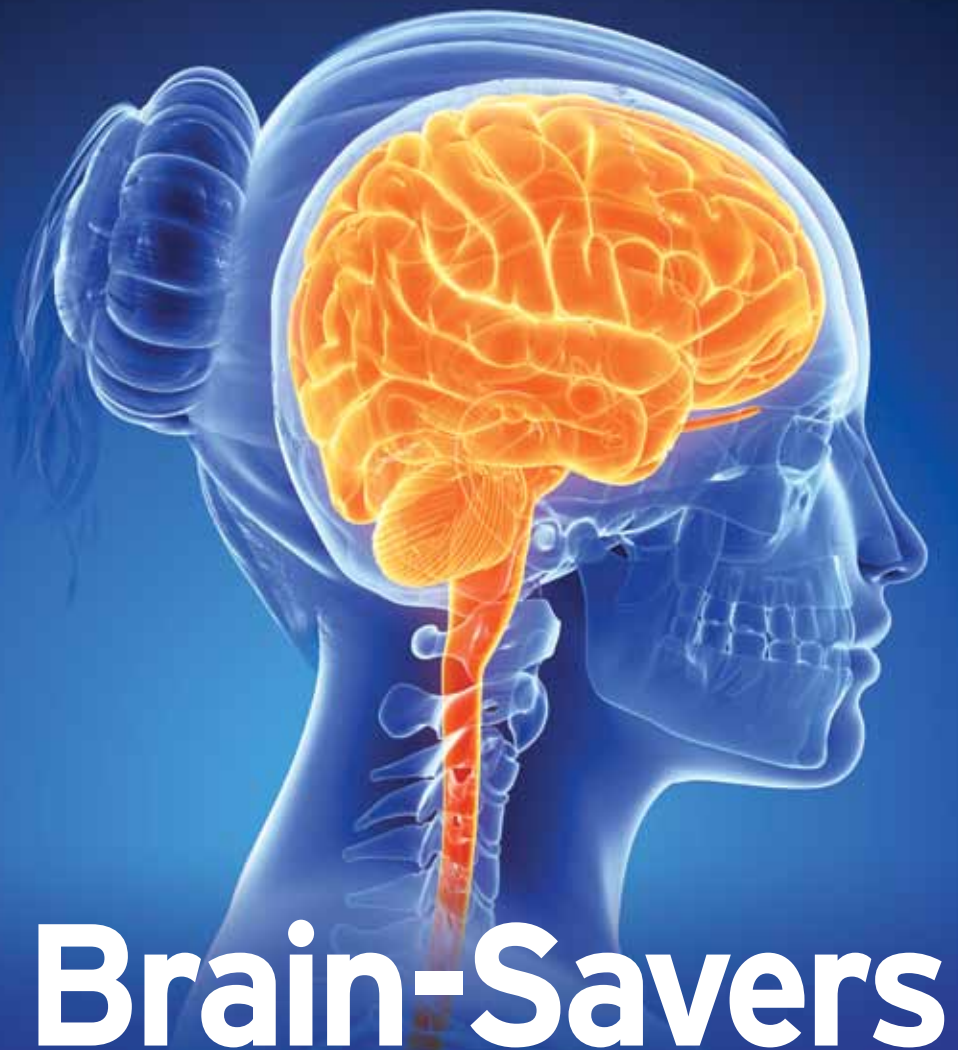
Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00



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Brain-Savers

Smart Strategies for Preventing Dementia

by Melinda Hemmelgarn

With 5.8 million Americans living with Alzheimer's disease, there's no shortage of advice on how to enhance, preserve and restore brain function. Judging from the assortment of brain training games and apps to the multitude of books promising ways to avoid or even reverse dementia, a growing number of aging Americans want to know the best strategies for preventing and treating cognitive decline and memory loss.

Prevention: A 'No-Brainer'

As with any disease, prevention throughout the life cycle is key, but especially important for Alzheimer's—the leading cause of dementia worldwide. According to the Alzheimer's Association, the illness

is considered a slowly progressive brain disease that begins well before symptoms emerge. Despite predictions that the number of afflicted Americans will reach nearly 14 million by 2050, there are no drug cures.

David Perlmutter, M.D., a board-certified neurologist based in Naples, Florida, and an editorial board member of the *Journal of Alzheimer's Disease*, summarizes a recent study evaluating the effectiveness of currently available Alzheimer's medications. "Not only were Alzheimer's patients who were taking these drugs not gaining any benefit, but their rate of cognitive decline was worsened when they were on the Alzheimer's medications," thus making lifestyle risk reduction even more critical.

Dale Bredeesen, M.D., a professor in the UCLA Department of Neurology and author of *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, has studied the disease's neurobiology for decades. He believes drug therapies have failed because scientists neglected to focus on why individuals develop the disease in the first place. He emphasizes, "Alzheimer's is not a single disease," even if the symptoms appear to be the same. Bredeesen says it's the result of the brain trying to protect itself from multiple metabolic and toxic threats.

Bredeesen developed the ReCODE (reversal of cognitive decline) protocol, an ambitious, comprehensive and personalized therapeutic program that includes genetic, cognitive and blood testing, plus supplements and lifestyle improvements, including stress reduction, improved sleep, diet and exercise. With the goal of identifying and treating the individual's pathway to disease, ReCODE addresses fixing five key areas he believes form the underlying origins and progression of Alzheimer's disease: insulin resistance; inflammation/infections; hormone, nutrient and nerve growth factors; toxins; and dysfunctional nerve synapses.

The Lancet International Commission on Dementia Prevention, Intervention and Care also advocates multiple points of action. By addressing nine "potentially modifiable risk factors" throughout the lifespan, the commission says, "More than one-third of global dementia cases may be preventable." These factors include maximizing education in early life; controlling hypertension, obesity and hearing loss in mid-life; and in later life, managing depression and diabetes, increasing physical activity and social contact, and not smoking.

Food as Medicine

Martha Clare Morris, Sc.D., a nutritional epidemiologist at the Rush University Medical Center, in Chicago, and author of *Diet for the MIND: The Latest Science on What to Eat to Prevent Alzheimer's and Cognitive Decline*, says, "Given

that Alzheimer's disease is known as an oxidative-inflammatory disease, there has to be a dietary influence."

From two decades of research involving more than 10,000 people, Morris developed the MIND diet, which stands for "Mediterranean-DASH Intervention for Neurodegenerative Delay". It's a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, modified to include specific components from each that offer the most protection against dementia. Morris identifies 10 brain-healthy dietary components: leafy greens, vegetables, berries, whole grains, nuts, seafood, poultry, beans and legumes, olive oil, and one glass of wine per day; plus five unhealthy components to limit: sweets and pastries, red meats, fried and fast foods, whole-fat cheese and butter or margarine containing trans fat.

Morris found those individuals that most closely followed the dietary recommendations lowered their risk for Alzheimer's disease by as much as 53 percent, while those following the diet moderately well showed a reduction of about 35 percent.

Morris acknowledges a number of common aging-related, yet treatable, conditions that can cause "dementia-like symptoms," including low thyroid hormones and vitamin B₁₂ deficiency. She also identifies specific brain-pro-

TECTIVE compounds including vitamins E, B₁₂, folate and niacin, plus lutein, omega-3 fatty acids, beta carotene and flavonoids found in colorful fruits and vegetables, tea and nuts.

She is currently testing the MIND diet, plus a mild calorie restriction on 600 individuals 65 to 84 years old living in Boston and Chicago; results are expected in 2021. The Alzheimer's Association is also recruiting individuals for a new lifestyle intervention study.

Aarti Batavia, a registered dietitian based in Ann Arbor, Michigan, and a certified practitioner of functional medicine trained in the ReCODE protocol, says, "Diets that are good for the heart are good for the brain." But she also warns that many common medications such as statins, antihistamines, some antidepressants and proton pump inhibitors (that reduce stomach acid, which is required for absorbing vitamin B₁₂) can increase the risk for dementia.

Smart Steps

As we continue to discover how genetics, environment and lifestyle factors intersect, take the following smart steps to promote longevity and vibrant brain health:

1 Monitor and control blood sugar: Type 2 diabetes increases

Learn More

- The Alzheimer's Association diet study: Tinyurl.com/AlzheimerAssociationDiet
- Beyond Pesticides: BeyondPesticides.org
- Blue Zones: BlueZones.com
- Brain Health Education and Research Institute: BrainHealthEducation.org
- ConsumerLab.com: assesses effectiveness and safety of supplements conducive to brain health.
- Glycemic index and load: Tinyurl.com/GlycemicIndexAndLoad
- *Integrative Environmental Medicine*, edited by Aly Cohen, M.D., and Frederick vom Saal, Ph.D.
- Food Sleuth Radio interviews: Tinyurl.com/Food-Sleuth-Radio
Aarti Batavia: to be posted on Food Sleuth site this month
Brenda Davis: Tinyurl.com/BrendaDavisInterview,
Tinyurl.com/BrendaDavisOnFoodSleuth
Brenda Davy: Tinyurl.com/BrendaDavyInterview
Teresa Martin: Tinyurl.com/TeresaMartinInterview, Tinyurl.com/TeresaMartinAudio
Martha Clare Morris: Tinyurl.com/MarthaClareMorrisInterview
David Perlmutter: to be posted on Food Sleuth site this month
Dorothy Sears: Tinyurl.com/DorothySearsInterview



About Wheat and Other Grains

When considering whether to restrict or include grain in one's diet, consider the following:

- Individuals with celiac or non-celiac gluten sensitivity should avoid wheat and other gluten-containing grains such as barley and rye.
- According to nutritional epidemiologist Martha Clare Morris, diets rich in high-fiber whole grains, including wheat, decrease inflammation and oxidative stress, and improve cognition. She says, "Diets higher in fiber are linked to lower rates of diabetes and heart disease," both of which increase risk of dementia.
- Author Brenda Davis' "grain hierarchy" promotes whole, intact grains as key in controlling blood sugar.
- Whole grains are high in vitamins E and B, which protect against cognitive decline.
- Dr. David Perlmutter, who supports high-fiber diets, but advocates avoiding gluten, warns against shopping in the gluten-free aisle. Foods there might not have gluten, he says, but they're going to "powerfully raise your blood sugar."
- Choose organic grains to avoid exposure to pesticide residues.

the risk for dementia. Brenda Davis, a registered dietitian in Vancouver, British Columbia, and author of *The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes*, advises reducing the glycemic load of the diet by limiting refined carbohydrates and sugars, and eating a high-fiber, plant-based diet.

Dorothy Sears, Ph.D., a member of the executive committee of the Center for Circadian Biology at the University of California, San Diego, says it's not just what we eat that matters, but when. She discovered multiple metabolic benefits, including reduced blood sugar, with prolonged nightly fasting—13 hours between the last meal at night and the first meal in the morning.

Brenda Davy, Ph.D., a registered dietitian and researcher at Virginia Tech, in Blacksburg, says hydration can influence blood sugar, weight and cognition, especially among middle-aged and older populations. She recommends drinking two cups of water prior to meals to moderate food intake.

2 Focus on 'good' fats: Olive oil, nuts, avocados, and omega-3 fatty acids found in fatty, cold-water fish protect both the heart and brain. Michael Lewis, M.D., based in Potomac, Maryland, recommends an "omega-3 protocol" to help his patients recover from traumatic brain injury, which can increase risk for dementia.

3 Spice up your diet: Batavia recommends cooking with brain-protecting herbs and spices such as turmeric, cinnamon, thyme and rosemary, which can help reduce inflammation and risk for dementia.

4 Mind your gut: Western medicine has historically separated the brain from the rest of the body. But research on the "gut-brain axis" shows there's communication between our gut microbes and brain, plus direct links to neurodevelopmental disorders and dementia. "What goes on in the gut influences every manner of activity within the brain: the health of the brain, the functionality of the brain, the brain's resistance to disease process and even mood," says Perlmutter.

Both Perlmutter and Teresa Martin, a registered dietitian in Bend, Oregon, emphasize the importance of high-fiber plant foods that gut microbes need to produce beneficial, short-chain fatty acids to protect against inflammation, insulin resistance and "leaky gut".

5 Prioritize sleep: All brain (and gut) experts recommend adequate sleep—seven to eight hours each night—to restore body and mind.

6 Exercise: Both Morris and Perlmutter recommend aerobic activities in particular, like walking, swimming and cycling, to improve blood

circulation to the brain and increase the production of a hormone called brain-derived neurotrophic factor, which is responsible for stimulating neuron growth and protecting against cognitive decline.

7 Avoid environmental toxins: Exposure to pesticides, pollutants and heavy metals such as lead, mercury and arsenic can increase the risk of neurodegenerative disorders, including Alzheimer's and Parkinson's. Choosing organic food both reduces exposure to toxins and protects water quality and farmworker health.

Virginia Rauh, Ph.D., deputy director of the Columbia Center for Children's Environmental Health, in New York City, spoke at the National Pesticide Forum in Manhattan in April. She explains that of the 5,000 new chemicals introduced each year, "at least 25 percent are neurotoxic," and even very low-level exposure can harm children's neurodevelopment.

8 Socialize: In studies of "Blue Zone" populations that enjoy longevity with low rates of dementia, social engagement appears to be the secret sauce for quality of life.

Melinda Hemmelgarn, the "Food Sleuth", is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.



Protecting and Nourishing Gut Microbiota

Dietitian Teresa Martin suggests:

- Strive to eat a wide variety of plant species and at least 30 grams of fiber every day (some cooked and some raw).
- Limit "microbial assassins", including refined carbohydrates and added sugar (no more than 25 grams or six teaspoons of added sugar per day); sugar substitutes; food additives such as polysorbate-80 and carboxymethylcellulose; smoking and vaping; chronic stress; antimicrobial soaps and sanitizers; antibiotics; proton pump inhibitors; high-fat diets; and processed meats.
- Move every day for at least 30 minutes; don't sit for more than 30 minutes and get outside.
- Relax with yoga, meditation or mindfulness.
- Sleep seven to eight hours each night.

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Sanjay Gupta on 'CHASING LIFE'

by Jan Hollingsworth



During nearly two decades with CNN, Dr. Sanjay Gupta has covered wars, natural disasters and the aftermath of the terrorist attack on the World Trade Center. Along the way, the Western-trained, practicing neurosurgeon has explored myriad health topics, including the science of alternative medicine and the benefits of medical cannabis, the subject of his CNN docuseries, *Weed*.

He's written three books: *Chasing Life: New Discoveries in the Search for Immortality to Help You Age Less Today*, *Cheating Death: The Doctors and Medical Miracles that Are Saving Lives Against All Odds* and a novel-turned-TV series, *Monday Mornings*.

CNN's chief medical correspondent recently found himself in Japan, soaking in a scalding bath—a form of stress relief practiced there—along with owl cafés and forest bathing. The visit was part of a six-country, immersive journey in some of the happiest and healthiest places on Earth—including India, Bolivia, Norway, Italy and Turkey—to explore ancient traditions and modern practices that lead to a healthy and meaningful life.

The result: *Chasing Life*, a new docuseries that aired in April and May, is now available on demand via cable/satellite systems, the CNNgo streaming platform and CNN mobile apps.

What inspired your interest in exploring holistic and alternative healing?

On a very basic level, a lot of people are surprised to hear that U.S. life expectancy has dropped three years in a row and the cost of health care is more than \$3.5 trillion a year. Yet there are places around the world where people are living

happier, healthier lives for a lot less, and longer. They must be doing something that's beneficial, and we wanted to find out what that might be: What do places around the world have to teach us?

To what do you attribute the reemergence of traditional Indian healing practices?

Ayurvedic medicine is widely practiced in India among the healthiest people in that part of the world. It's stood the test of time, so it's worth exploring. In the U.S., we have an amazing medical system for people who are sick, but they aren't doing as well as expected [which is why] there's an open-mindedness that's happening about one of the oldest medical traditions.

What role might ancient traditions play in reshaping 21st-century health care?

If you look at chronic disease in the U.S.,

one could make the argument that 70 to 80 percent of it is entirely preventable—most of it related to our food. When you look at the Ayurvedic diet, how does a culture come up with a way of eating going back thousands of years? In the U.S., most of our diet is based on palate. With Ayurveda, it is more about the function of food: Every morsel must have some function. The type of food, the timing and the temperature at which it is cooked is also important. If we really are a little more thoughtful about how we view the calories we're consuming, it can make a big difference in our health. When we say food is our medicine, what does that really mean? In India, they're showing us what it means. It's not that taste is sacrificed; it's just that Ayurveda was driven by function and palate came after.

What was the most surprising discovery you made on this journey?

There were a lot of surprises along the way. If you look at the U.S. and life expectancy, there are a lot of countries that are pretty similar in terms of economics, labor force and other things. But what is happening in the U.S. is pretty unique in a lot of ways. In the U.S., this notion of rugged individualism is a marker for success. We've seen high rates of social isolation and loneliness—and the toxicity of that. Italy is one of the healthiest places in the world, and a lot of that has to do with social fabric. That this social cohesion could be so protective, even without paying attention to things like diet and exercise—I think the power of that surprised me.

What is an important takeaway for you from this experience?

There is a long-held belief that wealth will buy health. In Bolivia, there is an indigenous tribe that has virtually no evidence of heart disease and they don't even have a healthcare system. We shouldn't automatically equate health to wealth. There are a lot of things we can do in our lives that can help—right now.

Jan Hollingsworth is the national editor for Natural Awakenings.

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MEDICINAL MUSHROOMS

Beyond Buttons and Portabellas

by April Thompson

A handful of mushrooms a day just might keep the doctor at bay, according to a mounting body of research providing powerful evidence of the fungal kingdom's abilities to promote health and fight disease.

"Mushrooms are pretty spectacular. All edible species benefit the immune system and together, support just about every system in the human body," says Stephanie Romine, an Asheville, North Carolina, health coach and author of *Cooking With Healing Mushrooms: 150 Delicious Adaptogen-Rich Recipes that Boost Immunity, Reduce Inflammation and Promote Whole Body Health*.

When Robert Beelman started doing nutritional research on mushrooms 20 years ago, they were touted for what they didn't have: fat, calories, sugar, gluten and cholesterol. "Today, we can talk about all the good things they contain: fiber, protein, vitamins, minerals, antioxidants and other important micronutrients," says the director of the Center for Plant and Mushroom Foods for Health at Penn State University.

Beelman's research has focused on several micronutrients that are bountiful in mushrooms, including the amino acid ergothioneine, an antioxidant not found in significant amounts in any other plant-based food source. Ergothioneine levels decrease with age, and larger drops are associated with cognitive impairment, he says.

Several large epidemiological studies in Japan and Singapore have significantly correlated higher mushroom consumption with decreased rates of dementia. Countries where residents eat larger amounts of mushrooms also enjoy a higher average life expectancy, even after controlling for other variables, says Beelman.

Lion's mane is one variety known to protect cognitive health; it stimulates nerve growth factor, a protein that promotes healthy brain cells. "Lion's mane is a cognitive enhancer, and it helps creativity, motivation and memory, as well as brain function," Romine says.

Mushrooms are pretty spectacular. All edible species benefit the immune system and together, support just about every system in the human body.

~Stephanie Romine

Ancient Health Aids

Cordyceps and reishi mushrooms are also adaptogens—botanicals used for centuries in Asian medicine to help the body adapt to stresses, regulate bodily functions and support the immune and adrenal systems, according to Romine.

Turkey tail is one such medicinal mushroom, a long-time treatment for cancer and other diseases in Asia. The tree-based fungus contains polysaccharide-K (PSK), that is believed to inhibit cancer cell growth and repair immune cell damage after chemotherapy. "Medicinal mushrooms have been approved adjuncts to standard cancer treatments in Japan and China for more than 30 years and have an extensive clinical history of safe use", either alone or combined with radiation or chemotherapy, according to a literature review published by the National Institutes of Health National Cancer Institute.

Oyster mushrooms, another fungal superstar, contain cholesterol-lowering lovastatin, plentiful B vitamins and up to 30 percent protein, according to Paul Stamets, one of the world's leading mushroom authorities. Oysters are also the most easily digestible mushroom, according to mycologist and herbalist Christopher Hobbs, author of *Medicinal Mushrooms: An Exploration of Tradition, Healing & Culture*. Hobbs' 2017 article in *HerbalGram*, the peer-reviewed journal of the American Botanical Council, cites 122 different studies supporting the safety and efficacy of medicinal mushrooms such as oysters.

More Than a Pizza Topping

There are myriad creative ways to incorporate mushrooms into a diet, says Romine, who recommends aiming for a half-cup daily cooked serving. "Mushrooms are nature's sponges, and will take on the flavor of any sauce, so start simply and add sauces sparingly."

She suggests sautéing mushrooms with a neutral oil, then adding wine or sherry and finishing with fresh herbs. Cooking with wine can help unlock the beneficial compounds the fungi contain, says Romine. Fresh or dried culinary mushrooms like oysters, shiitakes or maitakes can also be great additions to morning meals like savory oatmeal or tofu scrambles.

Powdered mushroom extracts, available online or in health stores, are an easy way to infuse meals with fungi's beneficial properties. They mix well into everything from raw desserts and baked goods to teas and smoothies.

Whole mushrooms that are tough, like reishi and chaga, can be boiled to extract the healthful elements and consumed as a tea or used for soup broth. Romine says raw mushrooms are not as flavorful, digestible or nutritional as cooked.

While a mushroom-rich diet can help protect and promote health, Romine cautions that they are not a cure-all or a substitute for a healthy lifestyle. To address specific health concerns, she recommends working with a dietician or clinical herbalist to develop appropriate and effective ways to incorporate mushrooms into a health regimen.

April Thompson is a freelance writer in Washington, D.C. Contact her at AprilWrites.com.

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The Minimalist Family Trading Clutter for Calm

by Meredith Montgomery

When Denaye Barahona, of New York City, became a parent, she felt compelled to buy everything for her son. “We are inundated as a culture with so many products for our kids that it’s hard to differentiate what we need; it really wears us down,” she says.

While working on her Ph.D. in child development, Barahona discovered—both in research and personal experience—that kids actually thrive with less stuff. And so she began her journey toward minimalism by purging toys and clothes, eventually founding *SimpleFamilies.com*.

Cary Fortin and Kyle Quilici, of San Francisco, believe time is better spent experiencing life with people than managing, organizing, cleaning and buying things. Their book *New Minimalism: Decluttering and Design for Sustainable, Intentional Living* is a call to adopt a more mindful life. Fortin says, “You decide first what you value, how you want to spend your days, how you want to feel, and then reflect these values in your physical space.”

“Minimalism is not about living in a tiny home and never owning more than 100 things; it’s about figuring out what

brings value and purpose to your life and letting go of the rest,” says Atlanta’s Zoë Kim, author of *Minimalism for Families: Practical Minimalist Living Strategies to Simplify Your Home and Life*.

The Benefits

Time is precious, especially for parents. More free time is gained when a toy collection is significantly reduced, but other benefits result, as well. A 2018 University of Toledo study published in *Infant Behavior and Development* suggests toddlers engage in more focused and creative play when faced with fewer choices. “Kids who previously tore through bins or who didn’t care about their belongings immediately begin engaging with toys more appropriately and for longer periods of time,” says Barahona, the author of *Simple Happy Parenting: The Secret of Less for Calmer Parents and Happier Kids*.

Research also indicates that our limited stores of willpower are depleted more quickly when we are flooded with decisions. “When you have less stuff in a room and less choices to make, your mental state actually improves—you have more clarity and can focus better,” she says. “Because kids

are so much more easily stimulated, they feel the impact of a chaotic room even more than adults.”

Minimalism also arms children with self-reflection tools and introduces them to the process of letting go and donating. “They learn to ask ‘Am I enjoying this? Could I repurpose it?’ while understanding that some things we can mend and enjoy for long periods of time, and other things we outgrow—which we can then give away,” says Fortin.

Where to Start

Experts agree that in family households, the shift toward minimalism should begin with the adults. “It gives them time to understand how the process feels and models the behavior for their children,” says Fortin.

Barahona streamlines her home by focusing on active spaces. “Active items are the things you use regularly, such as your two favorite pairs of jeans—not the 13 pairs you rarely wear.” When active and storage items accumulate in the same space, the need to sort through extra “stuff” wastes time and energy, she says. “We’ve all lost our keys when we’re already running late and then suddenly we’re yelling at our kids. Simplifying so we can prevent these scenarios positively impacts our mood and our ability to be present with our kids.”

Although the decluttering process starts with the parents, children should be involved as much as possible, and in a positive light. “Kids don’t like cleaning up, but with ongoing conversations and small consistent shifts, children see how less stuff can lead to more time for enjoyable activities,” says Kim.

Minimalist strategies can be applied across many realms of life, such as scaling back the family calendar and hovering less as a parent. “Family life always seems to speed up, but we can break the cycle of busy by scheduling blank time. Being intentional with time goes hand-in-hand with minimalism,” says Quilici.

To stay inspired, find social media pages and websites to follow for ideas. “You’re going to hit roadblocks, so it’s important to surround yourself with inspiration,” Kim says. “Now that I’ve let go of the lifestyle I thought I needed, it’s nice to have less, but it’s even better to want less.”

Meredith Montgomery publishes *Natural Awakenings of Gulf Coast Alabama/Mississippi* (HealthyLivingHealthyPlanet.com).



Nature's Toolbox

The Key to Prostate Health

by Melanie Laporte

The prostate is about the size of a walnut, yet this tiny gland can be the source of major problems for many men. Most potential health risks are preventable and treatable with proper diet, lifestyle changes—and a new array of natural approaches.

Holistic and integrative practitioners are looking beyond traditional supplements like saw palmetto, lycopene, pygeum and green tea extract to treat common conditions such as enlargement of the prostate or benign prostatic hyperplasia (BPH), which can develop as men grow older.

Rob Raponi, a naturopathic doctor in Vaughan, Ontario, sees men struggling with nocturia, an effect of BPH that wakes them during the night with the urge to urinate. “It interrupts your sleep, which accumulates and starts to interrupt your day,” says Raponi, who uses zinc-rich ground flax and pumpkin seeds to ease BPH urinary symptoms and inflammation. He’s also achieving positive results by utilizing combinations of rye grass pollen extract. He says, “It seems to work wonders.”

Confronting Cancer

According to the American Cancer Society, about one in nine men will

be diagnosed with prostate cancer, the second-leading cause of male deaths in U.S. However, it’s also one of the most preventable cancers.

“The key is to make our body inhospitable to mutating cells which could form cancer that ultimately threatens your life,” says Lorenzo Cohen, Ph.D., director of the Integrative Medicine Program at The University of Texas MD Anderson Cancer Center, in Houston. Part of the answer may lie in the human gut, which makes diet central to addressing prostate issues.

According to a recent review of research published in *Prostate Cancer and Prostatic Diseases*, the microbiome—a community of microbes that supports digestion and the immune system—may influence prostate inflammation and the development of prostate cancer. “The microbiome’s ability to affect systemic hormone levels may also be important, particularly in a disease such as prostate cancer that is dually affected by estrogen and androgen levels,” it concludes.

The Nutritional Factor

“A plant-centered diet with low-glycemic-load foods feeds your microbiome, which is at its healthiest and will thrive when it’s fed healthy soluble fibers

provided exclusively from the plant world,” says Cohen, the author of *Anti-cancer Living: Transform Your Life and Health with the Mix of Six*.

Antioxidants and plant nutrients counterbalance oxidative stress and damage, adds Cohen. “Cruciferous and bracken vegetables—raw kale, broccoli, Swiss chard, dark leafy greens and soy—invigorate the prostate. Also, a couple of Brazil nuts per day give a healthy dose of selenium to decrease risk factors.”

Jim Occhiogrosso, a Fort Myers, Florida-based natural health practitioner and author of *Your Prostate, Your Libido, Your Life*, notes that most incidences of prostate cancer are slow growing and not aggressive. “One of my first clients was in his early 80s, was diagnosed with prostate cancer, and treated it with only herbs. Fifteen years later, in his mid-90s, he still has prostate cancer. He’s still doing fine and getting around, albeit slowly.”

Occhiogrosso says he uses herbal mixtures of saw palmetto, “which is a good supplement for beefing up the immune system—also solar berry, mushroom extracts, vitamin C and full-fraction vitamin E.”

Mark Stengler, a naturopathic doctor and co-author of *Outside The Box Cancer Therapies: Alternative Therapies That Treat and Prevent Cancer*, recommends a blend of five grams of modified citrus pectin, 200 milligrams of reishi mushroom and 1,000 milligrams of green tea extract taken two to three times per day, plus vitamin D.

The five-year survival rate for men diagnosed with prostate cancer is about 98 percent, and it’s been rising for the last few years. Early diagnosis is critical, says Raponi. “If you stop prostate cancer when it’s still in stage one or early on, the five-year survival rate is 100 percent, but if it’s later on, it starts to drop into the 70s.”

The same measures employed to prevent prostate issues—whole foods, natural herbs and regular exercise—should still be pursued, but more aggressively if cancer should develop. “The intensity becomes more salient after diagnosis,” says Cohen, “but we don’t need a diagnosis to up our game with healthy living.”

Melanie Laporte is a licensed massage therapist and health writer based in Austin, Texas.



JUST ADD WATER

Aquatic Workouts for Him

by Marlaina Donato

When it comes to chiseling muscles, recovering from injury or reducing stress, men are finding that hitting the pool might even surpass hitting the gym. “Water aerobics is a great form of exercise for men looking to sculpt their bodies, because water offers multidirectional drag resistance that assists in developing muscle balance within the body,” says Denver aquatic fitness trainer Sean Sullivan.

Pool workouts offer men and women of all ages and condition a low-impact, energizing way to get fit and burn calories. From specialized classes for patients with Parkinson’s disease to relief from the pain of arthritis and fibromyalgia, water aerobics harbors benefits for everyone.

The Mayo Clinic adds improved cardiovascular health to the reasons why more men are joining classes that were previously considered to be a women’s domain. A recent meta-analysis of 14 studies published in the *European Journal of Preventive Cardiology* found that aquatic exercise can significantly lower blood pressure. Another study published in the *Asian Journal of Sports Medicine* reached a similar conclusion when men that underwent 55 minutes of aquatic exercise three times a week exhibited marked reductions in hypertension.

Go Vertical for Stronger Muscles

Water aerobics classes, which don’t involve swimming, are conducted in waist-high water. These vertical workouts provide 75 percent more resistance than land-based exercise. “When you perform a bicep curl in the water with no equipment, not only do you exercise the bicep muscle on the way up, but because of drag resistance, you’re also exercising your triceps muscle on the way down, for a balanced workout,” says Sullivan.

Exercise physiologist Clinton Maclin, of the Piedmont Atlanta Fitness Center, in Georgia, concurs. “Aqua aerobics helps all muscle groups benefit from increased endurance, resistance and range of motion.” For optimum fitness, Maclin recommends getting wet for a minimum of two-and-a-half hours per week to stay in condition.

The heart is also a muscle that benefits greatly from aquatic fitness. “Hydrostatic pressure is a property of water that aids in blood flow return to the heart, which may lead to a reduction in heart rate,” says Sullivan. “It’s a physiological benefit from simply immersing oneself in water.”

Less Pain, More Flexibility

A number of recent studies have shown that aquatic exercise can ease pain in

conditions such as fibromyalgia and also improve flexibility in joints. It’s recommended by both the Osteoarthritis Research Society International and by the American College of Rheumatology.

In the water, older individuals can exercise without the risk of falling. “The water creates buoyancy, making it less likely to make sudden movements. The low impact of the water allows longer participation time, mobility and stability,” says Maclin. “Seniors can participate in higher-intensity movements and perform more activities, even while injured.”

Aqua aerobics helps improve balance and is also a boon to soft tissue. “Warm water provides a tremendous benefit to tendons and ligaments, adding mobility, flexibility and well-being,” notes instructor and fitness trainer Márcia Wilken, in Shawano, Wisconsin. “Seniors can benefit most from water exercise at least twice a week. It can also improve cognitive thinking and helps to promote a better sleep pattern.”

Rehabilitation, Parkinson’s Disease and Multiple Sclerosis

Aquatic therapy in warm water helps to facilitate recovery after joint surgery and injuries, including anterior cruciate ligament tears in the knee. “Warm pools are a great environment for young athletes recovering from sports-related injuries. Hydrostatic pressure reduces swelling of the injured area, allowing for greater range of motion. Buoyancy reduces the load placed upon the injured area and reduces pain,” says Sullivan. “The properties of water allow injured athletes to begin the recovery process sooner.”

For individuals with Parkinson’s, the American Parkinson Disease Association recommends aquatic exercise for improved balance and pain reduction. In 2014, the *European Journal of Experimental Biology* published an eight-week Iranian study involving 60 men with multiple sclerosis that concluded it improved balance.

Water resistance does a body good, but the experts suggest one-on-one attention for best results. “I strongly recommend finding an aquatic fitness and rehabilitation specialist, because not all exercises are beneficial for everyone,” says Sullivan.

Wilken agrees. “A trainer can teach technique and different ways to move in the water, as well as proper breathing and good body alignment. It will double the benefits.”

Marlaina Donato is the author of several books on spirituality and clinical aromatherapy. She is also a composer. Connect at AutumnEmbersMusic.com.

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Pre-Wired for the Future

Transportation Drives Urban Planning

by Jim Motavalli

The Congress for the New Urbanism, a Washington, D.C.-based advocacy nonprofit, has some decisive views about what makes a walkable community: “complete streets” that are designed for bicyclists, pedestrians and transit. What it doesn’t have is cars—at least not those with tailpipes.

City planners are increasingly designing green buildings without parking, and mandating—where it exists—that wiring for zero-emission electric vehicles (EV) is part of the plan. Oslo, Norway, for instance, has become known as the electric car capital of the world, yet it has also replaced considerable on-street parking with bike lanes and sidewalks. Its city center went mostly car-free this year, and according to *Fast Company* magazine, it’s a huge success: “Parking spots are now bike lanes, transit is fast and easy, and the streets (and local businesses) are full of people.”

Until recently, a new apartment building without parking was unthinkable, but architects are now contemplating—and building—just such new construction. A 13,000-square-foot,

mixed-use development in Boston is being built with 16 rental units—and no onsite parking. Boston is a transit-friendly city and the complex is just a quarter mile from a Red Line subway stop. The city is a hub for what the Transit Oriented Development (TOD) Institute, a project of the U.S. High Speed Rail Association, calls “the creation of compact, walkable, pedestrian-oriented, mixed-use communities centered around high-quality train systems.”

Also proposed in the city is a five-story, 56-unit apartment building that features a gym, media room, a rack for several dozen bicycles—but no parking. The structure is adjacent to the Red Line, and the plan aligns with efforts by the Boston Planning and Development Agency to reduce—to zero in some cases—the ratio of units to parking spaces.

The Boston Redevelopment Authority has expressed concern that the residents of buildings without parking will simply add to congestion on neighborhood streets, but a report by Atlantic Cities (now called CityLab) found that

45 percent of residents in five census tracts around one proposed car-free Boston building didn't even own cars, so a possible "no cars" covenant could be part of a lease.

According to the Smart Growth America report *Empty Spaces*, most TOD developments build reduced parking lots, yet even those turned out to be too big; on average, its study of five such developments shows they were 58 to 84 percent occupied.

Wiring for EVs: It's the Law

It can be expensive to retrofit buildings with wiring for electric cars, because "trenching" under existing pavement is usually required. A California Air Resources Board report in 2015 put these costs per building at between \$3,750 and \$6,975, and that's just for the wiring. Costs are reduced 64 to 75 percent if the buildings are wired when they're built, according to an Energy Solutions/Pacific Gas and Electric report.

California has become the leader in requiring EV prewiring in new construction of multifamily dwellings and nonresidential developments. The state began requiring wiring for Level 2 (240-volt) EV charging in 2015.

Chelsea Sexton, a Los Angeles-based electric car ad-

It's super-important to prewire for EVs. New buildings will last for 50 to 100 years, and in that time, EVs will become a much bigger slice of our transportation future than they are now.

~Tom Saxton, Plug In America

vocate and advisor, backs the state law, with caveats. "Where there is parking included," she says, "most buildings and public lots should be pre-wired for EV charging—while it is the most cost effective to do so and preserves the most flexibility for that property going forward."

It's not just California. Atlanta passed a city ordinance in 2017 that will require all new residential homes and public parking areas to accommodate EVs. Some 20 percent of the spaces have

to be ready to be connected. In Washington state, 5 percent of parking spaces in new construction have to be wired for EVs. In Colorado, which has the goal of nearly a million EVs on state roads by 2030, the cities of Denver, Fort Collins, Boulder and Aspen all require new one- and two-family residential construction to be EV-ready. There are also EV-friendly laws in New York City, Hawaii, Oregon and Montgomery County, Maryland.

Tom Saxton, the chief science officer of the Plug In America advocacy group, based in Los Angeles, says, "It's super-important to prewire for EVs. New buildings will last for 50 to 100 years, and in that time, EVs will become a much bigger slice of our transportation future than they are now."

Jim Motavalli, of Fairfield, CT, is an author and freelance journalist. Connect at JimMotavalli.com.

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NONTOXIC LAWN CARE

Protecting Pets and the Planet

by Marlaina Donato

Warmer weather has arrived, and so begins many homeowners' annual quest for a well-nourished, weed-free lawn. However, the grass isn't always greener—or healthier—using conventional approaches.

Turf grass covers up to 50 million acres of American land, and according to the U.S. Environmental Protection Agency, about 60 million pounds of synthetic pesticides are used each year in yards and gardens, in addition to tens of millions more pounds applied in parks, schoolyards and other public spaces.

Americans spend billions of dollars growing and maintaining manicured lawns resulting in a high price for pets, people and wildlife. Nitrogen from fertilizers seeps into surface water and groundwater, contaminating wells and spawning harmful algae blooms; pesticides kill off more than 70 million birds each year in the U.S. alone; and bees and other pollinators are also succumbing to the toxic chemicals at an alarming rate.

Pets at Risk

Chemicals routinely used in lawn care are especially problematic for the family

dog or cat. "Animals are close to the ground, and their feet touch the ground, so every substance you choose to allow in your home and yard will affect them," says Ashley Geoghegan, DVM, of Vet-Naturally, in Mandeville, Louisiana.

A study conducted by the Department of Veterinary Clinical Sciences at Purdue University concludes that common lawn chemicals like glyphosate, 2, 4-D and permethrin are linked to canine bladder cancer. A six-year study by the Foster Hospital for Small Animals at the Tufts University Cummings School of Veterinary Medicine reveals that exposure to professionally applied lawn pesticides and herbicides increased the risk for canine malignant lymphoma by 70 percent.

In pets, chronic or sub-chronic exposure to conventional lawn care chemicals manifests as eye damage and thyroid, urinary and reproductive conditions. Feline gastrointestinal distress is also a consequence, and even indoor cats are at risk from contaminants brought into the home.

"Anything that goes on your lawn goes into your pet's body. Pets walk through it, roll in it and then groom themselves," says Michele Yasson, DVM, of Holistic Veterinary Services, in St.

Augustine, Florida. "Max, one of my canine patients, developed acute, life-threatening pancreatitis just hours after his yard had been treated by a commercial lawn care service."

Go Natural for Lush Lawns

Opting for a toxin-free lawn helps grass roots to anchor deeply into the earth, making them less likely to fall victim to weeds, disease and drought. An organic lawn has beneficial microbes; helpful insects like ladybugs and lacewings thrive, while pesty insects decline.

Instead of chemical fertilizers and "natural" alternatives like borax, vinegar, garlic, essential oils and cocoa mulch, which can also be toxic to pets, try using grass clippings, seaweed, corn gluten meal, single-ingredient bone meal, diatomaceous earth or *Bacillus thuringiensis* (BT); all are better options.

Redefining beauty and working with nature can also have a positive impact. "Set a goal to gradually reduce the area of your yard devoted to grass, and begin to establish plants like butterfly bush or bee balm that support pollinators such as bees," recommends Sandy Long, of Greeley, Pennsylvania, a knowledgeable pet parent and executive director of the nonprofit environmental education organization SEEDS (Sustainable Energy Education and Development Support).

Simple Precautions

Simple precautions like removing shoes before entering the house, storing lawn products out of reach of pets and avoiding conventionally treated areas for at least 48 hours after application are paramount. Also:

- ✓ Close windows during application.
- ✓ Increase frequency of pet baths during spring and fall, when chemical application is highest.
- ✓ Eliminate accumulation of water on lawns where pets might drink.
- ✓ Leash pets during walks to keep them away from treated areas.
- ✓ Wipe paws with a damp cloth after being outside.

After weighing alternatives, dog trainer Rebecca Porter, owner of Rosy Dogs, in Stoughton, Wisconsin, settled on prescribed burns, mowing and hand removal of invasive plants. "It works, and now my dog gallops safely through the waist-high grasslands. As for my yard, I enjoy the volunteer plants. It's a decision all landowners can make."

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.

inspiration



FATHERHOOD'S PAIN AND GLORY

We Must Face Our Own Story First

by Chris Bruno

I have worked in the corporate world, served as a missionary in the Middle East during 9/11 and the Iraq War, been assaulted with a knife, launched a small business and a nonprofit and suffered deep loss at the early deaths of dear friends, but nothing has terrified or paralyzed me more than fathering my

own son. It has demanded me to first face my own father-story with an intensity and intentionality I would rather flee than engage.

My parents more than adequately provided for my physical needs. I had friends, lived in the suburbs and even had a horse. From the outside looking in, I had

nothing to complain about. Any time the haunting ache of father-hunger emerged from my soul, I quickly squelched it, telling myself to simply move on. It is the story of most men in my generation.

I continued to live as if all was well until I married and had a son of my own. I was now a father, and the weight of this title sent my soul into a tailspin. What is father? Who am I as father? What does it mean to father? And finally, with the force of a left upper jab to the jaw: How was I fathered? I realized that to father him, I, myself, still needed to be fathered.

In my conversations with men about their father-stories, the most frequent sentence I hear is, "My dad did okay. He did the best he could." But no child wants an "okay" dad. Every child longs for a dad to know, see, pursue, hope, envision, create and bless. Franciscan friar and author Richard Rohr states, "If we do not transform our pain, we will transmit it in some form." Untransformed pain from our father, whether from his absence, vacancy or violence, will inevitably be transmitted to our children.

I can only take my son as far as I myself have gone. Our sons were born into an already existing story—our story—and for them to know who they are, we need to know who we are, in all of our glory and pain. From this place of freedom, we can usher our sons into a manhood we can come to know together.

Reprinted with permission from Chris Bruno, the director of the Restoration Counseling Center of Northern Colorado and the president of the Restoration Project. He is the author of Man Maker Project: Boys are Born, Men are Made.

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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

Wheatgrass Your #1 SuperFOOD

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

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

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

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

What is Wheatgrass Juice?

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

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

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

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

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

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

Wheatgrass Benefits for Cancer

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

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

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

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

ADVERTISEMENT



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

Wheatgrass Juice Facts

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

Nutritional Value of Wheatgrass Juice

(Per 100 gm)

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

Why Must Wheatgrass Juice Be Drunk Fresh?

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

How Much Wheatgrass Do I Need?

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

100 grams of wheatgrass contain:

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

Is Wheatgrass a Food?

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

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

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

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BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

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.

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Saturday June 1

Daylily Festival and Garden Show – 8:30am-3pm. A celebration of horticulture and all that it involves from plants, garden accessories, educational speakers and food booths. Magdalen Square, Downtown Abbeville.

Monday June 3

Safe Sitter Program – 9am-3:30pm. Teens learn about caring for children with all child care essentials. Safe Sitter backpack, lunch, and take home materials provided. Ages 14-16yrs. \$45/student. Pre-registration required: Eventbrite.com. Woman's Foundation Classroom, Building A, Suite 100, 4630 Ambassador Caffery Pkwy, Lafayette. 337-988-1816. Sally@WomansFoundation.com.

Wednesday June 5

Beyond Body Talk Girls – 6-8pm. A discussion of the development of the body for teens. Topics include body changes, making good decisions, morals, values and setting personal goals. \$30/family; child and parent. Register at Eventbrite.com. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette. 337-988-1816. Sally@WomansFoundation.com.

Thursday June 6

Wine Up – 5:30-8:30pm. A wine tasting where the community gathers to enjoy its historic museum. Appetizers and desserts served with wine, while attendees try for door prizes. \$40 tickets at Eventbrite.com. Benefits the Main Street Nativity and Lighting of the Courthouse Square by The Walking Ladies. Cynthia Lormand. Le Vieux Village, 828 E Landry St, Opelousas.

One Flew Over the Cuckoo's Nest – Thurs-Sat. 7:30-10pm & Sun 2-5 pm. Thru June 9. A live theatre production set in a mental hospital, where a patient comes into conflict with perfect order maintained by the head nurse. The show contains strong language and adult themes. Directed by Charlie Robertson. \$10. Essanee Theatre, 126 Iberia St, New Iberia. 337-364-6114 or 337-245-9962. IPALTheater.com.

Friday June 7

The Partners in Healthcare Conference – 12-8pm & Saturday June 8am-6pm. A key event

for sharing resources and information about the Acadiana healthcare community. Wellness checks and screenings provided. Healthcare leaders from private industry, nonprofit organizations, and government agencies will present the progress of community, regional, and national efforts to improve healthcare. Free. LITEON Healthcare Group. Rick Rowan. Double Tree by Hilton, Lafayette, 1521 W Pinhook, Lafayette. Tori@NAAcadiana.com. 337-565-9105.

Saturday June 8

Battle for the Paddle Shrimp – 8am-11pm. Shrimp Cook-off for the Delcambre Volunteer Fire Department. \$5. Shrimp Festival Fair Grounds, 319 E Main St, Delcambre. 337-342-4459.

Sensory Friendly Visit – 8:30-11:30am. Visits to better serve persons with sensory processing differences. Vermilionville opens an hour earlier, allowing families to tour the village before it opens to create a welcoming environment for a successful museum experience. Pre-registration required. \$10. Melanie Harrington. Vermilionville Living History Museum & Folklife Park, 300 Fisher Rd, Lafayette. 337-233-4077 ext 206. Education@BayouVermilionDistrict.org.

UHC Health Fair – 9am-12pm. A community health fair with participation from the Lafayette Parish Fire and Sheriff's Departments, Acadian Ambulance, retail vendors and health care plans to answer your questions. Free. Louise Batiste. University Hospital & Clinics, 2390 W Congress St, Lafayette. 337-261-8553. LABatiste@lgh.org.

Targil's Culinary Classes – 9am-5pm & Saturday June 22. Cooking classes about making sausage (6/8) and boudin (6/22) taught by Chef Randy David. Each class has a cooking demonstration, samples of featured dishes, and recipes to take home. \$45. Targil, 229 Wartell Ave, Opelousas. 337-942-6276.

Sunday June 9

St. Charles Borromeo Bicentennial Choir Concert – 2-4pm. A time to commemorate the bicentennial occasion with Ignatius Carmouche, Naomi Broussard and amazing choir performances. Christ the King Mission, 369 Christ the King Rd, Bellevue.

Tuesday June 11

Body Talk Girls – 6-8 pm & 10am-12pm Sat June 29. A class that covers the basics of puberty for girls: five stages of development, good hygiene habits, emotions and the menstrual cycle. \$30/family; child and parent. Tickets at EventBrite.com. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette. 337-988-1816. Sally@WomansFoundation.com.

Thursday June 13

National Marina Day – 5-8pm. Celebrate the marina with live entertainment, food, drinks and activities for the kids. The marina is open to the public on this day, even if you don't have a boat. North Pier Marina, Port of Delcambre, 307 Isadore St, Delcambre. 337-303-7950.

Friday June 14

Picnic with Pops – 6-9pm. A family friendly outdoor picnic event with a fun jump, 68 ft. obstacle course, face painting, arts and crafts and other fun games. Movie shown at dusk. Free. Healthy Blue Louisiana & Family Tree Healthy Start Program. Covenant UMC, 300 E Martial Ave, Lafayette.

Wednesday June 19

Body Talk Boys – 6-8pm. A class that covers the basics of puberty for boys: five stages of development, good hygiene habits and emotions. \$30/family; child and parent. Tickets at EventBrite.com. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette. 337-988-1816. Sally@WomansFoundation.com.

Thursday June 20

Grow Acadiana Socials – 5:30pm. Listen, learn and socialize with the Acadiana Food Alliance. Check out the website for the month's discussion focus. Free. The Wurst Biergarten, 537 Jefferson St, Lafayette. GrowAcadiana.org.

Saturday June 22

Broadway Backwards on the Bayou – 7:30-10pm. Performers sing tunes originally written for a specific gender, but performed by the opposite gender or age group. \$15. Essanee Theatre, 126 Iberia St. New Iberia, 337-364-6114. IPALTheater.com.

Sunday June 30

Stars & Stripes – 3-4:30 pm. A musical celebration concert by the Acadiana Symphony Orchestra and the Iberia Community Concert Band. Listen to patriotic and World War II era music to honor veterans. Sugar Cane Festival Building,



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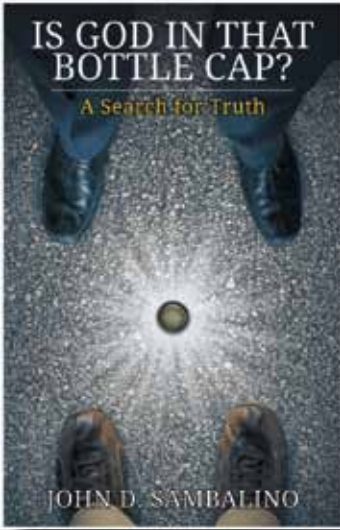


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natural awakenings



Dear Partners in Healthcare ,

We have worked in the Acadiana community for nearly 10 years now hoping to make a difference in the health and wellness of our Acadiana families and neighbors. This is the second year we are hosting a health and wellness expo and conference. Our hope is to make a difference for the thousands of uninsured and underinsured people of Acadiana who need better access to both standard healthcare options as well as traditional self-care wellness by uniting healthcare and wellness providers all under one roof for this key community event. Join us in making a difference by providing information and education on health and wellness options in OUR community.

Steven T. Castille

Conference and Expo Chairman
Partners in Healthcare Expo and Conference



"We Connect People with Healthcare and Wellness Providers"

About the Partners in Healthcare Expo & Conference

The Partners in Healthcare Conference is a key event for sharing information in the healthcare community locally and nationally. Healthcare leaders from private industry, non-profit organizations, and government agencies will present the progress of community, regional, and national efforts to improve health care for patients and families.

General Conference Agenda

Friday, June 7th 2019

12:00 pm to 2:00 pm	Exhibitor Setup and Registration Grand Ballroom AB, 4th Floor
2:00 pm to 6:30 pm	Exhibit Floor Opens To The Public General Registration Grand Ballroom AB, 4th Floor
2:00 pm	Welcome Address Grand Ballroom AB, 4th Floor
2:30 pm to 6:00pm	Conference Presentations Ashland Room, 4th Floor
6:30 pm	Exhibit Hall Closes to the Public
6:30 pm to 8:30 pm	Private Reception and Exhibitor Awards Ceremony Grand Ballroom AB, 4th Floor

Saturday June 8th 2019

7:30 am to 8:00 am	Exhibitor Setup and Exhibitor Coffee Outside Ashland Room, 4th Floor
8:00 am to 6:00 pm	Exhibit Floor Opens to the Public General Registration Grand Ballroom AB, 4th Floor
8:00 am to 12:00 pm	Conference Presentations Ashland Room, 4th Floor
12:00 pm to 1:00 pm	Lunch On Own
1:00 pm to 6:00 pm	Conference Presentations Continue Ashland Room, 4th Floor
6:00 pm	Closing Remarks Exhibit Hall Closes



Rick Rowan
Conference Director



Tori Guidry
Conference Events
Coordinator



Megan Reed
Conference Staff



Joyce Leday
Conference Staff

2019 Partners in Healthcare Conference & Expo

DoubleTree by HILTON, Lafayette, LA

PRESENTATION AGENDA

Friday, June 7

Ashland Room, 4th Floor

2:30 pm – 3:00 pm **“Insurance 101”**

North American Senior Benefits *Presenter: Joshua Thomas, Benefits Coordinator*

Life and Health Insurance explained. Insurance has its own “language” and very few people are able to “speak it”. This presentation will act as your personal interpreter and break down everything you need to know about healthcare’s most confusing component.

3:00 pm – 3:30 pm **“Emergency Preparedness”**

Office of Public Health *Presenter: Karen Buroker, RN*

This presentation will review steps to take to prepare yourself, your family, your business and your community for Disasters and Emergencies. It will also include a brief overview of the Office of Public Health and its services.

3:30 pm – 4:00 pm **“Speech & Language Development: When should you be concerned?”**

Leger’s Little Learners, LLC *Presenter: Gail Leger, Speech Pathologist*

It’s important to know that boys speech and language development occurs differently from girls. This presentation will address that topic as well as when your child should be forming words and sentences.

4:00 pm – 4:30 pm **“Outcome Based Medicine is here”**

CoRelief Center *Presenter: Dr. Brittny Antoine, DACM, L.Ac*

Pain is a THIEF... It robs us each day, preventing us from doing what we want and need to do. In this talk, you will learn how acupuncture, especially when it is combined with micro technologies as we do at CoRelief Center, is one of the best and most painless options for pain relief as a first line of defense and not as a last resort. You will also learn the differences between dry needling (requiring a minimum of a few weekend seminars) and acupuncture (requiring a minimum of three years of full-time study) and how we at CoRelief Center relief center are so confident in our methods that we don’t charge patients we aren’t able to help.

4:30 pm – 5:00 pm **“Breakthroughs in Nonsurgical Healing Using Regenerative Medicine!”**

Bryant Medical Group *Presenter: Dr. Michael Fontenot, DC, Chief Operations Officer*

Our mission is to provide our patients safe, effective, and lasting treatment options that eliminate dependence on medications, help them avoid unnecessary surgical interventions, and improve their overall quality of health. Our cutting edge approach combines the best of physical medicine, regenerative medicine, chiropractic and functional rehabilitation. Our goal is to help patients achieve relief of pain and improvement in function without narcotics. This talk will explain how we use our integrated model to help patients suffering from chronic joint pain, arthritis and neuropathy using a regenerative medicine approach.

5:00 pm – 5:30 pm **“Gulf Coast Social Services Personal Care, Quality Outcomes”**

Gulf Coast Social Services *Presenters: Ashley Jackson, Billing/Advocate & Delana Clay-Sias, Coordinator*

This presentation will include the history of Gulf Coast Social Services, areas served, and the evidence-based programs that they offer. Find out how they empower people with mental, physical, behavioral, and other challenges to improve the quality of their lives and to live as independently as possible in the community.

5:30 pm – 6:00 pm

“New Year to Wellness: Essential Oils 101”

Young Living

Presenters: Erin Dufour, Patricia Kubena & Sandra Ashley

What if we as a society made a shift and were better at healthcare than we are at sick care? Young Living is here to make healthy decisions so much easier. Learn more about ingredients that are not harmful and actually support a healthy body, effectively. From essential oils, skin care and makeup to a kid and baby line, pet products, supplements, food, and so much more, listen in and join the revolution to live a healthier, happier life where you feel energized and empowered!

Saturday, June 8

Ashland Room, 4th Floor

8:30 am – 9:00 am

“What is Assisted Living, and who is Eastridge Senior Living Suites?”

Eastridge Senior Living Suites / Elder Outreach *Presenter: Angie Leblanc, LPN Executive Director*

Learn more about how we are facilitating independence with dignity and respect for all individuals while allowing them lifestyle choices and privacy within a safe and secure community.

9:00 am – 9:30 am

“Peer Employment Training”

The Extra Mile Region IV *Presenters: Linda Boudreaux, Executive Director & Sandy Dimiterchik, Certified Peer Support Specialist*

This presentation will serve as an introduction to competency-based peer support specialist training for persons living with behavioral health issues. The training is available to peers and upon successful completion leads to certification as a Peer Support Specialist in Louisiana. Learn how The Extra Mile Region IV facilitates the trainings and the certification process and how Peer Support Specialists work in many areas of the behavioral health system.

9:30 am – 10:00 am

“Cervical Cancer Prevention”

National Cervical Cancer Coalition – Lafayette *Presenter: Dr. Denise Linton, DNS, FNP-BC*

Cervical cancer is preventable, but women in Louisiana, the United States and the world are being diagnosed with cervical cancer and some die from the disease. Information about cervical cancer prevention strategies will be presented. These strategies are the human papilloma virus vaccine, cervical cancer screening, and the follow up of abnormal Pap test results.

10:00 am – 10:30 am

“Physical Therapy and the Role of the Physical Therapist in Restoring a Person’s Function”

Scott Physical Therapy *Presenter: Jeffrey Mentel, PT*

Did you know that the pain you experience in your neck, back, and other joints and muscles may be the result of improper postures and movements, sometimes over long periods of time each day, for many years? Pain can also be a result of more sudden injuries, like those in sports, vehicle accidents, and functions of the job, as well as with conditions such as arthritis and diabetes. Learn how your physical therapist can help you overcome that pain, manage and prevent further pain, and reduce the risk for future injuries, all the while returning you to your favorite activities and back to work.

10:30 am – 11:00 am

“Churches and Healthcare - The Power of Connection”

Our Lady of Lourdes Regional Medical Center *Presenter: Linda Peters, Congregational Health Services Coordinator*

What is the power source that opens doors to bring community resources into the church? Let’s talk about the major role of connecting and keeping church leadership engaged with the holistic needs of the congregation.

11:00 am – 11:30 am

“Dyslexia”

Dyslexia Institutes of America *Presenter: Stacey Renard Young, M.Ed, PLET*

One in five students, or 15-20% of the population, has a language based learning disability. Dyslexia is the most common of the language based learning disabilities. Brain images of people with dyslexia changed after intensive focused intervention to help them learn better. Dyslexia Institutes of America can diagnose and provided intervention to those who suffer with dyslexia and related processing disorders. We will discuss what dyslexia is and what it is not and the warning signs of dyslexia.

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12:00 pm – 1:00 pm LUNCH

1:00 pm – 1:30 pm “The Facts About VA Non Service-Connected Pension and Aid & Attendance”

From the Heart Veterans Benefits Assistance, Inc. *Presenter: Merlinda Valerie Prejean, VA Accredited Claims Agent A1N*
Join me for an explanation of the Aid and Attendance program. It is a special pension that accompanies basic pension. Learn more about the requirements to be eligible.

1:30 pm – 2:00 pm “Share Care USA – The True Meaning of Personal Care for our Loved Ones”

Share Care USA / Hand up Thrift *Presenter: Kat Crappell, Marketing Director*

During this demonstration, we will discuss care giving programs offered by the state from birth to seniors and how these services are offered at Share Care USA. We will also look at the difference between an agency caregiver vs. private sitter – whom should you choose? And finally, we will examine the benefits and need for private pay long term care insurance.

2:00 pm – 2:30 pm “What is ABA and How Can it Improve your Life or Organization?”

Summit Behavioral Services *Presenter: Channing Langlinais, BCBA, LBA*

During this presentation, attendees will learn more about the field of Applied Behavior Analysis (ABA) and how strategies in ABA can be used to improve behavior and help people and organizations reach their potential. Also to be discussed are the services available to individuals and organizations through Summit Behavioral Services.

2:30 pm – 3:00 pm “Chiropractic for the Entire Family”

RISE Chiropractic *Presenter: Dr. Brennon Kelly, DC*

Discover why newborns and infants need to be checked for spinal dysfunction and how pregnant mothers benefit from chiropractic care and how it reduces labor time, sick days, missed work days, opioid abuse, as well as improves overall health in our population. Also, learn more about how removing stress to the nervous system and the body can express health at a higher level and rely less on medication and outside-in intervention.

3:00 pm – 3:30 pm “Mental Health Awareness”

Pivotal Moments, LLC *Presenter: JoHelen Duckless, Program Coordinator*

Mental Health is something that people should not be ashamed of and should be able to freely discuss; just like any other illness. This presentation will revolve around Mental Health Awareness in general and the importance of Mental Health and well being. Also addressed will be the different types of Mental illness as well as the different resources available for people who suffer with these issues and illnesses.

3:30 pm – 4:00 pm **“HERO Program - Heal, Empower, Recover, and Overcome at New Beginnings”**

HERO Program at New Beginnings *Presenters: Jean-Pierre Catrou & Al Gonzalez, Business Development Executives*

Learn more about the mission of the HERO program of New Beginnings in providing the most modern, evidence based treatment modalities available to evaluate and treat military Heroes with issues commonly experienced by service members such as psychiatric, chemical dependency and/or co-occurring disorders related to military service/combat and understanding day to day life.

4:00 pm – 4:30 pm **“Regenerative Revolution ”**

Clark Integrated Medical Clinics *Presenter: Dr. Scott Clark, DC*

Presentation will include information on the latest advancements in regenerative medicine in relation to arthritis, joint pain, and other injuries.

4:30 pm – 5:00 pm **“Brain Injury Awareness and Harch HBOT”**

BrainART Alliance and Harch Hyperbarics sponsored by Brain Injury Association of Louisiana

Presenters: Juliette Lucarini, RN; Kim Smith, Advocate/Caregiver; BJ Smith, TBI Survivor

BrainART Alliance brings brain injury awareness to the public and human services industry to demonstrate that life after brain injury is full of challenges but there is hope - Fulfilling and happy lives can be built on a foundation of Love, committed care, community involvement and the healing power of Art. Also, learn more about Dr. Harch, his individualized treatment plans and his ability to find the most effective dose for each patient, who then experience clinical improvement in level of functioning, as well as documented improvement in MRI and SPECT brain scans.

5:00 pm – 5:30 pm **“NewULife Somaderm HGH Gel”**

NewULife Somaderm *Presenters: Lark Daigle and Kim Smith, Independent Distributors*

NewULife’s core values are rooted in changing lives. We have a one of a kind extraordinary life transforming homeopathic product with exclusive formulas and no comprising in product quality. Learn more about the only FDA registered non-prescriptive Human Growth Hormone transdermal gel that is 100% safe and effective and how it is a category changing product and a wave of youth and vitality of the future.

5:30 pm – 6:00 pm **“Kim Perrot Vision of Life Foundation”**

Kim Perrot Vision of Life *Presenter: Loretta Perrot Hunter*

Learn more about the goals of the Kim Perrot Vision of Life Foundation in providing positive alternatives for youth, ensure their safety, and maximize their potential to take advantage of available opportunities. Find out how the self-confidence, trust and practical knowledge that young people gain from these opportunities help them grow into healthy, happy, self-sufficient adults.



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PIH Health & Wellness Expo Comes to Your Town with BLACK BOX KIOSKS

The Partners in Healthcare (PIH) Expo Tour brings live talks, presentations, demonstrations, health screenings, and more to your town. With our BLACK BOX KIOSKS (virtual booths), healthcare providers advertise services and products, as well as, give health and wellness talks and demonstrations.

New Iberia (July 2019)
Carencro (September 2019)
Gueydan (November 2019)
Baton Rouge (January 2020)

Crowley (August 2019)
Saint Martinville (October 2019)
Krotz Springs (December 2019)



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Antoine, Brittany DACM, L.Ac - Dr. Brittany Antoine is a pain management specialist practicing acupuncture and Chinese medicine in Lafayette, Louisiana. Born and raised in New Iberia Louisiana, Dr. Antoine earned her Bachelor of Science in Biology at Howard University in Washington, D.C. and received both her master's and doctoral degrees at the Pacific College of Oriental Medicine in San Diego, California. After graduation, she became an apprentice of Dr. Donald Snow in Lake Charles, LA. She is the new Clinical Director of Dr. Snow's 2nd clinic in Lafayette. Her goal is to empower her patients to perceive the human body as divine and that each person must take personal responsibility for his or her own health. Lifestyle consultation is a part of all treatment plans with Dr. Antoine so that each patient can receive personalized suggestions on ways to reach health goals. Her mission is to make every patient feel seen, heard, and understood through compassionate and comprehensive care.

Boudreaux, Linda – Linda Boudreaux is the Executive Director of The Extra Mile, Region IV, Inc. In that capacity she has helped develop the Peer Support Specialist training program in Louisiana. Linda has worked in programs designed to employ peers and promote recovery and resiliency in the mental health population since the 1990s.



Catrou, Jean-Pierre – Jean-Pierre Catrou is a native of Lafayette, Louisiana and served in the US Marine Corp from 1991 to 1995 including combat service in Mogadishu, Somalia as part of Operation Restore Hope. His experiences as a Marine and in combat situations have given him a unique ability to help his fellow military brothers and sisters in their transition into civilian life. Following his military service, he pursued his college education at the University of Louisiana at Lafayette, concentrating his studies in nursing and in the field of psychology. He is married with three daughters and resides near Sunset, Louisiana.



Clark, Scott DC – Dr. Scott Clark is a graduate of LSU and Parker College of Chiropractic. He has over 15 years experience, and his passion for health and wellness for his patients is evident as soon as you meet him. He is the founder and owner of Clark Integrated Medical Clinics, with offices in Lafayette and New Iberia. Dr. Clark has put together an outstanding team of medical doctors, physician assistants and chiropractors, all working together in an integrated model. This unique approach is changing the way healthcare is delivered in Acadiana. He and his medical team are excited to offer a revolutionary product in regenerative medicine for the treatment of a variety of conditions.



Crappel, Kat – Kat Crappel is the Marketing Director for Share Care USA, a company providing personal care services to those with disabilities from birth to seniors. While marketing Share Care, she covers regions four, five, and six within their Lafayette, Lake Charles, and Alexandria offices. Kat is also currently involved in marketing the Hand Up Thrift Store. This store is part of the Share Care USA family and helps with mainstreaming their clients into a working environment by providing them with job opportunities.



Daigle, Lark – With 20+ years of business management in the fields of medicine and law, Lark Daigle brings a wealth of knowledge and experience into every endeavor. Her professionalism and commitment to enriching the lives of others is paramount in achieving success. She finds her purpose in building positive and lasting business relationships.

Dimiterchik, Sandy – Sandy is a certified peer support specialist assigned to the New Iberia Mental Health Center. Sandy is also a resource and liaison to Schizophrenia Alliance support groups in the United States and Internationally through her work with SARDA – Schizophrenia and Related Disorders Alliance of America.

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Duckless, JoHelen - JoHelen Duckless of Opelousas, Louisiana has been with the company for a short period of time and has already made a huge impact. She is currently the Program Coordinator of Joining Hands, the Outreach Program of Pivotal Moments, LLC. She has worked in Healthcare prior to Pivotal Moments, LLC for a total of 7 years. She truly enjoys helping others and spending time with her loved ones, family, and friends. She is looking forward to being able to help more families in getting the assistance they need and growing Joining Hands and Pivotal Moments, LLC.



Fontenot, Michael DC - Dr. Michael Fontenot is a native of Eunice, Louisiana. He graduated from LSU Health Sciences Center in New Orleans in 2004 with a Bachelor of Science in Cardiopulmonary Science, and then he attended Texas Chiropractic College where he graduated with academic honors and earned his Doctorate of Chiropractic degree. Dr. Fontenot is the Chief Operations Officer at the Bryant Medical Group. He has advanced training in Integrative Dry Needling for Sports Medicine and Trauma Rehabilitation, taught by Dr. Yun-Tao Ma, Ph.D. of the American Dry Needling Institute. His advanced training in extremity adjusting and dry needling allow him to excel in the treatment of many sport related injuries. He also has Advanced Certification from the world-renowned Spine Research Institute of San Diego and Dr. Arthur Croft, which focuses on whiplash and brain injury traumatology related to automobile accidents. In addition, Dr. Fontenot holds a certification in collision biomechanics, diagnostics and treatment and has participated in live motor vehicle crash testing through the Barczyk Biomechanics Institute. Dr. Fontenot is currently on a personal mission to help STOP the Opioid Crisis in this country using an integrated model with regenerative medicine.



Gonzales, Alexander - Alexander Gonzalez was born and raised in New Orleans, Louisiana. He's married to a wonderful woman and has a beautiful daughter named, Gabriela. "I have the honor of doing business development for New Beginnings Adolescent Recovery Center. One of my favorite things in the world is helping families find treatment for their loved ones."



Kelly, Brennon DC - Dr. Brennon was born and raised in Lafayette, LA. He graduated from ULL in 2013 with a Bachelor's in Science, Kinesiology, with a focus in Exercise Science. He then went on to study chiropractic at Life University in Atlanta, GA, where he graduated at the end of 2017. Chiropractors graduate with a doctorate level degree, earning an estimated 4,600 credit hours over 4 years - studying everything from basic sciences like biochemistry, anatomy, physiology, pathology, and microbiology. Dr. Brennon exclusively practices the Gonstead technique, which he has studied for the past 4 years throughout school, mostly extracurricular. He has visited Dr. Gonstead's historic clinic in Mt. Horeb, Wisconsin multiple times and continues to pursue clinical excellence in the science, art, and philosophy of chiropractic through the Gonstead seminars, further refining his skills and experience.



Langlinais, Channing BCBA, LBA - Channing Langlinais has been working in the field of Behavior Analysis since 2013. From a young age, she developed a passion for working with individuals with autism and developmental disabilities. After graduating from the University of Louisiana at Lafayette with a Bachelor's degree in Psychology she went on to pursue and obtain Master's degree in Behavior Analysis from the University of Houston – Clear Lake. While in graduate school, Channing gained experience conducting behavior analytic research and providing services in a variety of clinical areas including: early intervention, severe problem behavior, verbal behavior, caregiver and teacher training, and vocational assessment and training. After completing her Master's degree she returned home to Louisiana to continue providing high-quality services to individuals, families, and organizations. She values taking a collaborative approach to services by working with caregivers and other professionals to ensure the most effective outcome for all individuals served. Channing created Summit Behavioral Services with a goal of providing services that fit the needs of all individuals and groups served, regardless of age or diagnosis.

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Dufour, Erin RN – Erin Dufour is an ICU RN with a masters degree in nursing education and a Young Living distributor. In 2016 after losing her mother to stage 4 breast cancer, she was genetically tested and found out she is at high risk for breast cancer. She has been passionately pursuing life changes to help her body stay healthy and continues to research prevention care. She enjoys sharing her journey and empowering others to make life changes that encourage wellness.



Leblanc, Angie LPN - As the Executive Director of Eastridge Suites, Angie LeBlanc approaches each day as an opportunity to learn something new about the residents in our community. Angie is passionate about promoting positive change and personal growth among the community. During her time in long-term care, her greatest achievement is building long-lasting relationships with the residents and families she's served. Angie, nicknamed "a special angel" by residents, is always willing to go the extra mile to make sure her residents are feeling happy and fulfilled. Angie brings seven years of experience in long-term care. She has experience working in several health units, including pediatrics, nurseries, postpartum, pain management, same-day surgery, geriatrics, and social services. Angie serves

on the board of the Vermillion Parish Council of Aging and the Vermillion Chamber of Commerce. She is also on the education committee of the Louisiana Assisted Living Association and holds an ARCP Executive Director and Leadership certification.



Linton, Denise DNS, FNP-BC - Dr. Denise Linton is an Associate Professor at the University of Louisiana at Lafayette in the College of Nursing and Allied Health Professions. She is an educator, clinician, and researcher who disseminates her scholarly works in peer reviewed journals and at local, state, national and international conferences. Dr. Linton, a Board-Certified Family Nurse Practitioner for 20 years, seeks to educate and empower recipients of health care services about health promotion and disease prevention. She is Founder and Chapter Leader of the Lafayette Chapter of the National Cervical Cancer Coalition since 2010.



Mentel, Jeff PT, MPT - Originally from the New Orleans area, Jeff moved to Eunice as a child where he grew up, graduating from Eunice High School in 1992. He joined the U.S. Army, served from 1992-1996 as a psychological operations specialist, Czechoslovakian linguist and paratrooper. Afterwards, he came back home to Eunice where he received an Associate of Science Degree from LSU-Eunice, followed by a Bachelor's Degree in Biological Sciences from LSU Baton Rouge, and finally a Master's Degree in Physical Therapy from LSU-HSC in Shreveport. He bought Scott Physical Therapy in April of 2014. Since starting to practice in 2003, Jeff has obtained extensive continued training in spine care, general and specialized orthopedic/

musculoskeletal impairments, neurological conditions, dry needling and cupping, lymphedema, workers compensation, balance and vestibular dysfunctions, and others areas, and was awarded a Certified Clinical Instructor credential, with which he is able to train students in physical therapy school, undergraduate and high school in the clinical setting.



Perrot, Loretta - Because of an untimely death of a sibling, Mrs. Loretta Perrot Hunter in November 2000 (founder of KPVOL) was given an extra responsibility of having to raise her sister's nine children. Since 2000, Mrs. Perrot Hunter has taken in several other homeless youths who were either friends or classmates to her four children. As a result, in 2003, a group of Business professionals got together with Loretta and helped her form the Kim Perrot Vision of Life Foundation out of concern for young people in the community facing crises and to promote positive youth development. The goals of the Kim Perrot Vision of Life Foundation are to provide positive alternatives for youth, ensure their safety, and maximize their potential to take advantage of available opportunities. The self-confidence, trust and practical knowl-

edge that young people gain from these opportunities help them grow into healthy, happy, self-sufficient adults. Since its inception, KPVOL has afforded youths opportunities to attend college and is looking forward to helping many more.

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Peters, Linda – Linda Peters has been a nurse for 34 years working in multiple departments within the hospital including clinical, as well as non-clinical. All of her career experiences have required the use of her nursing knowledge, nursing skills and the maneuvering of the medical terminology world. These experiences have allowed her to be well versed and “well rounded” in knowing what should occur from the admission of a patient, to what is required after discharge in regards to coding and billing. She expanded into medical auditing, billing and the world of medical edit reviews for Medicare and Medicaid over a stretch of 7 years. “I was blessed to be introduced to community services 9 years ago and to the wonderful outreach that Our Lady of Lourdes is doing in Acadiana”, says Linda. She became the Liaison of Congregational Health services 9 years ago

which evolved into her becoming the Coordinator of these outreach services provided to local partnered congregations. She further states that she has become wiser to the need for connectivity to meet the needs of those in our community, who she is blessed to serve.



Prejean, Merlinda – Merlinda Prejean is an independent accredited VA claims agent. She began training in 2011 and became accredited in 2013. Since then, she has submitted hundreds of claims for our veterans and their surviving spouses locally as well as in Mississippi, Florida, New York and Texas. She is able to assist with disability compensation claims, non service-connected pension claims, survivor’s pension and DIC (Dependent Indemnity Compensation).



Snow, Donald DAOM, MPH, MS, Lac.A, Dipl Ac.- A South Louisiana native and medical military veteran, Dr. Donald Snow was among the first in the nation to earn a doctorate in acupuncture and Oriental medicine. After 21 years of medical military service, he was convinced that pain management wasn’t good enough for his patients. He was determined to eliminate pain altogether. He studied acupuncture and other traditional methods while researching medical technologies such as electromagnetic therapy. By combining ancient practices and modern techniques, Dr. Snow has created a new approach to healing. A lifelong learner, Dr. Snow conducts in-depth, personalized research to recommend the ideal

course of treatment and continues to incorporate new technologies to better serve his patients.



Thomas, Joshua - Joshua Thomas is an insurance benefits coordinator licensed through the Department of Insurance of Louisiana and 10 other states. He has been serving this community for over 12 years advising clients on health insurance, life insurance, and retirement planning. He is an agency owner and is partnered with over 65 of the top insurance companies in the United States. He’s helped thousands of clients over the last decade and is a dynamic public speaker. He focuses on educating the general public so they may make informed decisions when it comes to what matters most.



Young, Stacey M.Ed, PLET - Stacey Young, Educational/Dyslexia Specialist, is the Owner and clinical director of the Dyslexia Institutes of America in Louisiana. She is a leading expert in the areas of dyslexia. She is a certified Dyslexia Evaluator and Therapist trained through the Dyslexia Institute of America, The National Institutes of Learning Disabilities, Southeastern University and Dyslexia Training Institutes. Ms. Young has taught in preschool through high schools classrooms instructing at various levels of student achievement. Her extensive academic training and years in the educational field as a classroom teacher, tutor, therapist, diagnostician and clinical supervisor, give her a great knowledge base and a rich

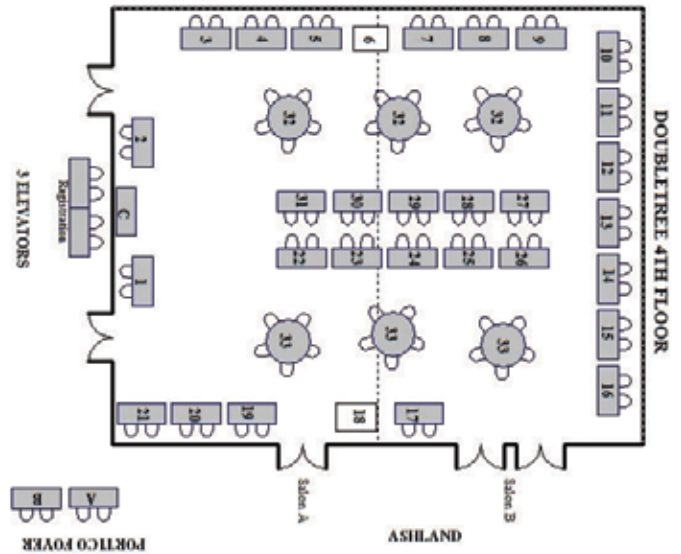
tapestry of experience in the area of dyslexia. Ms. Young has dedicated her life to helping children, and more recently adults, to achieve their highest potential despite their hidden learning problems. Her dynamic teaching style includes one on one, small groups and practical exercises that demonstrate the essential skills for achieving the course objectives in the school, clinical, and professional environments.

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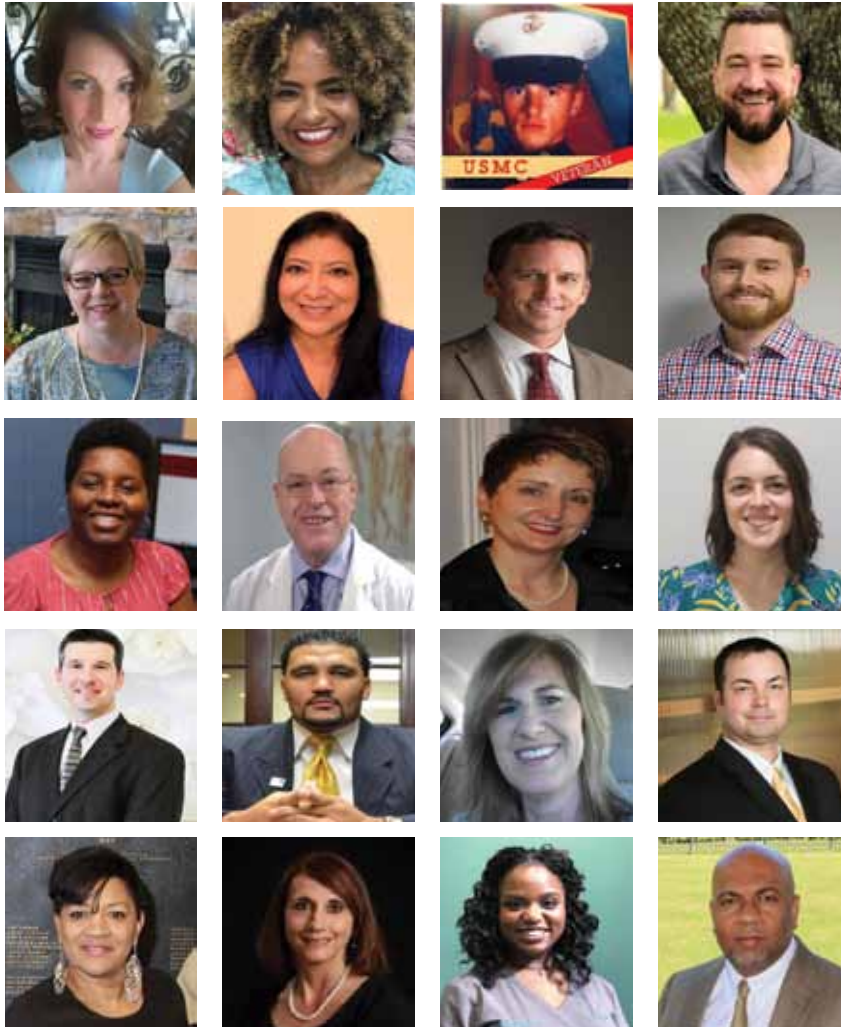
EXPO BOOTH CHART



Booth#	Exhibitor	Website	Partnership
AB	HUMANA	www.humana.com	Title Sponsor
13	AcadianaCares	www.acadianacares.org	Non-Profit
31	BIALA/BrainART	www.biala.org	Non-Profit
16	Bryant Medical Clinic	www.bryantmedicalgroup.com	Business Partner
4	Clark Integrated Medical Clinics	www.clarkintegrated.com	Business Partner
19	CoRelief Center	www.corelifecenter.com	Business Partner
12	Dyslexia Institutes of America	www.dialouisiana.org	Business Partner
8	East Ridge Senior Living Suites / Elder Outreach	www.eastridgesuites.com	Business Partner
15	From the Heart Veterans Benefits Assistance Inc .	www.fromtheheart-vba.org	Business Partner
23	Gulf Coast Social Services	www.gcssla.org	Non-Profit
28	HERO Program at New Beginnings	www.heroprogramnb.com	Business Partner
32	Interviews & Exhibitor Consultation Seating	<i>Sponsored by Liteon Healthcare Group</i>	Sponsor
10	Kim Perrot Vision of Life	www.kimperrotvisionoflife.blogspot.com	Business Partner
C	Liteon Healthcare Group	www.partnersinhealthcareconference.com	Sponsor
26	MTS Physical Therapy Services	www.mtsphysicaltherapy.com	Business Partner
2	Namaste/Dharma/Liteon Wellness Centers	www.naturalhealthcentersonline.com	Sponsor
29	National Cervical Cancer Coalition	www.nccc-online.org	Non-Profit
27	National Total Care Services	www.nationaltotalcare.com	Business Partner
5	NewULife / Somaderm	www.newulife.com	Business Partner
24	Louisiana Office of Public Health	www.ldh.la.gov	Non-Profit
25	Louisiana Office of Public Health	www.ldh.la.gov	Non-Profit
14	Our Lady of Lourdes Medical Center	www.lourdesrhc.com	Business Partner
	Franciscan Missionaries of Our Lady Health System	www.fmolhs.org	Non-Profit
21	Pivotal Moments LLC	www.facebook.com/pivotalmomentsllc	Business Partner
11	RISE Chiropractic	www.riseacadiana.com	Business Partner
20	Scott Physical Therapy	scottphysicaltherapy.com	Business Partner
33	Seniors / Veterans Consultation & Seating		Sponsor
22	Seniors & Veterans Registration		Sponsor
3	Share Care USA / The HUT	www.sharecareusa.com	Business Partner
1	St. Christopher College	www.handupthrift.com	Sponsor
30	Summit Behavioral Services	www.stchristophercollege.com	Sponsor
9	The Extra Mile Region IV	www.summitbehavioralservices.com	Business Partner
7	The Family Tree	www.theextramileregioniv.com	Non-Profit
6	VIRTUAL BOOTH	www.acadianafamilytree.org	Non-Profit
18	VIRTUAL BOOTH	<i>Sponsored by Natural Awakenings Magazine</i>	Sponsor
22	National Health and Safety Council	<i>Sponsored by Natural Awakenings Magazine</i>	Sponsor
17	Young Living	www.nationalhealthandsafetycouncil.com	Business Partner
		www.youngliving.com	Business Partner

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EXHIBITOR BOOTHS
JOB FAIR
HEALTH FAIR
PRESENTERS & SPEAKERS

TEXT: (337) 424-5066 Tel: (337) 565-9105
www.PartnersInHealthcareConference.com
FACEBOOK: PIHconference

When

Friday,
June 7, 2019
2PM - 6PM

Saturday,
June 8, 2019
8AM - 6PM

Place

**DoubleTree By
Hilton Hotel**
1521 West Pinhook Rd.
LAFAYETTE, LA

Local Healthcare and
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information and access
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