

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

Build Your Own  
Health Team

Label-Literate  
Kids The ABCs of  
Product Ingredients

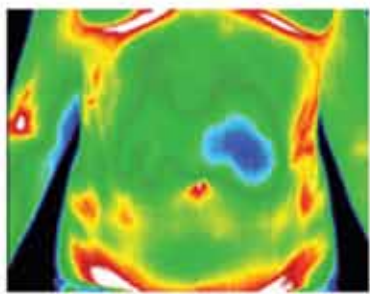
Body  
Booster  
A Health Coach  
Guides Us and  
Roots for Us

Soul-Full  
Goals  
Feeling Our  
Way to Happiness

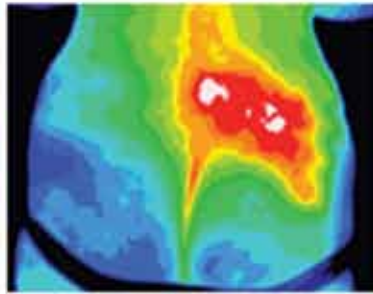


20 YEARS OF  
PUBLISHING

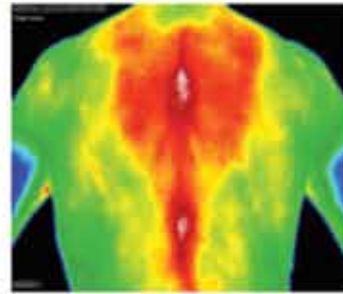
January 2014 | S.W. Louisiana-Acadiana Edition | [www.NAcadiana.com](http://www.NAcadiana.com)



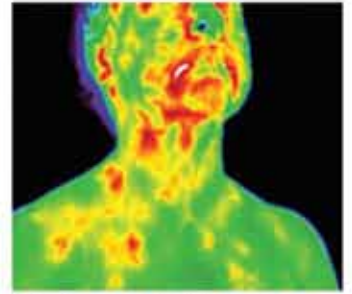
Hypothermia in the Stomach



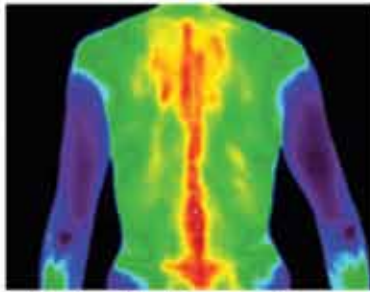
Shingles



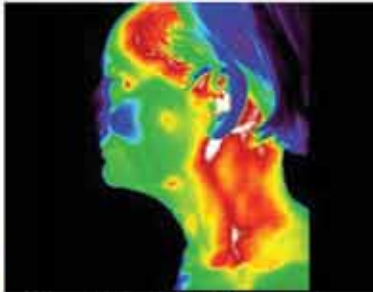
Lung Cancer



Periodontal Disease



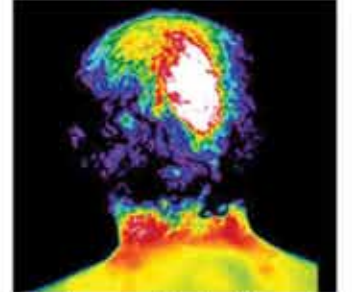
Spinal Inflammation



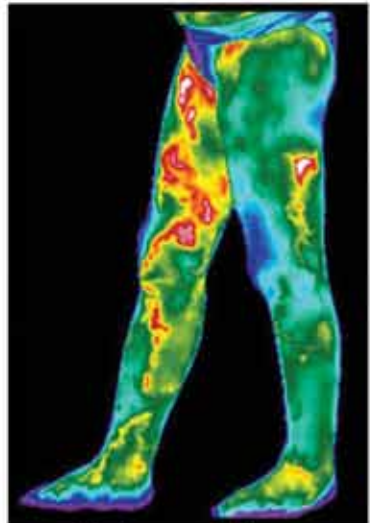
Carotid Artery Inflammation



Poor Circulation Left 4th & 5th Finger



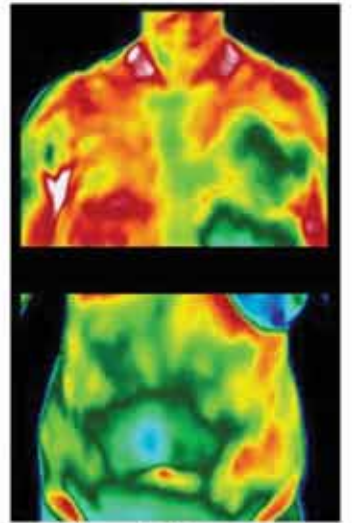
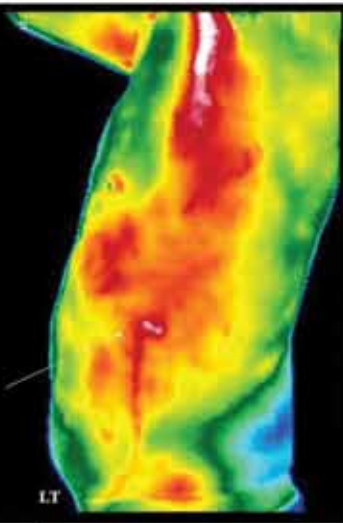
Melanoma-Scalp Cancer



Varicose Veins



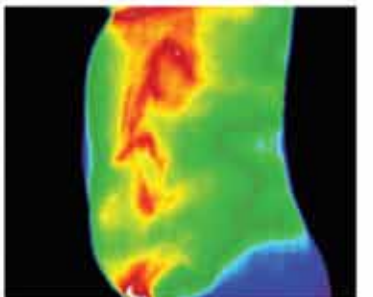
Bilateral Kidney Stones



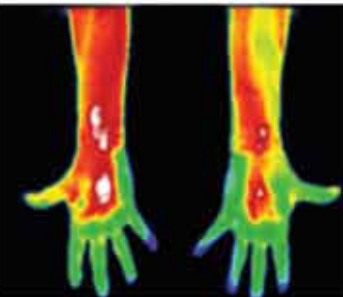
Breast Cancer



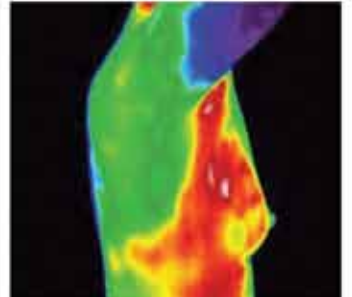
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

## \$94 Full-Body Thermography Screening



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Thermography is used to:

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



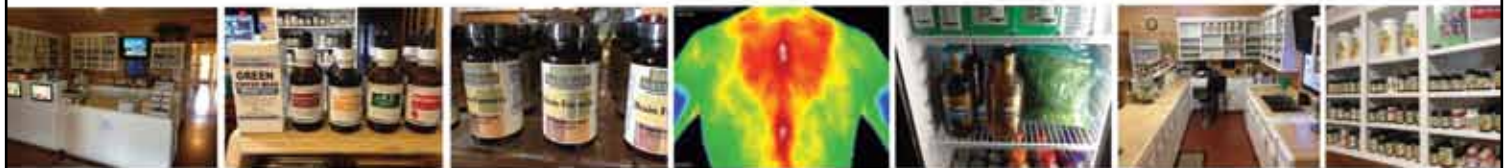
# Natural Medicine

## The Old Way - Before Drug Therapy

Nutrition • Diet & Food • Home Remedies • Naturopathy • Vitamin Therapy • Wellness

See our Natural Remedies Guide for:

- Acidosis
- ADD/ADHD
- Acne
- Age Spots
- Allergies
- Alzheimer's
- Anemia
- Anxiety/Panic Attacks
- Appetite Stimulant
- Appetite Suppressant
- Arteriosclerosis
- Arrhythmias
- Arthritis
- Asthma
- Backache
- Bad Breath/Halitus
- Baldness
- Bladder Incontinence
- Bladder Infection
- Blood Clots
- Blood Count
- High/Low Blood Pressure
- Boils
- Breast Cysts
- Bronchitis
- Bursitis
- Candida
- Carpal Tunnel
- Cataracts
- Cholesterol
- Chronic Fatigue Syndrome
- Circulation
- Cirrhosis
- Cold Sores
- Colic
- Common Cold
- Constipation
- Dandruff
- Depression
- Diabetes
- Diarrhea
- Diuretic
- Diverticulitis
- Dizziness (Vertigo)
- Dry Skin
- Ear Infection
- Eczema
- Emphysema
- Endometriosis
- Energy
- Estrogen Dominance
- Fever
- Fibromyalgia
- Flu (Influenza)
- Food Poisoning
- Female Problems
- Gall Bladder
- Gingivitis
- Glaucoma
- Gout
- Hay Fever
- Headache/Migrane
- Heartburn
- Hemorrhoids
- Hepatis
- Herpes
- Hiatal Hernia
- Hives
- Hot Flashes
- Hyperthyroid
- Immune System
- Indigestion
- Infertility
- Insomina
- Irritable Bowel Syndrome
- Kidney Stones
- Leg Cramps
- Lupus
- Lyme Disease
- Memory
- Menopause
- Morning Sickness
- Muscle Cramps
- Nervousness
- Osteoarthritis
- Osteoporosis
- Parasites
- Parkinson's Disease
- Pneumonia
- Poison Ivy/Oak
- Prostate Problems
- Psoriasis
- Rheumatism
- Rosacea
- Shingles
- Sunusitis
- Sore Throat - Strep
- Stress
- Sweating
- Tendonitis
- Ulcers
- Varicose/Spider Veins
- Viral Infection
- Warts
- Water Retention
- Weight Loss
- Yeast Infections



Call **896-4141** Carencro Office **662-3120** Sunset Office to schedule an appointment.

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- We create your merchant account (you can accept credit and debit cards online)
- We ADVERTISE your online business each month locally
- You receive the orders in your email and mail to your customers

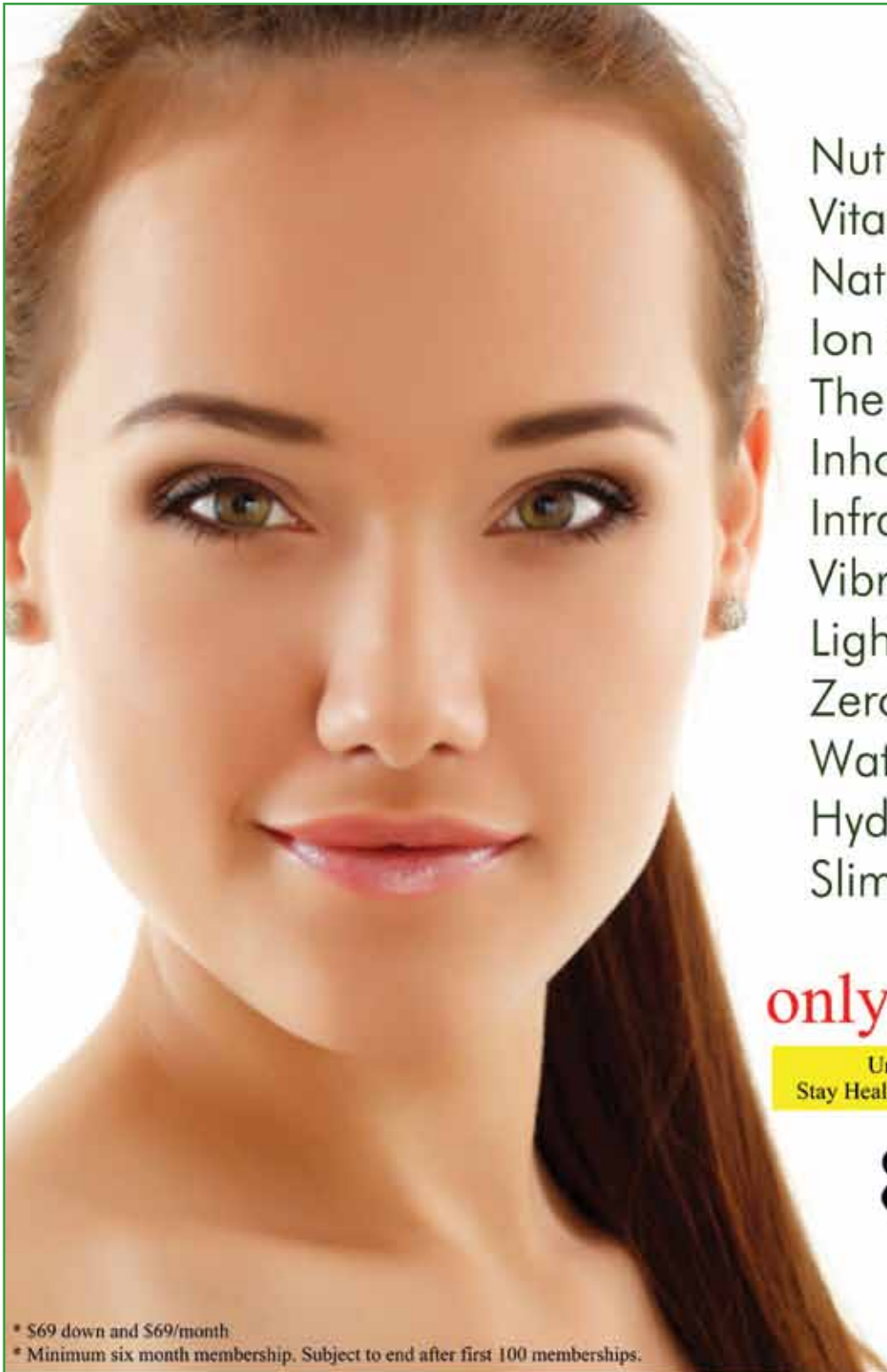
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## Natural Medicine Membership

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- Includes unlimited wellness visits with naturopathic doctor or clinician
- One month supply of recommended nutritional supplement every month
- Nutrition assessment and vitamin test each month
- Thermography exam every six months
- Unlimited foot detox sessions
- Full Body Composition screening each office visit (pH, BMI, Visceral Fat...)
- Three holistic therapy visits per month (sauna, whole body vibration, foot detox, massage)

# publisher's letter



We wish for you and your family a healthy, happy and abundant New Year. We wish abundance for you in all aspects of your lives: emotions, relationships, career, finances, gratitude, forgiveness, fun, growth, development, fulfillment, contribution and spirituality.

In the new year of 2014 we hope mostly that you find spiritual abundance. Recently, an elder in our neighborhood said that it is through passion that we will find what delights the soul. Upon exploring

this idea a bit more, we've come to recognize that the universe moves in our direction when we live life with passion and express everything we do in our lives with the same energy. Therefore, abundance is something that we all have the power to create.

When we're doing something that we love to do, the energy we create automatically begins to create abundance in our lives and the laws of reciprocity begin to kick in. Suddenly, and sometimes without even knowing it, we outwardly radiate delight and joy in what we're doing and the universe radiates that delight and joy, and abundance, back to us.

We've all heard of the Golden Rule: Do unto others as you would have them do unto you. This is the essence of life. It is a fundamental principle by which we should live, raise our families and teach in our communities. Whatever we give out to the world, we will receive back. Try this for yourself. The next time you're out shopping and running errands, smile at someone and say "Thank you." Most likely, nearly every time, you will receive a smile in return as well as a heartfelt "You're welcome." That's a very simple example of the law of reciprocity.

Our Creator gave each of us the pure gift of love. Wow! What a simple word, yet it has so much power that it can create life, heal broken hearts and even end wars. We should never give up on love, for it also is the foundation on which we should live, raise our families and teach in our communities. But first, we must love ourselves.

Often we invest more time and money in our cars, homes, clothing and other material things of this world that we forget to invest in ourselves. Each of us is given only one body and soul, yet many of us abuse both. Poor diets lacking in nutrition, excessive alcohol drinking, drug and substance abuse, inadequate rest and neglecting to use prayer to guide our lives are just a few ways we neglect our most precious commodity, the "self."

Let the new year of 2014 be one of self-healing. We can begin with spiritual prayer, look for abundance to follow and then radiate love—and expect the universe to reciprocate it back many times more.

Namaste: we honor the spirit in you, which is also in us.



*Steve & Michelle*

Steve and Michelle Castille, Publishers



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# contents



14

10 **newsbriefs**

14 **healthbriefs**

18 **globalbriefs**

25 **ecotip**

36 **inspiration**

38 **healingways**

40 **greenliving**

44 **healthykids**

48 **conscious eating**

50 **wisewords**

52 **fitbody**

54 **naturalpet**

64 **calendar**



18



25

## advertising & submissions

### HOW TO ADVERTISE

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

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

### CALENDAR SUBMISSIONS

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

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

### 28 BUILD YOUR OWN WELLNESS DREAM TEAM

Take Your Health to the Next Level  
by Laressa Nelson

### 32 CATALYST FOR CHANGE

*Natural Awakenings*  
Celebrates 20 Years  
by Sharon Bruckman

### 36 SOUL-FULL GOALS

Feeling Our Way to Happiness  
by Susie Ruth

### 38 A HEALTH COACH HELPS US CHANGE FOR THE GOOD

Caring, Steering, Cheering  
by Laressa Nelson

### 40 EVER-MORE-GREEN IN 2014

Easy Ways to Go  
Eco Right Now  
by Avery Mack

### 44 LABEL LITERACY

Five Tips Help Kids Choose  
Healthy Foods  
by Elisa Bosley

### 48 WHOLE FOOD

Greater than the Sum of its Parts  
by Margie King

### 50 MONEY MYTHS

Filmmaker Katie Teague  
Uncovers Our Misperceptions  
by Linda Sechrist

### 52 FITNESS à la CARTE

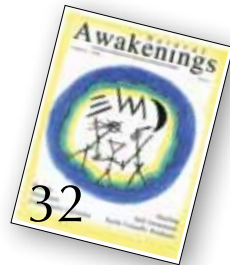
The Latest, Hottest Trends  
by Christine MacDonald

### 54 LONG-LIVED PETS

Anti-Aging Care Aids Youthful Vigor  
by Dr. Shawn Messonnier



28



32



38



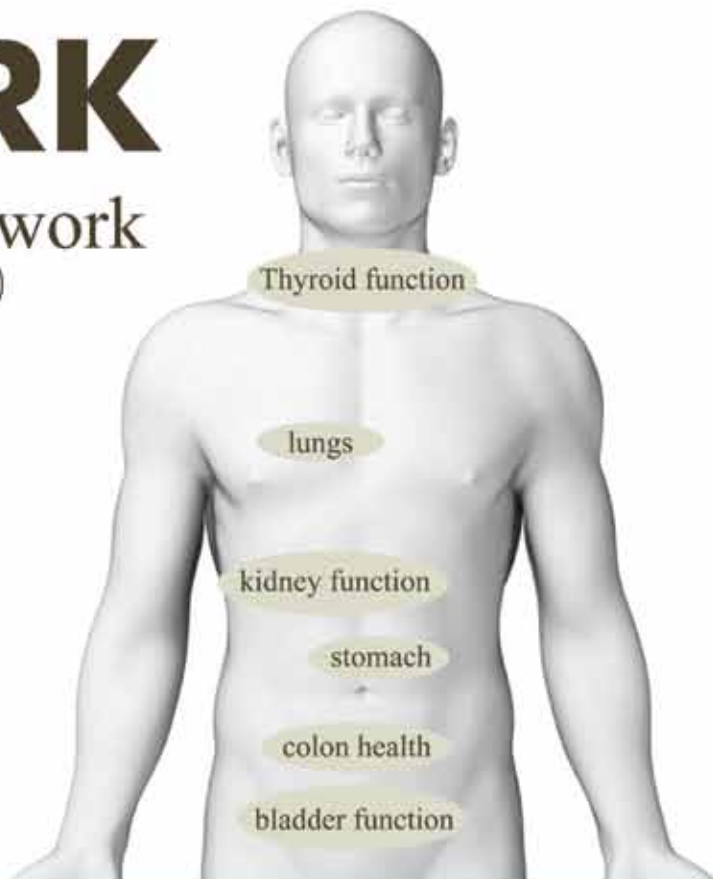
40



54

# LABWORK

\$94 for complete labwork  
(comprehensive metabolic panel)



## Why do doctors have lab work done on a patient?

This will check for things like low iron (anemia), infections, some cancers, arthritis and inflammations, and immune system functionality.

### Now you can get labwork without having doctor's orders.

The Natural Health Center receives calls every week from people who ask, "What can I do to improve my health and longevity?" Our response is "get a blood test."

Unless we know what your blood looks like under a microscope, there is no way to identify what steps you should take to protect your health and enhance your well-being. Annual blood testing is the most important step aging adults can take to prevent life-threatening disease. With blood test results in hand, you can catch critical changes in your body before they manifest as heart disease, cancer, diabetes, or worse. Having the proper blood tests can empower you to enact a science-based disease-prevention program that could add decades of healthy life.

Sadly, most annual medical check-ups involve the physician ordering only routine blood tests, if blood tests are ordered at all. Far too often, this blood work does not even test for important markers of disease risk. The consequences of failing to analyze blood for proven markers of disease risk are needless disability and death. Blood tests have benefits that go far beyond disease prevention. For example, by monitoring levels of sex hormones, you can take decisive steps to enhance your quality of life, perhaps by correcting a depressive mental state, erectile dysfunction, abdominal obesity, or by improving your memory and energy levels.

cancer  
diabetes  
heart disease  
alzheimers  
dementia  
inflammation

Call our lab and schedule your labwork  
(337) **896-4141**

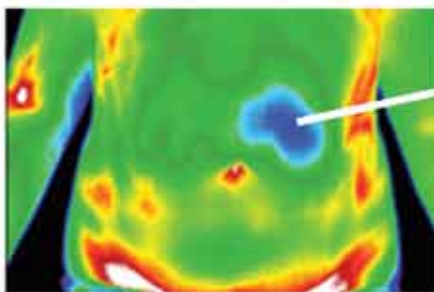


Your **HEALTH** must be the most important thing in the world to you.

Without your health you can not enjoy family or work.

# What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



I have hypothermia in my stomach. The "good" bacteria has been damaged in my stomach and the natural flora of bacteria needs to be reestablished. I have malabsorption of my food and my low energy levels, weight gain, and headaches are because I am not absorbing enough nutrients.

## \$94 Full-Body Thermography Screening



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

## Solon's Naturals Local Lip Balm



Her son's chapped lips led to a business idea for Corie

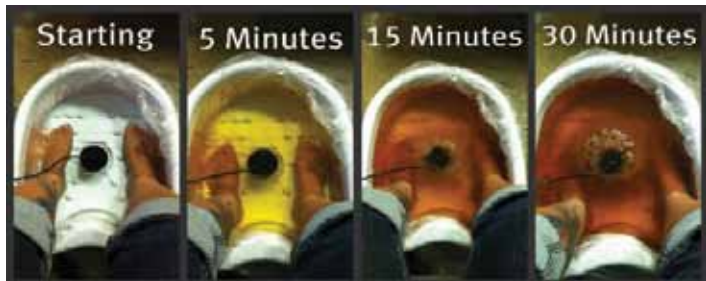
Wells of Lafayette. After working in the health food industry for 13 years, when Wells couldn't find a natural lip balm to treat her 13-year-old son, Solon, she created a balm herself. After three years of refining the product and trial-and-error, she developed the vegan and gluten-free lip balm, named after her son. Wells says the main ingredient in the balm is shea butter, which also has natural sunscreen properties. Individuals can choose from four all-natural scents.

This is a family business with Wells, her husband, dad, sister and her son all helping out. In fact, Solon is the one who encouraged her to actually start selling the balm. "When his school friends see the lip balm in a local store, they are so excited that they actually know Solon," she says. Wells adds that she hopes to expand the business to the Texas area soon.

For more information, call 337-281-3120 or visit [SolonsNaturals.com](http://SolonsNaturals.com).

## Ionic Foot Detox Therapy

The Natural Health Center, in Carencro, now offers ionic foot detoxification therapy to help rid the body of toxins, maintain health and avoid disease.



The process starts with a nutrient assessment of all the major organs and systems of the body to determine each person's state of health. The staff member then continues to monitor the client's progress as the detoxification treatment is administered. To conduct the treatment, the client's feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water to increase conductivity. The ionator is then placed in the bucket, where it creates a low-voltage, direct current. Once the unit is turned on, the water begins to change color. By the end of the treatment, the water is discolored and contains floating or sinking particles. This is a result of the toxins being pulled out of the body and into the water.

Location: 100 E. Angelle St., Carencro. For more information, call 337-347-4141. See ad on back cover.

## Birthday Parties Are Easy at Caribbean Club House

It's a new year, which means a new year of birthday planning. For anyone who wants an amazing party without the hassle of organizing or cleanup, Caribbean Club House has all the fun in one place.



The rental of the building includes everything in it: a 30-foot dry slide, a 14-foot fun jump, a 12-foot junior obstacle course, eight arcade games, riding cars and motorcycles, air hockey and indoor basketball. All arcade games are free and require no tokens. All drinks, ice and cups also are free, with unlimited refills. Parents just bring the food or visit the concession stand. For entertainment, music videos play on flat-screen televisions and music plays throughout the building. The best part is that parents can sit in the party room while the kids run wild. Just show up, have fun and go home without having to clean up anything.

Caribbean Club House is located at 12178 Hwy. 190, in Opelousas. For more information, call 337-678-1500 or visit [MyKidPartyZone.com](http://MyKidPartyZone.com).

## Keep the Faith Sharing Project Brings Joy



It all began with one random act of kindness. In December 2012, someone presented Bonnie Hession of Lafayette with that challenge. What she did next turned into something she could have never dreamed of happening. She decided to place a small gift at the doorstep of someone who was ill, but she just couldn't stop there. That one act of kindness turned into

Keep the Faith Sharing Project.

It happened because that gift was not an ordinary gift, but one with the profound message, "Keep the Faith." She dropped off the first Keep the Faith (KtF) gift set on a Monday and decided to keep it going each and every Monday. Hession named the event, Giving Monday, and the tradition continues today. She says she chose that particular day simply because most people don't like Mondays—she wanted to make it a happy day. So every Monday, she sets out delivering (in person or by Priority Mail) gift sets, which include a KtF mug and pen or a KtF mug, pen and cap to individuals who need a smile. With each gift, a promise of prayer is included.

All of the gift sets are sent anonymously for a particular reason. "The focus is on the recipient not the giver," she explains. Recipients can be anyone who is ill, has experienced a tragedy or just needs a little lift. Hession says her goal for the project is not to be big, but strictly just to touch individual lives in need of the "Keep the Faith" message.

For more information, or to be a part of the anonymous giving project, inbox her on Facebook at [Facebook.com/Keep-the-Faith-Sharing-Project](https://www.facebook.com/Keep-the-Faith-Sharing-Project), call 337-257-7317.

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

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## Who Reads Natural Awakenings

### January 2014 Winners !!!



"I read the magazine all the time to see what great health offers are out there and to see what's going on in our community." Serita, Opelousas



"I read Natural Awakenings because it has great information on health and nutrition. Keep up the good work." Lisa M., Lafayette

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# GREEN WATERS

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## ALKALINE WATER MAJOR BENEFITS

### 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 Candida:

Along with other healthy bacteria, candida ferments sugar in our body and is present in our bodies for normal health reasons. When yeast proliferation occurs, candida is more in comparison to friendly bacteria in our body leading to a weakened immune system. Alkalinity can help neutralize this condition.

### 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.

### Increase Energy Reserves:

Alkaline water is a reservoir of hydroxyl or OH- molecules that is free oxygen for our body. Our blood stream requires oxygen to provide energy to our body and alkaline water can help provide this much needed oxygen in our system. This means an instant boost in our energy levels.



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100 E. Angelle St. Carencro  
I-49, Exit 4, Just across the street from the new Super 1 Foods store  
**347-4141 or 896-4141**

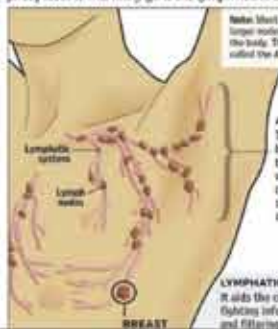
**\$36/case** (Six 1/2 gallon bottles)

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**BREAST HEALTH**

Lymph nodes, part of the lymphatic system, are found throughout the body. When breast cancer spreads outside the breast, one of the first places it will likely go is the lymph nodes under the arm.



**Notes:** Most lymph nodes are small, but larger nodes are spread throughout the body. The area under the arms is called the Axillary Lymph Nodes.

**AXILLARY LYMPH NODES**

The standard for years has been to remove all of these nodes when cancer was detected. Removal can lead to side effects such as pain, swelling and restricted motion.

**LYMPHATIC SYSTEM**

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detoxification · antioxidant infusion · increase nutrition



**Diagnosed with cancer**  
What are my options for "wellness"

Infrared treatment shrinks tumor volumes 86% in 30 days

In a clinical study published in the Journal of Cancer Science and Therapy, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit.

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

(1) Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1(2) : 078-082 (2009) - 078 <http://www.amicsonline.org/ArchiveJCS/2009/December/01/JCST1.78.pdf>

(2) Udagawa Y, Nagasawa H, Kiyokawa S. Inhibition by Whole-Body Hyperthermia (WBH) with Far-infrared rays of the Growth of Spontaneous Mammary Tumours in mice. Anticancer Res. 1999 Sep-Oct;19(5B):4125-30

\*\* Not intended to treat or diagnose. Educational purposes only. Always consult your doctor for medical treatment.

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## Produce Banishes the Blues



New research from New Zealand's University of Otago shows that consuming more whole fruits and vegetables increases peacefulness, happiness and energy in one's daily life. Scientists discovered the strong relationship to be particularly apparent in countering winter blues.

A total of 281 college-age students filled out an online food diary and mood survey for 21 consecutive days. Results showed that eating fruits and vegetables one day led to improvements in positive mood the next day, regardless of other key factors, such as body mass index. Other types of food did not produce the same uplifting effect.

"After further analysis, we demonstrated that young people would need to consume approximately seven to eight total servings of fruits and vegetables per day to notice a meaningful positive change," says Tamlin Conner, Ph.D., with the university's department of psychology. "One serving of fruit or vegetables is approximately the size that could fit in our palm, or half a cup." Study co-author Bonnie White suggests that this can be accomplished by having vegetables comprise half of the plate at each meal and snacking on whole fruit like apples.

The American Psychiatric Association acknowledges that seasonal affective disorder (SAD) affects, at least mildly, as many as 20 percent of Americans.

## Sweets Sour Brain Power

Binging on sweets and soda in an effort to bone up for exams or presentations probably has the opposite effect, according to a new animal study from the University of California, Los Angeles. Researchers found that eating or quaffing too much fructose, like that found in cane sugar and the high-fructose corn syrups permeating many processed foods, can cause unclear thinking, poor learning and impaired memory.

Scientists have long known that high-fructose diets increase the risk for diabetes, obesity and fatty liver. Now the UCLA team has discovered that only six weeks of a high-fructose diet slowed the animals' brains. The good news is that eating omega-3 fatty acids like those found in cold water fish appear to counteract the negative effects of fructose, enabling the animals to think more clearly.



## Art Heartens Seniors



Just looking at a painting by Picasso, Dali or Warhol can brighten the world for seniors, according to researchers at Britain's Newcastle University. After just three visits to a gallery, the researchers found positive changes in the participating seniors' opinions about their life experiences and abilities in light of their ages. The gallery visits further inspired participants to become more involved with others and their communities.



## THE TOXIC SIDE OF TYLENOL

As the evidence of the harmful effects of Tylenol increases, there is a growing call for it to be removed from the market. Its active ingredient, acetaminophen, once thought to be an effective and safe pain reliever for adults and children, turns out to have dangerous effects.

A related study by University of Texas Southwestern Medical Center researchers leads with the fact that each year, acetaminophen causes more than 100,000 calls to poison control centers, 50,000 emergency room visits, 26,000 hospitalizations and more than 450 deaths from liver failure. The U.S. Acute Liver Failure Study implicates acetaminophen poisoning in nearly half of all cases of acute liver failure in this country. When taken with alcohol or without food, the effects on the liver are multiplied.

Doctor of Naturopathy Michael Murray, of Phoenix, Arizona, reports in *GreenMedInfo.com* that regular use of acetaminophen is linked to a higher likelihood of asthma, infertility and hearing loss, especially in men under 50. Last summer, the U.S. Food and Drug Administration issued a warning linking acetaminophen use to three rare and sometimes fatal skin conditions.

"Can you imagine if the side effects and risks associated with acetaminophen were associated with a dietary supplement?" opines Murray. "It would be yanked from the market immediately."

# Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool for breast cancer, may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called “low-energy X-rays” used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.



Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, “This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who would not have been diagnosed if there had not been screening, will be treated unnecessarily. Furthermore, more than 200 women will experience important psychological distress for many months because of false positive findings.”

Many women and functional medicine doctors are now choosing non-invasive and radiation-free annual thermograms as a safer alternative. Those at high risk for breast cancer may choose to do periodic MRI screenings, a recommendation supported by research at Britain’s University Hospitals Birmingham.

# More Bok Choy, Less Ice Cream Boosts Breast Health



Chowing down on cruciferous veggies reduces the risk of recurring breast cancer, say Vanderbilt University researchers, while consuming too many high-fat dairy products produces an opposite effect, according to the National Cancer Institute (NCI).

The paper on veggies presented at the American Association for Cancer Research showed that the more cruciferous vegetables a woman ate in the first two years after her breast cancer diagnosis, the lower was her risk of the cancer returning or death from the original cancer. Eating broccoli, cauliflower, bok choy and cabbage worked to reduce the rate of recurring breast cancer by 35 percent and the risk of death in the following nine years by 62 percent.

On the other side of the coin, the NCI study showed that women treated for early stage breast cancer that regularly ate one or more servings of high-fat milk, cheese, yogurt or ice cream increased their risk of dying of breast cancer by 44 percent and of earlier death from all causes by 64 percent.

## VITAMIN C HALVES COLDS IN ATHLETES

Taking vitamin C before engaging in physically demanding activities helps keep colds away for people that are heavy exercisers, say Finnish researchers at the University of Helsinki. While their meta-study showed that non-exercisers that took vitamin C daily gained little or no protection from colds, the story for marathoners, competitive skiers and soldiers on subarctic assignments was much different. The study, published in the *Cochrane Review*, found that the 598 heavy exercisers cut their risk of colds in half.



## BRIEF BOUTS OF YOGA BOLSTER THE BRAIN

Just 20 minutes of yoga postures, breathing and meditation are valuable tools for bolstering mental functioning. A study from the University of Illinois at Urbana-Champaign reports that a single, 20-minute hatha yoga session significantly improved participants’ speed and accuracy on tests of working memory, focus, retention and ability to absorb and use new information.

Study participants didn’t get the same positive brain buzz from 20 minutes of aerobics. The study appeared in the *Journal of Physical Activity & Health*.

### Celery

Celery is the best vegetable source of naturally occurring sodium.



- It is high in potassium.
- The high water content in celery makes it ideal for vegetable juicing.
- As an easy way to reduce grains in your diet, spread peanut butter on celery rather than bread.

your diet, spread peanut butter on celery rather than bread.

## WOMEN’S LIBIDO



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

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



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

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

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# GREEN WATERS

## Pure Alkaline Water

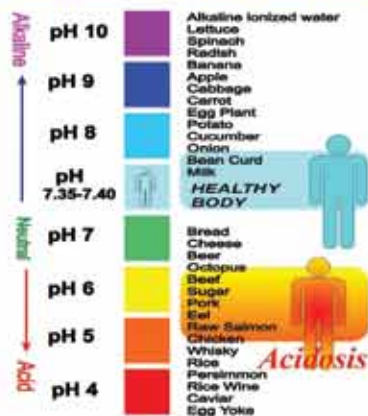
### Why do I have so much abdominal fat?

“In a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect them. When you eat and drink a more alkaline diet your body will not need to produce more or keep additional fat cells.”

~Dr. Steve

Weight also causes additional strain on the body, strain that can produce more acid. (And then more fat...it goes on and on).

#### Testing pH level by tester pH level of food



### Acid or Alkaline

The more we learn about our bodies, the more we will discover the importance of maintaining pH balance for good health.

pH is a measure of the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. The "p" stands for "potenz" (this means potential to be) and the "H" stands for Hydrogen.

A lower pH value (below 7) indicates that body fluid is on the acidic side. A higher pH value (above 7) indicates alkalinity. A pH of 7.0 is considered neutral and is the pH value of distilled water.

If your pH is too acidic, your body borrows minerals-such as calcium, magnesium, potassium and sodium-from vital organs and bones to neutralize the acid and remove it from the body. Unfortunately a considerable amount of these minerals will simply be lost in the urine, contributing to the development of osteoporosis and other diseases

When you create a healthy pH, you create a significantly more disease-resistant body. A clinical study at UCLA of more than a thousand people found that those who were healthiest had a pH of approximately 7.46.



### CANCEROUS CELLS

Cancer cells are once-healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissue.

Healthy cells in the human body thrive in mild-, moderate- and high-pH fluids (7.3 to 11 pH). They do not tolerate even a mild acid state. Cancerous cells, on the other hand, thrive in an acidic pH of 5.5.

Cancerous cells become dormant at a pH slightly above 7.365, and transform back to the microzyma or die at a pH of 8.5 (while healthy cells live).

Prevention is the best cure, though the best ways to prevent cancerous conditions will also reverse the symptom if you already have a cancerous condition. Better you should never get that far!

Treatments such as surgery and chemotherapy do nothing to support the immune system or prevent buildup of acids in tissues. That's why cancerous conditions so often come back-nothing has been done to change the conditions that started them-acid!

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

Page 77

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

## I drink wheatgrass.

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

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



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# globalbriefs

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

## Eco-Skiing

### White Resorts Go Even Greener

As skiers flock to snow-covered trails this winter, more ski resorts are going greener to save energy and support the environment. Arapahoe Basin, in Colorado, recently received a National Ski Areas Association Sustainable Slopes grant for retrofitting its base area lighting that will annually slice off an estimated 53,000-plus kilowatt hours of usage. A-Basin, Vail Resorts and others in the area provide their restaurants' used vegetable oil to outside companies for recycling into biofuels. Aspen, Vail, Copper Mountain and other Colorado resorts installed more photovoltaic solar arrays on buildings prior to the current season.

Stratton Mountain Ski Resort, in Vermont, installed a 1,500-horsepower electric snowmaking air compressor last summer, replacing a diesel model. Purchased in consultation with the statewide energy utility Efficiency Vermont, it delivers more cubic feet of air per minute using less, and cleaner, energy. Since 2009, the state's Bolton Valley ski area, plus Jiminy Peak and Berkshire East, both in Massachusetts, have all installed wind turbines to generate energy. Sarah Wojcik, director of public affairs at the Vermont Ski Areas Association, attests that resorts are doing their part to keep mountains green.

Sources: [nsaa.org](http://nsaa.org), [SkiVermont.com](http://SkiVermont.com)



## Grassroots Gumption

### Citizen Action Wins Against Monsanto and More

The Center for Food Safety (CFS), a national nonprofit advocating in the public interest, works to protect human health and the environment by curbing the use of harmful food production technologies and promoting organic and other forms of sustainable agriculture. It confirms that actions such as signing petitions really do make a difference.

For instance, the CFS cites a hard-fought campaign that pushed the U.S. Food and Drug Administration (FDA) to respond to a lawsuit and remove arsenic from chicken feed. They credit the thousands of consumers that joined the effort, saying,

"Together, we forced the FDA to remove arsenic ingredients in animal feed used for our nation's chickens, turkeys and hogs, and 98 of the 101 drug approvals for arsenic-based animal drugs will be withdrawn."

More recently, CFS reports that half a million citizen phone calls and emails had a significant effect in killing an extension of the so-called "Monsanto protection act" in the Senate. Formally named the Farmer Assurance Provision, the measure undermined the U.S. Department of Agriculture's authority to ban genetically modified crops, even if court rulings found they posed risks to human and environmental health.



Source: [CenterForFoodSafety.org](http://CenterForFoodSafety.org)

## Yogic Milestone

### Smithsonian Exhibit Highlights Storied History

This month's exhibition at the Smithsonian's Arthur M. Sackler Gallery, *Yoga: The Art of Transformation*, comprises the museum's first presentation of yogic art. Temple sculptures, devotional icons, vibrant manuscripts and court paintings created in India more than 2,000 years ago will be on view, as well as early modern photographs, books and films.

The Washington, D.C., exhibition borrows from 25 museums and private collections in India, Europe and the United States. More than 120 works, from the third to the early 20th century, illuminate yoga's central tenets, as well as its obscured histories. Through masterpieces of Indian sculpture and paintings, the exhibition explores yoga's goals; its Hindu, Jain and Sufi manifestations; its means of transforming body and consciousness; and its philosophical foundations.



For more information, visit [Tinyurl.com/SmithsonianYogaExhibit](http://Tinyurl.com/SmithsonianYogaExhibit)



## Global Watchdog

### United Nations Panel Zeroes in on Sustainability

The United Nations (UN) has created a new scientific advisory board under the aegis of UNESCO, mandated to advise UN executives, participating countries and other stakeholders on the use of science, technology and innovation in achieving sustainable development. The 26 international experts appointed to the board span a broad spectrum of disciplines including: basic sciences; engineering and technology; social sciences and humanities; ethics; health; and economic, behavioral and agricultural sciences, as well as the environmental sciences more commonly associated with sustainability.

The board's inaugural meeting in December focused on outcomes of the 2013 UN Conference on Sustainable Development (Rio+20), and from other large-scale interdisciplinary processes, such as the 2012 Planet Under Pressure Conference, held in London, and the Future Earth 10-year international research initiative.

## Smoke Choke

### Big Coal's Big Plans to Hasten Climate Change

Environmentalists are mounting an effort to stop the coal industry from exporting millions of tons of coal to China and keep the coal in the ground by halting the construction of huge new coal export terminals at ports in Oregon and Washington. The nation's two largest coal companies want to strip-mine vast reserves in Wyoming and Montana's Powder River Basin, and then ship the coal by rail to the ports.

"Based on our back-of-the-envelope calculation, the burning of this exported coal could have a larger climate impact than all of the oil pumped through the Keystone pipeline," says Kimberly Larson, a spokesperson for the Power Past Coal campaign, a coalition of more than 100 environmental and community groups that oppose the coal terminals.

Many U.S. coal-fired power plants still operate, but they're being squeezed out of business by new federal standards for mercury, arsenic and other toxins that take effect in 2016. Also, the price of natural gas in America has fallen below that of coal. China already accounts for almost half of the world's coal consumption, and demand continues to skyrocket for cheap, coal-fired electricity to power its growing industrial parks and mega-cities.



Source: [Grist.org](http://Grist.org)

## Sustainable Solutions

### Competition Launched to Measure Ocean Acidification

As part of their mission of "making the impossible possible," organizers of the XPrize, a global leader in incentivized competitions, have launched the \$2 million Wendy Schmidt Ocean Health XPrize contest. Schmidt is president of the Schmidt Family Foundation, which strives to advance the development of clean energy and support wiser use of natural resources.

The program aims to spur innovators to transform our understanding of ocean acidification—a grave problem associated with the rise in atmospheric carbon dioxide—via breakthroughs in ocean pH-sensing technologies designed to monitor and sustain ocean health.

For information and to register, visit [xprize.org](http://xprize.org) or [Facebook.com/xprize](https://www.facebook.com/xprize).



### QUICK FACT:

The American Cancer Society published a report in 2010 called *Mammograms and Other Breast Imaging Procedures*. The report stated that **thermography** is a way to measure and map the heat on the surface of the breast using a special heat-sensing camera. It is based on the idea that the temperature rises in areas with increased blood flow and metabolism, which could be a sign of a tumor.

# 20 minutes = 1 hour of Aerobic Exercise

## Whole Body Vibration Weightloss

### How to Burn Fat Cells and Tone Muscle in Six Weeks



Whole Body Vibration for 10 minutes is the equivalent of 30-60 minutes of conventional weight lifting. This includes increasing your metabolism leading to burning more calories and losing pounds, inches, fat, and cellulite.

The women did not do anything different in their lifestyle such as exercise or diet. The researchers report that it appears that whole body vibration helped the obese women burn more fat tissue, which helped them lose weight and inches.

### Body Composition Changes Occur

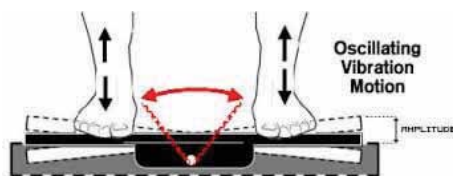
The authors note that “these preliminary results suggest that whole body vibration training may improve body composition and muscular strength in obese women,” and that it may be a “useful” way to do so along with lifestyle changes, such as diet and exercise.

Whole body vibration may have benefits for the elderly as well. A Spanish study of 49 elderly people found that whole body vibration helped improve their physical fitness, balance, lower- and upper-body strength and flexibility, agility, walking speed and endurance. The participants were in their 70s. Twenty-four used a whole body vibration platform device for 11 weeks, and were evaluated for physical fitness weekly. The researchers report that most of the physical tests

**A**re you interested in weight loss but you simply don't have the time? Is an hour a day too much to spend in the gym? As busy as Americans tend to be today, it's very difficult to find time for the gym when balancing work/home/study and life in general. But we have to keep fit, right? After all, exercise keeps our bodies more physically fit and keeps out minds sharper. So how can we find the time to work out?

What if we told you that 10 minutes on a whole body vibration machine can benefit your body as much as a one hour workout in a gym? Whole body vibration has been around in various forms for a long time, but it is only now that studies are concluding that this easy workout program can truly benefit your body and your weight loss goals.

A newly published 10-week study of whole body vibration in 50 obese women who underwent 14 minutes of whole body vibration twice weekly shows that the women did drop weight and inches compared to a group that did not do whole body vibration. The women who did whole body vibration also had increased lower limb strength.



improved in participants using whole body vibration compared to a similar group of people who did not use it.

With whole body vibration training, people do squats, lunges, calf raises, push-ups and sit-ups on a platform that sends mild vibratory impulses through the feet and into the rest of the body. These vibrations make muscles rapidly contract, which builds lean muscle mass. Whole body vibration training is touted as a more effective method of resistance training.

New whole body vibration units designed for weight loss allow you to change the vibration and speed of the unit while giving you a large enough plate to stand on that will allow you to perform various work outs and poses while standing on the unit, performing push ups on the unit or combining your exercise with bands and strength training balls with the whole body vibration machine.

The whole body vibration machine's vibration causes muscles to involuntarily contract 30 to 40 times per second. This vibration stimulates circulation, stretches tendons strengthens bones, resulting in faster recovery after workouts.

A 2009 study has concluded that a combination of whole body vibration training and resistance training is very effective for decreasing the percentage of body fat in post menopausal women. Data also shows that whole body vibration training may have the potential to reduce visceral adipose tissue (the fat around the organs) more than aerobic exercise in obese adults, possibly making it a meaningful addition to future weight loss programs that reduce stomach fat.

The beauty of whole body vibration is that you can burn the same calories and work the same muscles in a 10 minute period of time as you normally would in the one hour gym workout. Plus you receive the benefits of increased bone density along with a decrease in body fat.

### Recent Research Results

- Research conducted at Sanaderm health clinic in Germany on the effects of vibration enhanced exercise training for cellulite reduction and fat loss demonstrated that six months of training a maximum of 11 minutes on the

vibration platform reduced cellulite by 25.68 %. In addition when Vibration was combine with aerobic activity for 40 minutes they experienced a 32 % reduction cellulite. (Sanaderm Health Clinic Germany)

- Another study evaluated the effect of vibration training in comparison to traditional training methods over a period

Four, Six, or Eight Abdominal Heat Treatments with Full-Body Vibration may burn up to 3,600 calories a week.



of 6 weeks. Body fat % was reduced by 11.2 % compared to 10.6% in the traditional training group. Body fat reduction was greater in the vibration group and the total exercise time considerably less. (Pneumex and S.Sordorff.PT, Sandpoint Idaho)

- A study evaluating the effects of vibration training on weight loss: In this study the vibration training group had a net increase of 12 % in their resting metabolic rate after 3 months. Consequently, WBV can allow one to burn more calories compared to non-active individuals. (Slim & Shape Centers Inc., Windsor Canada)

- A 2003 study in Medicine & Science in Sports & Exercise showed significantly increased strength of knee-extensors in 67 untrained female volunteers.

- The Journal of Sports Science and Medicine published a study in 2007 from the Department of Sport and Exercise Science at the University of Athens showing significant improvements in sprint speed and strength in only six weeks of training.

Similar studies have shown increased bone density, postural control, and improved mobility and balance in older users.

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- Contains over 92 elements



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## Janet M.

New Iberia, LA

### I drink wheatgrass.

"Both the human immune system and the plant immune system are fundamentally the same. The more nutrients we absorb, the healthier our body's heal and grow."



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## globalbriefs



### Whale Wars

Military Exercises Threaten Sea Life

During the next five years, the U.S. Navy's war games, using live munitions in our coastal waters, will potentially kill 186 whales and dolphins off the East Coast and 155 more off Hawaii and Southern California, according to computer models. Rear Admiral Kevin Slates rationalizes the casualties by stating, "Without this realistic testing and training, our sailors can't develop

or maintain the critical skills they need or ensure the new technologies can be operated effectively."

On the upside, marine scientists are currently using mobile devices to reduce the number of whales struck and killed off California's coast by large commercial ships. An app called Whale Spotter employs crowd-sourcing to gather data, allowing sailors, fishermen and marine scientists that spot whales to plot their locations on an interactive map. Such a network can track marine mammals in real time as they migrate. These maps are useful to the National Oceanic and Atmospheric Administration and U.S. Coast Guard officials responsible for recommending changes in vessel routes.

Source: [Tinyurl.com/NavyWhaleWars](http://Tinyurl.com/NavyWhaleWars)

### Life Threat

Evidence Mounts of GMO Dangers

The nonprofit Non-GMO Project, committed to preserving and building sources of non-GMO (genetically modified organism) products and educating consumers on such verified choices, is focusing on Bt corn and Bt soy, which make up 90 percent of America's total crop. Its scientists explain, "These crops have genes from a bacteria called *bacillus thuringiensis* spliced into their natural genetic code. This causes the plant to produce Bt-toxin—a pesticide that bursts the stomach of insects that eat it, killing them."

Monsanto and Syngenta, which manufacture genetically engineered seeds, claim that genetically modified (GE, GM or GMO) crops are safe for humans because the Bt-toxin is completely destroyed in the human digestive system and doesn't have any impact on animals and humans.

But Norwegian scientists' decade-long study of rats, mice, pigs and salmon raised on GE feed published in 2012 found that due to alterations in their digestive tracts, the animals ate more, got fatter and were less able to digest proteins; they also suffered from diminished immune systems.

There is also mounting evidence that the spread of such crops is responsible for the dramatic decline of the monarch butterfly, the near annihilation of bats and the spread of honeybee colony collapse syndrome.

To get involved, visit [NonGMOProject.com](http://NonGMOProject.com).





## Dinner Engagement

### Deep Conversation Accompanies Good Food

The pursuit of combining good food and conversation is taking on new, more fulfilling formats. Instead of idle chit-chat or gossip over high-calorie feasts, many people are showing an appetite to fill their lives with more meaningful discussions while dining on healthy meals. The international Green Drinks phenomenon was among the first to successfully mix eco-conscious conversation with healthy beverages; now, thought-provoking initiatives are mixing regular banter with bites in ways that are both lively and nurturing.

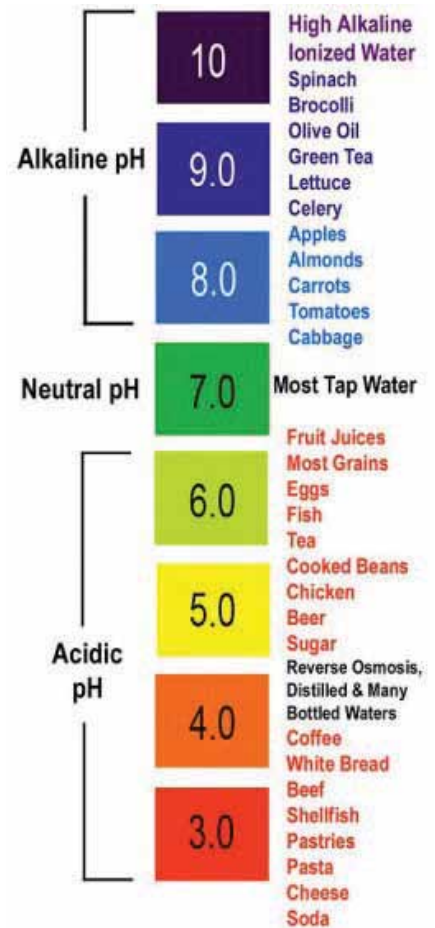


Those seeking the exotic may indulge in *The Philosopher's Table: How to Start Your Philosophy Dinner Club—Monthly Conversation, Music and Recipes*, by Marietta McCarty, following guidelines to immerse guests in the tastes and cultures of 12 different cities and countries. Suggested themes include saluting the present-day benefits of the work of women's rights pioneer Jane Addams while sipping multi-bean soup (Chicago) or consuming uplifting perspectives of ancient philosopher Lao Tzu over shrimp dumplings with dipping sauce (China).

Recommended discussion topics at *ConversationCafe.org* include self-identity and self-reflection, current events and appreciating the arts. A search function for finding a local chapter complements advice on launching a new one.

*RawFoodNetwork.com* provides links to groups nationwide that forge connections with fellow enthusiasts, share dishes and network. It also provides information, recipes and other helpful resources.

Touring experts in the preparation and benefits of raw food and vegan, plant-based diets show up everywhere from natural food restaurants and retailers to health expos and foodie Meetup events. Speakers include Brian Clement, Brenda Cobb, Paul Nison, Jenna Norwood, Karen Ranzi and David Wolfe.



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Riboflavin  
Magnesium  
Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

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

- Andrew Weil, M.D.

## Did you know A vitamin deficiency can cause



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Iodine deficiency



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# CANCER

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## Naturopathic Medicine



Naturopathic oncology providers are specialists who use natural, non-toxic therapies to support the whole person and encourage the self-healing process. Their goal is to minimize the risk of harmful effects from cancer treatments, and apply the gentlest intervention needed to restore your health. Naturopathic oncology is becoming more mainstream and providers act as a consultant to you and your oncologist to support normal metabolism and diges-

tion during cancer treatment; manage any side effects, such as nausea or fatigue; and boosting immune function.

## Naturopathic Therapies

As part of a cancer wellness program, we review your history and make recommendations from a wide variety of natural therapies. In an integrative treatment plan with your traditional oncology and cancer team, your naturopathic doctor will suggest natural therapies to support your immune system and reduce any treatment-related side effects, including:

- **Nutritional supplements and botanical medicines**, including vitamins, minerals, amino acids and herbs.
- **Natural therapies**, such as garlic, antioxidants, ginger, and alkaline and salt water.
- **Homeopathic remedies**, mainly involving plant extracts and minerals that gently strengthen the body's healing and immune response.
- **Physical therapy and exercise therapy**, including massage and other gentle techniques used on deep muscles and joints for therapeutic purposes.
- **Hydrotherapy**, which prescribes water-based approaches like hot and cold wraps, infrared heat and other therapies.
- **Lifestyle counseling**. Many medical conditions can be treated with foods and nutritional supplements, with fewer complications and side effects.

The Naturopathic Medicine Program at the Natural Health Center also provides an educational component as well. Programs include information about vitamin and mineral supplements, natural remedies, nutritional guidance, lifestyle changes, stress management techniques and strategies for long-term prevention of recurrence.

## Proper use of supplements

One of the key roles of a naturopathic doctor is to educate you on the facts versus the fiction regarding supplements and other natural therapies, and to help you choose wisely from the myriad of options available. Our naturopathic medicine team have extensive experience with a wide array of natural products and therapies and are continually researching the latest supplements. We will monitor your supplement and vitamin intake to make sure your supplements are appropriate for you, and to ensure safety from potential drug-herb and drug-nutrient interactions.

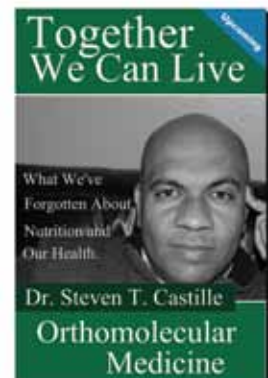
The products available at our on-site Retail *Vitamin Pharmacy* have undergone rigorous quality assurance investigation. Many of the supplements we recommend come from our own line of highly pure and potent vitamins, minerals and herbs, provided by LITEON Natural Health Center.

## Nutrition

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough of the foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.

Nutrition therapy is used to help cancer patients get the nutrients they need to keep up their body weight and strength, keep body tissue healthy, and fight infection. Eating habits that are good for cancer patients can be very different from the usual healthy eating guidelines.

Healthy eating habits and good nutrition can help patients deal with the effects of cancer and its treatment. Some cancer treatments work better when the patient is well nourished and gets enough calories and protein in the diet. Patients who are well nourished may have a better prognosis (chance of recovery) and quality of life.



To schedule an office visit (337) 896-4141



# Build Your Own Wellness Dream Team

## Take Your Health to the Next Level

by Kathleen Barnes

Conventional doctors too often dispense vague, boilerplate health advice, urging their patients to eat a healthy diet, exercise and take helpful supplements. Some are lucky enough to also be directed to detoxify their body and manage stress. That's typically the best most people can expect in terms of practical advice. It is rare to receive specific, individualized answers to such burning questions as:

**What is the best diet for this specific problem or my body type?**

**Which exercise will work best for me—yoga, running, tennis or something else?**

**Why do I feel stressed so much of the time, and what can I do about it?**

**What supplements are best for me, and which high-quality products can I trust?**

Complementary natural healing modalities can address all of these

queries and more. Finding the right mix of treatment and preventive measures requires some creativity and self-knowledge. The experts *Natural Awakenings* consulted maintain that it is both desirable and possible to assemble an affordable and effective personal health care team that focuses on optimum wellness.

### Integrative Approach

"We need to understand the value of an integrative approach because no single modality treats everything," says Dr. Michael Jingduan Yang, the Philadelphia-based founder and medical director of the Tao Institute of Mind & Body Medicine. By way of example, he maintains credentials as a physician, a board-certified psychiatrist and an internationally recognized expert on classic forms of Chinese herbal medicine and acupuncture.

Integrative practitioners see the human body on three levels, Yang explains:

structural; biochemical; and bioenergetic, a form of psychotherapy. Ideally, he says, conventional and integrative medicine, plus complementary practitioners, work together to provide the total care an individual patient needs. "Any problem on one level affects all levels, so we assess patients on all three with whatever tools we have," he says.

While conventional medicine may be able to treat structural problems well and biochemical problems to a certain extent, it falls short on the energetic level. That's when it's time to expand the team, counsels Yang. "Know yourself" is the watchword. Get to know what to use and when to use it. It's the practitioner's job to educate patients in this way."

Dr. Andrew Weil, renowned as the father of the integrative medicine movement in the U.S., has remarked, "If I'm in a car accident, don't take me to an herbalist. If I have bacterial pneumonia, give me antibiotics. But when it comes to maximizing the body's natural healing potential, a mix of conventional and alternative procedures seems like the only answer."

Dr. Shekhar Annambhotla, founding director and president of the Association of Ayurvedic Professionals of North America, turns to the integrative realm of ayurvedic medicine for healing and wellness. The 5,000-year-old Indian healing tradition incorporates lifestyle changes, yoga and meditation, detoxification, herbs, massage and various other individually targeted healing modalities, depending on the patient's diagnosis and recommended treatment plan.

### Customized Team

"Wellness is a team effort," advises integrative medicine specialist Dr. Vijay Jain, medical director at Amrit Ayurveda for Total Wellbeing, in Salt Springs, Florida. It's not only a matter of knowing what needs the practitioners will address at specific times, it's also knowing who can help when the going gets tough. "Modern medicine has the edge for early detection of disease," Jain notes. "However, Ayurveda is excellent in determining the earliest imbalances in the mind and body that eventually lead to disease."

Health insurance may not cover the services we want, and high deductibles may pose a financial challenge in maintaining comprehensive health care, so we need a personal wellness plan.

Most experts consulted agree that a personal wellness program should include a practitioner that acts as a gatekeeper and coordinates a care plan to meet individual needs. Jain recommends that the foundation of the team be a licensed medical professional such as an integrative physician (MD), osteopathic doctor (DO) or chiropractor (DC). In most states, any of these professionals can function as a primary care doctor, authorized to order and read laboratory tests, prescribe drugs and access hospital services. In some states, a naturopathic physician (ND) can perform the functions of a primary care doctor in ordering and reading laboratory tests.

As part of a personal wellness team, consider a functional medicine or integrative physician, chiropractor, osteopath, doctor of naturopathy, ayurvedic practitioner, nutritionist, Traditional Chinese Medicine doctor/acupuncturist, herbalist, craniosacral therapist, massage therapist and energy practitioner (such as in Reiki, medical qigong or polarity therapy).

It's not necessary to see all of them, sources say. Sometimes, one practitioner will be skilled in practicing several modalities, a bonus for patients. Other complementary practitioners may form a supporting team that works with the primary care team, depending on the challenges a patient faces. They will be identified as treatment unfolds and the team evolves over time.

## Contributing Specialists

An ayurvedic practitioner likely will begin by helping to define healthful lifestyle changes, depending on one's *dosha*, or energetic temperament. Yoga and meditation would be a likely recommendation, plus specific herbs and perhaps detoxification, says Annambhotla.

Traditional Chinese Medicine (TCM) and acupuncture often go hand-in-hand with Ayurveda in accordance with the view that illness and disease are caused by imbalances in the body's energetic flow. Diagnostic techniques employ intuition and pulses to assess and smooth blocks in energy circulation.

Craniosacral therapy is another way to unlock energetic blockages caused by lifestyle stress and other factors that restrict and congest the body's innate ability to self-correct and remain healthy, says Joyce Harader, a registered craniosacral therapist in Cave Creek, Arizona, and secretary of the board of the Biodynamic Cranial Sacral Therapy Association of North America.

She relied on a whole team to realize a natural way back to health after being diagnosed with lupus in 1992. "Members of my health team fluctuate, depending on what is going on in my life and where I am focusing," comments Harader. She points out, for example, that nutrition education and general deep-tissue massage can both be helpful as part of a foundational plan toward obtaining and maintaining optimal health.

In fact, many of our experts recommend both a monthly chiropractic adjustment and/or massage, as well as daily yoga and an ongoing meditation practice for wellness and total well-being.

Naturopathic practitioners such as Dr. Steven T. Castille at the Natural Health Center in Carencro can be a good source of nutrition counsel and often recommend herbal remedies for relief. "For chronic illness, you need a chiropractor or drug-free physician like a naturopath on your team. Conventional medicine is generally poor at dealing with chronic illness," observes Naturopath and Chiropractor Michael Loquasto, Ph.D., who practices in Bethlehem, Pennsylvania.

Loquasto should know. He has practiced integrated modalities for 50 years, employing the knowledge gained through his practice and triple doctorates, which include one in nutrition. Also a master herbalist, he strongly advocates that people start by working with a good integrative or functional medicine medical doctor.

"In some states, like Pennsylvania, chiropractors and osteopaths can perform routine diagnostic work, but in many states they cannot," he notes. "I recommend undergoing a physical every six months and regular bone density tests, plus colonoscopies." Loquasto is not in favor of mammograms because of the radiation exposure associated with them, but supports routine breast screening using ultrasound or thermography.

## Naturopathic Medicine Goes Mainstream

Naturopathic medicine going from margins to mainstream - "Since the beginning of my career to now, I've met hard-nosed doctors from respected U.S. hospitals who take seriously the effects of alternative medicine. For example, world-renowned cancer centre Memorial Sloan Kettering has Dr. Barrie Cassileth running its integrative medical department, and Johns Hopkins has Dr. Linda Lee."

- Dr. James Aw

### Where can I find naturopathic medicine doctors?

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- Review of some diseases and case studies and the common unresolved conflicts that may be connected to them including:

Stomach cancer	Multiple Sclerosis	Digestive problems	Breast cancer
Liver cancer	Rheumatism & Arthritis		Joint Pathologies

Member of the Scientific Advisory Board and Academy C.I.M. Professor, Gilbert Renaud, Ph.D. has over 30 years of experience as a professional in the field of holistic health. Having been trained in Total Biology by Dr. Claude Sabbah of France. He now has a practice in Vancouver, BC, Canada and teaches courses in North America and Europe on Recall Healing, which is a synthesis of Total Biology and related practice with his own experience.

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A personal wellness program should include a lead practitioner that acts as a gatekeeper and coordinates a plan of care that meets the individual's needs.

to minimize the cost. "In the new world of high insurance deductibles, people get more for their money from an alternative doctor, especially one knowledgeable in a variety of healing therapies, than a conventional one," Loquasto advises. Costs for tests may also be lower; plus patients are not expected to pay \$150 or more just to walk in the door.

A current trend has medical doctors and chiropractors participating in "umbrella" practices and wellness centers, where several types of practitioners collaborate in one facility. They find that sometimes insurance will pay for certain complementary services, including massage and nutrition education, when doctors or chiropractors prescribe them.

Maintaining wellness in an environment filled with chemical, biological and mental toxins is a substantial, yet worthy, investment. It's far better than the costly alternative of dealing with regular bouts of sickness or escalating disease. In that light, maintenance looks affordable: an ayurvedic diagnostic session starts at around \$100, a consultation with a licensed naturopath at \$75 and acupuncture at \$100; a massage typically costs about \$80 an hour.

While insurance is unlikely to pay for treatments outside the realm of conventional medicine and sometimes, chiropractic, "The cost of these preventive therapies will be much less than the cost of treatment for a serious disease," advises Loquasto. "You're worth it."

*Kathleen Barnes is author of more than a dozen natural health books. Her latest is The Calcium Lie II: What Your Doctor Still Doesn't Know with Dr. Robert Thompson. Connect at KathleenBarnes.com.*

## Self-Diagnosis

Intuitive listening and observant self-knowledge are crucial parts of any wellness plan. Most people are aware when something doesn't feel right in their body.

"Libido is a great barometer of health," suggests Dr. Diana Hoppe, an obstetrician, gynecologist and hormone specialist in San Diego, California. "If you're not interested in sex, it's probably a sign that you need to do some investigating." Reasons for such a decline of interest are wide-ranging says Hoppe. "For men and women, it might be due to hormonal changes, lack of self-esteem, medications, stress, relationship issues, job, family life or lack of sleep. It means that somewhere, things are out of balance," she says.

## Funding a Plan

A personal multifaceted wellness program can be expensive, but there are ways

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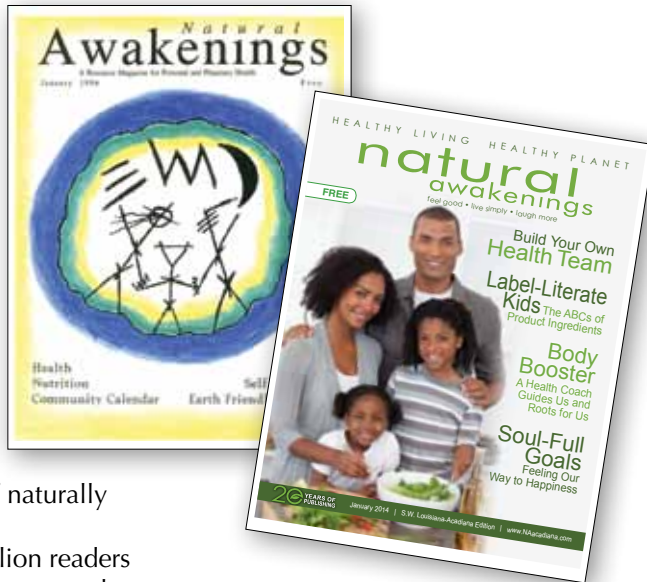
FEEL THE DIFFERENCE	FIRST VISIBLE RESULTS	MORE VISIBLE RESULTS	SIGNIFICANT RESULTS	SUSTAIN RESULTS
<b>1-2 WEEKS</b> <ul style="list-style-type: none"> <li>• Rebalance fat hormones.</li> <li>• Control energy intake.</li> <li>• Break &amp; excrete excess fat.</li> </ul>	<b>3-4 WEEKS</b> <ul style="list-style-type: none"> <li>• Reduce fat storage.</li> <li>• Increase metabolism.</li> <li>• Decrease in body weight.</li> </ul>	<b>6-8 WEEKS</b> <ul style="list-style-type: none"> <li>• Decrease body weight and waistline, achieve flatter tummy.</li> <li>• Smaller fat cell size.</li> </ul>	<b>10-12 WEEKS</b> <ul style="list-style-type: none"> <li>• More weight loss and waistline reduction.</li> <li>• Decrease in body fat%, improved body shape.</li> </ul>	<b>AFTER 12 WEEKS</b> <ul style="list-style-type: none"> <li>• Continue taking to sustain weight loss.</li> <li>• Improve body shape and blood lipid profile.</li> </ul>

# Catalyst for Change Natural Awakenings Celebrates 20 Years

by Sharon Bruckman, CEO/Founder

A heartfelt shout out goes to the 90 U.S. cities and metro areas across the country, plus Puerto Rico, where *Natural Awakenings* is effecting positive change in people's lives. For 20 years, this free community magazine has been loyal readers' go-to resource for awakening America to the benefits of naturally healthy living.

We thank our 3.8 million readers that devour these pages every month, typically from cover-to-cover. We voice gratitude to the thousands of committed advertisers that report multiplied business success as a result of our partnership. We extend kudos to the hundreds of editorial contributors that have generously shared their pioneering expertise with us via cutting-edge information and practical tips. Interviews and bylines of internationally recognized healers, teachers and leaders underscore the



magazine's primacy in its field.

Collectively, we comprise a great movement embodying ways of living that are healthy for people and the planet. Together, we are producing a pay-it-forward chain reaction of positive energy and conscious living that benefits everyone. Each large and small choice in favor of natural health and environmental sustainability counts toward enhancing our own standard of

living and supporting a higher quality of life on Earth.

It all starts with individuals waking up to conscious living and connecting locally to make measurable differences in their own homes and communities. They are role models of wellness. They are eco-stars. They are visionaries that daily act on their passion for helping others live happier, healthier, more thriving lives.

What started as a single print publication in Naples, Florida, in 1994, is now a growing network spearheaded by 90 local magazine publishers reaching out to share the message. Supportive media range from digital magazine editions, e-newsletters, community websites and social media releases to an iPhone app, webstore and dating website, topped by a nationwide network of local natural health practitioners. All embrace the original vision of bringing like-minded people together to help make life better.

We are glad that you are joining us in celebrating 20 years together. We look forward to all the good that 2014 and beyond will bring to us all.

For more information and to connect, visit [NaturalAwakeningsMag.com](http://NaturalAwakeningsMag.com).

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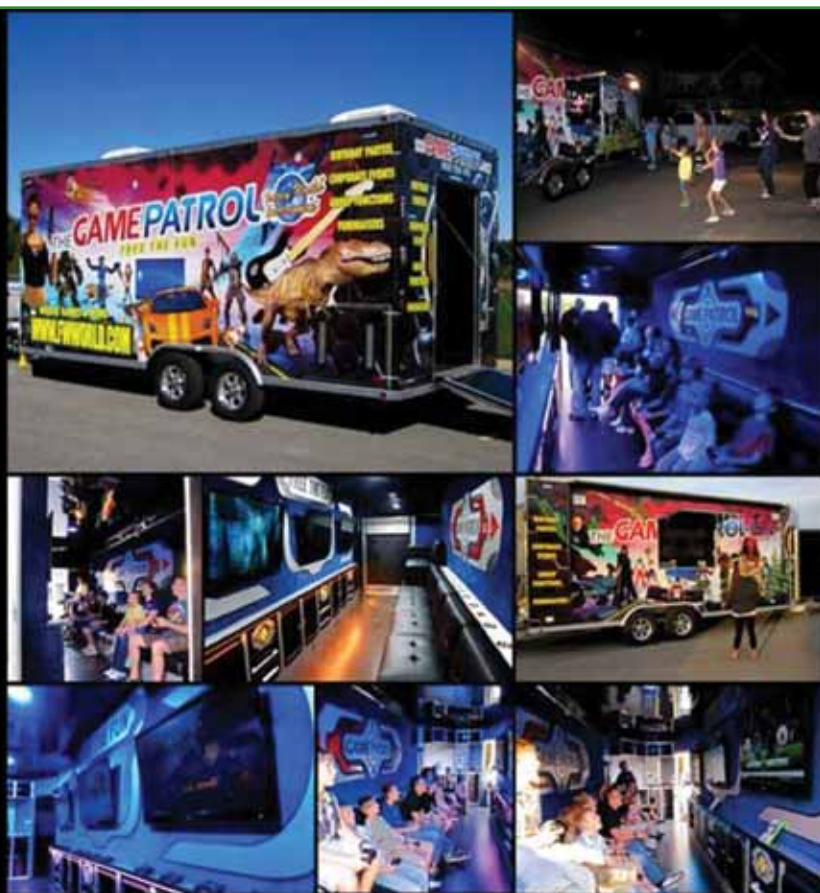
Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.



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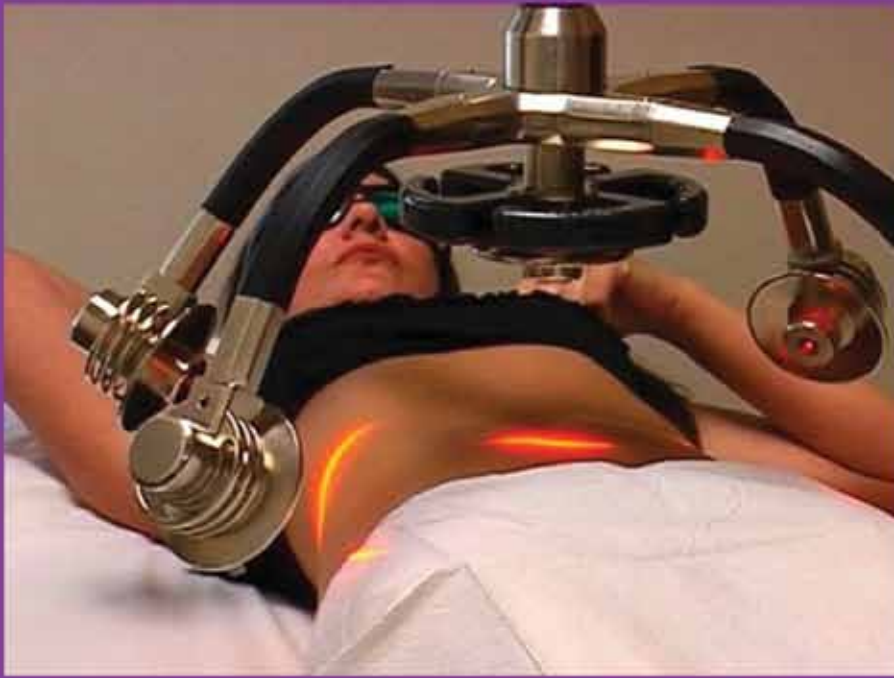


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# Soul-Full GOALS

## Feeling Our Way to Happiness

by Susie Ruth



**M**any of us have our relationship to success inside-out. We busy ourselves so much with do-or-die goals we “should” achieve that we drown out the crucial signals life is sending our way—both from our own instincts and from others that can objectively see what we truly need.

According to Danielle LaPorte, author of *The Desire Map: A Guide to Creating Goals with Soul*, knowing how we want to feel inside yields the most potent clarity in identifying what’s critical to us. “We need to have soul-centered goals, and if we get clear on defining our core desired feelings—the way we most want to feel—then all of our goals are a means to create those feelings,” she says. “It’s that simple.” The external things we want to have and experience are secondary goals, provided they contribute to the first.

LaPorte’s Desire Map process is a holistic life planning tool that helps spur our thinking about our core desired feelings and how to use them

to start creating some goals with soul. At heart, it involves the following four highly personalized steps.

**How do you want to feel?** Engage in a stream of consciousness, allowing each query to lead to the next and letting your desired feelings flow. Do you want to, for example, feel continuously energized, connected or prosperous? Consider areas such as livelihood and lifestyle (career, money, home, travel), health and wellness (healing, fitness, leisure, mental health) and relationships and community (romance, friendship, family).

**Recognize patterns.** Look for patterns in the desired feelings in order to distill your list to determine key, repeating words. Individuals tend to reach for the same feeling states across all areas of their lives. If you want to feel “vitality” within livelihood, then you likely wish to feel the same way in the context of wellness and relationships.

**Declare your core desired feelings.** Now zero in on three to five core feel-

ings that resonate most strongly inside. Ask yourself what’s beneath each feeling. For you, perhaps “success” is really about freedom, creativity or excellence. Look up the definitions of words—every word is its own world. Which feelings do you find to be the most uplifting, positive, satisfying and compelling?

**Ask yourself: “What do I want to do, have or experience to create my core desired feelings?”** Thus, you begin setting goals with soul. You see and make connections between how you want to feel and what will actually help you feel that way. This is where you turn your ambitions truly inside-out and right-side-up to hitch your intentions to deeper and more nurturing meaning. This is the revolutionary beginning of realizing the ongoing success of a lifetime.

*Source: Danielle LaPorte is an entrepreneur, inspirational speaker, social media presence and bestselling author of The Fire Starter Sessions; her latest release is The Desire Map. She is a former news commentator for the Canadian Broadcasting Corp. and director of a Washington, D.C., think tank. Visit DanielleLaPorte.com.*

### Radishes

- Radishes have antibacterial and anti-fungal properties
- They are a member of the cabbage family
- Radishes contain vitamin C, potassium and other trace minerals
- Grown in Egypt since at least 2780 B.C., radishes were originally black



### Digestive Enzyme Complex

Digestive Enzyme Complex is a vegetarian encapsulated and vegetarian sourced digestive enzyme complex. Nine active enzymes provide digestion help, absorption of nutrients, maintain the proper pH in the gastrointestinal tract, and act as a barrier against invasion of viruses and bacteria. Studies indicate a significant reduction of gas and bloating associated with the ingestion of high calorie, high fat meals when taking certain of these digestive enzymes. Digestive Enzyme Complex may also help reduce symptoms associated with lactose intolerance.

Digestive Enzyme Complex includes six of the seven basic types of digestive enzymes, each with differing functions. The basic enzymes and their specific functions are as follows: amylase digests starches; cellulase digests fibers; lactase digests dairy products; lipases for fats digestion, oils and triglycerides; maltase for starch and grains digestion; protease digests proteins; and sucrase digests sugars.

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# Aqua Massage Spa Therapy



## COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

## MUSCLE BENEFITS

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

## HEALTH BENEFITS

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

## TIME

Aqua massage is often a preferred choice for busy people who simply do not have much time for a massage. Since an average aqua massage is only 15 to 20 minutes, it is much easier to fit into a busy schedule. Even with the shorter time frame, the health benefits remain the same. According to Yogawiz.com, an aqua massage that lasts for 15 minutes is the equivalent of a 30-minute session with a massage therapist.

## PERSONAL CONTROL

Water massage therapy takes place in a self-contained unit that resembles a tanning bed, and just like a tanning session, you set the controls to meet your particular needs. The session time is pre-set before you enter the unit, but the water pressure and pulse frequency are adjustable via a hand-held control unit, allowing you to direct your experience. If your lower back muscles are aching, you can pause the jets and remain on that area for a longer period of time, giving you the ultimate control over your own healing process.

Escape the work week in our Aqua Massage Spa Capsules, the word leader in water massages. Our Aqua Massage Spa features, aromatherapy, sound system, and monochrome touch screen control system. The Aqua Massage is an advanced water-driven massage system that gives you a relaxing massage in complete privacy.



20 minute Whole Body Vibration  
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ONE HOUR SESSION

## Caring, Steering, Cheering A Health Coach Helps Us Change for Good

by Lauressa Nelson

A health or wellness coach integrated into a personal healthcare team can be critical to catalyzing sustainable change. Many people understand they need to modify their self-care, yet fail to take the optimal steps to make such a transformation happen.

“What we’ve discovered is that people don’t routinely change behavior due to education alone or out of fear. They change through partnership,” explains Linda Smith, a physician’s assistant and director of professional and public programs at Duke Integrative Medicine, in Durham, North Carolina. Coaching partnerships supply a supportive bridge between provider recommendations and patient implementations, she says, “significantly increasing the client’s ability to make changes successfully.”

“Health coaching was absolutely essential to my health,” says Roberta Cutbill, a 72-year-old retired registered nurse in Greensboro, North Carolina, who considered her lifestyle relatively healthy when in her late 60s she experienced autoimmune and cardiac problems. “I have an excellent primary care doctor who, when these issues came up, told me that I needed to change my diet, thoughtfully downloaded a list of recommendations and sent me on my way. I still needed help with many things in order

to make the changes,” recalls Cutbill, which is why she turned to a health coach at Duke Integrative Medicine.

Margaret Moore, founder and CEO of Wellcoaches Corporation and co-director of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate, in Belmont, Massachusetts, identifies two primary forces that enable behavioral change: autonomous motivation (people want to do something for their own reasons, not because someone tells them to) and confidence (they believe they can do it). “The most powerful motivating forces of all are what you treasure most in life, your life purpose and contribution,” she remarks. Both Smith and Moore emphasize that the priorities

in any health coaching relationship are client driven, based on the client’s chosen goals and personal intrinsic motivators.

Confidence in attaining ultimate success is built through positively framed experiments and experiences. “A health coach is trained to help clients break up their goals into manageable steps,

focus on strengths, track progress and identify and overcome personal roadblocks,” explains Dr. Karen Lawson, an integrative physician and director of integrative health coaching at the University of Minnesota’s Center for Spirituality and Healing, in Minneapolis. A helpful approach sets goals that can be met and exceeded, not insurmountable ones.

“The key is always keeping a positive lens, helping clients see the progress they achieve,” continues Lawson. This involves speaking in terms of growth through trial and error, in which outcomes are explored without judgment and clients feel empowered to modify.

This is vital, explains Moore, because experiencing at least a three-to-one ratio of positive to negative emotions creates the conditions for the brain to learn, change and thrive, making people feel more capable of taking care of their health.

Mindful awareness is another essential tool; being self-aware and reflecting on what we are doing while it is happening. Unlike thinking, analyzing and planning, mindfulness involves observing while experiencing. During sessions, coaches use it to give their full attention in a non-judgmental way, modeling how clients can bring such compassion to themselves.

A mindful state calms mental noise and puts reflective distance between individuals and their beliefs, emotions and behaviors. It improves their ability to handle negative emotions and to make a conscious choice to respond with a different attitude or new behavior, according to Moore.

For Cutbill, maintaining a personal relationship with her coach over time has been the most significant factor in the improvement of her health. “The relationship was healing, because my coach regularly pointed out my progress with profound encouragement and validation. I wish all primary care doctors had health coaches on staff to help them and their patients attain the success they both are aiming for.”

*Lauressa Nelson is an editor and contributing writer for Natural Awakenings. Connect at [LauressaNelson@gmail.com](mailto:LauressaNelson@gmail.com).*



# Hallmarks of a Good Health Coach

by Margaret Moore

In the past 10 years, approximately 10,000 health professionals have become coaches through dedicated training schools and university programs focused on life, corporate or health and wellness coaching. The selection of the right partner to help in the quest for lifelong wellness entails assessing the following qualifications.

**Credentials and training:** A reputable health and wellness coach training program typically requires six months to two years of education, skills training and practice with clients, followed by a certification process that tests for knowledge and core competencies.

**Employment background:** Additional desirable credentials in the medical, physical or mental health fields will likely include exercise physiology, physical therapy, psychotherapy, nutrition counseling, nursing or medicine.

**Structured relationship:** A coach should be able to explain how coaching works and why successful results are more likely with a coach. Coaching sessions are typically conducted by phone and last between 30 and 60 minutes. Coaching services are generally not covered by insurance.

**Personal character:** Effective health coaches are good listeners, interested in clients' unique stories. They foster self-acceptance and self-respect, pointing out personal strengths, values and desires. Coaches engage, energize and challenge clients through a positive, non-judgmental focus, while at the same time asking courageous questions. As skilled partners, they help clients become clear about personal motivations and an overall vision for life, so that they can help design a detailed, attainable plan that successfully moves them toward fulfilling their goals.

*Margaret Moore is CEO of Wellcoaches Corporation and holds a master's degree in business administration. Email her at [Margaret@Wellcoaches.com](mailto:Margaret@Wellcoaches.com) or visit [CoachMeg.com](http://CoachMeg.com) or [Wellcoaches.com](http://Wellcoaches.com).*

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# Ever-More-Green in



## Easy Ways to Go Eco Right Now

by Avery Mack

New Year resolutions can be a distant memory by mid-January, due to unrealistic expectations, slow results and distractions that sideline good intentions. Yet we may still reap the rewards of a greener, healthier lifestyle by progressively adopting small, doable changes.

### Nifty Switches

January white sales present a prime opportunity to change to organic cotton sheets and dry-fast towels to reduce energy usage. Local animal shelters welcome old towels and blankets. Homeless shelters also accept gently used clean linens and outgrown cold-weather gear.

Replace family toothbrushes with eco-friendly models made from renewable castor oil plants instead of petroleum. The Naturally Clean Toothbrush is BPA-free and recyclable ([TomsOfMaine.com](http://TomsOfMaine.com)).

Each day, Americans use 500 million disposable straws, reports Milo Cress, founder of the Be Straw Free Campaign ([Ecocycle.org](http://Ecocycle.org)). Discarded plastic straws and stirrers are on the Ocean Conservancy's top 10 list of debris littering beaches. Cindy Schiff Slansky, CEO of GreenPaxx, in New York City, suggests using a reusable silicone straw. "The bright colors help keep track of each person's drink. They're in my purse for when I eat out with my kids," she says. "We always say no to disposable straws." Also consider paper straws that

compost within 45 to 60 days.

Plug electronics into power-saving energy strips that can be turned off when machines aren't in use. Completely shutting down computers saves more energy than using sleep mode.

When it's time for a more energy-efficient fridge or freezer, call the electric company. The Appliance Recycling Centers of America work with utilities to pick up and recycle working appliances. Air conditioners and dehumidifiers are accepted with a qualifying fridge or freezer. Alternatively, call a local recycling company for a curb pickup of broken appliances; even easier, confirm that the company delivering a new appliance will take away and recycle the old one.

Upgrade to a greener model when the need arises to change cars. California, Connecticut, Maryland, Massachusetts, New York, Oregon, Rhode Island and Vermont have pledged to speed the construction of charging stations in their states and project collectively having 3.3 million battery-powered cars, plug-in hybrids and other clean-burning vehicles on their roads by 2025.

To make clean and renewable home energy affordable and increase property values, Sunrun installs and maintains home solar power panels in 1,000 cities in 11 states for low and predictable monthly rates ([Sunrun.com](http://Sunrun.com)).

Choose green products carrying the 1% for the Planet logo. Identify

participating companies at [Tinyurl.com/OnePercentPlanet](http://Tinyurl.com/OnePercentPlanet).

### Table Tips

One-pot, slow-cooked hearty stews and soups—especially made with seasonal, locally grown vegetables—use less energy and need less water to wash. A slow cooker can also steam rice, make yogurt or bake simple, whole-grain breads ([VitaClayChef.com](http://VitaClayChef.com)).

Dave Feller, CEO of [Yummly.com](http://Yummly.com), in Redwood City, California, adds, "Slow cooking tenderizes meats and brings out flavor, even in less expensive cuts. It's also a timesaver." Yummly recipes detail ingredients, cooking times and nutritional values.

For family snacks, Terry Walters, the Avon, Connecticut, author of *Clean Food* and *Clean Start*, advocates going untraditional. "Get closer to the green plant than the processing plant," she advises. At least once a week, she likes to try a new food. "Roasted chick peas, kale chips or a 'pizza' made from a rice tortilla, pasta sauce or pesto, and veggies all make 'clean-food' snacks." (Recipes at [TerryWalters.net](http://TerryWalters.net).)

Keeping produce fresh can be a challenge, especially when the average fridge can harbor millions of bacteria, according to testing by Microban Europe, UK. The BerryBreeze in-fridge

Switch to public transportation or telecommuting at least twice a week to reduce greenhouse gas emissions.

automated device periodically circulates activated oxygen to prevent mold, keeping produce fresh longer and reducing spoiling to save grocery dollars ([BerryBreeze.com](http://BerryBreeze.com)).

Hannah Helsabeck, president of eco-friendly [WildMintShop.com](http://WildMintShop.com), shares can-free meal tips online. "It takes a little planning, but we can now avoid all the toxic chemicals used in processing foods and making cans. Let's kick the can!"

Also, check out local food Meetup groups. Penny Miller, of Wichita Falls, Texas, says, "At our first meeting, we saw examples of raised-bed gardens, rainwater harvesting, composting, native landscaping and container plants."

Avery Mack is a freelance writer in St. Louis, MO. Connect via [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).



# Infrared Sauna Therapy

## INCREASED METABOLISM AND WEIGHT LOSS

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

## A BOOSTED IMMUNE SYSTEM

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

## DETOXIFICATION OF THE BODY

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

## INCREASED BLOOD FLOW

Using an infrared sauna can expand capillaries in the body, which stimulates increased blood flow, regeneration, circulation, and oxygenation.

## INCREASED CARDIOVASCULAR AND HEART RATES

As your body increases sweat production to cool itself, your heart works harder, pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase during Infrared Sauna Therapy, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

## HEALTHY ARTERIES

Deposits of fat, calcium, fibrin, and cellular debris can clog arteries and lessen the ability to expand and contract, while slowing blood circulation. Infrared Sauna Therapy can potentially help to clean arteries by loosening these toxins and increasing blood flow throughout the body.

## IMPROVED SKIN CONDITIONS

Infrared Sauna Therapy has been shown to relieve acne, psoriasis, burns, eczema, and also removes roughness and decreases scarring. Excessive sweating is beneficial to the skin, and helps improve the clarity, balance and structure of the skin tissues.

## RELIEF FROM PAIN

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

## RELIEF FROM STRESS

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

20 minute Whole Body Vibration  
with 30 minute Infrared Sauna

Four Sessions for \$99.

**\$49**  
ONE HOUR SESSION



# DETOX THE BODY

## Ionic Detox Foot Bath

COLORS AND OBJECTS IN THE WATER	
Color or Particle	Material or Area of the Body
Yellow-Green	Purifying the kidney, bladder, urinary tract, female/prostate area
Orange	Purifying the joints
Brown	Purifying the liver; tobacco, cellular debris
Black	Purifying the liver
Dark Green	Purifying the gallbladder
White Foam	Purifying from the lymphatic system
Black Flecks	Heavy metals
Red Flecks	Blood clot material

### Top Reasons to Ion Detox

- Rid your body of unwanted toxins.
- Reduce acidic pH in the body.
- Boost your immune system.
- Enhance nutrient absorption.
- Increase oxygen absorption.
- Help relieve pain and tension.
- Help relieve chronic fatigue.
- Increase your energy.
- Improve sleep.
- Remove heavy metals and chemicals from you body.
- Recover quicker from illness or injury.
- Slow down aging and improve flexibility.

### Why You Should Ion Detox

Throughout the course of the day, the average person will encounter a variety of environmental factors which affect their well being. This includes food additives, tobacco smoke, alcohol, artificial sweeteners, stress, lack of exercise, or even air pollution. These factors cause toxins to build up in your body throughout the

day. This buildup prevents your body from functioning at its optimal level. Your body detoxifies as much as it can, but never can eliminate all toxins. That's often why you may feel tired, have headaches, catch colds frequently, have sinus problems, dry skin, or bad breath. Additionally, prescription drugs, topical medication and environmental toxins seep into our organs and blood and can cause further imbalances. Ion Detox helps release chemicals that are clogging your organs like the liver and release chemicals no longer needed.

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal. There are over 360 acupuncture points on the body with more than 60 on the soles of the feet. Acupuncture points and reflexology points reflect the organs and other areas of the body which make the feet ideal for detoxification.

Beginning symptoms of acidosis include: fatigue, headaches, bloating, acne, constipation, food allergies, panic attacks, slow circulation and joint pain. Intermediate symptoms of acidosis include: asthma, bronchitis, insomnia, psoriasis, fungus, depression, cold sores. Advanced symptoms of acidosis include: cancer, fibromyalgia, weight gain, multiple sclerosis, arthritis, diabetes, lupus, leukemia, heart disease and migraines.

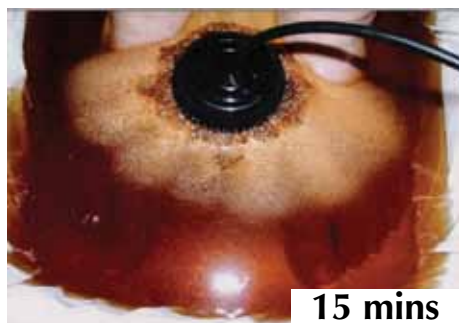
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and cause increased vulnerability to virus, bacterial fungal and parasitic infections. In an attempt to detoxify these substances, our bowels, kidneys and liver are being overloaded. With proper and frequent use, Ionic Detox Treatments can significantly aid the body in removal of harmful toxins. Used in combination with a healthy, low-stress lifestyle, Ion Detox Foot Bath Treatments can improve your chances for long term wellness.

### Why Ion Detox Works

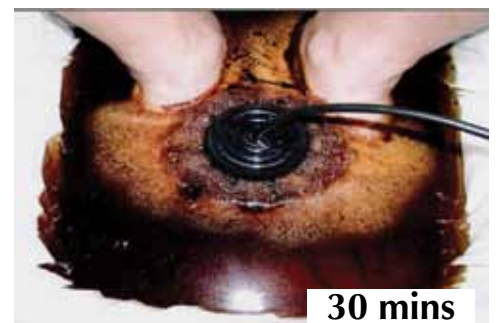
Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

### A Higher Acidic pH Can Cause Such Problems As

1. Weight gain, obesity and diabetes.
2. Cardiovascular damage.
3. Bladder and kidney conditions, including kidney stones.
4. Immune deficiency.
5. Acceleration of free radical damage.
6. Hormone concerns.
7. Premature aging.
8. Osteoporosis; weak, brittle bones, hip



15 mins



30 mins

- fractures and bone spurs.
9. Joint pain, aching muscles and lactic acid build up.
  10. Low energy and chronic fatigue.
  11. Slow digestion and elimination.
  12. Yeast/fungal overgrowth.

Ionic Detox Foot treatments assists the body's ability to heal itself by removing toxins that may be interfering with your own natural defenses. The best advice is to be proactive with your health. It's easier to avoid disease and illness by taking the steps discussed here, than it is to change things once disease has set in. Ion Detox Foot Baths are a valuable tool in supporting your body's natural defenses. This detoxification process is a safe and effective way to aid the healing process carried out by your Immune System.

### What happens when I place my feet or some other part of my body in the Ion Foot Cleanse?

The appearance of colors, bubbles and the changes in the tension of the waters surface, as well as the change in pH, indicates that the unit is functioning correctly, producing an electrical current in the water and that polarity is being generated by the electrodes in the "array".

The result is electrolysis and the generation of an electromagnetic field. Electrolysis creates the removal of those substances with ionic capacity that is in the water, on the skin or in the pores of the person who has their feet submerged in the foot bath.

The water, due to its content of ionic salts, remains magnetized and being in close contact with the corporal liquids facilitates the extension of this field towards the interior of the body. As it is the feet that are being treated, which have many reflex zones, these experience stimulation by the electromagnetic energy that is being generated resulting in the stimuli being propagated to the different organs and systems.

### Who should use the Ion Foot Cleanse?

Nearly everybody can benefit from following an ion Foot Detox program. Even those of you that think you are "healthy" and follow a balanced nutritious diet. The ionic spa compliments other therapies wonderfully. If in pain, tired or feeling run down start now.

### Who should NOT use Ion Foot Cleanse?

- Anyone with a surgical implant that operates with batteries like a pace-maker.
- Anyone who thinks they are or could be pregnant.
- Anyone who has received a transplant.
- Epileptics.
- Hemophiliacs.
- Transplant patients.
- Pregnancy – Ion Foot Cleanse is designed to work with one bio-electrical system at a time, as each system has its own properties. In the case of pregnancy, there are two bio-energetic fields present which could possibly interfere with each other.

### How frequently can the Foot Detox be used?

The Ion Foot Detox can be used for 30 minutes every other day. This allows time for the integration of the bio-energetic field and will avoid over-stimulation. It is NOT recommended on a daily basis, due to the fact that the body needs time to assimilate the increase in the bio-energetic level.

### How are toxins eliminated?

By means of electrolysis, the Foot Detox treatment plan intends to promote corporal detoxification which will allow the body to achieve a healthier condition. This detoxification is based on the bio-energetic stimulation of the different tissues, organs and systems so that they can carry out their natural detoxifying process better. The final result is a stimulation that allows us to attain balance which in turn brings us closer to achieving better health.

On the other hand, the electrolysis phenomena in the foot bath generates a release of substances that migrate towards the electrodes, going through a transformation which is manifested in the precipitation of products in the water, color change and release of gases, and this too has a relation to our organism. Within our interior a bio-energetic flow is produced, this unblocks and stimulates, creating better tissue, organ and system functions, facilitating better circulation.

### Why does the water change color?

There are many factors that come into play when the unit is turned on which contributes to the color and property changes in the water. Basically, the Detox is based on electrolysis. If we

analyze the system we find the following elements: water classification and types of salt which are used to achieve optimum conductivity.

The water that is used has its own impurities which due to the electrolysis are drawn towards or separated from other components. Remember, the water that normally reaches our homes can contain variable quantities of suspended solids such as sodium, calcium, magnesium, manganese, chlorine, antimony, arsenic, asbestos, barium, boron, cadmium, chromium, copper, cyanide, fluorine, iron, lead, mercury, nickel, sulphate's, thallium, nitrates, pesticides, herbicides, detergents and organic material, amongst many others.

When the Foot Detox "array" starts to work in the water, apart from the changes in the pHs, some of these substances can come to light as being present in the water. This is one of the reasons for the color changes and the release of small quantities of different gases like oxygen, hydrogen, chlorine and some sulphur's. The "arrays" are metallic and will release waste and will result in an electrolytic reaction which will in turn cause it to corrode.

Another influencing matter is what we introduce into the water, let's say our feet. These have their own properties such as acidity or alkalinity. One can also find germ, bacteria, yeast infections and parasites. The skin can also contain remnants of soap, creams, dyes and fibers. There will also be a release of substances from the sebaceous glands and dead cells. All these factors combined will influence the color change. Last of all we have the internal condition of the body which will influence and manifest themselves in the water.

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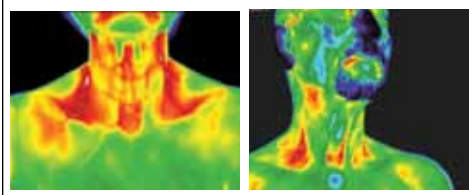
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Ion Foot Detox (single session) \$45  
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## THYROID

### Here are 10 signs that you could have an underactive thyroid:

1. Fatigue after sleeping 8 to 10 hours a night or needing to take a nap daily.
2. Weight gain or the inability to lose weight.
3. Mood issues such as mood swings, anxiety or depression.
4. Hormone imbalances such as PMS, irregular periods, infertility and low sex drive.
5. Muscle pain, joint pain, carpal tunnel syndrome, or tendonitis.
6. Cold hands and feet, feeling cold when others are not, or having a body temperature consistently below 98.5.
7. Dry or cracking skin, brittle nails and excessive hair loss.
8. Constipation.
9. Mind issues such as brain fog, poor concentration or poor memory.
10. Neck swelling, snoring or hoarse voice.

### What are 10 things you can do to improve your thyroid function?

1. Make sure you are taking a high quality multivitamin from Liteon Naturals with Iodine, Zinc, Selenium, Iron, Vitamin D and B vitamins.
2. Take a tyrosine and iodine supplement to help with the FT4 to FT3 conversion.
3. Go gluten-free! If you have Hashimoto's, try going completely grain and legume free.
4. Deal with your stress and support your adrenal glands. The adrenal glands and thyroid work hand and hand. I recommend restorative yoga and adaptogenic herbs, which support the adrenal glands in coping with stress.
5. Get 8 to 10 hours of sleep a night.
6. Have a biological dentist safely remove any amalgam fillings you may have.
7. Watch your intake of cruciferous vegetables. There is a bit of a debate surrounding this.
8. Get fluoride, bromide and chlorine out of your diet and environment.
9. Heal your gut. A properly functioning digestive system (gut) is critical to good health.
10. Work with a naturopathic doctor, get a thermography exam, and find the root cause of the thyroid imbalance.



## healthykids

# Label Literacy

## Five Tips Help Kids Choose Healthy Foods

by Elisa Bosley



Families have three key weapons in combating America's childhood obesity epidemic: keeping them active, reducing their soda and junk food intake and teaching youngsters how to read food labels.

According to the National Center for Health Statistics, obesity more than doubled in children ages 6 to 11 and tripled in adolescents ages 12 to 19 between 1980 and 2010. Nearly one in five youths in both age groups, plus one in eight preschoolers, are now considered obese and at increased risk for consequent health problems. By 2013, the Centers for Disease Control finally showed signs of hope, with some states reporting small reversals in the trend.

Positive developments might continue if parents and teachers gently coach kids to better evaluate what's going into their mouths and bodies by understanding food labels. Despite the intimidation factor (even for adults), "Once children know how to read, they are ready to start learning how to read food labels," advises Jolly Backer, CEO of Fresh Healthy Vending, a forward-thinking company actively increasing the presence of healthy-food vending machines in schools nationwide. He says, "The more kids know about what they're eating, the more empowered they'll be about making healthier food choices."

Here are five basic tips to increase knowing what food labels really say that will benefit a youngster's health for a lifetime.

**Visualize serving sizes.** Assemble two or three packaged food items—

preferably those that the child regularly eats, like cereal, oatmeal and applesauce—plus a measuring cup. Point out the serving-size number on the package label, and let the child measure out a single serving. This visually reinforces serving sizes, the first number anyone needs to consider on a food label. Try it with a single soda or juice bottle, too, which often says, "two servings."

Important note: Most nutrition label serving sizes are based on a 2,000-calorie adult diet. For kids ages 4 to 8, portion sizes are about two-thirds of an adult portion; for preteens, portions run 80 to 90 percent of the adult amount, says Registered Dietitian Tara Dellolacono-Thies, food coach for CLIF Kid nutrient-rich organic energy snacks.

**Evaluate numbers.** Next, discuss the numbers noted for calories, fat, sugar, fiber and cholesterol. When evaluating a packaged food for an elementary school child, Dellolacono-Thies suggests aiming for 175 calories or less per serving; one gram or less saturated fat; no trans fats; no more than 13 grams of added sugars; no more than 210 milligrams sodium content; and at least two grams of fiber. She notes that cholesterol alone is less of a health risk factor for kids than saturated fats and sugars unless a child is on a specialized diet. Added bonuses: Look for high-percent daily values

(shown as DV percentage) for nutrients such as calcium, iron, zinc and vitamin D, which experts generally agree most kids' diets lack in sufficient quantities.

**Compare and contrast.** Armed with these basic guidelines, compare, for example, the grams of sugar in a can of soda with a serving of cooked rolled oats, or the amount of calcium in a carton of milk versus a juice box. One-to-one evaluations will begin to give a child a sense of what numbers constitute "high" or "low" amounts.

**Check the fine print.** "Artificial colors and flavors, artificial sweeteners, high-fructose corn syrup or partially hydrogenated anything signal that the food is likely of lower nutritional quality," counsels Dellolacono-Thies.

Make a game of sounding out items in the ingredient list. "It's a classic teaching moment: Unpronounceable ingredients often mean it's a lab-created, fake, food-like item," she says. Next, ask the youngster to read the label on an apple. Surprise! No food label means it's a whole, real food—the best, most nutritious kind.

**Translate knowledge into choices.** Once a child has gotten the hang of it, let him or her compare different food labels and choose which one is the healthier option. Plan a little extra time to also do it during grocery shopping. With time and practice, an educated youngster will begin to incorporate the power of reading food labels before choosing foods.

"Even when children walk up to a vending machine, where they can't read labels, you want them to know which is the healthier option," says Backer. "With label-reading practice, they'll become savvy shoppers who'll readily recognize healthy food options when they see them."

*Elisa Bosley is senior food editor at Delicious Living magazine.*



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 SUN MON TUES WED THUR FRI SAT  
 1 PEN 7:05 2 HUN 7:05 3 HUN 7:05  
 4 5 6 7 8 9 10 MSS 6:30 11  
 12 13 14 15 16 17 MRK 6:30 18 MSS 7:05  
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**March**  
 SUN MON TUES WED THUR FRI SAT  
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**Iodized table salt:** The human body cannot utilize the iodine added to this product.

**Low-sodium diets:** Failure to use healthy salts to fulfill sodium requirements, plus over-use of zero-nutrient table salt in foods, leads to iodine depletion.

**Bromine:** This toxic chemical overrides iodine's abilities to nourish the thyroid, adrenal and other hormone-producing glands. A known carcinogen, it is used as an anti-caking ingredient found in almost all baked goods, unless the ingredients specifically cite unbromated flour.

**Iodine-depleted soils:** Due to poor farming techniques, iodine and other minerals in soil have declined, so most foods today are devoid of naturally occurring iodine.

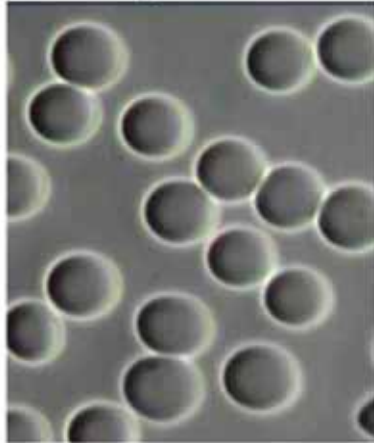
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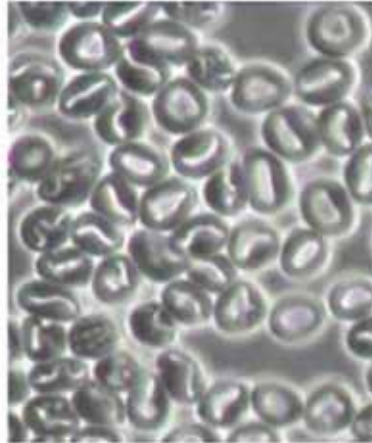
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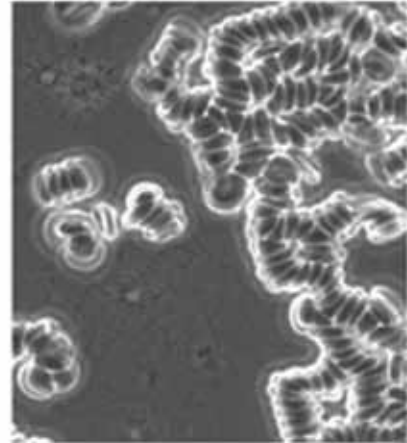
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# conscious eating



## WHOLE FOOD Greater than the Sum of its Parts

by Margie King

Western science is obsessed with deconstructing food, researching and analyzing its component parts, isolating the active ingredients, repackaging them in pills or powders and prescribing them in daily doses. But according to Annemarie Colbin, Ph.D., author of *Food and Healing*, this chemistry-based theory of nutrition is upside-down.

Colbin, founder and CEO of the Natural Gourmet Institute for Health and Culinary Arts, in New York City, has crafted her own nutrition theory based

on more than 30 years of nutrition practice, teaching from a foundation that a whole food, like the complex human being consuming it, is greater than the sum of its parts.

She defines whole foods as “those that nature provides and all the edible parts.” She limits them to those comprising one ingredient, such as plants, whole grains, beans, vegetables, fruits, nuts and seeds.

Animal foods are more challenging to categorize. Eggs are a whole food, but steaks are not, because they are one part of the entire animal. She includes

small fish if we eat the head and bones, and small birds like quail. Whole milk is included, but not low-fat dairy.

Colbin maintains that our bodies know the difference between a whole food and an aggregation of isolated nutrients. We have evolved over thousands of years to eat the food that nature presents to us, and if that food has been fragmented, the body realizes it and seeks what’s missing.

For example, if we eat fragmented wheat like white bread, in which the bran and germ of the whole grain have been removed, the body will still be hungry and seek the missing part of the food, something with fiber or crunch. Likewise, health enthusiasts that devour wheat germ or wheat bran in isolation will also feel something is missing and may find themselves craving refined flour in the form of cake or other baked goods.

Table sugar is another example, a fragment of sugar cane. Colbin calculates that it takes 17 feet of sugar cane to make one cup of sugar. What’s missing is mostly the cane’s water content and the result, she says, is that sugar makes you thirsty. It’s a big reason why when we drink a soda, ingesting an average equivalent of 12 teaspoons of sugar, we’re thirsty afterward and drink even more, creating a vicious cycle.

Fruit juices are, by definition, a fragmented food. When we drink orange or grapefruit juice, all or most of the fiber from the raw fruit is obviously missing. Craving something to chew, we may reach for chips or something crunchy. Vegetable juices may yield the same result.

Colbin cautions that while vitamin and mineral supplements can be helpful in treating specific conditions or deficiencies, they nevertheless comprise fragments of food at best. She notes that the body may have difficulty processing these isolated nutrients outside of the whole food.

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Supportive studies include Kentucky's University of Louisville School of Medicine comparison of the effects of the spice turmeric with those of its active ingredient, curcumin. Adding the whole food turmeric to the diet of rats reduced inflammation significantly, while curcumin alone was ineffective. Results suggested the difference may be explained by turmeric's higher bioavailability.

A Pennsylvania State University research review determined that although population studies consistently report that a diet rich in fruits and vegetables protects against cardiovascular and other chronic diseases, studies of antioxidant supplements did not show the same benefits. The difference may be that a whole foods diet naturally contains not only antioxidants, but a wide range of nutrients and compounds that may act synergistically to protect against diseases.

Colbin goes further, suggesting that supplements may even make us less likely to want to eat vegetables and set us up for junk food cravings to balance out too many vitamins or minerals. Her advice is to use vitamins and supplements if medically required, but not every day and not for a lifetime.

Her views are all about maintaining the natural balance in the foods that nature provides without worrying about striving for perfection or radical changes in diet. Colbin recommends aiming for 70 percent whole foods overall to keep everything in balance. Start by taking a few small changes, listen to the body to see if there's a noticeable difference and adjust accordingly.

*Margie King is a former corporate attorney now working as a holistic health and nutrition coach and natural health copywriter from Philadelphia, PA. Connect via Nourishing-Menopause.com.*

## ORGANIC FRUITS & GREENS BLEND

All cells need a supply of oxygen and nutrients, and cancer cells are no exception. Without their own blood supply to nourish them, tumours cannot grow larger than the size of a grain of sugar.

As a tumour grows, it sends out signals to nearby blood vessels. These cause new blood vessels to sprout towards the tumour, effectively hijacking the blood supply. Scientists call this process angiogenesis.

Source: Cancer Research UK

### A cancer cell needs:

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Organic Raspberry Powder	
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Organic Carrot Powder	
Organic Spinach Powder	
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<b>Organic Greens Blend</b>	<b>500mg</b>
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## wisewords

# Money Myths

## Filmmaker Katie Teague Uncovers Our Misperceptions

by Linda Sechrist

**K**atie Teague's inspiring documentary, *Money and Life* ([MoneyAndLifeMovie.com](http://MoneyAndLifeMovie.com)), provocatively asks: Rather than disastrous, can we view economic crises as brimming with opportunities to shift our thoughts about money and thereby improve models of economic exchange?



of a perceived scarcity of money. I became curious about what role our relationship to money plays in such disconnections.

**What are the effects of awaking to what money is and isn't in our lives?**

In considering this from the perspective of healing

**Why did you produce a documentary on the subject of money?**

As an in-depth psychotherapist familiar with observing humanity, I felt that I could use the simple lens of storytelling to chronicle the complexity of money and economics. Because I had no experience in economics or filmmaking, I was often brought to my knees in the crucible of all I was learning, a virtual crash Ph.D. course.

In interviewing David Korten, economist, author and former professor at the Harvard Business School, he soothed my worries by pointing out that because I hadn't been indoctrinated into the world of economics and its jargon, my language of metaphors and analogies would help lay people better recognize and understand convoluted economic concepts.

As a therapist, I repeatedly see how disconnections due to eroding relationships with ourselves, our natural world and each other are wreaking havoc on people and the planet. I routinely see that money isn't a root cause of a person's issues, just the container for them. Most frequently the issues I hear about result from setting dreams aside "for later" and squelching the sparks of individual genius, usually because

and tending the soul, asking, "Where are we most wounded in our modern world?" I had my own quantum awakening to the fact that I'm not separate from the subject matter I'm exploring: What is my own story with money? Have I given up healthy self-government to the money god? What are my opportunities to reclaim my own power?

I discovered that the core principle of the economy, money and currency is relationship itself, and that we've unwittingly disempowered ourselves by entrusting too much power to middlemen like central banks and financial consultants, but are now realizing that we don't need them.

One clear example is that more individuals are having a direct experience of the divine. Also, entire communities are investing their time, energy and money in their local economies, where they have established relationships and can see the results. I believe that the technologies supporting our emerging new economy reflect our own consciousness coming online.

**Were you surprised at what you learned?**

I did not know that the U.S. and global economies are based on debt and scarcity nor understand beforehand that our

perceptions of scarcity and separation from one another are only illusions.

While the majority of economists say that money is an exchange, Bernard Lietaer, author of *The Future of Money*, states, that is what money does but not what it is. Fundamentally, money is a human agreement—a form of currency via an artifact designed, engineered and built by humans. This is something we have forgotten and it's hurting us.

### **How did you approach the universally sensitive subject of money?**

The film is purely a starting place and a tool that individuals can use to educate themselves and spark conversations. I kept the tone of the film as non-polarizing as possible so that conservative family members could cull compelling concepts that inspire further exploration, rather than walk away feeling a need to defend their beliefs. Awareness and knowledge breeds empowerment and innovative perspectives so that we all can better participate in whatever is emerging.

### **Will a new economy replace or parallel the existing one?**

A new economy is emerging and operating in parallel. Beyond being based on gifting, alternative money, barter or other buzzwords, it's coming online from a previously unknown place. This is one of the reasons I term the film emergent-oriented, rather than solution-oriented.

A quote by Richard Buckminster Fuller, systems theorist, architect and inventor, eloquently applies: "You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

The fact is that the old economy, based on debt and scarcity, is designed to collapse. The more innovative we can be in participating in the emerging economy, the more conscious awareness we can bring to bear, improving the chances for increasingly positive impacts.

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

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## High Blood Calcium Levels May Indicate Ovarian and Prostate Cancer

A new study from Wake Forest Baptist Medical Center is the first to report that high blood calcium levels might predict ovarian cancer, the most fatal of the gynecologic cancers.

Lead author Gary G. Schwartz, Ph.D., a cancer epidemiologist at Wake Forest Baptist, and colleague, Halcyon G. Skinner, Ph.D., of the University of Wisconsin Carbone Cancer Center, examined associations between blood calcium and ovarian cancer in two national population-based groups. They found that women who were later diagnosed with ovarian cancer and women who later died of ovarian cancer had higher levels of calcium in blood than women who did not before their cancer diagnosis.

Schwartz, who is well-known for his epidemiologic research in prostate cancer, said the idea for this study came about because of published research from his group which showed that men whose calcium levels were higher than normal have an increased risk of fatal prostate cancer. That led him to wonder if a similar relationship were true of ovarian cancer.

"One approach to cancer biomarker discovery is to identify a factor that is differentially expressed in individuals with and without cancer and to examine that factor's ability to detect cancer in an independent sample of individuals," Schwartz said. "Everyone's got calcium and the body regulates it very tightly," Skinner added. "We know that some rare forms of ovarian cancer are associated with very high calcium, so it's worth considering whether more common ovarian cancers are associated with moderately high calcium."

The idea is plausible, Schwartz explained, because many ovarian cancers express increased levels of a protein, parathyroid hormone-related protein (PTHrP), which is known to raise calcium levels in blood in many other cancers.

Ovarian cancer has a high fatality rate because it is hard to detect and by the time symptoms arise, the cancer is usually advanced. Schwartz said early diagnosis might be accomplished through the use of a calcium biomarker, but cautions that more research is needed to confirm these results. "We found the link between serum calcium and ovarian cancer; we confirmed it, and even though the study is small, we're reporting it because it's a very simple thing in theory to test."

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

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# Fitness à la Carte

## The Latest, Hottest Trends

by Christine MacDonald

This year, many Americans are set to rock the charts by turning over a new leaf and morphing from more conventional workout modes to fresh takes on fitness.

### Chart Toppers

Activities high on people's lists these days reflect a perceived scarcity of time and money. The top picks, according to the Indianapolis-based American College of Sports Medicine (ACSM) Worldwide Survey of Fitness Trends for 2014, will be high-intensity interval training (HIIT) and body weight training.

Both pursuits have been contenders in recent years, but are cresting the survey for the first time. A HIIT session, typically involving rapid bursts of activity interspersed with brief rest periods, usually takes less than 30 minutes. Body weight training's appeal stems from its effectiveness and minimal need for fancy equipment or special gear.

The survey—involving hundreds of personal trainers, gym owners and other fitness insiders—further notes an increasing diversity in fitness offerings, plus some contradictory trends. Not everyone, for instance, is cost-conscious;

fitness professionals anticipate the continued rise of boutiques specializing in niche activities. Those with momentum range from ballet-inspired barre workouts to Pound and Drums Alive sessions, in which people “rock out” while they work out.

Grace DeSimone, an ACSM spokesperson, equates specialized offerings to an *à la carte* menu, with individuals choosing tasty workout modes. “It’s like a buffet,” she says. While a single class can cost up to \$25, there seldom are membership fees. Muscles are treated to varied workouts, even if only once a week in a “boutique” treatment.

“It’s good for your body to cross-train; if you do the same thing over and over again, your body adapts,” DeSimone advises. Unless a competitive athlete is looking to improve performances in a given sport, repeating the same exercise daily can lead to injury and

lessen the desired positive impact, she says. "Your body likes change."

Spinning spin-offs like Soulcycle, Flywheel and Kinetic Cycling represent an evolution of indoor classes and old-school outdoor cycling. Meanwhile, fitness instructors and wellness consultants note that Zumba has set the stage for dance-oriented workouts, diverging from Latin rhythms into hip-hop and other music genres.

If workouts are increasingly encroaching on "social" activities like dancing, it's because the nation—or at least the expanding population trying to live healthier lifestyles—is undergoing a broader lifestyle transformation, says Jim White, of Virginia Beach, Virginia. The registered dietitian, award-winning fitness pro and national spokesman for the Academy of Nutrition and Dietetics observes, "There's a shift in culture."

He says, "People are sick of 'yo-yoing' with fad diets and exercise routines, and they are looking for effective new approaches, whether for dieting, social life, accountability or competition." He sees this new mindset fueling the proliferation of websites and phone

apps that facilitate everything from counting calories and steps walked daily to on-the-go workouts.

## What's Playing

**Interval Training:** Both high- and low-intensity variations can resemble a fountain of youth for older adults, says DeSimone. These can range from integrating a few five-minute sprints to enhance a half-hour walk to engaging in formalized Asian-influenced Tabata classes and boot camps.

High-intensity workouts aren't for everyone. "HIIT is best delivered when it does not use the one-size-fits-all approach," says Tony Ordas, a kinesiology lecturer at California State University, San Marcos. "Participants need to have an established level of cardiovascular endurance before increasing intensity."

**Body Weight Training:** The natural, timeless exercise approach of using our own body weight instead of equipment can, if done right, hone muscles and build core strength, often in creative ways.

**Personal Training, Small-Group Training and Wellness Coaching:** Rising demand by individuals for support

in achieving their desired results is propelling growing numbers of trainers and coaches to obtain health and fitness college degrees and postgraduate certifications.

**Specialized Fitness Programs:** Programs geared to the needs of particular groups such as pregnant women, older adults, dog owners and those interested in losing weight remain popular. Activities vary in approach and intensity, but often emphasize "functional fitness", focusing on building strength and balance useful in everyday life, rather than more athletic or competitive training.

**Yoga:** This ancient mind-body workout continues to extend from East to West, building on a host of classical forms such as hatha, ashtanga, kripalu, kundalini and Vinyasa. Relatively new forms also are extensive, from power yoga, Bikram and Yogalates to emerging hybrids like the yoga/surfing combination of Yoga Board.

*Christine MacDonald is a freelance journalist in Washington, D.C., whose specialties include health and science. Visit [ChristineMacDonald.info](http://ChristineMacDonald.info).*

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Schisandra Extract (fruit)	*
Ginger (root)	*
L-Glutamine	*
Rhodiola Rosea Extract (root)	*

\* Daily Value not established

**Other ingredients:** Vegetable capsule, rosemary leaf, silicon dioxide, magnesium stearate.





# LONG-LIVED PETS

## Anti-Aging Care Aids Youthful Vigor

by Dr. Shawn Messonnier

In human health care, naturopathic doctors offer a specialty called anti-aging medicine. The goal is to restore optimal health to those at midlife and older that seek to prevent or reduce the incidence of diseases often associated with aging.

But when it comes to aging pets, most veterinary doctors fail to focus on the necessary specialized care. In fact, some traditional vets may decline to treat older pets at all. Often, these animals are suffering from chronic diseases and when they are treated, prescriptions may include numerous drugs. As many know, drugs can entail serious, even debilitating side effects, further deteriorating the prospects for sustained health.

Owners may thus find themselves spending a lot of money maintaining their pets in a chronic state of ill health with little hope for improvement. Animals that might benefit from surgery for problems ranging from dental disease to tumors may not receive ameliorating care when the family vet simply consid-

ers them “too old” to invest in or pull through surgery.

### A Better Alternative

For an enlightened holistic vet, no pet is too old to warrant and benefit from proper health care. By instituting the correct care and focusing on anti-aging efforts, health can be improved and often restored, with the added advantages of reducing unnecessary medications and increasing their lifespan.

As an example, most doctors expect larger breeds of dogs to live 10 to 12 years, but with informed care, these same dogs can typically live 15 to 16 years. Smaller dogs and cats typically have a life expectancy of 12 to 15 years; using an anti-aging approach, such pets routinely live 18 to 20 years or longer, in good health and with a good quality of life.

### Exemplary Treatment

Here’s how the team at Paws & Claws Animal Hospital, in Plano, Texas, successfully approaches anti-aging medicine.

Beginning at 5 years of age, all pets—including dogs, cats, other small mammals, birds and reptiles—are screened via a physical examination and special blood and urine tests twice a year, with a focus on bionutritional analysis of results. Abnormal results indicating some risk, even slight ones, often ignored by mainstream medicine, are treated using vet-specified natural medicines that help return biometric values to normal and slow down the progression of problems that could, if untreated, turn into serious diseases.

Dietary evaluation, including a bionutritional analysis, ensures that the pet is eating what’s most appropriate for its age, breed and health status.

Potential dental and other oral issues are treated aggressively and early, because they are the most common source of infection and inflammation contributing to poor bodily health, including diabetes and diseases of the liver, kidneys, heart and lungs.

A review of prior medications confirms or adjusts proper use. In most cases, some of these medications can be eliminated or replaced as needed with natural therapies that have the same clinical effect, but without the possible side effects associated with chronic use of medical therapies.

Natural supplements, which can benefit all pets, also are reviewed and/or prescribed. Most older pets benefit from supplementation with phosphatidylcholine, vitamins and minerals, fatty acids, glucosamine and other elements to support thyroid and adrenal functions. Paws & Claws also favors the herbal remedy Healthy Qi to support the immune system of any ill or older pet; *astragalus*, green tea, gotu kola and ginseng ingredients give an extra boost toward achieving homeostasis and improved quality of life.

Like human senior citizens, pets in their golden years deserve dignified specialized care that allows them to live more happily and peacefully.

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

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## Natural Remedies Guide

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

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

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

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

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

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

**Alzheimer's** - [Vitamin E](#), [Brain Formula](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#), and

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

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

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

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

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



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Liteon Naturals is a leading provider of quality nutrition supplements and cutting-edge health education. We offer effective solutions for people interested in smart, healthy weight loss and a healthy lifestyle.

Liteon Naturals was founded on a passion for helping others achieve optimal health and energy--not just for 6 weeks or for 6 months, but for life! We empower you to make these positive life changes and provide the world's best products to support those changes.





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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

CARENCRO: LITEON Natural Health Center 896-4141

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

which detoxes the lymphatic systems and benefits eczema.

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

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

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

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

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

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

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

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

LITEON Natural Nutrition Supplements available at

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

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

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

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# Adult Food-Based Multi

30 Tablets  
Dietary Supplement

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 10%
Vitamin C (as magnesium ascorbate)	200mg 333%	Manganese (as manganese sulfate)	2mg 100%
Vitamin E (as cholecalciferol)	100 IU 20%	Chromium	50mcg 42%
Vitamin K (as phytylanthone)	50mcg 63%	Vitamin B12 (as cyanocobalamin)	10mcg 12%
Thiamin (as thiamine mononitrate)	15mg 388%	Niacin (as niacinamide)	25mg 125%
Riboflavin	15mg 300%	Vitamin B6 (as pyridoxine HCl)	400mcg 100%
Niacin (as niacinamide)	25mg 125%	Folate (from folic acid)	100mcg 25%
Vitamin B6 (as pyridoxine HCl)	15mg 300%	Vitamin B12 (as cyanocobalamin)	10mcg 12%
Folate (from folic acid)	100mcg 25%	Biotin	300mcg 100%
Vitamin B12 (as cyanocobalamin)	10mcg 12%	Para-aminobenzoic acid (PABA)	10mg 10%
Biotin	300mcg 100%	Calcium	20mg 2%
Para-aminobenzoic acid (PABA)	10mg 10%	Iron (as ferrous bisglycinate sulfate (from heme))	100mcg 87%
Calcium	20mg 2%	Magnesium (as magnesium oxide, magnesium ascorbate)	72mg 18%
Iron (as ferrous bisglycinate sulfate (from heme))	100mcg 87%	Zinc (as zinc citrate)	5mg 33%
Magnesium (as magnesium oxide, magnesium ascorbate)	72mg 18%	Selenium (as selenomethionine)	20mcg 39%
Zinc (as zinc citrate)	5mg 33%		
Selenium (as selenomethionine)	20mcg 39%		

\* Daily Value not established

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

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

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

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

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

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

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

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

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

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

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

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

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

**Hiatal Hernia - Pain and Inflammation Enzyme, Vitamin E, Antioxidant Complex**.

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

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

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CARENCRO: LITEON Natural Health Center 896-4141

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

**Hyperglycemia** - see Diabetes

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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cells to produce energy and may slow brain cell death.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

## RECOMMENDED DAILY INTAKE

### VITAMINS

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

### MINERALS

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

### Note:

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

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

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

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Simon's Pharmacy, Breaux Bridge	332-2600



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Symptoms of hormonal imbalance may include PMS, osteoporosis, weight gain, altered sex drive, allergies, uterine fibroids, urinary tract infections, changes in the skin, fatigue, anxiety, water retention, hair loss, facial hair growth and even depression. By keeping hormones in balance, women can find it easier to maintain a healthy weight, keep a regular menstrual cycle, as well as exude optimal energy levels.

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

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# calendarofevents

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## SUNDAY JANUARY 5

**Along the Dirt Road film Auditions** – 8am-1pm. Open audition for the film based on the bestselling novel Sweet Lavender by author and Executive Producer, Terry O'Neal. Bring a resume and a headshot. Sign in to receive an audition number. Actors are expected to perform a cold read from the script provided upon registration. Cite des Arts, 109 Vine St, Lafayette. 318-232-2942. [Info@AlongTheDirtRoadFilm.com](mailto:Info@AlongTheDirtRoadFilm.com).

## WEDNESDAY JANUARY 8

**Do You Want to Know** – 10am. What products in your home could be making your child's asthma, allergies, ADD/ADHD or eczema worse? Acadiana's Green Moms present this workshop for moms who want to know about products impacting family health. Free. The Studio, 1101 S Hugh Wallis Rd, Ste 104, Lafayette. 337-277-1069.

## THURSDAY JANUARY 9

**Spotlight on Louisiana Art Exhibit** – 6pm. Art exhibit opening reception. Exhibit runs from Jan 9 thru Feb 7. L'Acadian Art Guild. Iberia Parish Library, Main Branch, 445 East Main St, New Iberia. 337-364-2562. [IberiaTravel.com](http://IberiaTravel.com).

**62nd Annual Mid Winter Fair Rodeo** – 7:30pm. Thru Sun Jan 12, 2:30pm. Roping, bull riding and barrel racing. \$12/Adults; \$9/children 4-12 years old. Blackham Coliseum, 2330 Johnston St, Lafayette. 337-356-3859. [MidWinterFairRodeos.com](http://MidWinterFairRodeos.com).

## SATURDAY JANUARY 11

**DYPA Foundation's Bully Prevention 5K Walk, Run, Roll** – 8-11am. Take a stand against bullying by joining the walk. North Blvd, Town Square, Baton Rouge. 225-747-4518. [DYPAFoundationLLC.webs.com](http://DYPAFoundationLLC.webs.com).

**Jaguar Presents Freddie Pate and The Jamboree Band** – 6pm. The band goes back to a time when Country music was country. Featuring Loretta Spell, Shelly Trahan and Butch Tinker. The Historic Rice Theater, Downtown, 323 North Parkerson Ave, Crowley. 337-779-2343.

## MONDAY JANUARY 13

**Gentle Yoga for Adults** – 6-7pm. Certified yoga instructors lead classes. Bring a yoga mat and wear comfortable clothes. Register online. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. [LafayettePublicLibrary.org](http://LafayettePublicLibrary.org).

## SATURDAY JANUARY 18

**1st Annual Acadiana Youth Poets** – 2-6pm. Poetry competition, divided into two categories. 11-19 year olds. Registration required. Don Mitchell. Clifton Chenier Center, Town Hall Auditorium, 220 W Willow St, Lafayette. 337-296-9112.

## SUNDAY JANUARY 19

**Carmichael's Family Series: The Bucket Boys Wiggle to the Beat** – 2-3pm. A progressive percussion duo combines high-energy rhythm and surprisingly funny comedy to deliver an interactive performance of sight, sound and laughter. \$10/Adults; \$5/children. The Grand Opera House of the South, 505 North Parkerson Ave, Crowley. 337-785-0440.

**Dine Around** – 2pm-11am. Join us for a monthly social outing with others who have lost a loved one. Don's Seafood Hut, 4309 Johnston St. Pre-register with Mollie Charpentier 337-251-1614.

**Harlem Globetrotters** – 2pm. 2014 "Fans Rule" World Tour. \$21-\$46. Cajundome, 444 Cajundome Blvd, Lafayette. 1-800-745-3000.

## MONDAY JANUARY 20

**Martin Luther King Jr Day Celebration** – 8am. Day-long celebration honoring African American pioneers. West End Park, 201 Gilbert, New Iberia. 337-369-2337.

**Martin Luther King Jr Parade and Festival** – 11am. A celebration of the life and doctrine of Dr Martin Luther King Jr with youth activities, parade and religious service. Comeaux Park, Abbeville. 337-281-3512.

## TUESDAY JANUARY 21

**Moving Tale Presentation: The Monkey and the Croc** – 4pm. Interactive storytelling and yoga followed by an art project. 5-12 year olds. Pre-registration required. North Regional Library, 5101 North University Ave, Carencro. 337-896-3866. [LafayettePublicLibrary.org](http://LafayettePublicLibrary.org).

**South Region March for Life** – 5:30pm. Begin at the Grotto on Main St next to the public library. The walk ends with an evening mass at St Peter's Catholic Church, launching the 5-Day Rosary Congress and 24-hour Eucharistic Adoration. St Peter's Catholic Church, 108 E St Peter St, New Iberia. 337-247-0290.

## WEDNESDAY JANUARY 22

**A Grief Shared is a Grief Halved** – 5:30pm. Children and adults grieve differently. Parents and caregivers help children and adolescents work through the loss of a loved one. Focus on processing grief at different developmental levels with enhancing communication and healing within families who grieve. Pre-registration required. Hospice of Acadiana Conference Center. 337-237-1234.

## THURSDAY JANUARY 23

**Getting Healthy with Red** – 12-1:30pm. Start the New Year off with healthy tips from Red Lerille who shares 5 secrets to a great life. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

## FRIDAY JANUARY 24

**Palmetto Island Fiddle Camp** – 6pm. Grammy award-winning musician, David Greely, teaches an adult fiddle camp for advanced beginners and intermediate players. \$110. Palmetto Island State Park, Abbeville. 337-515-6702.

## SATURDAY JANUARY 25

**8th Annual Gumbo Cook-Off** – 8am. Features music, a kid's activity area, silent and live auctions, food, drinks, dancing and lots of gumbo. Cook-Off fee \$50. Free event. All proceeds benefit Brynn Reviere and her family to assist with medical related expenses. Frank's Downtown and Pride Doran Law Firm, corners of Landry St and Oak St in downtown Opelousas. Jason Huguet 337-331-2837, Tim Marks 337-658-1108 or Chip Burleson 337-351-6943. [GumboCookOff@yahoo.com](mailto:GumboCookOff@yahoo.com).

**Blitz Dance Competition** – 8am. Schools compete in Louisiana's newest dance competition on the largest stage in Louisiana. Prizes and trophies awarded in each division. Sugar Cane Festival Building, 600 Park View, New Iberia. 337-967-1360. [BlitzDanceCompetition.com](http://BlitzDanceCompetition.com).

**Palmetto Island Fiddle Camp** – 9:30am & 2:30pm. Performance at 6pm. See Jan 24 listing for camp info. \$20 for the performance. Palmetto Island State Park, Abbeville. 337-515-6702.

## SUNDAY JANUARY 26

**Anything Over Rice Cook-off and Beignet Boogie 5K** – 9am. Cook-off, 5K race, face painting, fun jumps and music. Free to attend, 5K and cook-off fee. VC-Mount Carmel School Grounds, Abbeville. 337-893-6636 or 337-898-0859. [VermilionCatholic.com](http://VermilionCatholic.com).

## MONDAY JANUARY 27

**Gentle Yoga for Adults** – 6-7pm. See Jan 13 listing. North Regional Library, 5101 North University Ave, Carencro. 337-896-3866. [LafayettePublicLibrary.org](http://LafayettePublicLibrary.org).

## TUESDAY JANUARY 28

**Moving Tale Presentation: The Monkey and the Croc** – 4pm. See Jan 21 listing. Pre-registration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. [LafayettePublicLibrary.org](http://LafayettePublicLibrary.org).





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# ongoing events

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

Email [publisher@naacadiana.com](mailto:publisher@naacadiana.com) for guidelines and to submit entries.

**GET YOUR CALENDAR ITEMS PUBLISHED**  
**SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)**

## sunday

**Dine Around** – 11am. 3rd Sun of the month. Social outing with others who have lost loved ones to meet at various restaurants around Acadiana. Registration required. Molly Vincent Charpentier. Hospice of Acadiana. 337-251-1614.

**Antiques Market** – 12-5pm. Shop over 9000 square feet for antiques, art, collectibles and more. Market and Auction House, 151 B Leo Richard Rd, Sunset. 337-212-2091.

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

**The Vertical Barre Meditation Group** – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. [TheVerticalBarre.com](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

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

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

## monday

**Meditation** – 12pm & 5:35pm. Twenty-five minute sitting meditation. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. [SpiritPath@cox.net](mailto:SpiritPath@cox.net).

**Tap and Jazz Dance Class** – 5:30-6:30pm. Adult class for beginners-advanced students. \$35/month. Debbie Roat Moore. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122. [CiteDesArts.org](http://CiteDesArts.org).

**Photography for Kids** – 6-7pm. Learn technique, composition and presentation while creating fun, hands on projects. No experience necessary. The Front Room, 1301 Ave A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto:MusicReed@yahoo.com).

**Flowers for Fun** – 6:30-8:30pm. Research shows that being with nature nourishes the soul and brings joy into your life. Be creative in a fun and relaxed

atmosphere. Play with flowers and learn to design a piece of art. \$250/6 2hr classes; once a week 6 consecutive weeks. 209 Brockton Dr, Carencro. 337-278-7673.

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

**Water Aerobics Class** – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Lafayette Photographic Society** – 6:45pm. 2nd and 4th Mon each month. Educational programs and guest speakers at 2nd Mon's meeting. Interclub projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. [Blemarie56@yahoo.com](mailto:Blemarie56@yahoo.com).

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

## tuesday

**Opelousas Farmers' Market** – 6-10am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. [CityOfOpelousas.com](http://CityOfOpelousas.com).

**Baby Time** – 9:30-10am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Candy Cane Lane Exhibit** – 10am-5pm. A collection of Department 56 Holiday Villages, including the North Pole series, is one of the largest collections in the south. Exhibit through Feb 28. Tues-Sat. \$7. Children's Museum of Acadiana, Downtown Lafayette, 201 E Congress St, Lafayette. 337-232-8500. [ChildrensMusuemOfAcadiana.com](http://ChildrensMusuemOfAcadiana.com).

**Toddler Time** – 10:30-11am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

**Ongoing Grief Support Group** – 12-1:30pm. For those who have suffered the loss of a loved one and wish to share and learn from others who also

grieve. 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

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

**Water Aerobics Class** – 2:30-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Cash & Carry Farmers' Market** – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef, something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

**Guitar for Kids** – 5-5:45pm. From chord structure and progression to rhythm and strumming, this is a great class for building a solid musical foundation. The Front Room, 1301 Ave A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto:MusicReed@yahoo.com).

**Acquired and Traumatic Brain Injury Support Group Meeting** – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

**Jam Band Lab** – 6-7:30pm. Kids with a range of musical backgrounds learn about being in a band through workshops and instruction on vocals, percussion, bass, electric and acoustic guitars. The Front Room, 1301 Avenue A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto:MusicReed@yahoo.com).

**The Budget Queen Coupon Swap** – 6-7pm. 1st Tues each month. Swap coupons and get money saving advice and tips. Beginners welcome. The Conference Room, South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

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

**Mystery Book Club** – 6:30-7:30pm. 3rd Tues each month. Hosted by the South Regional Library. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Writers' Guild of Acadiana Meeting** – 7pm. Last Tues each month. An organization of local writers, published and unpublished, to gain knowledge in the craft of writing. Barnes & Noble, 5705 Johnston St, Lafayette. 337-989-4142.

## wednesday

**La Table Francaise** – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation and fun with other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

**Baby Time** – 9:30-10am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Toddler Time** – 10:30-11am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**LEDA Networking Luncheon** – 11:30am. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. The “roaming mic,” is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

**Adult Art** – 1-3pm. Art lessons in any medium with instructor Robert Baxter. \$20/class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.com.

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

**Eunice Farmer’s Market** – 3pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-7389.

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

**Water Aerobics Class** – 6:30-7:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

## thursday

**Opelousas Farmers’ Market** – 6-10am. See Tues listing. Farmers’ Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

**Adult Art Lessons** – 9am-12 noon. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

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

**Water Aerobics Class** – 2:30-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Children’s Fiddle** – 5-5:45pm. Kids of all abilities learn tunes from around the world while discovering a variety of musical genres. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

**Rhythms on the River** – 5:30-8:30pm. Live music, fun and refreshments. Leave ice chests and pets at home. River Ranch Town Square, Lafayette. 337-216-6566. RiverRanchDevelopment.com.

**Open Mic** – 8pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles.

## friday

**Adult Art Lessons** – 9am-12pm. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

**Antiques Market** – 10am-5pm. See Sun listing.

Market and Auction House, 151 B Leo Richard Rd, Sunset. 337-212-2091.

**Coping Creatively Through Grief Support Group** – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica Johnson, LPC, of the Center for Loss and Transition, offer seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

**Bach Lunch** – 11:30-1pm. Free outdoor concert series features variety of musicians. Bands perform noon to 1pm. Lunches available first come first served. Parc Sans Souci, Lafayette. 337-291-5544, 337-291-5461, LafayetteScienceMusuem.org.

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

**Music and Market** – 5:30-8pm. Southwest Louisiana music in a unique family-friendly outdoor setting. Bring lawn chairs. Beverage sales for the concert series support event expenses. No ice chests. Vieux Village/Farmer’s Market Pavilion, 828 E Landry St, Opelousas. 337-948-6263.

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

**LA Ice** – 7-11pm. Public ice-skating at night. \$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

## saturday

**Opelousas Farmers’ Market** – 6-10am. See Tues listing. Farmers’ Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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

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

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

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

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

**Bayou Vermilion Canoe Paddle** – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, weather and river conditions

permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle for free. Margo Addison. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

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

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

**Cottage Shoppe Market** – 9am-12pm. Fresh farm eggs, Acadiana Bee-Licious honey, Jim’s Kountry Pies, Hot Tamales, fresh granola, Henri’s Breads, produce, local crafts and more. 800 E Broussard Rd, Lafayette. 337-984-5276.

**Savoy Music Jam Session** – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy’s Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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

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

**Eunice Farmer’s Market** – 10am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-7389.

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

**Jefferson Street Story Times** – 10:30am-11am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St Lafayette, 337-261-5787.

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

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

**2nd Saturday ArtWalk** – 6-8pm. Family-friendly event. Art galleries, restaurants, specialty shops and other downtown businesses present art, live music, food and drink. Free. Downtown Lafayette. 337-291-5566. DowntownLafayette.com.

**“Rendez-Vous des Cajuns” Live Radio and TV Show** – 6-7:30pm. Cajun and Zydeco bands perform live in Cajun-style “Grand Ole Opry” Liberty Theater. \$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.

**LA Ice** – 7-10:50pm. Public ice-skating at night. \$8/admission, \$10/admission & rental. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

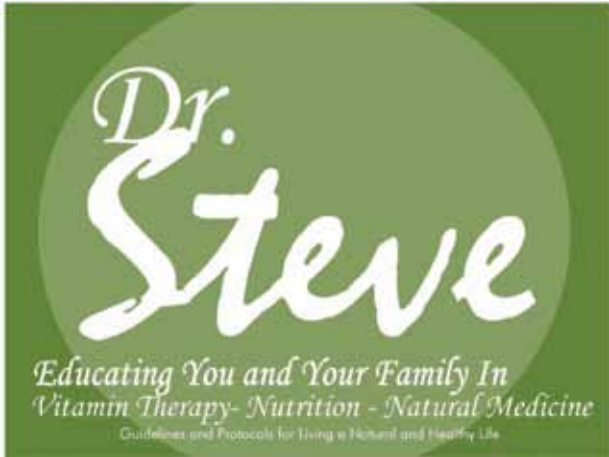
**Monthly Night Hike** – 7-9pm. Last Sat each month. Take hikes through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

**Showtunes Sing-Along** – 7-9pm. Last Sat each month. Anyone can participate in belting their favorite musical in a piano lounge-style setting. Des Amis Dining and Catering, 225 West Main St, New Iberia. 337-376-6006.

# Naturopathic Doctors

## Natural Medicine

“finding the root cause”



**DR. STEVEN T. CASTILLE, BSc, Ms, DNM**  
naturopathic medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

Other medical providers such as chiropractors, osteopaths, dentists and nurses may undergo some naturopathic training in various holistic therapies, but these programs are generally limited and not subject to accreditation or licensing.

### **Naturopathy is a form of alternative or complementary medicine.**

This practice is based on the notion that the body has the intrinsic ability to heal itself with the proper support and guidance, and naturopaths utilize modern and traditional medical practices to achieve this goal. It is practiced in the United States, Great Britain, New Zealand, Australia and Germany. Naturopaths can be found working in hospitals, medical offices, holistic health centers, and many other settings.

### **The Basics of Naturopathy**

In naturopathy, allowing nature to heal the body is a primary basis of this form of alternative medicine. Naturopathic doctors pledge first to “do no harm,” and seek to find the root cause of illness rather than to simply treat symptoms.

**Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health.** Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

on curing illness, naturopathy relies on treatment and lifestyle changes that may prevent the occurrence of disease in the first place. Naturopaths evaluate genetic predisposition to disease, family history and other risk factors that may make a patient more vulnerable to illness. Specific lifestyle changes to support optimal health and the prevention of disease are then prescribed.

### **Traditional Naturopaths**

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and

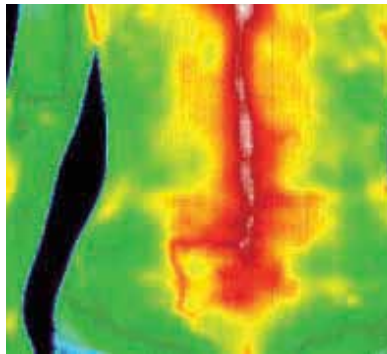
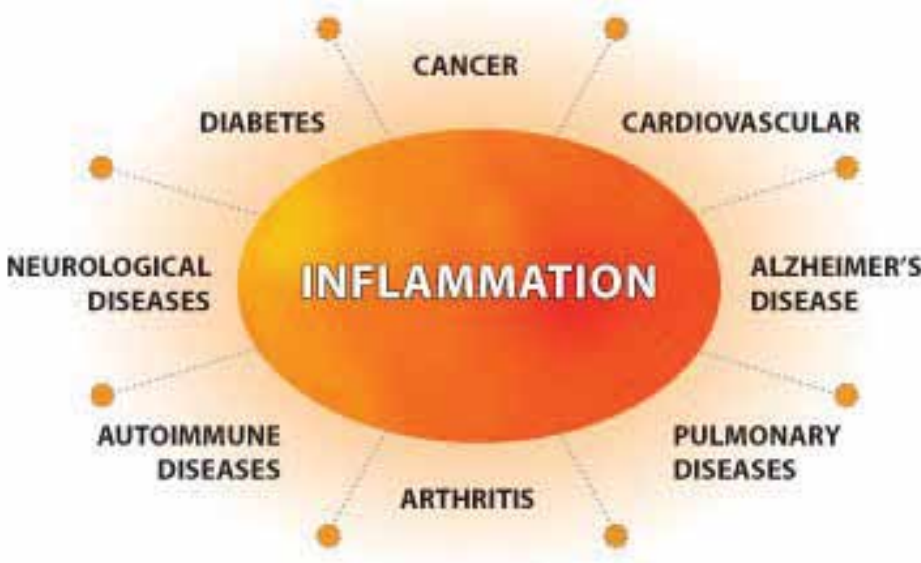
### **Is Naturopathy for Me?**

Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine for consumers seeking comprehensive holistic treatment.

### **What Can I Expect?**

When seeing a naturopath, patients can expect to undergo an extensive medical interview and perhaps some basic examination. A naturopathic doctor may prescribe homeopathic remedies, vitamin therapies, holistic therapies, herbal remedies, dietary and lifestyle changes, and a variety of laboratory tests. During the course of treatment, naturopathic doctors may utilize acupuncture, infrared heat therapy, whole body vibration, pH saliva and urine testing, chelation therapy, blood and hair analysis, hydrotherapy, massage or joint manipulation, colonic irrigation, as well as other forms of natural medicine and healing. While some naturopathic doctors may serve as the primary medical provider for a minority of patients, most consumers will maintain their relationship with their medical doctor and simply see a naturopathic doctor as a complement to their mainstream medical treatment.

# the natural path



- Natural Medicine
- Naturopathic Health Care
- Zerona Fat Reduction
- Whole Foods Nutrition
- Hydro Massage Therapy
- Infrared Sauna Therapy
- Whole Body Vibration Therapy
- Nutrient Hydration Therapy
- Thermography Medical Imaging
- Micro-nutrient Testing
- Vitamin Therapy
- Bioidentical Hormone Therapy
- Menopause/Women's Health
- Cancer Prevention
- Detoxification
- Demosonic Cellulite Reduction
- Vibrational Healing

**Call to schedule your office visit:**  
**337-896-4141**  
**337-347-4141**



Tre' Gradnigo  
Natural Health Consultant



Kimberly Rasmussen  
Licensed Massage Therapist



Brooke Thevis  
Health Consultant



Chelsea Marks  
Health Consultant



Megan Reed  
Thermography Tech



Martha Francis  
Office Assistant



Jennifer Arvie  
Registered Nurse

# BODY REBOUND

## Weight Loss Program

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



### Includes:

- 60 Day supply of WheTea weightloss drops (fat burner)
- 60 Day supply of Raspberry Ketone (fat burner)
- 60 Day supply of Fat Complex (prevents fat absorption)
- 60 Day supply of B-12 liquid drops (increases energy and metabolism)
- 60 Day Infrared SAUNATOX (makes you sweat out fat, calories, and toxins)
- 60 Day Dermosonic Cellulite Treatment Plan <sup>\*\*</sup>(reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments <sup>\*\*</sup>(pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (depress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
- 3 ZERONA Cold Laser Lipo Treatments <sup>\*\*</sup>(cuts through tough fat cells)

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

CALL **347-4141**

<sup>\*\*</sup> Included in 4 Month Weight Loss Program Only

### AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

**12 - 35 pounds in eight weeks**

# RESTORE

## Restore Your Health

A Customized Health and Wellness Restoration Program

Traditional healthcare relies on prescription drugs to control symptoms of body failure. The restore health programs aim to heal the body's failure at a cellular level with nutrition, supplementation, balancing spiritual and energy levels, and clearing the body's elimination pathways.

### 6-Week RESTORE Health Program \$340

10-Week Program: \$493    12-Week Program: \$562

Thermography Screening (max 2 sessions)  
Vitamin Testing  
Body Composition Analysis  
Infrared SAUNA Therapy  
Whole Body Vibration Exercise  
Water Massage Therapy  
Customized Wellness Plan  
Naturopathic Doctor Visit (max 2 sessions)  
Hydro-Dermo Hydration Spa Treatments  
Infrared Body Wrap (max 2 sessions)  
Ionic Foot Detox

#### Colon Cleanse

Six-week psyllium husk supplementation

#### Full-Body Detox

Six-week organic wheatgrass, 12-sessions ion-foot detox, SAUNATOX

#### Lymphatic Drainage

Whole body vibration exercising, hydro lymphatic massage

#### 7-Day Rehydrate

Whole body vibration exercising, hydro lymphatic massage

#### pH Balancer

Balance acid/alkaline levels using Green Water and pH drops

\* Supplements sold separately. Above pricing for services only.

The restore health programs try to balance body chemistry, using vibrational energy, infrared heats, and nutrition. We maximize nutrition, create better absorption of nutrients from your diet, and attempt to clear the body's waste elimination pathways.

Our goal is to help you maintain your health and wellness naturally. We use nutrition, vitamin therapy, holistic therapies, and integrative medicine techniques to maintain the body's health at a cellular level.

 **liteon**  
**Natural Health Center**  
*Powerful, Positive Healing for Life*

**896-4141**  
Carencro Office

**DHARMA**  
wellness center and fit club

**662-3120**  
Sunset Office



We do indoor birthday parties for KIDS

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

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

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

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

Place your deposit and book your party online.

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

## Do you want to lose stomach fat fast?



### ZERONA laser lipo

no downtime • no cutting • back to work same day

**337.896.4141**

See  
Page 34



## Ionic Detox Foot Spa

- Reduces pain
- Enhances body detoxification
- Deactivates yeast, fungus and viruses
- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

See  
Page 42

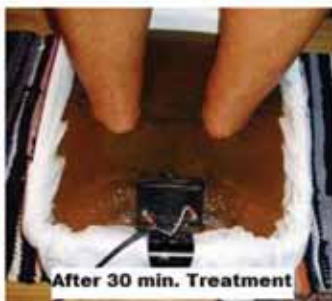
To schedule your first appointment

**896-4141**  
CARENCRO OFFICE

**662-3120**  
SUNSET OFFICE



Before Ion Cleanse



After 30 min. Treatment

