

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

Get Your Garden On

Growing Advice
for Urbanites

Fostering Rescues

How to Help
Dogs in Need

BLUE BINS 101

Re-Using
What We
Recycle

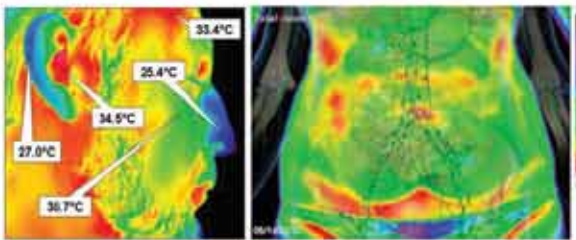
FREE

Hearty Helpings

Six Powerhouse
Foods for Kids



March 2013 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com



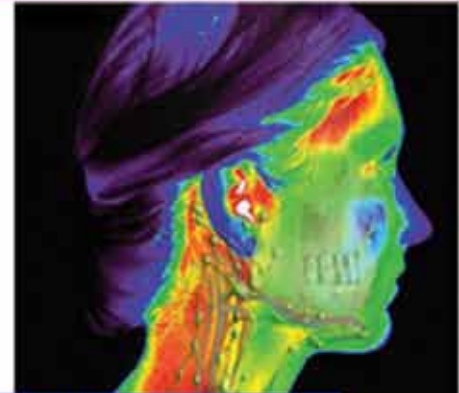
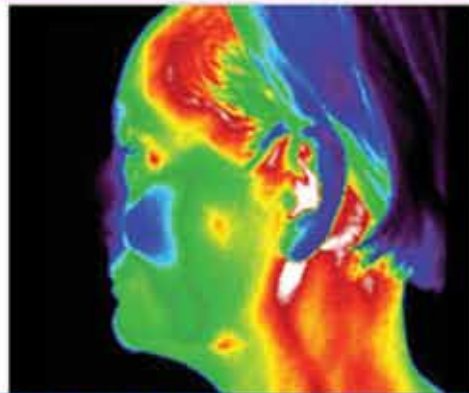
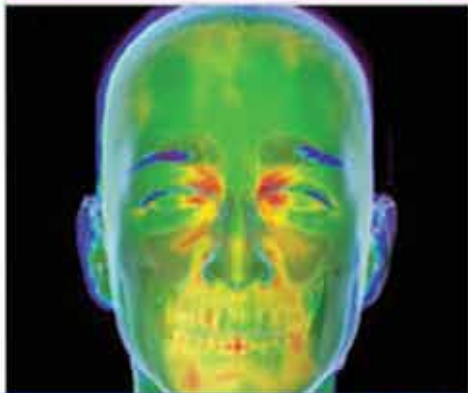
TIME MAGAZINE Dec 1, 2008

"The biggest problem with the U.S. health-care system is that it has long been designed to respond to illness rather than PREVENT IT."



EARLY DETECTION is the KEY to saving lives

Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stage



CANCER CELLS DOUBLE EVERY 90 DAYS

Thermography identified 58 of 60 malignancies *

A thermogram may show up to 8 to 10 years before a mammogram identifies a positive cancer finding.

The American Journal of Surgery (2008), 196, 103-108

The American Journal of Surgery

The American Society of Breast Surgeons

Effectiveness of a noninvasive digital infrared thermal imaging system in the detection of breast cancer

Nimal Arora, M.D., Diana Martins, B.S., Desalegn Riggieri, B.S., Cletil Toustimis, M.D., Alexander J. Seitzel, M.D., Michael P. Osborne, M.D., Rache H. Simmons, M.D.*

Department of Surgery, New York Presbyterian Hospital-Cornell, New York, NY, USA

OBJECTIVE: Digital infrared thermal imaging (DITI) for detection of breast cancer. **DESIGN:** Retrospective cohort study. **SETTING:** Breast cancer screening center. **PATIENTS:** 94 women who underwent DITI. **MEASUREMENTS AND MAIN RESULTS:** DITI identified 58 of 60 malignancies (97% sensitivity, 44% specificity, and 82% predictive value) and 34 benign lesions (79% sensitivity, 44% specificity, and 44% predictive value). **CONCLUSIONS:** DITI is a noninvasive, nonionizing, and noncontact method for early detection of breast cancer.

KEY WORDS: breast cancer, digital infrared thermal imaging, noninvasive, early detection.

Digital infrared thermal imaging (DITI) is a noninvasive, noncontact system of recording body temperature by measuring infrared radiation emitted by the body surface. The technology was originally designed for use in sports medicine and has many other applications in medicine. In early breast cancer, increased blood flow to the tumor results in increased metabolic rate, which in turn increases the blood temperature gradient compared to surrounding normal tissue.¹ Detecting these infrared "hotspots" and patterns can thereby help to identify and diagnose malignancy.

Infrared thermography has been shown to detect malignancy in the breast. In a study by Arora et al.,² DITI was shown to be 97% sensitive and 44% specific for the detection of breast cancer. In a study by Toustimis et al.,³ DITI was shown to be 79% sensitive and 44% specific for the detection of breast cancer. In a study by Seitzel et al.,⁴ DITI was shown to be 97% sensitive and 44% specific for the detection of breast cancer.

© 2008 American Society of Breast Surgeons. All rights reserved. DOI: 10.1097/ASB.0b013e31817c1c1c

* Department of Surgery, New York Presbyterian Hospital-Cornell, New York, NY, USA

American Journal of Surgery, 2008. American Society of Breast Surgeons, Cornell.

The single best article on breast thermography showing a remarkable 97% effectiveness in identifying malignant cancer. RESULTS: Sixty of 94 biopsies were malignant and 34 were benign. Thermography identified 58 of 60 malignancies, with 97% sensitivity, 44% specificity, and 82% negative predictive value depending on the mode used.

(Range 44-1500 days) Cancer Doubles Every 90 Days

Year 1	1	Cell
Year 2	16	Cells
Year 3	256	Cells
Year 4	4096	Cells
Year 5	65,536	Cells
Year 6	1,048,576	Cells
Year 7	16,777,216	Cells
Year 8	268,435,456	Cells
Year 9	4,294,967,296	Cells
Year 10	68,719,476,736	Cells
Year 11	1,099,510,000,000	Cells

Increased Heat

YEAR 3
Possible Detection by Thermography

YEAR 6
Possible Detection by Mammography

Year 10: 68 Trillion Cells

More cells than the human body and survival rate is no greater than 10 years.

THERMOGRAPHY

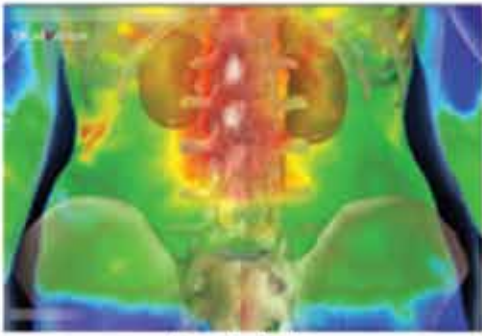
Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

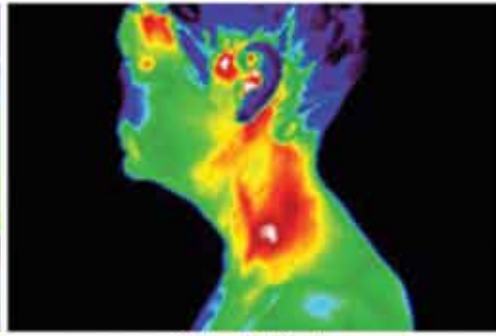
\$94 FULL BODY HEALTH CHECK

(337) 347-4141

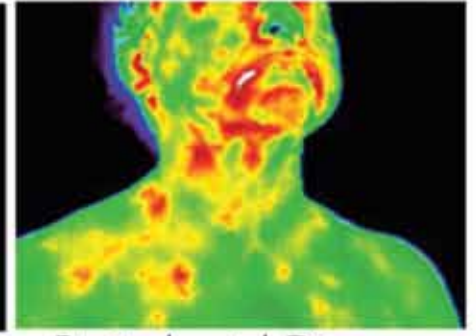
www.NaturalHealthCentersOnline.com



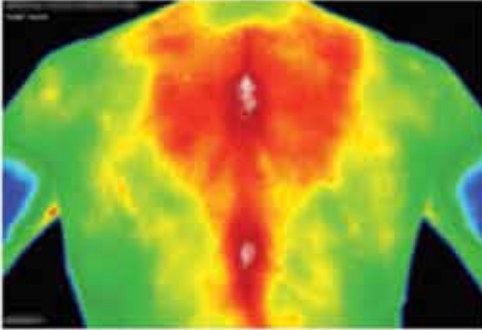
Back Pain



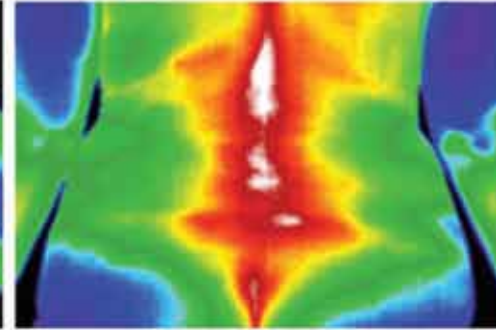
Neck Pain



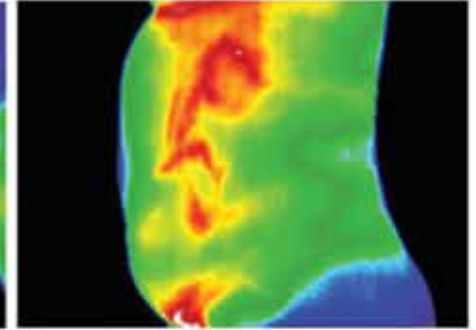
Periodontal Disease



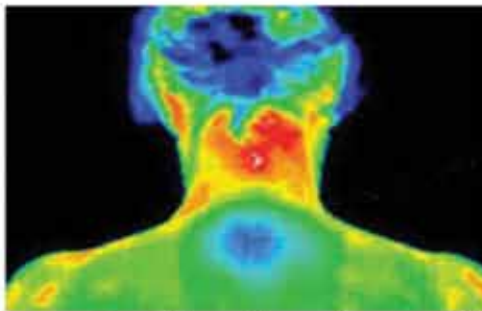
Lung Cancer



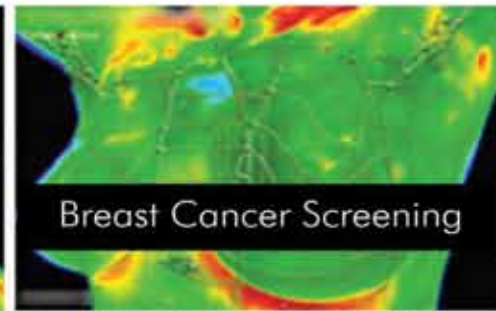
Lower Back Pain



Digestive Problems

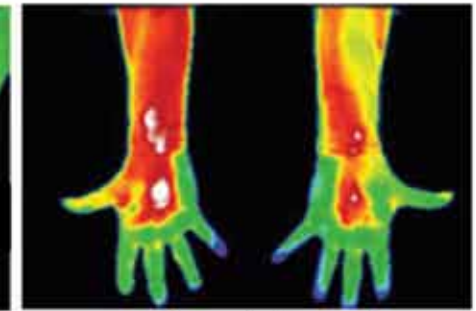


Immune Disfunction Hypothermia over T2

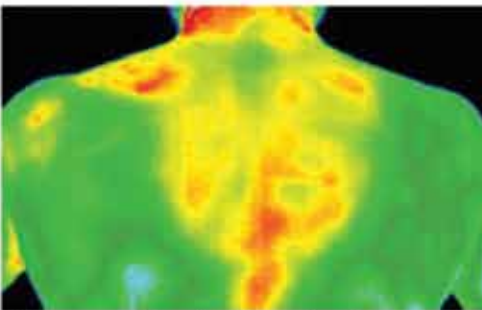


Breast Cancer Screening

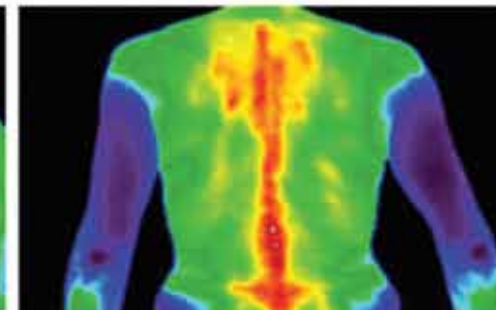
Breast and Lymphatics



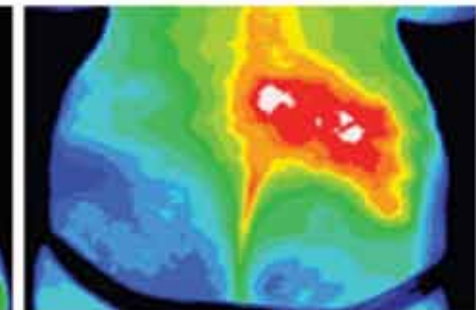
Carpal Tunnel



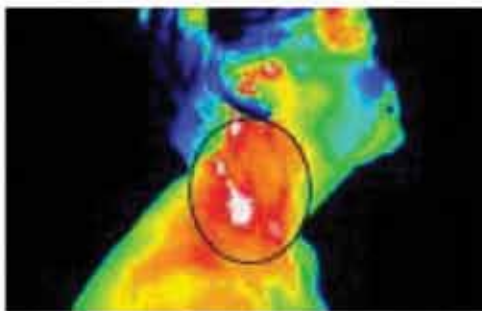
Upper Back Muscle Spasms



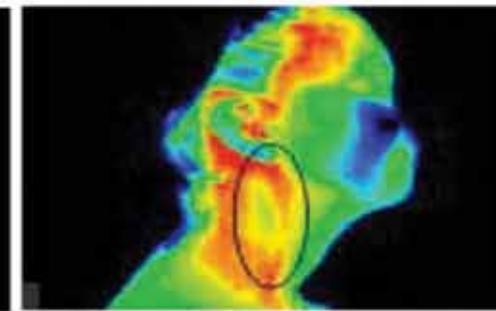
Spinal Inflammation



Shingles



Advanced Infection in Mitral Valve



Elevated C-Reactive Protein



Knee Pain

Only **ZERONA**

Cold Laser Fat Reduction

Nine treatments for only

\$1,125

\$450 OFF

\$675

9 treatments (3 weeks)

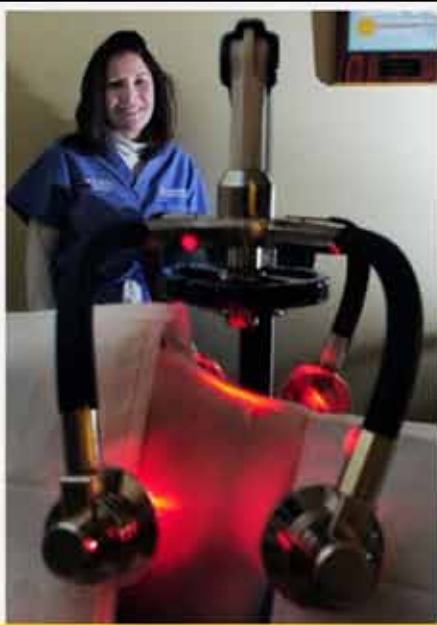


ZERONA is a new non-invasive body sculpting procedure designed to remove fat and contour the body without invasive surgery. ZERONA, unlike other procedures, allows the patient to continue their daily activities without interruptions from surgery, pain, or wounds. ZERONA works by utilizing the Erchonia Laser Scanner, which is also FDA market cleared for laser assisted liposuction. The Laser Scanner allows for the emulsification of adipose tissue, which releases into the interstitial space.

337-896-4141

Natural Health Center
100 E. Angelle St., Carencro

- ZERO Pain, ZERO Surgery, ZERO Downtime
- Reduce stubborn fat from your tummy, back, hips, thighs, buttocks, love handles, arms, chin and neck
- See a reduction in the appearance of cellulite
- Drop 2 to 7 pant/dress sizes in two weeks



CALL TODAY AND ASK ABOUT OUR MARCH SPECIAL PRICING PACKAGES
WWW.NATURALHEALTHCENTERSONLINE.COM



Shrink Your Belly

ZERONA Cold Laser Fat Reduction

Fat Melting Laser

THIS JUST IN Laser Away Fat

The FDA recently approved ZERONA, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system," says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. It won't give you Brooklyn Decker's body, but it may help trim trouble spots—ant the fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (six to 12 40-minute sessions, every other day) and costs about \$1,100 to \$1,800.



Call for your **FREE** consultation
Natural Health Center

896-4141
 Carencro Office

Remove Fat Without Surgery

- Effective – average loss of 4-6 inches
- Painless and completely non-invasive
- No downtime or side effects



publisher's letter



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

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

Someone once said that we

tend to judge others by their actions and ourselves by our intentions. Some people have great intentions but simply can't get their acts together, and some people use outwardly righteous actions to disguise evil intentions. Either way, when things don't go as we plan, we look for someone to blame. But blame never produces anything good in us.

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

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

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

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

This month, *Natural Awakenings* explains the healing power of science and the better diet for the brain. We offer natural care tips for your pet from a holistic perspective. Susan Enfield Esrey explains the six powerhouse food for kids with palate-pleasing tips.

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



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Beth Davis

Outreach

Megan Reed

Raukella Charlot & China Ledet

Design & Production

Gail Babineaux & Steve Castille

Calendar

China Ledet & Verla Winters

Distribution

Kelly Arnaud and Arthur Johnlouis

To contact Natural Awakenings

Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

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

publisher@NAacadiana.com

www.NAacadiana.com

© 2010 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

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

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

SUBSCRIPTIONS

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

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



contents



14

10 **news**briefs

14 **health**briefs

16 **global**briefs

21 **ecotip**

28 **healing**ways

30 **healthy**kids

36 **green**living

40 **conscious**eating

44 **wisewords**

46 **fit**body

48 **inspiration**

52 **natural**pet

56 **calendar**



16



52

advertising & submissions

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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

www.NAacadiana.com

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.

22 URBAN GARDENING TAKES ROOT

Feeding Ourselves Well
by John D. Ivanko and Lisa Kivirist

28 HOW TRIGLYCERIDES TAKE A TOLL

Beyond Cholesterol
by James Occhiogrosso

30 SIX POWERHOUSE FOODS FOR KIDS

With Palate-Pleasing Tips
by Susan Enfield Esrey

36 RECYCLING EVERYDAY REFUSE

What Happens after the Blue Bin is Emptied
by Avery Mack

40 THE BETTER BRAIN DIET

Eat Right To Stay Sharp
by Lisa Marshall

44 WALKING THE TALK

Marlane Barnes Fosters Rescue Dogs
by Sandra Murphy

46 FITNESS MYTHS DEBUNKED

11 Vital Truths
by Lynda Bassett

48 THE HEALING POWER OF SILENCE

by Robert Rabbin

52 HOLISTIC IS BEST

Natural Care for a Sick Pet
by Dr. Shawn Messonnier

22



30



44



46



Both women are 60 years old

What is the difference between the two?



Betty lives in a nursing home, is confined to a wheelchair, has heart failure and diabetes, and requires assistance eating her meals and going to the restroom.



Vivian travels four times a year, enjoys her weekends with grandkids, plays tennis, drives to and from Dallas to Louisiana twice a month to visit family, and is enjoying retirement.

Nutrition, vitamin therapy and holistic therapies are powerful paths to healing and maintaining a strong body.

Visit one of our centers today.

Learn how you can reduce inflammation, reduce your chances of developing cancer or heart disease, control diabetes, reduce your cholesterol, or simply maintain your current good health.

www.NaturalHealthCentersOnline.com

Telephone: 337.896.4141, Carencro Office

337.662.3120, Sunset Office

Caribbean Travel Agencies

Book a vacation package **and SAVE!**

visit us online at

www.CaribbeanTravelAgencies.com



Great Rates on Hawaii Hotels



www.CaribbeanTravelAgencies.com



Family Vacations
Business Travel
Cruises
Hotels
Flights



Fun, Safe Gymnastics in Acadiana



Children benefit from an active lifestyle and participating in any sport. The American Academy of Pediatrics believes that partaking in organized sports provides a

chance for young people to increase their activity and develop socially and physically. Gymnastics is one of the most comprehensive lifestyle exercise programs available to children, incorporating strength, flexibility, speed, balance, coordination, power and discipline.

Acadiana Gymnastic Training Center offers programs for girls and boys beginning at 18 months old. Programs at the facility are designed to challenge a child at his or her own level, at any point during the year. A variety of classes are available, such as parent-child, preschool, school-aged, teen and adult classes, tumbling and trampoline classes and more, in a safe, positive and fun environment.

Location: 301 Hapsburg Ln., Lafayette. For more information, call 337-988-3547 or visit AcadianaGymnastics.com.

Chimney Sweep for Safety

Chimney cleaning is important for health and safety. The National Fire Protection Association (NFPA) recommends an annual inspection of the chimney, and by cleaning the chimney regularly, the home can be kept free of allergens and chance of a fire can be reduced.



John Bordelon, the owner and operator of Acadiana Chimney Sweeps, is certified by the Chimney Safety Institute of America, the only nationally recognized certifying agency for sweeps in Acadiana. He has been a certified sweep since 1988 and re-certifies every three years, either by testing or continuing education units. He and his team of professionals are highly trained and work to ensure each customer is completely satis-

fied. They carry all the proper tools and supplies to handle 95 percent of the work they might encounter—all the time.

The company uses a dustless, professional cleaning process when sweeping chimneys. The vacuums filter soot and dust particles down to .5 microns. "We cover the work area with a protective covering and keep all our equipment on this covering," says Bordelon. "We go to great lengths to leave your home looking as good as it was before we arrived. When working outside we take the same care in regards to your yard and roof."

Location: 213 Clause Ln. Lafayette. For more information, call 337-234-4334 or visit AcadianaChimney.com.

Unique, Original and Healthy Fare

For healthy, rolled sandwiches, soups and salads, Roly Poly, in Lafayette, offers a variety of flavors that are as unique and original as its name. The sandwiches include fresh herbs, fruits and vegetables.



One of the many selections from which to choose is the fresh basil cashew chicken rolled with crunchy cashews, green leaf lettuce, Roma tomatoes, avocados, alfalfa sprouts and spicy Thai hot sauce all rolled in a fresh tortilla. Mango chutney, red pepper hummus, sundried tomatoes, artichoke hearts and fresh sliced avocados are standard ingredients for all the foodies out there. Vegetarians can enjoy 12 selections. Lean meats and cheese can also be added to any tortillas. Roly Poly truly offers a selection for everyone.

Location: 1004 Coolidge St., Lafayette. For more information, call 337-234-3289.

Fun and Memorable DJ Services



For events that make a lasting impression, Good Vibrations Disc Jockey Services offers a variety of music including Cajun, country, rock-n-roll and more. They specialize in all types of

events including weddings, receptions, anniversaries, birthdays, company parties, pool parties, Mardi Gras and floats.

In business since 1984, Good Vibrations offers music entertainment for all ages in the Acadiana area. The company prides itself on creating fun, unique and exciting memories for thousands of people every year. Since no two events are ever the same, they customize everything to just the way customers have imagined it.

For more information, call 337-278-0761 or visit DJNate.com.

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

To schedule your first appointment

896-4141
CARENCRO OFFICE

662-3120
SUNSET OFFICE



NEED PRINTING DONE?

PAT'S PRINTING
OF ACADIANA, LLC

202 ARABIAN DRIVE · CARENCRO, LA 70520
EMAIL: PATSPRINT@COX-INTERNET.COM

MENTION THIS AD AND RECEIVE A 20% PERCENT DISCOUNT ON 1 BUSINESS CARD ORDER!

SPECIAL ONLY GOOD FOR THE MONTHS OF FEBRUARY, MARCH AND APRIL OF 2013

- | | | |
|------------------|-----------------|------------------------|
| ■ BANNERS | ■ DECALS | ■ LETTERHEADS |
| ■ BROCHURES | ■ ENVELOPES | ■ LOGO DESIGN |
| ■ BUSINESS CARDS | ■ FLYERS | ■ MAGNETS |
| ■ CHECKS | ■ DRINK HUGGIES | ■ PENS |
| ■ COLOR COPIES | ■ INVOICES | ■ PRESENTATION FOLDERS |
| ■ CALENDARS | ■ LABELS | ■ RUBBER STAMPS |

337-896-8410

St. Ignatius Catholic School

Educating the whole child through
Faith ~ Service ~ Knowledge

Now Accepting Registration for
the 2013 - 2014 School Year



337-662-3325 / www.stignatiusschool.us

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

DHARMA Welcomes GRAND OPENING

24 Hr Fitness and



Smoothie Bar • Full Body Health Check • Assessment • Saliva Testing • Nutrient Testing • The

NOW OPEN

Wellness Center TRAINING

Call to schedule a free consultation or to join

662-3120

and Workout Room



Now Open- 24 Hr Fitness Room
FITNESS ROOM

Thermography Imaging • Natural Health Consultant on Staff • Personal Training • Contempo Spa

SUNSET, LA

Battle of the Bulge

According to the American Heart Association, about one in three American kids and teens is overweight or obese today, nearly triple the rate in 1963. A new report by the Trust for America's Health and the Robert Wood Johnson Foundation advises that if adult obesity rates continue on their current trajectories, by 2030, 13 states could have rates above 60 percent; 39 states above 50 percent; and all 50 states above 44 percent.



A study published in the *International Journal of Obesity*, based on research at 10 universities, points to the use of hormones in factory meat production as a major reason for this trend. Pesticides are another culprit; the average American is exposed to 10 to 13 different types each day via food, beverages and drinking water, and nine of the 10 most commonly used are endocrine disruptors linked to weight gain. Genetically modified U.S. food crops are also sprayed heavily with biocides. Findings presented at the 2007 annual meeting of the American Association for the Advancement of Science linked bisphenol A (BPA)—an industrial chemical contained in plastic soda, drinking and baby bottles—with abnormal estrogen function.

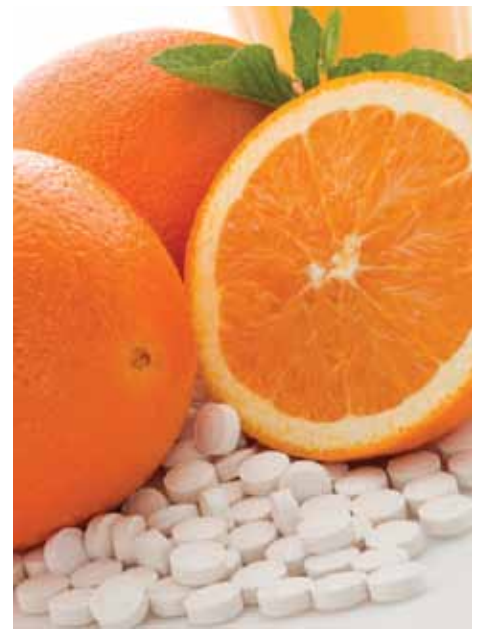
To win the battle of the bulge, Americans need to eat balanced diets and exercise regularly, but additional steps can further help: choose organic, grass-fed meat instead of corn-fed; use glass instead of plastic containers for beverages and food storage; avoid canned food unless the label states BPA-free; and consume yogurt daily or take a high-quality probiotic to help restore healthy intestinal flora.

Drinks Tied to Tooth Trouble

When replacing lost fluids during or after a workout, consider how beverage choices can affect the health of teeth. A recent study published in *General Dentistry*, the journal of the Academy of General Dentistry, found that increased consumption of sports and energy drinks is causing irreversible damage to teeth, especially among adolescents.

A reported 30 to 50 percent of U.S. teens regularly imbibe energy drinks, and as many as 62 percent down at least one sports drink a day. "Young adults consume these drinks assuming that they will improve their sports performance and energy levels and that they are 'better' than soda," says Associate Professor Poonam Jain, lead author of the study, who serves as director of community and preventive dentistry at the Southern Illinois University School of Dental Medicine. "Most of these patients are shocked to learn that the drinks are essentially bathing their teeth with acid."

In testing the effect of acidity levels on samples of human tooth enamel immersed in 13 sports and nine energy beverages, researchers found that damage to enamel was evident after only five days of exposure. Moreover, energy drinks were twice as harmful as sports drinks. "These drinks erode or thin out the enamel of the teeth, leaving them more susceptible to decay and sensitivity," says Jain.



WHY WE MIGHT NEED MORE VITAMIN C

Researchers at the Linus Pauling Institute at Oregon State University, a leading global authority on the role of vitamin C in optimum health, forward compelling evidence that the recommended dietary allowance (RDA) of vitamin C should be raised to 200 milligrams per day for U.S. adults, up from its current levels of 75 mg for women and 90 mg for men. The RDA of vitamin C is less than half of what it should be, scientists argue, because medical experts insist on evaluating this natural, but critical, nutrient in the same way they do for pharmaceutical drugs, and consequently reach faulty conclusions.

The researchers base their recommendations on studies showing that higher levels of vitamin C could help reduce chronic health problems including heart disease, stroke and cancer, as well as underlying causal issues such as high blood pressure, chronic inflammation, poor immune response and atherosclerosis. Even at the current low RDA, U.S. and Canadian studies have found that a quarter to a third of the total population is marginally deficient in vitamin C and up to a fifth of those in such groups as students, smokers and older adults are severely deficient in it.

Dining App for Special-Needs Diets

FoodCare's new EveryoneEat! Android and iPhone app allows anyone to make informed meal decisions at 180,000 restaurant locations nationwide, based on their nutrition needs and meal preferences. Users enter their basic information such as age, gender, height, weight and activity level, plus any chronic health conditions and special dietary restrictions, at *FoodCare.me*. Instant analysis enables them to search for dishes at restaurants by type of cuisine or restaurant name.



"People need to easily answer the basic question: 'Does this dish meet my dietary guidelines?' and if not, 'What's off and by how much?'" says CEO Ken Marshall.

According to the U.S. government's Medical Expenditure Panel Survey, which monitors the use and cost of health care and insurance coverage, nearly half of Americans today are living with a nutrition-related chronic disease. The National Restaurant Association estimates that Americans order 47 percent of all of their meals from restaurants.

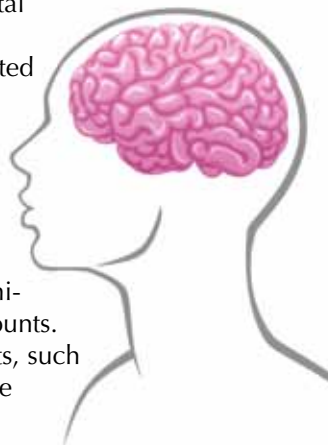
Yogurt Hinders Hypertension

Eating yogurt could reduce the risk of developing high blood pressure, or hypertension, according to new research presented at the American Heart Association 2012 Scientific Sessions. During their 15-year study, researchers followed more than 2,000 volunteers that did not initially have high blood pressure and reported on their yogurt consumption at three intervals. Participants that routinely consumed at least one six-ounce cup of low-fat yogurt every three days were 31 percent less likely to develop hypertension.



Bad Fats Are Brain-Busters

New research from Brigham and Women's Hospital (BWH), a teaching affiliate of Harvard Medical School, has found that consumption of "bad" saturated fats may be associated with a decline in cognitive function and memory in older women. The research team analyzed the BWH Women's Health Study, focusing on four years of data from a subset of 6,000 women older than 65. Those that consumed the highest amounts of saturated fat, like that found in red meat and butter, exhibited worse overall cognition and memory than peers that ate the lowest amounts. Women that consumed mainly monounsaturated fats, such as olive oil, demonstrated better patterns of cognitive scores over time.



NOT SO NICE RICE

New research by the nonprofit Consumers Union (CU), which publishes *Consumer Reports*, may cause us to reconsider what we place in our steamer or cookpot. Rice—a staple of many diets, vegetarian or not—is frequently contaminated with arsenic, a known carcinogen that is also believed to interfere with fetal development.

Rice contains more arsenic than grains like oats or wheat because it is grown in water-flooded conditions, and so more readily absorbs the heavy metal from soil or water than most plants. Even most U.S.-grown rice comes from the south-central region, where crops such as cotton were heavily treated with arsenical pesticides for decades. Thus, some organically grown rice in the region is impacted, as well.

CU analysis of more than 200 samples of both organic and conventionally grown rice and rice products on U.S. grocery shelves found that nearly all contained some level of arsenic; many with alarmingly high amounts. There is no federal standard for arsenic in food, but there is a limit of 10 parts per billion in drinking water, and CU researchers found that one serving of contaminated rice may have as much arsenic as an entire day's worth of water.

To reduce the risk of exposure, rinse rice grains thoroughly before cooking and follow the Asian practice of preparing it with extra water to absorb arsenic and/or pesticide residues; and then drain the excess water before serving.

See CU's chart of arsenic levels in tested rice products at Tinyurl.com/ArsenicReport.

globalbriefs

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

Windy Woes

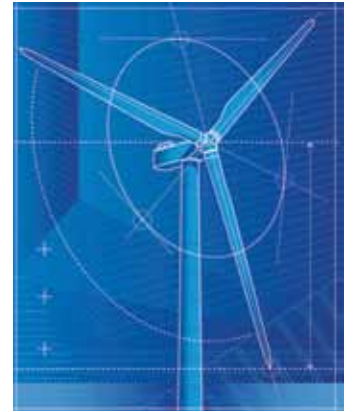
Solving Wind Power's Hidden Pollution Problem

The U.S. Department of Energy reports that although wind power accounts for just over 4 percent of domestic electrical generation, it comprises a third of all new electric capacity. Even with the freedom from coal or oil that wind power creates, a major component of the generating devices, the turbine blades, has its own carbon footprint that needs examining.

Some of the blades are as long as a football field, and the metal, fiberglass or carbon composites must be mined, refined, manufactured and transported, all consuming energy and creating materials that are difficult to recycle when they reach the end of their usefulness and are replaced. Christopher Niezrecki, a member of the University of Massachusetts-Lowell Wind Energy Research Group, estimates the United States will have as many as 170,000 wind turbines by 2030, creating more than 34,000 discarded blades each year.

The next generation of blade material may come from natural cellulose fibers and bio-based plastics derived from soybean, linseed and other vegetable oils, instead of oil-based polymers. A \$1.9 million National Science Foundation grant is funding the research.

Source: FastCoexist.com



Dishpan Plants

Waste Water Cuts Fertilizer Use



The effluent created by household sinks, washing machines and showers, known as gray water, could provide a new, low-cost source of irrigation for landscape plants that cuts down on the amount of fertilizer required to maintain them. The nonprofit Water Environmental Research Foundation's (WERF) new report shows that many plants used for landscaping benefit from the use of gray water (Tinyurl.com/graywaterreport).

The study looked at seven homes in Arizona, California, Colorado and Texas with new and longstanding gray water systems that recycle wastewater to irrigate outdoor plants. Although the soil irrigated with gray water showed higher levels of cleaners, antimicrobials and sodium compared with areas irrigated with fresh water, there was enough nitrogen present in gray water to reduce or eliminate the need for additional fertilizers.

Not all plants responded positively, but WERF Communications Director Carrie Capuco says, "Gray water can be successfully used with the right plant choices." Guidelines include heavily mulching the area where gray water is supplied to minimize contact with pets.

Liquid Raspberry Ketone Extract

Razberi-K

Raspberry Ketones

"Increases the breakdown and release of stored fat."

- Dr. Oz Show



**BUY ONE
GET ONE FREE**



"Lose six pounds in six days."

It works!!

... and it keeps on working the longer you use it.

LIQUID HERBAL SUPPLEMENT
natural program

Razberi-K
Raspberry Ketones



- Breaks down fat
- Prevents the absorption of fat
- Suppress appetite
- Supports weight loss

2 OZ. (59.14 ml) 90%

ONLY AVAILABLE AT

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

Natural Health Center, Carencro
(337) 347-4141

BENNY'S Sport Shack, Opelousas
(337) 948-6533

Better Cafeterias

School Lunches Improving Nationwide

The Physicians Committee for Responsible Medicine (PCRM) 2012 School Lunch Report Card found that public school districts in Florida, Maryland, Tennessee and Nebraska rose above federal guidelines for serving healthy school lunches, with some in Georgia and Missouri also receiving good marks. But most schools nationwide can improve.

PCRM dietitians analyzed elementary school meals at 22 districts participating in the National School Lunch Program. The average grade is now a B (84.4) compared with the national C+ average (78.7) in 2008. Schools delivering poor grades still offer chicken-fried steak fingers, breaded catfish, pork nuggets and other high-cholesterol menu items.



To read the complete report, visit HealthySchoolLunches.org.

Food Feelings

Restaurant Ambiance Affects Diners' Appetites



The mood in a restaurant can help diners enjoy their meals more and eat less, according to study results published in the journal *Psychological Reports*. After transforming part of a fast food Hard-ee's restaurant in Illinois with milder music and lighting, researchers found that customers ate 18 percent fewer calories than diners in an unmodified seating area. Brian Wansink, Ph.D., a

professor of marketing and consumer behavior at Cornell University, in New York, explains, "It didn't change what people ordered, but what it did do was lead them to eat less and made them more satisfied and happier."

Wansink, author of *Mindless Eating: Why We Eat More Than We Think*, asks, "If softer music and softer lighting seem to get people to eat less in a fast food situation, why not try the same thing at home?"

School Safeguard

How to Build a Bike Train

In 1969, according to the National Center for Safe Routes to School, 48 percent of kids ages 5 to 14 regularly walked or biked to school. In 2009, it was just 13 percent. One major reason for the change is that parents don't feel safe letting kids bicycle around town on their own. Bike trains—in which an adult chaperone rides a predetermined route, adding children along the way—can make it easier and safer for kids to get to school.

To start a DIY bike train, find a group of interested parents through school and neighborhood message boards and newsletters; assess the area to create routes; distribute flyers and get feedback; determine bike train dates and times; host a community meeting; and post selected routes online.



Source: *Yes magazine*

Iodine

natural
Liquid Drops

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



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

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

Available at:
Natural Health Center, Carencro
DHARMA Wellness Center, Sunset



prevention.

is the best way to beat cancer

Teach true prevention, not just early detection! "Early Detection" is better than late detection, but it is not the same as prevention.



BEATING CANCER

For diagnosed patients, focus on the whole person not just the tumor!



The Hallelujah Diet

The Hallelujah Diet is a heavily supplemented, low-calorie vegan diet, consisting of 85% raw organic foods and 15% cooked foods.

Our bodies are designed by God to receive raw or living foods, where the life force and nutrition are available to nourish our bodies and prevent disease.

Your digestive system only extracts 35% of nutrients in food, whereas when you juice the food, it is like an intravenous shot of nutrients, and you will absorb 92% of available nutrients. Learn more about the Hallelujah Diet and our other wellness programs.

Visit: www.NaturalHealthCentersOnline.com

or call 896-4141 or 662-3120

Carencro Office

Sunset Office

The Hallelujah Diet and Wellness Plan

Juice to Your Health (12 Week Program) includes unlimited access to both of our wellness centers in Carencro and Sunset, a twelve week supply of frozen wheatgrass and organic greens juices (1.5 oz cups/16 per box). 12 Week Program: \$364.

GREEN WATERS

Pure Alkaline Water

NOW AVAILABLE AT
Drug Emporium
Lafayette



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.



 **WE DELIVER**
Call (337) 896-4141

Natural Health Center

Powerful, Positive Healing for Life

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 ½ gallon bottles)

We Do Home Delivery Also



- Builds Lean Muscle
- Enhances Strength & Muscle Performance
- Increases Muscle Size and Fullness

Creatine is one of the most researched of all sports supplements. This compound provides muscles with fuel to train harder and longer.

Each two-scoop serving of 100% Premium Creatine Plus is packed with 10 grams of the most scientifically tested form of creatine available – creatine monohydrate. 100% Premium Creatine Plus also delivers powerful glycogen-replenishing carbohydrates that help shuttle creatine and other nutrients into your muscles to rapidly replenish glycogen and create an intense muscle-expanding effect!

Each delicious serving also contains the cell-volumizing amino acid taurine, as well as added branched chain amino acids (leucine, isoleucine, valine), making 100% Premium Creatine Plus the perfect post-workout recovery creatine formula.

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

CARENCRO LOCATION
896-4141

DHARMA
 wellness center and fit club

SUNSET LOCATION
662-3120

Coyote Ugly

Critters Becoming New Urban Pioneers

Stray dogs and feral cats in our cities may be supplanted by raccoons, foxes and coyotes if current trends continue. Even mountain lions and bears are unexpectedly showing up in urban landscapes. Evidence suggests that clashes between humans and other predators will increase and potentially intensify.

Ohio State University Biologist Stan Gehrt stated, “The coyote is the test case for other animals,” at an EcoSummit 2012 conference in Columbus, Ohio. “We’re finding that these animals are much more flexible than we gave them credit for, and they’re adjusting to our cities.” Coyotes, commonplace around many metropolitan areas, don’t seem to mind the density, with some packs each confining themselves to a one-third-square-mile territory.

Eradication efforts have sometimes faltered, partially because of public backlashes sympathetic to wild animals, plus a pattern in which new coyotes tend to quickly move into areas where other animals have been evicted. Gehrt poses the question, “Are we going to be able to adjust to them living with us or are we not going to be able to coexist?”



Source: The Christian Science Monitor

Superior Soil

Organic Farming Sustains Earth's Richness



Famed as the happiest country on Earth, the Himalayan Kingdom of Bhutan is now aiming to become 100 percent organic, phasing out artificial chemicals in farming in the next 10 years. *Agence France-Presse* reports that Bhutan currently sends rare mushrooms to Japan, vegetables to up-market hotels in Thailand, its highly prized apples to India and red rice to the United States.

Jurmi Dorji, of southern Bhutan’s 103-member Daga Shingdrey Pshogpa farmers’ association, says their members are in favor of the policy. “More than a decade ago, people realized that the chemicals were not good for farming,” he says. “I cannot say everyone has stopped using chemicals, but almost 90 percent have.”

An international metastudy published in the *Proceedings of the National Academy of Science* that analyzed 74 studies on soils in fields under organic or conventional farming practices has found that over time, the carbon content in the organic fields significantly increased. For farmers everywhere, that means organic agriculture results in a richer, more productive soil, with plenty of humus, which is conducive to higher yields.

Peter Melchett, policy director at Britain’s Organic Soil Association, says a primary benefit of a country becoming 100 percent organic is an assurance of quality to consumers that creates both an international reputation and associated market advantage.

Toilet to Table

Fertilizing Our Food with Human Waste

Using sewage sludge as fertilizer on the land that grows our food and feeds our livestock is legal, but critics question the safety of the practice. United Sludge-Free Alliance founder Darree Sicher says, "Most people flush the toilet and assume the waste is being taken care of properly, but many times, the industry is simply performing a toxic transfer."



Everything that is flushed down the drains of residential and commercial properties combines at local water treatment plants, including chemicals, heavy metals, pharmaceuticals, pathogens and poisons. Water is then treated and the extracted pollutants are concentrated in the residual sludge that remains.

The Environmental Protection Agency reports that more than 7 million tons of sludge (biosolids) are generated each year in the United States—half is applied to farms, parks, playgrounds, golf courses and forests in all 50 states. Biosolids are also sold as bagged fertilizer to homeowners.

Until the use of biosolids as fertilizer is more strictly regulated and foods are labeled as sludge-free, consumers should consider buying organic foods. When buying from local growers, ask about the use of biosolids on their fields.

Also, raise awareness among state and federal officials to outlaw such questionable practices and lobby local officials to continue the trend toward sludge-free public areas. A far safer use of waste is "poop to power" projects that harvest energy from sludge to produce heat, fuel and electricity, which Sicher reports have been widely used in Germany and Sweden for 30 years.

For more information, including sludge-free fertilizer brands and downloadable brochures, call 610-823-8258 or visit USludgeFree.org.

We discovered
the cure to
cancer



Prevention!

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

GRAINS

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

FRUIT

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

VEGETABLES

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

PROTEIN

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

DAIRY

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

SNACKS

- Almonds
- Hummus
- Popcorn
- Whole-grain crackers

HERBS/SPICES

- Parsley
- Rosemary
- Turmeric

CONDIMENTS


- Lowfat or fat-free salad dressing
- Olive oil

DRINKS


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

Dr. Steve's recommended grocery shopping list


Your source for Wheatgrass in Acadiana.
Our Smoothies are made from real fresh fruit.



Real Fresh Smoothies, Power Shots, Wholesale Supplements
Lowest prices in Acadiana - Guaranteed!!



At SMOOTHIE FACTORY we offer fresh fruit smoothies that can be tailored to meet your individual needs or tastes.



Email: SmoothieFactoryLA@yahoo.com
337-989-7001 | 125 Arnould Boulevard | Lafayette, LA
Between Brother's and Jason's Deli

Feeding Ourselves Well

Urban Gardening Takes Root



by John D. Ivanko and Lisa Kivirist

“In just one-twelfth of an acre, including lots of paths and a compost heap, our family grows the vast majority of the fresh vegetables we need, plus a decent chunk of our fruits and berries,” says Erica Strauss. “It’s not a huge garden, but we still feel nearly overwhelmed with the harvest in late August.” Her family of four tends a diversity of edibles on their urban lot in a suburb of Seattle, Washington.

Word has spread because Strauss writes about her experiences via Northwest Edible Life, a blog about food growing, cooking and urban homesteading. “Every kid on the block has picked an Asian pear off my espalier and munched on raw green beans,” she notes. “Even picky eaters seem pretty interested when they can pick tasty treats right from the tree or vine.”

We don’t need to live in a rural area or on a farm to grow our own food. By the close of World War II, nearly 40 percent of all fruits and vegetables supplying Americans stateside were grown in victory gardens in the communities in which they were consumed.

Today, these small plots are often termed kitchen gardens, comprising parts of household lawns, schoolyards, balconies, patios and rooftops. Fresh taste and the security of local food supplies in case of manmade or natural upheavals are drawing more people to gardening.

Garden Cities

“Urbanization, a major demographic trend, has implications for how we grow and consume food,” observes Roger Doiron, founder of Kitchen Gardeners International. “If we agree that feeding more people fresh, local foods is a priority, we’re going to need to landscape and, in many cases, retrofit urban and suburban areas for increased food production.”

Millions of Americans now participate in growing mainstay foods. According to a 2009 study by the National Gardening Association, 31 percent of all U.S. households grew food for their families in 2008, and more have since the economic downturn. Bruce Butterfield, the association’s research director, estimates that nearly

70 percent of these gardens are in urban or suburban areas.

“We’re seeing a new crop of farmers that defy stereotypes,” observes David Tracey, owner of EcoUrbanist environmental design in Vancouver, Canada, and author of *Urban Agriculture*. “Some are office workers leaving unsatisfying jobs, techie types learning the trade in universities and back-to-the-land folks that happen to live in cities. Others are activists taking on the industrial farm system, folks adopting trends or entrepreneurs that see opportunities in the rising prices of quality food and the proximity of millions of customers.”

Opportunities and Pitfalls

Urban gardening has unexpected advantages in its use of organic waste like coffee grounds from a local coffee house and rainwater from area rooftops. Converting lawns at schools, churches and empty city lots into community gardens fosters community connections, improves access to affordable nutritious foods and creates employment opportunities.

A widespread challenge to the trend is dealing with the quality of urban soil and testing for possible toxins. Often, urban soil must be improved using compost and other nutrients before plants can prosper. A nearby irrigation source is also required.

“One potential problem for urban gardeners may be the community reaction to an edible landscape,” admits Strauss. “In some cities, edible gardens in the front yard or even the common parking strip are celebrated and even officially encouraged. But in communities where lawn is still king and city codes regarding vegetation are vague and open to interpretation, one complaint from an anonymous neighbor can become an exhausting political and legal fight.”

Feeding Community

Community gardens often transform vacant lots and other marginal land into green growing places. In Chicago, The Peterson Garden Project, an award-winning nonprofit program, has been turning unsightly empty lots into raised-beds in which residents learn to grow their own food since 2010.

“Nationally, it’s been found that having a community garden on unused

land increases property values, decreases crime and promotes a sense of unity with neighbors and others,” explains LaManda Joy, president and founder of the project. “We work with property owners on the short-term use of their land to enhance the community in which they eventually plan to develop.”

“Participating in a community garden serves up a lot of individual victories,” says Joy. “Improved health and nutrition, learning a new skill, teaching kids where food comes from, productive exercise, mental well-being, connecting with others and saving money—community gardens help make all of this possible.”

Being Prepared

“How many recalls have we seen because some food item has been contaminated and people have suffered or died as a result? I am concerned about the safety and security of our food supply,” says Wendy Brown, whose family tends a quarter-acre garden with raised and landscaped beds and containers wrapped around their home plus an onsite greenhouse in a beach resort suburb of Portland, Maine. “As a mother, it concerns me that I might feed my children something that will hurt them. High-fructose corn syrup, genetically engineered crops and BPA-lined cans

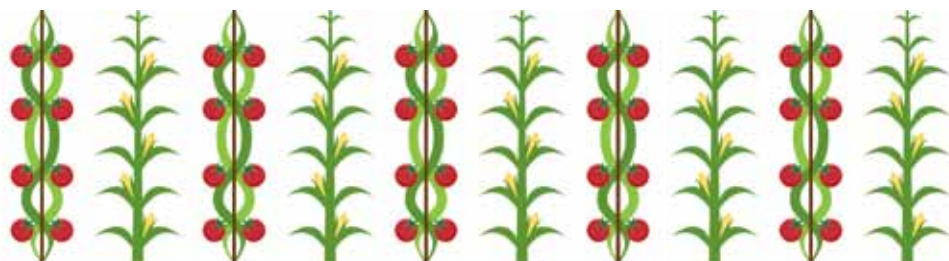
are all making headlines. It just seems smarter to grow it myself; that way, we have more control over what our family is eating.”

Brown is one of more than 3 million Americans that are following FEMA recommendations in preparing for any event that might disrupt food supplies. Her book, *Surviving the Apocalypse in the Suburbs*, shares everything her family has done to safeguard themselves, including growing produce, caring for animals and canning, freezing, drying, cold storage or fermenting foods for later use.

“For me, it’s more about being prepared for the everyday things that are happening, like increases in food and fuel prices or a loss of family income,” Brown says. “If we’re growing at least some of our own food, I have a lot less to worry about when such things happen.”

The family also keeps rabbits and ducks, plus egg-laying and meat-providing chickens that can total 40 animals in the summer at their “nanofarm”. These also supply natural fertilizer for the crops. Nearby beehives provide 20 pounds of honey each year. Because the foods they produce are solely for their personal use, the Browns are exempt from regulatory restrictions.

“Our neighbors love what we’re doing,” says Brown, whose house is close enough they can chat across their



Helpful Resources

Green Restaurant Association, DineGreen.com

Kitchen Gardeners International, KGI.org

Northwest Edible Life, NWEdible.com

The Peterson Garden Project, PetersonGarden.org

Uncommon Ground, UncommonGround.com

Urban Farm Online, UrbanFarmOnline.com

Urban Garden Magazine, UrbanGardenMagazine.com

Urban Gardens, UrbanGardensWeb.com

“YOU GET THERE BY REALIZING YOU ARE ALREADY THERE”

-ECKHART TOLLE

DHARMA
wellness & SMOOTHIE BAR
SUNSET, LA

Illness and Disease are not "caught".

You do not catch cancer, heart disease or a cold. You create these ailments with deficiencies based on what you eat or don't eat.

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants.

Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem!

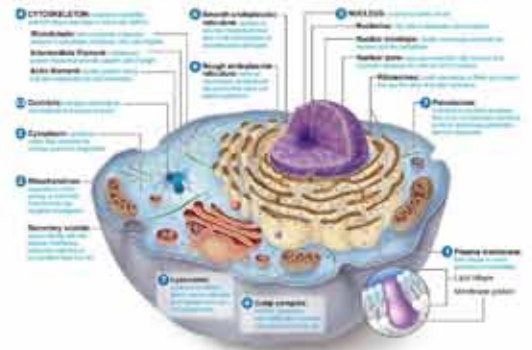
Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

Your body is constantly replacing its cells at a rate of 300 million per minute. The quality of health you experience depends on the quality of your cells - to increase your level of health, you must give your living body the living (raw) nutrients it needs to build cells that are better than the ones they are replacing. Eating raw vegetables, fruits, nuts, and seeds is the best way to accomplish this.

"You can not drug your body back to good health. You can only heal the body by providing it the vital nutrients it needs to restore and rebuild naturally."

- Oliver Frank Matthews, MD

Human Cell Structure and Function



Vitamin A

Used in the body for the growth of skin tissue, teeth and bones, vitamin A is a fat-soluble vitamin. The Dietary Reference Intake (DRI) established by the Institute of Medicine is 900 micrograms a day for males and 700 micrograms a day for females.

Vitamin C

A powerful antioxidant, vitamin C is a water-soluble vitamin. The DRI is 90 mg a day for males and 75 mg a day for females.

Vitamin E

Also an antioxidant, vitamin E is actually a fat-soluble vitamin used in the formation of red blood cells. The DRI for vitamin E is 15 mg a day for both males and females.

Vitamin K

A fat-soluble vitamin, vitamin K is used by the body to help blood coagulation. The DRI for vitamin K is 120 micrograms a day for males and 90 micrograms a day for females.

Calcium

Calcium is a mineral that is important for bone and teeth health. The DRI is 1 g a day for males and females aged 19 to 50. As individuals grow older, this DRI increases to 1.2 g a day for males and females.

Iron

Iron aids in healthy blood cell formation and oxygen transfer. The DRI for males is 8 mg a day and 18 mg a day for females aged 19 to 50. The recommendation for females is higher because of blood loss that occurs during the menstrual cycle.

Magnesium

Like calcium, magnesium is important for bone health. The DRI for males ranges from 400 to 420 mg a day. The DRI for females ranges from 310 to 320 mg a day.

B Vitamins

Water-soluble vitamins, the B vitamins play essential roles in energy metabolism. The DRI for thiamine (vitamin B1) is 1.2 mg a day for males and 1.1 mg a day for females. The DRI for riboflavin (vitamin B2) is 1.3 mg a day for males and 1.1 for females. The DRI for niacin (vitamin B3) is 16 mg a day for males and 14 mg a day for females. The DRI for pantothenic acid (vitamin B5) is 5 mg a day for males and females. The DRI for vitamin B6 is 1.3 mg a day for males aged 19 to 50 and 1.7 mg a day for males aged 51 to 70. For females aged 19 to 50, the DRI for vitamin B6 is 1.3 mg a day. This increases to 1.5 mg a day for women aged 51 to 70. The DRI for biotin (vitamin B7) is 30 micrograms a day for males and females. The DRI for folate (vitamin B9) is 400 micrograms a day for males and females. The DRI for vitamin B12 is 2.4 micrograms a day for males and females.

Zinc

The DRI for zinc is 11 mg a day for males and 8 mg a day for females. Zinc is necessary for protein synthesis.

Potassium

An electrolyte, potassium plays an important role in fluid balance. The DRI for males and females is 4.7 g a day.

Common Nutritional Deficiencies

	Magnesium	Calcium	Vitamin B	Vitamin C	Vitamin E	Omega 3 & 6	GABA	Beta Carotene	Amino Acids	Zinc	Hormones	Co Q10	Potassium	Lecithin	Selenium
ADD/ADHD	X	X	X	X	X	X	X	X	X	X		X		X	
Alcoholism	X	X	X	X	X	X	X	X	X	X				X	X
Alzheimer's	X	X	X	X	X	X		X	X	X	X	X	X		X
Anxiety	X	X	X	X	X	X	X	X	X	X	X		X		X
Autism	X	X	X	X	X	X		X	X	X	X	X			X
Depression	X	X	X	X	X	X	X	X	X	X	X		X	X	X
Headache/Migranes	X	X	X	X	X	X		X	X			X	X		
Memory loss/Dementia			X	X	X	X		X	X	X	X	X	X	X	X
Menopause	X	X	X	X	X	X		X	X	X	X	X	X	X	X
Parkinson's Disease	X	X	X	X	X	X	X					X	X	X	X
Schizophrenia	X	X	X	X	X	X	X	X	X	X		X		X	
Smoking dependency			X	X	X	X		X	X	X		X			X
Sleep disorder	X	X	X	X	X			X	X	X					
Stress	X	X	X	X	X		X	X	X	X	X		X	X	X
TOTAL	12	12	14	14	13	12	7	5	13	12	8	9	8	9	9

Lack of Nutrition

and education is killing America

We live in a very bewildering world.

**Accidents kill 4% of us.
Diseases kill 96%.**

"I can get everything I need from food." Do you?

The USDA surveyed 26,000 Americans and found that not one person received the nutritional requirements set forth by the RDA (Recommended Daily Allowance). 96% of the US population dies of a disease - we are NOT getting proper nutrition.

Vitamins and Minerals are vital nutrients for bodily functions.

Your body is made from vitamins and minerals.

These are the building blocks for the formation of all tissue, cells, and body fluids.

"Insufficient vitamin intake is apparently a cause of chronic diseases... Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."

- American Medical Association

"A deficiency of a vitamin or mineral will cause a body part to malfunction and eventually break down --- and, like dominos, other body parts will follow."

James F. Balch, M.D.
Prescription for Nutritional Healing

www.NaturalHealthCentersOnline.com



"Everyone will eventually die, but how you look and feel for the last 20-50 years depends on your lifestyle and vitamin and mineral intake throughout your entire life."

Dr. Steven T. Castille, Bsc, MS, DNM
Director, Natural Health Center

Why are you not getting the necessary vitamin and mineral nutrients?

Nutrient Variance

There are substantial differences between one fruit or vegetable and another. One tomato can have 10 times more nutritional value than another-which tomato did you eat?

Poor Digestion

Eating too much or too quickly, stress, or an imbalance of friendly bacteria in the digestive tract can disrupt the delicate gastrointestinal environment. This imbalance can reduce absorption of vitamins and minerals. Poor digestion is common among the elderly.

Over-cooking

Over-cooking can easily destroy valuable food nutrients.

Microwave cooking

Studies suggest that microwave cooking alters the nutritional structure of food. ("Pediatrics": vol.89,no.4, April 1992).

Food Storage

Length of storage and freezing depletes the nutritional value of most foods.

Food Selection

A tendency to eat from a limited range of food groups results in nutrient deficiencies.

Food Omission

Allergies to foods, crash dieting and poorly designed vegetarian diets omit significant dietary sources of nutrients.

Antibiotics

Antibiotics alter the gastrointestinal environment and can interfere with the absorption of essential nutrients.

Poor Lifestyle Habits

Smoking, alcohol and caffeine can displace or inhibit the absorption of vitamins and minerals or accelerate the loss of nutrients.

Stress

Stress, be it physical or emotional, can increase the body's requirements for vitamins and minerals.

Imbalance

The level of each vitamin and mineral in the body has an effect on others, so if one is out of balance or missing, all can be adversely affected. With antioxidants, one is not nearly as strong as several combined as each greatly enhances the power of the others.

WheTea

Concentrated Wheatgrass and Green Tea Drops

WEIGHT LOSS Formula



AVAILABLE NOW



Drug Emporium - Vitamin's Plus, Lafayette 261-0051

Natural Health Center, Carencro 896-4141
 BENNY'S Sport Shack, Opelousas Tel: 948-6533
 Road Less Traveled, Lafayette Tel: 988-9889

front porches. “One says our initiative reminds him of growing up in Maine pretty much self-sufficient. The other tells friends and coworkers they aren’t worried if things really go bad because they have us as neighbors.”

Growing Green Thumbs

“With some effort, urban gardeners can grow great vegetables anyplace that affords enough light and warmth,” advises Strauss, who gardens primarily in raised beds in her front and back yards. “I garden on the scale I do because I love it. It’s both relaxing and challenging, and we eat well.”

Urban gardening methods are as diverse as the growing conditions, space limitations and financial resources of the gardener.

“Lasagna” gardening—layering newspaper or cardboard and other organic materials on top—can be effective in urban areas because it involves no digging or tilling. Just as with making compost, alternate between brown and green layers. Once the materials break down, add plants to the newly created growing bed.

Urban dwellers with limited space may employ square-foot gardening, intensively growing plants in raised beds using a growing medium of vermiculite, peat moss and compost. This method can yield fewer weeds and is easier on the back. “It’s an easy concept to grasp for new gardeners,” remarks Joy. “We use it to both maximize output in a small area and ensure healthy, organic, contaminant-free soil.”

Rooftop gardens are becoming more common as larger agricultural operations use them to grow income crops. The U.S. Department of Agriculture considers anyone that sells more than \$1,000 of produce to neighbors or area restaurants a farmer, rather than a gardener, so regulations may apply.

For renters, just a few tomato

plants in a well-maintained container on a patio or deck can yield as much as 50 pounds of tomatoes by taking advantage of its microclimate, influenced by wind blocks, heated surfaces and reflected light from windows.

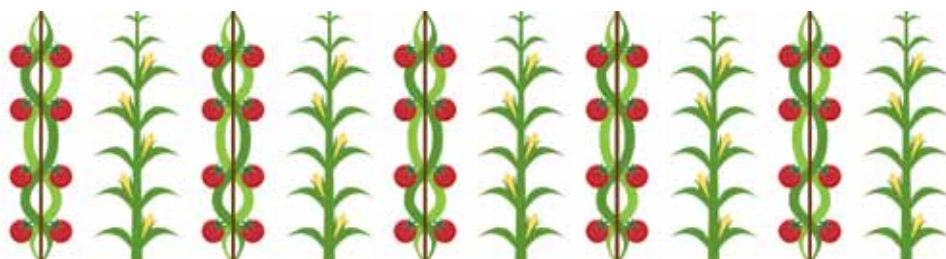
Urban gardening is also thriving indoors in terrariums, window boxes and small greenhouses. Even partially lit rooms can support certain vegetables or herbs with grow lights. Aquaponic gardening, a closed-loop system that involves both fish and vegetables, expands the self-sufficient possibilities of a hydroponic system of growing plants fed by liquid nutrients.

Feeding Ourselves

With more than 80 percent of Americans currently living in urban and suburban areas, the questionable nutrition of many mass-produced foods, increasing pesticide and herbicide use by non-organic farmers, greenhouse gas emissions from food transport and weather patterns altered by climate change, it’s past time to take back some control. Operating our own gardens and preparing our own meals turns us back into producers, not merely consumers.

“For the most part, we’re just average suburbanites,” concludes Brown. “We just choose to have less lawn and more garden. A huge benefit is that we need less income because we’re buying less at the grocery store. Our goal is to semi-retire in our mid-50s—not because we’ve made a bunch of money, but because we’ve needed less money to live along the way.”

John Ivanko and Lisa Kivirist, co-authors of Farmstead Chef (FarmsteadChef.com), ECOpreneur and Rural Renaissance, operate the award-winning Inn Serendipity Bed & Breakfast, in Browntown, WI. They grow 70 percent of their organic food; the cost savings helped them become mortgage-free in their mid-40s.



Pain, Inflammation, Swelling WELLNESS PROGRAM

Your nutrition, vitamin therapy, and holistic therapy program for great health and pain-free living.



Neurons Send Pain Signals to the Brain When Inflammation is Present

STOP THE PAIN!

Twelve-week Wellness Program

INCLUDES:

- Full-Body Thermography imaging to identify inflammation and pain points
- 12 Week holistic therapy body work program
- (36) 20-minute whole body vibration exercise sessions **[36 Sessions!]**
- (36) Pain and inflammation therapeutic infrared heat sessions **[36 Sessions!]**
- Health assessment and B-12 vitamin therapy

call today to schedule your initial visit **only \$240**

 **liteon**
Natural Health Center
Powerful, Positive Healing for Life
Carenco Office
896-4141

DHARMA
wellness center and fit club
Sunset Office
662-3120

You Could Win \$1,000 CASH



Join Natural Awakenings

email list from your mobile phone



Text NATURALHEALTH

to **42828** to get started

Be entry #200 in the month of February 2013 and win \$1,000 cash.

You have to enter to win!

natural
awakenings

Inflammation and weight gain...

How does inflammation contribute to obesity, and how does that knowledge contribute to a better weight loss plan?

There are likely two factors contributing to the obesity/inflammation cycle. Fat cells are known to generate inflammatory chemical messengers (called cytokines), and those chemicals eventually trigger a reaction for cells to stop listening to two useful messengers: insulin and leptin. When cells become resistant to insulin and leptin, watch out, because the weight will start piling on!



Adipose Tissue a Site of Inflammation and Cytokine Production



Hellon, et al. / J Clin Invest. 2005;115:1790-1796

Obesity and weight loss research laboratory.

Dr. Steven T. Castille, BSc, MS, DNM
natural medicine

Biochemist and Doctorate in Natural Medicine

"We specialize in the use of natural therapies, diet, and vitamin therapy to heal chronic and acute cases of wholebody inflammation."

Call to schedule a full body thermography imaging. This will identify areas of the body with chronic inflammation.

(337) 896-4141



healingways



Beyond Cholesterol How Triglycerides Take a Toll

by James Occhiogrosso

For many adults, an annual physical involves routine blood tests, followed by a discussion of cholesterol and blood pressure numbers, along with prescribed treatment ranging from improved nutrition and exercise to drugs. Triglycerides tend to be relegated to a minor mention—if they are discussed at all—yet regulating triglyceride levels can improve health.

Why Triglycerides Count

"High triglyceride levels usually accompany low HDL (good) cholesterol levels and often accompany tendencies toward high blood pressure and central (abdominal) obesity. These are the markers of metabolic syndrome and insulin resistance, very common disorders underlying obesity and increased risks of heart disease and Type 2 diabetes," explains Dr. Andrew Weil on his website, *DrWeil.com*.

While high triglyceride levels are not conclusively linked to the development of any specific disease, they are associated with the narrowing of arteries and impaired blood flow associated with cardiovascular disease. (Impaired blood

flow also effects male erectile function.) Several recent studies, including one in the *Annals of Internal Medicine*, also suggest these could instigate the metabolic syndrome associated with the onset of diabetes and atherosclerosis, which can lead to stroke and cardiovascular disease.

What Creates Triglycerides?

Triglycerides, a normal component of blood, are introduced into the body by the fat in foods. Some are produced in the liver as the body's response to a diet high in simple sugars or carbohydrates—especially hydrogenated oils and trans-fats.

Evidence reported by the National Heart, Lung and Blood Institute suggests that very high intakes of carbohydrates are accompanied by a rise in triglycerides, noting that, "Carbohydrate intakes should be limited to 60 percent of total calories."

Many research scientists agree that the main cause for high triglyceride levels is the Standard American Diet, notoriously high in sugars and simple carbohydrates, trans-fats and saturated animal fats, and far too low in complex carbohydrates, vitamins and minerals;

specifically, vitamins A, B, C, D and especially E, plus the minerals selenium, magnesium, silicon and chromium. Sugars added to soft drinks and food products, especially those containing high-fructose corn syrup, also raise triglyceride levels significantly.

Dr. Jacob Teitelbaum, author of *From Fatigued to Fantastic!* and national medical director of the Fibromyalgia and Fatigue Centers, observes, "The average American gets about 150 pounds of sugar added to his/her diet each year from processed food, causing fatigue, metabolic syndrome, diabetes and a host of other problems."

Animal fats, like those in farm-raised red meats, typically contain a skewed ratio of the fats known as omega-3 and omega-6, with the latter dominating by nearly 20:1; a ratio also found in commercial packaged foods and baked goods. Many studies show such a high omega-6/omega-3 ratio tends to promote disease. Eating oily fish and healthy plant oils such as cold-pressed virgin olive and coconut oil, nuts, seeds and minimally prepared foods provides a more balanced ratio of omega fatty acids.

Lowering Triglyceride Levels

Part of today's medical paradigm focuses on lowering LDL (bad) cholesterol. As a result, many patients and doctors worry about cholesterol levels, but ignore triglycerides. The American Heart Association (AHA) recommends a triglyceride level of 100 milligrams per deciliter or less; about one-third of the population currently exceeds this. While drugs can help, the AHA does not recommend drug therapy except for people that have severe levels (more than 500mg/dL), which can increase the risk of acute pancreatitis. For those with high, but not severe levels, dietary and other lifestyle changes can be effective in lowering triglyceride levels.

Logically, reducing consumption of red meat and processed foods, especially those containing trans-fats, and increasing consumption of complex carbohydrates from whole grains, vegetables, fruits, nuts and legumes is recommended. AHA studies further show that daily supplementation of fish oil and full-spectrum vitamin E can reduce serum triglyceride levels significantly. In one study, fish oil containing at least 1,000 to 3,000 mg of

omega-3 decreased such concentrations by 25 to 30 percent.

In a 2009 study of a nationally representative group of 5,610 people published in the *Archives of Internal Medicine*, Dr. Earl S. Ford, of the U. S. Centers for Disease Control, found that about one-third had triglyceride levels above 150 mg/dL—considered somewhat high—while almost another 20 percent had high levels of 200-plus mg/dL.

Always consult a knowledgeable health practitioner prior to beginning a new regimen. Just as with managing any aspect of health, care is required and knowledge is power.

James Occhiogrosso, a natural health practitioner and master herbalist, specializes in salivary hormone testing and natural hormone balancing. His latest book is Your Prostate, Your Libido, Your Life. Find relevant articles at HealthNaturallyToday.com. Connect at 239-498-1547 or DrJim@HealthNaturallyToday.com.



Lucinda Guillory
337.457.0250

Combos • Wet/Dry Slides
Obstacles • Jumps
Bungee Run • Joust
Dunkin Booth

Parties • Family Reunions
Church Functions • Fund Raisers
School Events & Much More!

C & C Funjump
(337)457-0250



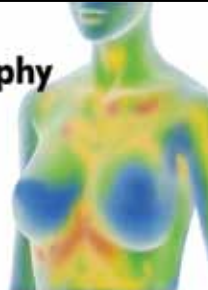
Cancer Cells Double Every 90 Days

90 days	2 cells	•
1 year	16 cells	
2 years	256 cells	•
3 years	4,096 cells	
4 years	65,536 cells	•
5 years	1,048,576 cells	
6 years	16,777,216 cells	•
7 years	268,435,456 cells	
8 years	4,294,967,296 cells	•
9 years	68,719,476,736 cells	
10 years	1,099,511,627,776 cells	

25 cm

2 cm

Breast Thermography



Can increase your chance of survival.

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

First Detected by Mammogram
Tumor size at 5 years is about the size of a dime.

Schedule your first appointment now. **Call 896-4141**



Would you
like to advertise?

June Ad Specials
Business Card Ad \$150
1/4 Page Ad \$200

Call 896-4141

natural
awakenings

Email your ad to
publisher@NAacadiana.com

We have 70,000 readers
each month.

Deliver to 12,000 homes.

5,000 online readers.

Deliver to 550 offices
and waiting rooms across
Acadiana.



healthykids

Six Powerhouse Foods for Kids With Palate-Pleasing Tips

by Susan Enfield Esrey

As parents, feeding children nourishing foods is one of our most important jobs. Although most new moms and dads start with impeccable intentions (homemade baby food, anyone?), maintaining high family standards can be a challenge when many easygoing babies become toddlers and school-age kids are picky about what's on their plate.

It's unfortunate, because the stakes are high. According to the American Heart Association, about one in three American kids and teens today is overweight or obese, and thus at greater risk for Type 2 diabetes and cardiovascular disease. A recent Australian study by the Telethon Institute for Child Health Research, in Perth, also has linked the "Western diet"—high in processed sugars, fats and starches, meats and salt, and low in fresh fruits and vegetables—to attention deficit hyperactivity disorder (ADHD) in adolescents.

"When we looked at specific foods, having an ADHD diagnosis was associated with a diet high in takeaway foods, processed meats, red meat, high-fat dairy products and confectionary," adds Professor Wendy Oddy, Ph.D., the

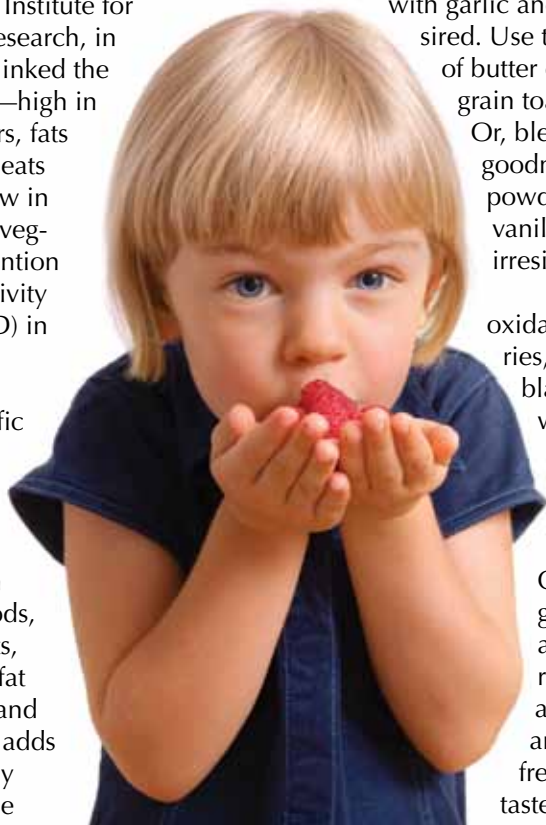
nutritional epidemiologist who led the study. She notes that more research is needed to determine the specific nature of the relationship.

The good news is that it's never too late to introduce healthy foods to a child. Here are six nutritional powerhouses children might actually eat.

Avocado: Loaded with healthy monounsaturated fats, potassium and folate, creamy avocados are a natural early-childhood favorite, says Pediatrician Dr. Robert Sears, author of *HappyBaby: The Organic Guide to Baby's First 24 Months*.

How to eat: Spoon it out straight from the rind. Mash into guacamole with garlic and cilantro if desired. Use the spread (instead of butter or mayo) on whole-grain toast or a sandwich. Or, blend avocado's goodness with cocoa powder, agave nectar, vanilla and water for an irresistible dip for fruit.

Berries: Antioxidants in blueberries, raspberries and blackberries are well-known aids in helping to prevent illness and improve brain function, says Sears. Choose organically grown berries to avoid pesticide residues. Nutritionally, frozen berries are just as good as fresh, although fresh tastes best. Also try



antioxidant-rich açaí berries (in powder form or frozen smoothie packs) and dried goji berries.

How to eat: Eat berries plain or add them to cereal or oatmeal; leave them whole or purée to pour over whole-grain waffles. Blend any type of berry with yogurt and bananas for a deliciously healthy smoothie.

Chia seeds: Relatively new to the U.S. market, this South American grain (the most researched variety is Salba seeds) may be the world's healthiest, says Sears. He notes that it's gluten-free; provides more omega-3 fatty acids than any other plant food; contains six times more calcium than milk; and is a rich source of vitamin C, protein, fiber, magnesium and iron. Other options include hemp and flax seeds.

How to eat: Sprinkle chia, hemp seed or ground flaxseed onto cereal, salad greens or brown rice. Add chia to juice to make a *chia fresca*. Spread nutty-tasting hemp seed onto natural nut butter sandwiches on whole-grain bread or crackers.

Quinoa and amaranth: Nutritionally, these grains—traditional foods in South America and Africa, respectively—trump typical North American grains by far. Both are gluten-free and contain more protein and calcium than wheat, oats, rice or rye.

How to eat: Triple-wash quinoa, vigorously rubbing grains to remove the bitter outside coating—then cook either quinoa or amaranth like rice for 20 minutes. Cook in heated water, then stir in applesauce and cinnamon and serve as a cereal; or cook in broth and then stir in chopped, fresh herbs.

Wild salmon: "Wild salmon is perhaps the healthiest fish source of omega-3 fats and protein, the two most important nutrients that kids need to grow," advises Sears. Choose wild-caught salmon (fresh or frozen) over farmed fish to avoid possible contaminants.

How to eat: Glaze roasted fillets with orange juice and teriyaki sauce, or a mix of maple syrup, grated ginger and rice vinegar. Make a salmon and goat cheese (or Neufchâtel) tortilla wrap; then cut into spirals and serve.

Susan Enfield Esrey is the senior editor of Delicious Living magazine.

Caribbean Club House Birthday Parties for children



ALL PARTIES INCLUDE:

- a 30 ft slide
- a 16 ft funjump
- a 12 ft obstacle course
- all video and arcade games FREE
- party music and video
- complimentary drinks
- PRIVATE use of Caribbean Clubhouse

\$250 minimum 2 hour rental. Everything included.
Highway 190 between Opelousas and Eunice.

Call to reserve a party date (337) **678-1500**

Do you suffer from pain and inflammation?

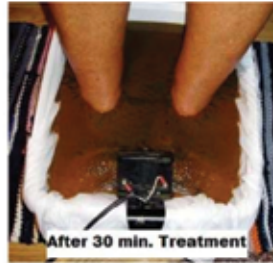
Natural Pain and Inflammation Therapy is Now Available



- Detox the Body (Ionic Foot Detox)
- Heat Therapy (Infrared SAUNA)
- Increase Circulation (Whole Body Vibration)

6 Weeks of Natural Therapy: \$210

337.896.4141 Call to schedule your first appointment



Earth-N-Herbs

A Shop for Natural, Healthy Living Products that are good for you & good for the earth

284 E. Martin Luther King Dr.
Grand Coteau, LA
337-662-4022

Aromatherapy, Essential Oils, Loose Teas,
Bulk & Tinctured Herbs, Natural Skin & Body Care, and more...

www.Earth-N-Herbs.com

BENNY'S Sport Shack

Your Low-Price Supplement Dealer

Raspberry-Ketone Drops Whey Tea Drops Frozen Box Wheatgrass Green Water alkaline water

Opelousas, LA 948-6533



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.

Women's Hormone Balance

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.

Available at:
 Natural Health Center, Carencro 896-4141
 DHARMA Wellness Center, Sunset 662-3120

You're NOT Losing Your Mind...

You ARE Losing Your Hormones!



Your emotions go up and down... everyone's does. They can range from total happiness, being bored, feeling angry—fearful-sad, or feeling like there's no hope and worrying constantly. Have you ever had this happen... you're feeling great and going full speed and then all of a sudden get hit with some bad news... what happens? Your emotions plummet. Or how about a time when you're feeling down and sad and then a good friend calls you and tells you all about something funny that just happened and you crack up laughing?

Well... guess what?... How you feel emotionally determines your health! Your emotions literally regulate your total endocrine system (all your hormones!)

The word "**ENDOCRINE**" derives from the Greek words "**endo**" meaning inside, within, and "**crinis**" for secrete. The endocrine system is composed of glands inside the body that secrete HORMONES. These hormones all work together to create a harmonious melody of good health inside your body... they literally operate like a huge communication system or orchestra... if one instrument (hormone or gland) is not working properly... the "tune" will surely be OFF!

Each hormone has a job to do or specific music to play... they may create energy or handle inflammation or increase immunity, or help you to think clearly or sleep soundly. Different hormones create different effects. These effects can either be helpful to the body or detrimental to the body. Too many hormones going out or an imbalance between 2 or more will create dis-harmony in the body.

No matter what illness you have... hormones play a part. If your digestive system is a mess... allergies are worse or you are full of aches and pains... or not sleeping well... or have acid reflux and ulcers... are diabetic or hypothyroid... are constipated or filled with anxiety... no matter what ... your hormones are involved. Maybe you've been struggling with a thyroid issue or are on thyroid medications yet still have all the hypothyroid symptoms... or maybe your having trouble getting pregnant. All stemming from imbalanced hormones being produced incorrectly from one or more of your glands (ovaries, adrenal, thyroid, pancreas, pituitary). If any of the above is happening to you... then I know that you've had some fairly heavy stress in your life.

If you go to your mailbox and open it up and find a bill for \$1000.00 that you were not expecting... I can pretty much guarantee you that your stomach will get tight, your blood pressure might go up... you will feel at first fear and then anger... you will rush into the house... notice that nothing will have touched you, no one hit you - but you'd feel all these emotions and then all different physical symptoms will occur. Once a person's emotional

reaction to whatever or whomever is upsetting them becomes stagnant and fixed... then a chronic hormone deficiency occurs.

The first step is to discover exactly where the imbalances of hormones are... determine which glands need repair and assistance. We do this through proper testing for your adrenal and ovarian and thyroid glands.

Get Started Today!

We offer Hair Tissue Mineral Analysis, Saliva Adrenal Hormone Testing, Full Gastro testing, correct Thyroid serum blood testing, Amino Acid testing, standard blood testing analysis, one-on-one holistic health consulting and a full line of custom formulated natural supplements and bio-identical hormones. Our specialty is helping you to balance your hormones naturally! (Adrenal, thyroid and ovarian).



Providing Health Solutions for Acadiana since 1999



Marie Pace, RND, CNC, is a Registered Doctor of Naturopathy, Certified Nutritional Counselor and author of **DISCOVER HEALTH**. To contact her office call **337-989-0572**

Hours: M-F 9:00am-4:00pm

3522 Kaliste Saloom Rd. (corner of Grand Pointe Blvd. & Kaliste Saloom)

www.LafayetteNaturopath.com

WEIGHT-LOSS SUPPORT

Ultimate Raspberry Ketone Formula
A Weight-Loss Cornerstone



Raspberry ketone, a natural compound found in red raspberries, helps your body to burn fat by breaking up fats within our cells. It contains the hormone adiponectin that boosts metabolism. Dr. Oz recommends raspberry ketone because we'd have to eat 90 pounds of raspberries to get the same effect.



Doctors on national talk shows are buzzing about raspberry ketones. Why? Because scientists are studying the possibility that a special keton found in raspberries may support health weight loss. Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat).

AVAILABLE AT



Natural Health Center
I-49, Exit 4, Carencro
Across from the New Super 1 Foods
Telephone: 896-4141



Vitamin Supplement Health Assessment

Only \$45 Tel: 662-3120



The Better Way to Choose Nutritional Supplements

The Zyto Compass Body Scan takes choosing supplements to a new level! The compass bio-body scan prioritizes your body's preferences for specific nutritional (herbal) formulas.

The report will tell you what the herbal formulas are and how to take them. By making the right choices for your nutritional needs you are less likely to spend money on unnecessary pills you do not need!



Vitamin Supplement

Health Assessment

Tired of guessing about supplements?

Find out what your body needs. Come in for a vitamin supplement health assessment.

Maila Nelson, BSc, NHC

Natural Health Consultant

DHARMA Wellness Center, Sunset, LA

166 H Oak Tree Park Drive Tel: 662-3120

Tel: 662-3120



"Identify your nutritional deficiencies."



it uses less fuel to keep the tar at a pourable temperature. Switching from traditional hot asphalt technology also reduces emissions.

Transforming Aluminum and Glass

In 2012, *Do Something.org* partnered with Alcoa to challenge teens to recycle aluminum cans. For every 50 cans collected during a two-month period, they were awarded a chance to win a \$5,000 scholarship. The sponsors note that recycling one can saves enough energy to light a 100-watt bulb for 20 hours. The final total was 1,152,569 cans kept out of landfills.



“Aluminum can be recycled an infinite number of times,” says Beth Schmitt, director of recycling programs for Alcoa, which has centers nationwide and cash-back programs for community fundraisers. “We remelt the collected cans, then roll out coils of new can sheets. This process can be repeated without any loss of strength—that’s why we call aluminum the ‘miracle metal.’ If every American recycled just one more can per week, we would remove 17 billion cans from landfills each year.”

Wine bottles become designer drinking glasses at Rolf Glass, in Mount Pleasant, Pennsylvania. “Our designs give used bottles a second life,” says owner Rolf Poeting. Refresh Glass, of Phoenix, Arizona, salvages and preps the bottles. “Then, our glass cutting and diamond-wheel engraving technology transforms them into sophisticated Glacier Glass,” continues Poeting. “This seems to be a trend in many industries, to find additional uses for another company’s recycled products.”

Rewined, of Charleston, South Carolina, also exemplifies this principle. It uses wine bottles to hold their soy-based, cotton-wicked candles,

What Happens after the Blue Bin is Emptied

by Avery Mack

Each blue recycle bin filled with plastic, aluminum, glass, paper and cardboard helps the environment, because it reduces landfill, takes less energy to repurpose materials than to make new ones and gently reminds us that thoughtful consumption is healthier for people and the planet. But what do all those recyclables turn into?

Repurposed Plastics

Plastic milk jugs turn into colorful playthings at Green Toys, of Mill Valley, California. Repurposing one pound of recycled milk jugs instead of making new plastic saves enough energy to run a computer for a month. All packaging is made from recycled content and printed with soy ink, so it can go into the blue bin again. *GreenToys.com*'s online counter shows the number of containers recycled—more than 10 million to date.

Fila Golf's Principal Designer Nancy Robitaille says, “Recycled PET (polyethylene terephthalate), a core Fila cooling fabric,

is used throughout our collection. Each fully recycled PET garment reuses about two-and-a-half 20-ounce plastic pop bottles.”

Patagonia customers are encouraged to return their old coat when buying a new one. Coats in good condition are given to people in need; the PET fleece lining from retired coats is sent to ReFleece, in Somerville, Massachusetts, where it is cleaned and turned into recyclable protective cases for iPads, e-readers and cell phones.

“We expect to make 10,000 cases this year from 2,000 jackets,” says Jennifer Fellers, ReFleece's CEO. “We use low heat to press the cases into shape.”

Vancouver, Canada, which plans to be the greenest city in the world by 2020, includes recycled plastic from bags and water bottles in laying down warm asphalt mix for roads because



which provide 60 to 80 hours of wine-scented burn.

Second Life for Paper

Purina's Yesterday's News and Second Nature litter for cats and dogs, respectively, is made from recycled paper and absorbs waste upward from the bottom of the litter box for easier cleaning. The unscented litter pellets are three times as absorbent as clay, non-toxic and nearly dust-free. Hedgehogs, mice, gerbils, hamsters, guinea pigs and reptiles also like Yesterday's News for bedding. On average, 44 million pounds of paper are annually recycled for these products.

According to the Environmental Protection Agency, the United States annually generates 11 million tons of asphalt shingle waste, mostly from re-roofing tear-offs and new installation scrap, comprising 8 percent of construction waste. Each recycled ton saves a barrel of oil. OFIC North America, of Fredericksburg, Virginia, creates its Ondura corrugated



roofing from old newspapers or magazines and cardboard, made durable by infusing it with asphalt. It's placed atop existing roofs, which means no discarded shingles. Each day, 40 to 50 tons of recycled paper goods find new life in Ondura products, available at most home improvement stores.

Sound inside Buick Lacrosse and Verano vehicles is dampened via a ceiling material made partly from reused cardboard shipping boxes. Paint sludge from General Motors' Lansing, Michigan, Grand River assembly plant becomes durable plastic shipping containers for Chevrolet Volt and Cruze engine components. Some 200 miles of absorbent polypropylene sleeves, used to soak up a recent oil spill in the Gulf of Mexico, were converted into air deflectors for the Volt, preventing 212,500 pounds of waste from entering landfills.

As part of its community outreach, 250 shipping crates from GM's Orion assembly plant became raised garden beds for a Southwest Detroit community garden. A

local entrepreneur turned donated sound absorption material into coats that also serve as sleeping bags for the homeless.

Old Tires Transformed

The Rubber Manufacturers Association reports that Americans discard 300 million tires each year, each one having consumed about seven gallons of oil in its manufacture and poised to add to Earth's landfills. Lehigh Technologies' micronized rubber powder (MRP), made by freeze-drying discarded tires and pulverizing them into a fine powder, changes the equation. MRP is now used in many items, from new tires, roads and building materials to shoes.

It feels good to place used items in the blue bin instead of the trash, knowing that more and more companies are helping to put these resources to good use.

Connect with freelance writer Avery Mack at AveryMack@mindspring.com.



Feel Better, Lose Weight, Increase Energy and Mental Clarity

People using detoxified iodine have reported relief from:

- Depression
- Weight Gain
- Fibromyalgia
- Chronic Fatigue Syndrome
- Low Energy
- Hypothyroidism
- Hyperthyroidism
- Bacteria & Viruses
- Yeast, Mold & Fungus
- Radiation

Available Online at NAWebstore.com

Or Call: 888-822-0246

ORDER TODAY
ONLY \$20
4-6 week supply
\$5 shipping - up to 4 bottles



FACT:

A 2007 review published in the journal Nutrition and Cancer reported on the effects of wheatgrass juice on a side effect of chemotherapy, neutropenia, and low white blood cells. The study found that in 60 breast cancer patients on chemotherapy, wheat grass juice **REDUCED** the side effects.



100% Organic Wheatgrass

NOW AVAILABLE IN CAPSULES

1 oz of wheatgrass = 2.5 lbs of green vegetables

AVAILABLE AT



Lafayette Telephone: 261-0051



Natural Health Center
I-49, Exit 4, Carencro
Across from the New Super 1 Foods
Telephone: 896-4141

Smoothie Factory, Lafayette Tel: 989-7001
DHARMA Wellness Center, Sunset Tel: 534-1110

WHEATGRASS AND CANCER

Wheat grass as an adjunct may be effective in quality of life improvement for the terminally ill cancer patient. A 2006 study published in the "Journal of Clinical Oncology" investigated the role of wheat grass for improving blood and platelet count and found that study participants had a positive result. Furthermore, wheat grass therapy in this regard may serve as an effective alternative to blood transfusion.

The results of a 2007 study led by Gil Bar-Sela from Rambam Medical Center at the Technion-Israel Institute of Technology in Haifa, Israel, and published in the journal "Nutrition and Cancer," reported that daily consumption of 2 oz. of wheatgrass juice reduced the blood toxicity associated with chemotherapy in study patients and did not interfere with the effectiveness of the chemotherapy treatments. The researchers noted, however, that the efficacy of the treatment warrants a further confirmation study.

Sources: *Journal of Clinical Oncology* and *Journal of Nutrition and Cancer*

Wheatgrass

The Natural Superfood



Eyes

The antioxidants lutein and zeaxanthin are found in high concentration in the lens and retina. Vitamin A* and zinc are needed for night vision.

Hair and nails

Iron, zinc and vitamin A* are important for strong well-shaped nails and healthy hair.

Energy levels/Metabolism

Iodine is needed to make thyroid hormones that regulate the body's metabolic rate. Vitamin B1 and magnesium help the body release the energy in food. Iron helps too.

Immune System

Vitamin B6 is needed to make defensive antibodies and vitamins C and E help look after the specialist cells of the immune system. Glucosinolate type compounds switch on cell defences against carcinogens (cancer causing agents).

Liver

Glucosinolates are phytochemicals that may boost and regulate the activity of the liver's in-built detoxification (detox) enzymes.

Skin

Vitamins A* and C help to keep skin supple and smooth.

Blood

Iron, folic acid and vitamin B6 are needed to make healthy red blood cells. Vitamin C also helps the body absorb more iron from non-meat foods.

Bones

Calcium, magnesium, manganese and vitamins A*, C and K all help to build and maintain healthy bones.

Enjoying a wide variety of foods in a balanced diet is the key to good nutritional health. Some foods pack more of a nutritional punch than others, and wheatgrass is literally brimming with a range of essential vitamins and minerals, and beneficial phytochemicals (naturally found in plants). Nutrients found in wheatgrass, which are highlighted in this chart, play important roles in maintaining our body's all over health.

* from conversion of beta carotene

Now Available At

Natural Health Center, Carencro
Tel: 337.347.4141

Drug Emporium, Lafayette
Tel: 337.261.0051

The Road Less Traveled, Lafayette
Tel: 337.988.9889

Benny's Sport Shack, Opelousas
Tel: 337.948.6533

DHARMA Wellness Center, Sunset
Tel: 337.534.1110

The Better Brain Diet

Eat Right To Stay Sharp

by Lisa Marshall



With 5.4 million Americans already living with Alzheimer's disease, one in five suffering from mild cognitive impairment (MCI), and the 2012 failure of several targeted pharmaceutical drug trials, many brain health experts are now focusing on food as a critical defense against dementia.

"Over the past several years, there have been many well-designed scientific studies that show you are what you eat when it comes to preserving and improving memory," says Dr. Richard Isaacson, associate professor of neurology at the University of Miami Miller School of Medicine and author of *The Alzheimer's Diet*.

In recent years, studies published in the *Journal of the American Medical Association* and *Archives of Neurology* have shown that people on a Mediterranean-type diet—high in antioxidant-rich fruits and vegetables, whole grains and fatty fish and low in refined carbohydrates and saturated fats—tend to fend off cognitive decline longer and be less prone to developing full-blown Alzheimer's. Several small, but promising clinical trials further suggest that even people that have already begun to suffer memory loss may be able to slow or mildly reverse it via nutritional changes. Here's how.

Switch to slow-burning carbs: Mounting evidence indicates that the constant insulin spikes from eating refined carbohydrates like white bread or sugar-sweetened sodas can eventually impair the metabolism of sugar (similar to Type 2 diabetes), effecting blood vessel damage and hastened aging. A high-carb diet has also been linked to increased levels of beta-amyloid, a fibrous plaque that harms brain cells.

A 2012 Mayo Clinic study of 1,230 people ages 70 to 89 found that those that ate the most carbs had four times the risk of developing MCI than those that ate the least. Inversely, a small study by University of Cincinnati researchers found that when adults with MCI were placed on a low-carb diet for six weeks, their memory improved.

Isaacson recommends switching to slow-burning, low-glycemic index carbohydrates, which keep blood sugars at bay. Substitute whole grains and vegetables for white rice, pastas and sugary fruits. Water down juices or forego them altogether.

Choose fats wisely: Arizona neurologist Dr. Marwan Sabbagh, co-author of *The Alzheimer's Prevention Cookbook*, points to numerous studies suggesting a link between saturated fat in butter, cooking oil, cheese and processed

meats and increased risk of Alzheimer's. "In animals, it seems to promote amyloid production in the brain," he says.

In contrast, those that eat more fatty fish such as herring, halibut and wild-caught salmon that are rich in the anti-inflammatory omega-3 fatty acid DHA, are at lower risk. Sabbagh notes that DHA, when it's a steady part of the diet, plays a critical role in forming the protective "skin of the brain" known as the bilipid membrane, and may possibly offset production of plaque in the brain, thus slowing its progression during the earliest stages of dementia. Aim for three weekly servings of fatty fish. Vegetarians can alternatively consider supplementing meals with 1,000 to 1,500 milligrams daily of DHA, says Isaacson.

Eat more berries and kale: In general, antioxidant-rich fruits (especially berries) and vegetables are major preventers of oxidative stress—the cell-damaging process that occurs naturally in the brain as we age.

One recent study published in the *Annals of Neurology* found that women eating high amounts of blueberries and strawberries were able to stave off cognitive decline 2.5 years longer than those that did not. Rich in antioxidant flavonoids, blueberries may even have what Sabbagh terms, "specific anti-Alzheimer's and cell-saving properties."

Isaacson highlights the helpfulness of kale and green leafy vegetables, which are loaded with antioxidants and brain-boosting B vitamins. One recent University of Oxford study in the UK of 266 elderly people with mild cognitive impairment found that those taking a blend of vitamins B₁₂, B₆ and folate daily showed significantly less brain shrinkage over a two-year period than those that did not.

Spice up: Sabbagh notes that India has some of the lowest worldwide rates of Alzheimer's. One possible reason is the population's love of curry. Curcumin, a compound found in the curry-flavoring spice turmeric, is another potent antioxidant and anti-inflammatory.

He recommends sprinkling one teaspoon of curcumin on our food every day and cooking with antioxidant-rich cloves, oregano, thyme, rosemary

and cinnamon. A 2011 Israeli study at Tel Aviv University found that plaque deposits dissolved and memory and learning behaviors improved in animals given a potent cinnamon extract.

Begin a brain-healthy diet as early as possible. "Brain changes can start 25 years before the onset of dementia symptoms," says Sabbagh. "It's the end result of a long process, so don't wait. Start your prevention plan today."

Lisa Marshall is a freelance health writer outside of Boulder, CO. Connect at Lisa@LisaAnnMarshall.com.



HEALTH ASSESSMENTS AVAILABLE

Personal Bio-Communication with State-of-the-art technology

Let Your Body Do the Talking

Find out which natural supplements your body is asking for.

Find out the nutritional deficiencies that might need addressing and more....

Call to set up an appointment for your Remote Feedback Assessment @ The Road Less Traveled

We Sell WHEATGRASS Here!



Largest Inventory of Nature's Sunshine Products in the Area

NATURE'S SUNSHINE
QUALITY, SERVICE, INTEGRITY

SILVER SHIELD

Silver Shield can be utilized in a different of ways. It has antibacterial, antifungal, and antiviral properties that are non toxic and can be purchased in liquid or gel form.

Vitamins & Herbs • Chemical Free Soap & Cleaning Products • Gifts and Accessories

337.988.9889

The Road Less Traveled
Health • Vitality • Nutrition

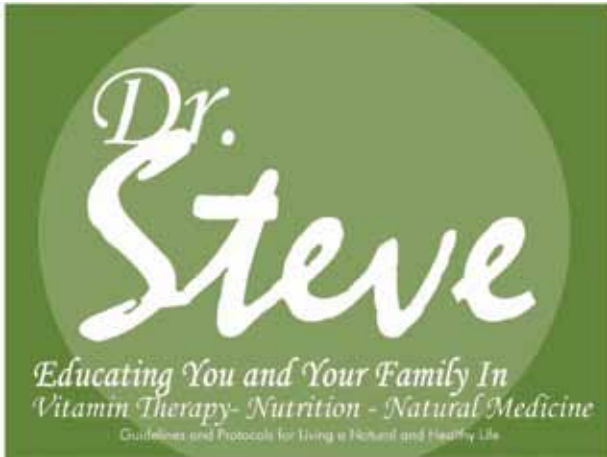
312 Guilbeau Rd., Lafayette www.YourRoadLessTraveled.com

Great Holiday & Birthday gift items: Jewelry, Purses, etc.

Naturopathic Doctors

Natural Medicine

“finding the root cause”



DR. STEVEN T. CASTILLE, BSc, Ms, DNM
natural 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

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

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.

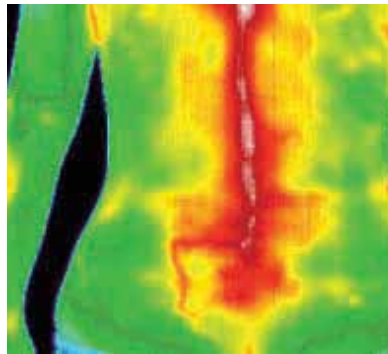
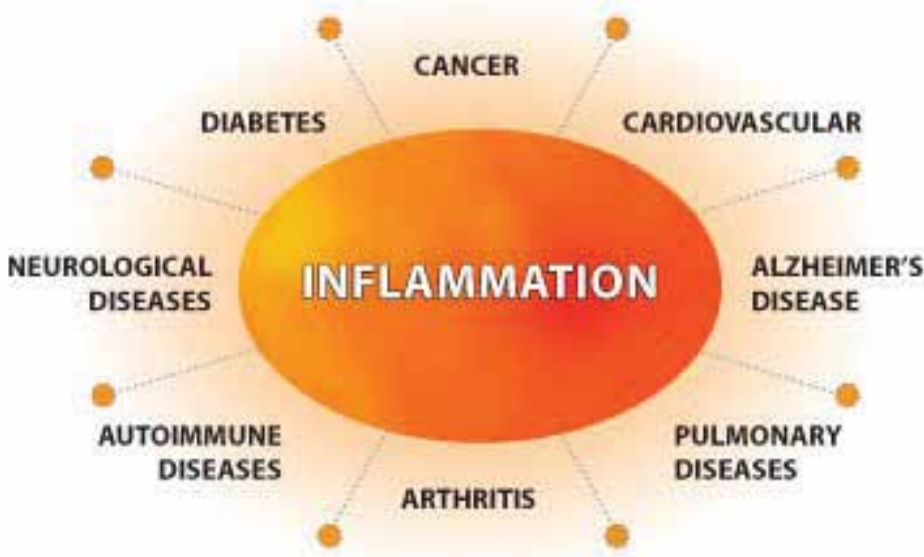
Is Naturopathy for Me?

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
- Dermosonic Cellulite Reduction
- Vibrational Healing

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



Maila Nelson
Natural Health Consultant



Dawn Quebedeaux
Office Manager



Raukella Charlot
Health Consultant



China Ledet
Health Consultant



Megan Reed
Thermography Tech



Martha Francis
Office Assistant



Kelly Aymond
Licensed Massage Therapist

WALKING THE TALK

Marlane Barnes Fosters Rescue Dogs

by Sandra Murphy

Actress Marlane Barnes recently made her feature film debut as Maggie of the Irish Coven, in *The Twilight Saga: Breaking Dawn Part II*, building on a growing résumé of films, TV and theater credits. A current resident of Los Angeles, she actively supports the nonprofit Best Friends Animal Society, a local no-kill facility, and serves as national spokesperson for Spay First. To date, her foster dogs include India, Birdie, Archie and Wally, with more to come.



came to me when her shelter time was up. After two months, Birdie was placed with a family that was willing to deal with an older dog's health issues, and it's worked out well for all parties.

What do you try to teach the dogs to make them more adoptable?

We take a lot of walks during our six to eight weeks together. Teaching them to sit, be petted, take treats gently and behave well on a leash all helps.

I also expose them to new experiences. We visit the coffee shop, meet kids and take hikes; in these ways, I learn what the individual dog enjoys. It takes some of the guesswork out of the equation. Fostering is like a halfway house for dogs; after living with them, I can vouch for them, as well as voice any concerns about the family situation.

I feel strongly that the dog must be treated as part of the family, whose schedule has to work with having a dog, and that dog in particular. It's a matter of finding the right person for the

animal. We want every adoption to be the best match possible.

Who takes care of your foster dog when you are at work?

I have a group of creative friends who jump in to help. It's easy to ask them to help with a foster dog because it lets them be part of the rescue. That way, they are doing a favor more for the dog than for me.

How do spay/neuter programs benefit shelter animals?

When I was 10, I volunteered at the Humane Society in Fort Smith, Arkansas, so being the spokesperson for Spay First is a natural fit. High volume/low cost spay/neuter programs are the fastest way to reduce pet overpopulation and the number of animals ending up in shelters. Every year, taxpayers spend billions of dollars to house, euthanize and dispose of millions of animals. Spay/neuter is a commonsense way to permanently solve the problem. Spay First works to keep the cost less than \$50, especially in rural and lower income areas, and actively campaigns to make this a community priority around the country.

How can caring people help?

Donate money or items found on a shelter or rescue unit's wish list. Walk a shelter dog to keep it social and active. Foster a dog to see if having a dog fits and enhances your life. The rescue group pays the bills, support is available and it's a good way to explore the possibility of adoption. Once you know for sure, adopt.

Also talk about the benefits of fostering and adopting dogs and the importance of affordable spay/neuter programs for dogs and cats in your community. Spread the word that it is not okay to buy a puppy or kitten in a store when we are discarding millions of shelter animals each year that desperately need homes. Puppies are cute, but older dogs already are what they're going to be—what you see is what you happily get.

For more information or to make a donation, visit SpayFirst.org.

Sandra Murphy is a regular contributor to Natural Awakenings magazines.

Why is fostering rescue dogs important?

Fostering is a good way to find the right dog for your personality and circumstances. Dogs aren't accessories, chosen on looks alone. Fostering allows you to see what breed, size, temperament and activity level works best. When India, the first dog I fostered, was adopted, she went to a home that suited her nature and needs. Birdie, a 6-year-old golden retriever-beagle mix,



"An All Natural Product Line For Your Every Need"

- Weight Loss
- Joint Pain
- E.D./Low Testosterone
- Hot Flashes
- Attention Deficit Disorder
- Fatigue
- Psoriasis/Skin Care
- Fitness and Muscle Building

500 N. Lewis Ave., Suite 110

New Iberia, LA 70563

(337) **367.8220**

www.DauteriveWellness.com



Dr. Kimberly Smith

DAUTERIVE WELLNESS

Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

Total Health and Wellness

We offer the only 100% Natural Weight Loss Products
All products are 100% Natural and are FDA registered



Weight Management



Energy



Sports & Fitness



No Appointment Needed



FITNESS MYTHS DEBUNKED 11 VITAL TRUTHS

by Lynda Bassett

The U.S. Centers for Disease Control and Prevention (CDC) has concluded that more than a third of Americans today are overweight. Yet it also reports that at least 30 percent of us don't exercise at all, perhaps partly due to persistent fitness myths.

Myth 1: Lack of Opportunity

Even the busiest person can fit in some exercise by making simple changes in their daily routine. Take the stairs instead of the elevator, do squats while watching television, deliver a message in person instead of via email, take a desk break to stretch or stand while talking on the phone. Even fidgeting is beneficial. The point is to be as active as possible during otherwise sedentary hours.

Myth 2: No Time

The CDC recommends that each week, adults should exercise 150 minutes—the average duration of a movie—but not all at once. To make it easy, break it up into various exercise activities in daily, vigorous, 10-minute chunks.

Myth 3: Unaffordable

Activities like walking, bicycling and even jumping rope can be done virtually anywhere, anytime. Individuals can create a basic home fitness center with a jump rope, set of dumbbells and not much more. Borrow an exercise video or DVD from the library or follow one of the many television fitness

shows. "People can save thousands of dollars by combining five to 10 exercises into a burst-training workout routine," which will burn calories and increase muscle mass, says Joe Vennare, co-founder of the Hybrid Athlete, a fitness website.

Myth 4: Too Late to Start

Many people feel they are too old or out-of-shape to even begin to exercise, or are intimidated by the idea of stepping into a yoga studio or gym. "Stop wasting time reading diet books and use that time to go for a walk," advises Exercise Physiologist Jason Karp, Ph.D., author of *Running for Women* and *Running a Marathon for Dummies*. "In other words, get moving any way you can."

Myth 5: No Pain, No Gain

Suffering isn't required. In fact, feeling pain can indicate possible injury or burnout. Still, consult a doctor before beginning any exercise program. "Do not hurt yourself," says Charla McMillian, a certified strength and conditioning specialist, attorney and president of FitBoot – Basic Training for Professionals, in San Francisco. "Rather, aim for a point of gentle discomfort," she advises.

Myth 6: Must Break a Sweat

Perspiring is related to the duration and intensity of the exercise, but some people just sweat more than others. "How much (or little) you sweat does not correlate with how many calories you are expending," assures Jessica Matthews, an experienced registered yoga teacher and an exercise physiologist with the American Council on Exercise.

Myth 7: Dieting is Enough

Women especially fall prey to the myth that they don't need to exercise if they are a certain dress size. Even those at a healthy weight can be in greater danger of contracting disease and shortened lifespan than obese individuals that regularly participate in physical activity, according to a recent study by the National Center for Biotechnology Information, in Bethesda, Maryland.

Health experts recommend combining regular activity with consuming lean proteins, healthy fats, limited starches and no added sugars.

Myth 8: Stretch Before Exercising

New research from the American Council on Exercise recommends stretching at the end of a workout. "It is safer and more effective to stretch muscles that are properly warmed and more pliable," says Matthews, who also recommends beginning a workout with



simple movements such as arm circles and leg swings. She notes, "Stretching can help to improve posture and flexibility, plus reduce overall stress."

Myth 9: Crunches Cut Belly Fat

There's no such thing as spot reducing. While crunches strengthen abdominal muscles, they will not shrink your waistline, says Karp. Instead, try exercises such as squats, lunges and yoga plank holds or kettlebell repetitions to lose stubborn belly fat.

Myth 10: Women Using Weights Get Bulky

The truth is that most weightlifting women won't end up with a big, bulky physique because they have less testosterone, are smaller in size and have less muscle tissue than men, advises Matthews. "Any kind of strength training will help improve bone density, increase muscle mass and decrease body fat in both men and women."

Myth 11: Exercise is Hard

Physical activity should be fun. It's best

to start simply, add a variety of physical activities and challenges and keep at it. Schedule time for exercise and treat it like any other daily appointment; don't cancel it. Alexander Cortes, a nationally certified strength and conditioning coach with Ultimate Fighting Championship Gym, in Corona, California, concludes, "When health is a priority, exercise is the most important appointment you can keep."

Lynda Bassett is a freelance writer near Boston, MA. Connect at LyndaBassett.com.

Metal Removers:

Part of the pollution we breathe every day, especially those of us who live in smoggy big and/or industrial cities, are heavy metals - cadmium, mercury, lead, copper, and more.

Vegetables that are rich in sulfur - sweet potatoes and cabbage - can help detoxify our systems of these metals. Eat them often, at least several times a week.



Natural Awakenings Singles Site

Single? Ready to Meet Your Beloved?

Access multi-thousands of health conscious, eco-minded, spiritual singles now!

Join for free and manifest an extraordinary, enlightened relationship! Upgrade to a subscription package and receive a **20% Valentine's discount** when joining in February by using referral code, "NASingles"!



natural
awakenings singles™

NaturalAwakeningsSingles.com

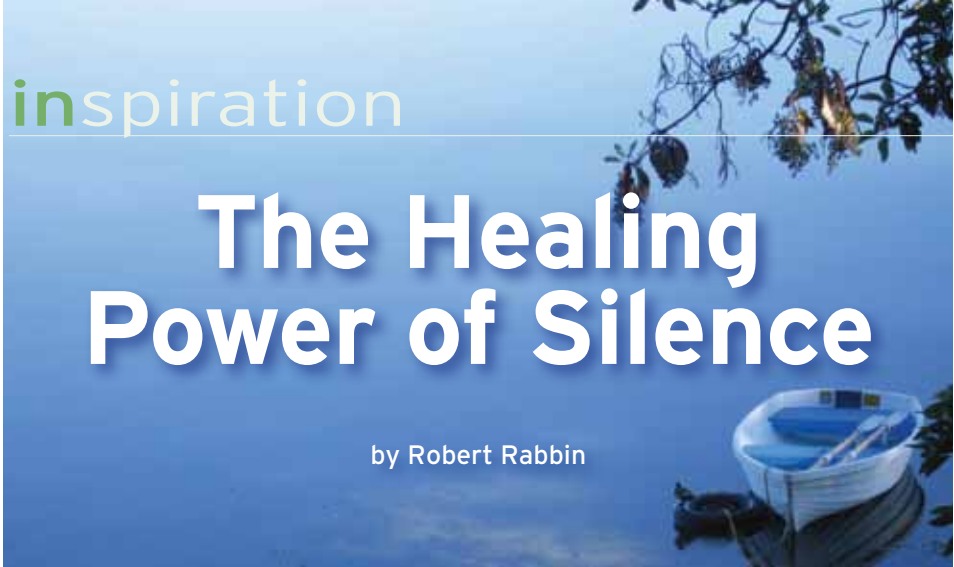
facebook

Natural Awakenings Acadiana Edition

inspiration

The Healing Power of Silence

by Robert Rabbin



Let's you push and comeback strong!

EAS Recovery Protein has a unique mix of whey, Revigor™ HMB® and sustained energy that lets you push hard and comeback strong. More complete recovery solution than 100% whey alone. Revigor™ HMB® for 2x more lean muscle versus no HMB®. Scientifically shown protein level for maximum recovery.

Workout hard and then bounce back for more. Build muscle fast!!!

Nutrition Facts		Whey Protein Concentrate Typical Amino Acid Profile mg per serving	
Serving Size 2 Scoops (50g) Servings Per Container 58		mg per serving	
Calories 150	Calories from Fat 20	L-Alanine	1400
% Daily Value*		L-Arginine	800
Total Fat 7g	14%	L-Aspartic Acid	3010
Saturated Fat 1g	2%	L-Cysteine	1000
Trans Fat 0g	0%	L-Glutamic Acid	3030
Cholesterol 0mg	0%	L-Glutamine	1030
Sodium 1.7mg	4%	L-Glycine	800
% Daily Value*		L-Isoleucine	480
Vitamin A	0%	L-Leucine	1700
Calcium	50%	L-Methionine	400
*Percent Daily Values (DV) are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your diet.		L-Phenylalanine	340
		L-Proline	1600
		L-Serine	1420
		L-Threonine	1710
		L-Tyrosine	1120
		L-Valine	870
		L-Leucine	1010
		Total BCAAs	
		6500 mg	
		L-VALINE	
		1610 mg	
		L-ISOLEUCINE	
		4700 mg	
		L-LEUCINE	
		2590 mg	

lition
Natural Health Center
Powerful, Positive Healing for Life

CARENCREO LOCATION
896-4141

DHARMA
wellness center and fit club
SUNSET LOCATION
662-3120

One day I disappeared into Silence... It was more than grace, an epiphany or a mystical union; it was my soul's home-coming, my heart's overflowing love, my mind's eternal peace. In Silence, I experienced freedom, clarity and joy as my true self, felt my core identity and essential nature as a unity-in-

love with all creation, and realized it is within this essence that we learn to embody healing in our world.

This Silence belongs to us all—it is who and what we are. Selfless silence knows only the present moment, this incredible instant of pure life when time stops and we breathe the high-altitude air we call love. Let us explore Silence as a way of knowing and being, which we know, which we are.

Silence is within. It is within our breath, like music between thoughts, the light in our eyes. It is felt in the high arc of birds, the rhythm of waves, the innocence of children, the heart's deepest emotions that have no cause. It is seen in small kindnesses, the stillness of nights and peaceful early mornings. It is present when beholding a loved one, joined in spirit.

In Silence, we open to life and life opens to us. It touches the center

of our heart, where it breaks open to reveal another heart that knows how to meet life with open arms. Silence knows that thoughts about life are not life itself. If we touch life through Silence, life touches us back intimately and we become one with life itself. Then the mystery, wonder, beauty and sanctity becomes our life. Everything

but wonderment falls away; anger, fear and violence disappear as if they never existed. Knowing Silence is knowing our self and our world for the first time. We only have to be still until that Silence comes forth from within to illuminate and embrace us, serving as the teacher, teaching and path, redeeming and restoring us in love.

When I return from silence I am less than when I entered: less harried, fearful, anxious and egotistical. Whatever the gift of silence is, it is one of lessening, purifying, softening. The "I" that returns is more loving than the "I" who left.

~ Rabbi Rami Shapiro

Then the mystery, wonder, beauty and sanctity becomes our life. Everything but wonderment falls away; anger, fear and violence disappear as if they never existed. Knowing Silence is knowing our self and our world for the first time. We only have to be still until that Silence comes forth from within to illuminate and embrace us, serving as the teacher, teaching and path, redeeming and restoring us in love.

In this truth-filled moment, we enter our Self fully and deeply. We know our own beauty, power and magnificence. As the embodiment of Silence, we are perfection itself, a treasure that the world needs now. Right now the Universe needs each of us to be our true Self, expressing the healing power of our heart, in Silence.

As a lifelong mystic, Robert Rabbin is an innovative self-awareness teacher and author of The 5 Principles of Authentic Living. Connect at RobertRabbin.com.

Why do I get sick?

Why do we develop cancer, hypertension, inflammation, diabetes, depression, etc.?

DEFICIENCY

TOXICITY

There are **TWO** reasons why cells malfunction:

1. They are **NOT** getting enough of what they need to function properly (**nutritional deficiency**).

2. They are being **EXPOSED** to something that is interfering with their normal function (**toxicity**).

Raw fruits and vegetables frozen in a liquid-fiber form are a quick way to replenish cell nutrients and begin the healing and restoration of critical body tissue and organs.



Juice your Veggies

Juicing vegetables is a great way to get maximum nutrients into your body with the least amount of digestive effort.

Though juicing give you the most concentrated form of nutrition, you still need fiber-rich whole foods to keep your body health.

Where Disease Comes From

Despite all the different names and endless complexities we attribute to it, disease is quite simple. **IN FACT**, all diseases have a common cause: from the common cold to diabetes, auto-immune disorders, heart attack, stroke, and even cancer. Disease is simply a manifestation of malfunctioning cells.

Cell malfunction occurs because of the food we eat: *high in calories and toxins and deficient in nutrients. We create a perfect breeding ground for sickness and chronic disease.*

Essentially, we have rendered our bodies incapable of accomplishing their built-in healing functions.

Are You Fighting Disease?

If you are currently suffering a serious ailment, please visit the DHARMA Wellness Center in Sunset or the LITEON Natural Health Center in Carencro.

What Is **TOXIC** Food?

1. Toxic food is any food that is manufactured with additives, preservatives, and artificial ingredients; foods that sludge the digestive tract, depress the immune system, excite the nervous system, and in general remove the possibility of health—in other words, the standard diet most people consume:

1. **ANIMAL PRODUCTS**
– meat and fish, eggs, processed meats, and dairy products
2. **WHITE FLOUR PRODUCTS**
– pasta, breads, breakfast cereals, cakes, etc.
3. **REFINED WHITE SUGAR PRODUCTS**
– candy bars, soda pop, packaged snacks, and other sweets
4. **REFINED SALT**
– table salt and any packaged food containing salt



One month supply
(3 boxes of DHARMA Juices)
only \$74



offer expires 4/15/13

Natural Health Center
896-4141
DHARMA Wellness Center
662-3120



DHARMA Juice

\$30
Box of 16 cups

Concentrated Organic Veggie and Fruit Frozen Cups

Even if the digestive system is healthy, you can only assimilate 35% of the nutrition in a whole fruit or vegetable. But if you extract and drink the juice of that same fruit or vegetable, you would assimilate up to 92% of the nutrients.

Broccoli, Kale, Carrots, Romaine lettuce

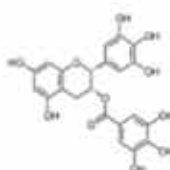


Obesity is A Major Medical Crisis

Obesity is now a major medical crisis of the twenty-first century. We're getting fatter all the time, despite our knowledge of the consequences. There is overwhelming evidence that obesity - and, to a lesser extent, merely being overweight (BMI - 25-29) is directly or indirectly responsible for our susceptibility to many serious diseases that degrade or ruin our lives while we are alive, and kill us before our time. These diseases include cancer, cardiovascular disease, diabetes, degenerative joint diseases, psychological disorders such as depression, anxiety, and more. Understanding the chemistry of weight loss can not only save lives, but improve our health and overall well-being.

WheTea Weight Loss Formula

"I lost 10 lbs in my first 6 days."



Epigallocatechin gallate
EGCG

Wheatgrass is low in calories and has no fat, sugar or cholesterol. Wheatgrass is a nutritionally powerful food that meets all of your body's nutritional requirements. This will help to reduce cravings, because your body has all of the nutrients it needs, resulting in lower caloric intake. One ounce of wheatgrass juice is equal to 2 lbs. of fresh vegetables nutritionally.

Wheatgrass is a rich source of beta carotene, vitamins B1, 2, 3, 5, 6 and 12, vitamins C and K, choline, calcium, folic acid, copper, iodine, magnesium, phosphorus, potassium, zinc and amino acids. Wheatgrass is also one of the richest sources of chlorophyll found in nature.

Burns fat with enzymes and epigallocatechin gallate (EGCG).

When there is an increased level of lipids in the body, a hormone is produced to metabolize the lipids. A low secretion of this hormone will encourage the storage of fat in the body, resulting in obesity.

The enzymes in wheatgrass have the ability to increase the hormone production to actively metabolize lipids and break down the structure of fat within the body and reduce body fat. WheTea contains EGCG - the most powerful component of green tea that burns fat and reduces weight.



WheTea

THERMOGENIC FAT BURNER
Wheatgrass - Green Tea Concentrated Extract

contains
100% Organic Wheatgrass

- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

AVAILABLE AT:

Drug Emporium, Lafayette

Address: 505 Bertrand Dr. Telephone: 261-0051

Natural Health Center, Carencro

Address: 100 E. Angelle St. Telephone: 896-4141

DHARMA Wellness Center, Sunset

Address: 166 H Oak Tree Park Drive Telephone: 662-3120

Benny's Sport Shack, Opelousas

Address: 806 S. Union St. Telephone: 948-6533

Road Less Traveled, Lafayette

Address: 312 Guilbeau Rd. Telephone: 988-9889

WheTea

THERMOGENIC FAT BURNER



BODY REBOUND

Weight Loss Program

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 Dermasonic Cellulite Treatment Plan ^{**}(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 ^{**}(pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (destress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
- 3 ZERONA Cold Laser Lipo Treatments ^{**}(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**

^{**} 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

Coming in March



Natural Foods & Gardens

Cultivate the health of people, pets and the planet.

We have vital tips for fresh starts.

natural awakenings

For more information about advertising and how you can participate, call 337-896-4141

naturalpet

Holistic is Best

Natural Care for a Sick Pet

by Dr. Shawn Messonier

The best course of action for any pet that appears to be sick is to see a holistic vet early, before a disease can progress or before the pet has been made even more ill by improper conventional treatment.

Downsides of Conventional Treatment

Many sick pets brought to a holistic vet's office may not have been formally diagnosed, even if they've been receiving medical treatment by a conventional doctor for weeks or months. In most cases, the standard blanket prescriptions of antibiotics and corticosteroids—regardless of the cause of illness—have failed to produce positive results. Worse, such drugs carry side effects that can make the pet even sicker; indiscriminate use of antibiotics, for example, has led to antibiotic resistance in bacteria, making it harder to treat serious infections when antibiotics are the only viable treatment option.

So by the time the holistic doctor sees them, the condition of these pets may have worsened. The good news is that with precise diagnosis of the underlying issues, most sickly pets can be treated with good success. Because a holistic approach to

healthcare relies on individual factors, the exact treatment will vary according to the patient and situation. A cookie-cutter treatment will not be very helpful.

Holistic Nutrition Therapy Helps

Owners can take several steps to provide relief for a suffering pet right away while awaiting the results of proper diagnostic tests. In my practice, three vet-supervised nutrition therapies have been shown to be effective in stabilizing a sick pet for the 24 to 48 hours needed to return test results before the appropriate treatment can be initiated. Ask the attending veterinarian for other safe, comforting measures he or she likes to recommend.

First, most sick pets benefit from receiving fluid therapy (intravenous or subcutaneous) in a veterinary hospital. The fluids rehydrate and help detoxify the pet by causing increased urination that flushes out cellular toxins.

Second, injectable vitamins C and B complex added to the fluids often have a temporary pick-me-up effect, reducing lethargy and improving appetite.

Third, using supplements selected to restore homeostasis also helps make the pet feel better and encourages healthy eating. I like to use a natural immunity support I developed called Healthy



Chi, which contains amino acids, potassium, green tea, ginseng, gotu kola and the herb astragalus. Homeopathic combinations also can be useful; I've developed a natural remedy combining gallium, colchicum, hydrastis, anthraquinone and glyoxal.

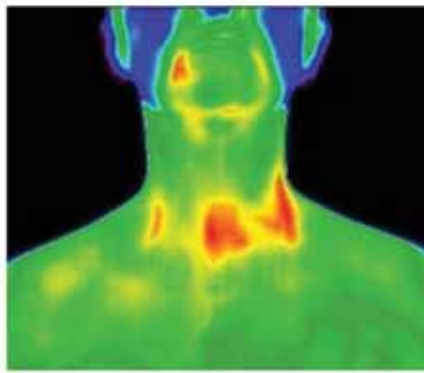
Case Studies Exemplify Success

Two recent cases illustrate the benefit of an informed holistic approach. Gus, a 7-year-old male standard poodle, had a history of inflammatory bowel disease and gastrointestinal cancer. He did well immediately following cancer surgery, but then became lethargic and showed a disinterest in food. So, we conducted a fecal analysis and complete blood profile. While awaiting test results, I prescribed the recommended nutrition therapies, along with a special diet. The next morning, the owner reported that Gus was feeling and acting much better, including showing more interest in eating. His owner was pleased with this rapid response and relieved to avoid unnecessary medication.

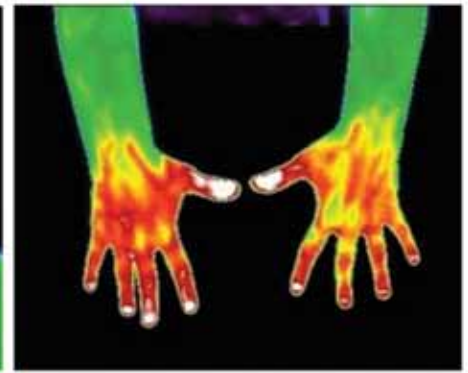
A young Persian cat arrived in our office with a chronic herpes virus infection. Percy's owner made an appointment because the feline had a congested nose and wasn't eating as much as normal. Natural treatment for the herpes virus began with the amino acid lysine and the herb echinacea, both also helpful in preventing cold and flu. Supportive care for the general malaise and lack of appetite relied on the same recommended nutrition therapies and again resulted in overnight improvements in the pet's attitude and appetite; the nasal congestion left during the following week.

While antibiotics and corticosteroids can be helpful in properly diagnosed cases, using natural therapies can provide quick relief without the harmful side effects often seen from the use of conventional medications.

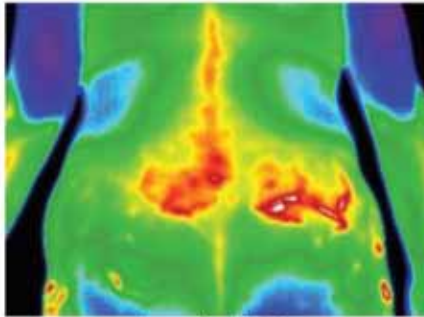
Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the award-winning author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets. Visit PetCareNaturally.com.



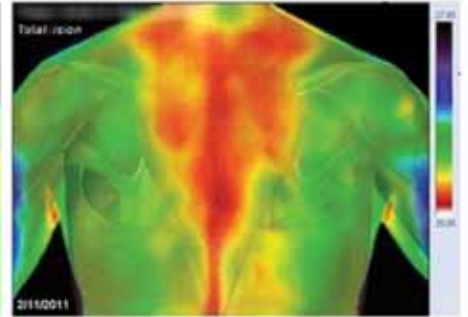
Thyroid Scan
(Hyperthyroidism & Hypothyroidism)



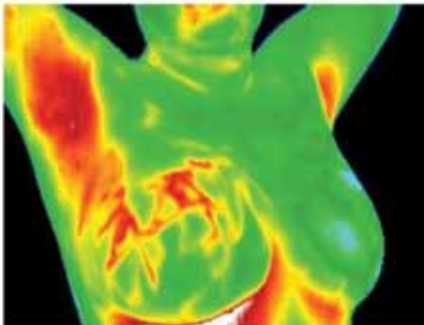
Hands
(Arthritis, Carpal Tunnel Syndrome, Inflammation)



Lower Back Pain
(Sciatica Nerve Pain, Arthritis, Osteoporosis, Degenerative Disc Disease, Injuries)



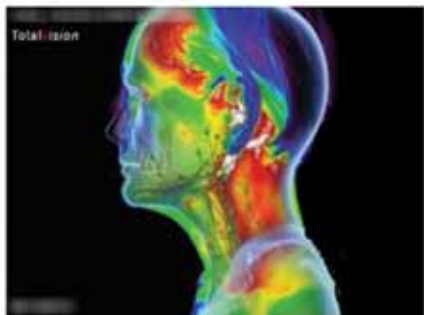
Upper Back Inflammation & Pain



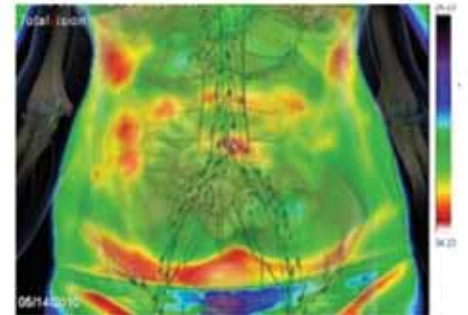
Breast Scan
(Lymphatic System, Cancer, Tumors, Cysts)



Knee Pain
(Baker's Cysts, Inflammation, Arthritis, Injuries)



Head/Neck Scan
(Headaches, Sinus/Allergies, Carotid Artery, Shoulder & Neck Pain)



Abdominal Scan
(Digestive Disturbances, Gastrointestinal Problems, Abdominal Cramping, Inflammation, IBS)

PAIN AND INFLAMMATION IMAGING: THERMOGRAPHY MEDICAL IMAGING

SEE PAGE 3 FOR DETAILS

TURN YOUR PASSION INTO A BUSINESS

Own a
Natural Awakenings Magazine!

- Low Investment
- Work from Home
- Great Support Team
- Marketing Tools
- Meaningful New Career

As a *Natural Awakenings* publisher, you can enjoy learning about healthy and joyous living while working from your home and earn a good income doing something you love!

Your magazine will help thousands of readers to make positive changes in their lives, while promoting local practitioners and providers of natural, Earth-friendly lifestyles. You will be creating a healthier community while building your own financial security.

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

Be part of a dynamic franchised publishing network that is helping to transform the way we live and care for ourselves.

Now available in Spanish as well.

To determine if owning a *Natural Awakenings* is right for you and your target community, call us for a free consultation at:

239-530-1377

NaturalAwakeningsMag.com



Phenomenal Monthly
Circulation Growth Since 1994.
Now with 3.6 Million Monthly Readers in:

- Birmingham, AL
- Huntsville, AL
- **Mobile/Baldwin, AL***
- Little Rock/
Hot Springs, AR
- Phoenix, AZ
- Tucson, AZ
- East Bay Area, CA
- Los Angeles, CA
- **San Diego, CA***
- Denver/Boulder, CO
- Hartford, CT
- **Fairfield County, CT***
- New Haven/
Middlesex, CT
- Washington, DC
- Daytona/Volusia/
Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/
St. Augustine, FL
- Melbourne/Vero, FL
- Miami & Florida Keys
- Naples/Ft. Myers, FL
- **North Central FL***
- Orlando, FL
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tampa/St. Pete., FL
- FL's Treasure Coast
- Atlanta, GA
- Western NC/No., GA
- Chicago No. Shore, IL
- **Indianapolis, IN***
- Louisville-Metro, KY
- Lafayette, LA
- New Orleans, LA
- Boston, MA
- Boston, MA
- Western, MA
- Ann Arbor, MI
- Grand Rapids, MI
- East Michigan
- Wayne County, MI
- Minneapolis, MN
- **Asheville, NC***
- Charlotte, NC
- Raleigh/Durham/
Chapel Hill, NC
- Mercer County, NJ
- **Monmouth/Ocean, NJ***
- North NJ
- North Central NJ
- Somerset/Middlesex
Counties, NJ
- South NJ
- Santa Fe/
Albuquerque, NM
- **Las Vegas, NV***
- Long Island, NY
- Manhattan, NY
- Rockland/
Orange Counties, NY
- Westchester/
Putnam Co's., NY
- Central OH
- Oklahoma City, OK
- Portland, OR
- Bucks/Montgomery
Counties, PA
- Harrisburg, PA
- Lancaster, PA
- Lehigh Valley, PA
- **Northeastern PA***
- Rhode Island
- Charleston, SC
- **Columbia, SC***
- **Grand Strand, SC***
- **Greenville, SC***
- Chattanooga, TN
- Knoxville, TN
- Memphis, TN
- Nashville, TN
- Austin, TX
- Dallas, TX
- Houston, TX
- North Texas
- San Antonio, TX
- Richmond, VA
- Southwestern VA
- Seattle, WA
- **Madison, WI***
- Milwaukee, WI
- Puerto Rico

*Existing magazines
for sale

BIOLEAN®

SUPPRESS APPETITE + ENHANCE METABOLISM = BURN FAT



BioLean® weight loss supplement is featured in the Physicians Desk Reference

BioLean® is a dietary supplement designed to reduce body fat, suppress the appetite, provide a healthy feeling of fullness, and improve metabolism of dietary carbohydrates, fats, and proteins. It utilizes a strategic blend of vitamins, minerals, amino acids and herbal extracts that enhance fat utilization and energy production through several metabolic pathways. Key ingredients such as quebracho, green tea leaf extract, yerba maté and spices such as ginger and turmeric work together to promote healthy lipolysis, curb cravings, stimulate thermogenesis and increase energy without disrupting the healthy sleep cycle. Our weight loss products work in conjunction with a sensible diet and moderate exercise. BioLean® may:

- Reduce adipose tissue by increasing thermogenesis
- Enhance weight loss via increased lipid mobilization
- Increase energy production
- Suppress appetite
- Improve metabolism of carbohydrates, proteins and fats from the diet
- Reduce free-radical formation (antioxidant)

Supplement Facts

Serving Size 1 packet | Servings Per Container 28

Amount Per Serving	% Daily Value**
Calcium (as calcium carbonate, calcium phosphate dibasic) 298.54mg	25%
BioLean® Proprietary Blend 2492.02mg	↑
Caffeine (as Guarana Seed 50% Extract, Yerba Mate Leaf 10% Extract, Green Tea Leaf 40% Extract) 250.5mg	↑
Citrus Aurantium Fruit 30% Extract (Adventra Z®)	↑
Schizandra Berry	↑
Gynema Sylvestre Leaf 25% Extract	↑
Rhemannia Root	↑
Heathorn Root	↑
Jujube Seed	↑
Alisma Root	↑
Angelica dahurica Radix	↑
Epidemium grandiflorum Radix	↑
Codonopsis Root	↑
Eucornis Bark	↑
Parax notoginseng Radix	↑
L-Tyrosine 196mg	↑
L-Phenylalanine 196mg	↑
L-Carnitine (as L-Carnitine Bitartrate) 6mg	↑

** Percent Daily Values are based on a diet of 2,000 calories (kcal). † Daily Value not established.

This formula is free of dairy, yeast, wheat, starch and artificial flavors.
OTHER INGREDIENTS: Maltol Blend, Calcium carbonate, starch, stevia, xylitol, cellulose, hydroxypropyl methylcellulose, calcium hydroxide, croscarmellose, silicon dioxide, polyethylene glycol, calcium phosphate dibasic, citric acid, silicon dioxide, croscarmellose, xanthan, hydroxypropyl methylcellulose, croscarmellose, silicon dioxide.

Phosphoric Acid, Calcium phosphate (90 mg per serving).

Distributed exclusively by: Natural Awakenings, LLC, P.O. Box 500119, Houston, TX 77250-0119
 Natural Awakenings, LLC, P.O. Box 500119, Houston, TX 77250-0119
 Made in the USA. © 2013 Natural Awakenings, LLC. All rights reserved. The product is not intended to diagnose, treat, cure, or prevent any disease. See the product label for more information.

To purchase or for more information on Biolean and Biolean-free Contact:



Dr. Kimberly Smith Dauterive, MD
 Internal Medicine
 500 N. Lewis St., Suite 110, New Iberia
 337.367.8220



Dr. Steven T. Castille, DNM
 Biochemist and Doctorate in Natural Medicine
 100 E. Angelle St., Carencro & Sunset Offices
 337.347.4141



Dr. Theresa Ritter, MD
 Physical Medicine and Rehabilitation
 516 Jefferson Ter Ste 200, New Iberia
 337.364.0077



Dr. Corwin A. Thomas, F.A.C.C.
 Board Certified Interventional Cardiologist
 4212 W. Congress Suite 1403, Lafayette
 337.234.3163

Dr. Patrick D. Moore, MD, Family Medicine, 3400 Moss Street, Lafayette 337.706.8986

calendarofevents

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

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

FRIDAY MARCH 1

New Iberia Azalea Trail – thru April 30. View beautiful azaleas in bloom. Pick up an azalea trail map from the welcome center in New Iberia to be guided on a driving or walking tour. New Iberia Visitor Information Center, 2513 Hwy 14, New Iberia. 888-942-3742.

Crowley High School presents Aladdin – 7pm. Crowley High School Drama Club presents their production of “Aladdin” by Wayne R. Scott and produced by special arrangement with Life House Productions, Inc. Adults \$12; students \$10. 505 N Parkerson Ave, Crowley. 337-785-0440.

PASA Presents David Wilcox – 7:30pm. Experience joy and inspiration from a true American treasure as Wilcox shares his open tuning acoustic guitar, sawed-off capos, storytelling wit and insightful metaphors. Acadiana Center for the Arts, James D Moncus Theater, 101 W Vermilion St, Lafayette. 337-237-2787.

SATURDAY MARCH 2

SugaSheaux – thru March 3. 8am-until? Checkout riders from around the region at this rodeo event. Concessions available. SugArena Acadiana Fairgrounds, 713 NW Bypass (HWY 3212), New Iberia. 337-365-7539.

Shadows Arts & Crafts Show – 9am-4pm. Over ninety vendors display arts and crafts in the Shadows gardens. Paintings, jewelry, children’s clothing, cypress furniture, candles and wine available. Shadows on the Teche, 317 E Main St. New Iberia. 337-369-6446.

Read Across America – 11am-1pm. Celebrate Dr Seuss. The Lafayette Parish Association of Educators and Kappa Delta Pi offer stories, crafts and cake to celebrate Dr Seuss’s birthday. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Writes of Spring Revision Drop-In – 1-2:30pm. Teens are invited to a drop-in revision workshop for those entering submissions to the Writes of Spring Writing Contest. Graduate students from UL Lafayette’s Creative Writing Department available to read over writing entries and offer guidance for work that will be submitted to the contest. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Cajun Comic Relief XXI – 2-7pm. Comedian John Paul Morgan AKA “Rajun Cajun,” Ventriloquist Russo Louis, Blake Hebert and Marvin Lee. \$22. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-291-5555.

SUNDAY MARCH 3

Briggs Brown & Bayou Cajuns – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

Herbs in the Garden – 1-3pm. Learn about a variety of herbs, their uses, growing habits, what they look like and some basics on developing a garden. At the end of class, take home an herb plant. Pre-registration \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

WEDNESDAY MARCH 6

KTDY at Zea with Hospice of Acadiana – 4-6pm. Join KTDY for the Hospice of Acadiana ticket raffle kickoff party. Zea, 235 Doucet Rd, Lafayette. 337-232-1234.

Teen Poetry Night – 6-7pm. This night is for young poets who would like to speak their minds. Join the spoken word group, Project Sound, for a night filled with reading, writing and expressions through poetry. Ages 13-18. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

THURSDAY MARCH 7

I Don’t Know What to Say – 9am-12pm. Many people feel uncomfortable around grieving people. This workshop helps with understanding the grief process and ways to support grievors. This program serves as bereavement volunteer training. Presented by Mary Lahey, LPC, LMFT and Center for Loss and Transition staff. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Friends Book Sale – thru March 9. 9-6pm. Look through an enormous selection of gently used hardcover and paperback books sold by the inch. Heymann Performing Arts & Convention Center Ballroom, 1373 South College Rd, Lafayette. 337-261-5787.

FRIDAY MARCH 8

Iberia Performing Arts League presents “Man of La Mancha” – thru March 10. 7:30pm Fri & Sat. 3pm Sunday. Live theater production and concessions. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114.

SATURDAY MARCH 9

Fight for Air Walk – 8am. Walk to raise money and make an impact to honor lives lost from lung disease. Families, individuals and teams join together to raise awareness for the thirty-five million Americans who suffer from asthma. Participants encouraged to raise \$100 for the cause. Girard Park, 500 Girard Park Dr, Lafayette. 337-280-6247. Lung.org.

ACT Practice Test – 9am-12:30pm. Brush-up on skills for college. Practice test given by a certified Princeton representative. Grades 8-12. Sign-up online. Free. South St Landry Community Library, 235 Marie St, Sunset. 337-662-3442. Princeton-Review.com.

Heartstrings and Angel Wings 5th Annual Gumbo Cook-off – 9am. Support babies in the neonatal intensive care units by attending this event to include food, fun, music and more. Proceeds provide funding to make clothing donated to families for their neonatal in intensive care units. Henry Guidry Memorial Park, 103 Park Dr, Henderson. 337-332-4769.

Sunset Arena Wrestling – 6:30pm. Adults \$10; Children \$5. Sunset Arena, 238 Napoleon Ave, Sunset. 870-538-8090.

SUNDAY MARCH 10

Lil Wayne and Same Ol’ 2 Step – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

TUESDAY MARCH 12

Hospice of Acadiana Memorial Service – 6-7:30pm. Join the Hospice of Acadiana Chaplains in their spring memorial service in honor of those who have lost a loved one this past year. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

Mortgage Foreclosures – 6-8pm. Learn the foreclosure process and options for keeping a home. Greg Landry presents information needed to successfully complete the mortgage process. Lafayette Consolidated Governments Neighborhood Counseling Services. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

WEDNESDAY MARCH 13

Wills and Estates – 6:30-7:30pm. Local attorney Greg Landry with Acadiana Legal Service Corporation discusses the importance of wills and property inheritance. South Regional Library. 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY MARCH 14

Prayer, Breath, Meditation & Intuition – 6:30-8:30pm. Learn how to get in touch with your higher self and connect with the energy of the Creator. Simple techniques of quieting the mind, breathing and going inward, where peace and inner knowing are waiting. Pre-registration \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Anders Osborne & Band – 7:30-9:30pm. Experience the acoustics of this Swedish born, long time Louisiana resident. Anders and his hard rocking band are at the pinnacle of their creative powers.

AcA's James D. Moncus Theater, 101 W Vermilion St, Lafayette. 337-233-7060.

SATURDAY MARCH 16

Susan G Komen Race for the Cure – 8am. Join the largest series of 5k run/fitness walks in the world. Run or walk the 5k route with a team or as an individual. All registration fees include the official Komen race for the cure t-shirt and race bib. Girard Park, 500 Girard Park Dr, Lafayette. 337-993-5745. KomenAcadiana.org.

Carencro Health Fair 2013 – 9am-12pm. Get informed about health and wellness in the community. Health screenings and information available. Free. Carencro Business Association. Carencro Community Center, 5115 N University Ave, Carencro.

Festival of Live Oaks – 9am-5pm. Bring the family and enjoy a spectacular Easter egg hunt, arts and crafts, music, workshops, bar-b-que cook-off and refreshments. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-369-2337.

EggstravaganZoo 2013 – 10am-3pm. This fun-filled, family friendly event includes continuous Easter egg hunts, games, and all of the wonderful zoo animals. Open to general admission and advance ticket holders. Zoo of Acadiana, 5601 Highway 90 E, Broussard. 337-837-4325. ZooOfAcadiana.org.

Quilts: What Would You Like to Know? – 10am-4pm. In honor of National Quilting Day and Women's History Month, the Quilters' Guild Acadienne will showcase several quilts and talk about the history, types, care and preservation of quilts. Alexander Mouton House, 1122 Lafayette St, Lafayette. 337-261-5787.

Annual Action Krewe Civitan Trivia Fundraiser – 5-7pm. Senator Fred Mills hosts this annual trivia fundraiser for persons with special needs. Acadiana Area of Special Olympics Louisiana. Lafayette Event Center, 4607 Johnston St, Lafayette. 337-962-9980.

Fresh and local – 7pm until? Enjoy free local dishes from food establishments that promote and support the local food industry. While eating and listening to good music, purchase from the farmer's market set-up on the front lawn. \$10. Fundraiser benefiting the Acadiana Food Circle. The Blue Moon Saloon, 215 E Convent St, Lafayette.

SUNDAY MARCH 17

National Barrel Race Association State Show – 8am. View the competition and indulge in the concessions. SugArena at the Fairgrounds, 713 NW Bypass (HWY 3212), New Iberia. 337-365-7539.

The Acadiana Area Special Olympics Fourth Annual Shrimp Boil – 11-2pm. Purchase a dinner to include 1 pound of headless boiled shrimp, corn and potato. Tickets may be purchased in advance at the Girard Park Administrative offices from 9-12:30pm and 1:30-4pm Monday-Friday. Girard Park, 500 Giraud Park Dr, Lafayette. 337-654-0080.

Caldwell House Bridal Show – 12-4pm. This bridal show is the perfect time to see the Caldwell grounds filled with wedding service vendors from all over Acadiana. Vendors will be there to show their products and services, give information, and help make decisions on various aspects of an upcoming wedding. Free. Caldwell House, 105 E. Vermilion St, Abbeville. 337-909-0050. TheCaldwell.com.

Angels – 1-3pm. Presenter Joie Connelly, CHT,CYT. Guardian angels are present, whispering loving and accurate words of guidance governed by the universal law of free will. Learn how to open the doors to this intimate communication and receive angelic assistance. Pre-registration \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Quilts: What Would You Like to Know? – 1-4pm. See March 16 listing. Alexander Mouton House, 1122 Lafayette St, Lafayette. 337-261-5787.

Wallace Trahan & Rice & Gravy – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

Iberia Performing Arts League presents "Man of La Mancha" – 3pm. See March 8 listing. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114.

WEDNESDAY MARCH 20

Home Buying Forum – 6-8pm. Considering home ownership? Get answers to your questions about the home buying process and down payment assistance. 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY MARCH 21

Disney on Ice: Worlds of Fantasy – thru March 24. 7pm. Times vary. An amazing and magical event for your little ones. Do not miss the high-speed stunts from Lightning McQueen, Mater and the gang of Disney Pixar's cars, The Little Mermaid's undersea adventures, Tinker Bell's fantasyland, Toy Story's crew and other shows. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2104.

War on the Teche – 6pm. Well-known historian, Roger Busbice, leads a talk on the local Civil War experience. Jeanerette Bicentennial Park and Museum, 500 East Main St, Jeanerette. 337-276-4408.

FRIDAY MARCH 22

Iberia Performing Arts League presents "Man of La Mancha" – thru March 24. See March 8 listing. Live theater production and concessions. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114.

Terence Blanchard Quintet – 7:30pm. Two-time Grammy winner and five-time nominee, Blanchard and his fantastic band showcase their hard charging and lyrical selections. A show for jazz connoisseurs and casual listeners. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. 337-233-7060.

SATURDAY MARCH 23

MDA Muscle Walk and Chili Cook-Off – 8am-12pm. Sample the most amazing chili in the area in this chili cooking competition and support MDA. Acadiana area Muscular Dystrophy Association. Acadian Village, 200 Greenleaf Dr, Lafayette. 337-234-0088.

Acadiana Dragon Boat Festival – 9am. Traditional dragon boats holding 20 rowers and one drummer race down the Bayou Teche. Food and beverages available. Enjoy music through the day. New Iberia City Park, 102 W Main St, New Iberia. 337-352-2180.

Sustainable Living – 10:30am. Learn how to combine economy with ecology, create edible landscaping and forage locally for better living.

North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

SUNDAY MARCH 24

Bowl for Kids Sake – 11am-2pm. Bowl to have a good time and help friends in need. Concessions available. Big Brothers and Big Sisters of Acadiana. Bayou Pins, 1502 E Main St, #B, New Iberia. 337-364-3075.

Corey Ledet & His Zydeco Band – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

THURSDAY MARCH 28

Loatian New Year Celebration – thru March 31. All day. Lanexang Village celebrates the new year every Easter weekend with a three-day festival that includes live music, a beauty pageant, parades, sand castle building, kids activities and several vendors selling clothes, jewelry, music and food from Southeast Asia. Wat Thammarattanaram Temple, 7913 Champ Ave, Broussard. 337-364-3403.

Business Seminar – 6:30pm. This seminar addresses opportunities your business may be missing and how to setup and maintain a vibrant Facebook presence. \$10 registration by March 21 required. Jeanerette Chamber of Commerce. Ward Eight Recreation Center, 1407 Main St, Jeanerette. 337-276-4408.

Gardening with Nature – 6:30-8:30pm. Go beyond organic gardening, learn techniques that connect with nature to assist with designing a garden, choosing plants, improving soil, using flower essences and allow nature into the gardening. Learn Perelandra's techniques developed by Machaelle Small Wright. Pre-registration \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

SUNDAY MARCH 31

Rachel Wilson & Cajun Express Band – 1-3pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

PRAYER OF PEACE

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

ongoing events

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

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

sunday

God's Grace Boutique – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale and special orders over \$50. Ladies rings sizes 6-12, men's 12-14. Dianne Robert. Hwy 190 Flea Market, Booth 11, 11946 W Hwy 190, Opelousas.

Dine Around – 11am. Third Sun each 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. A bowling game traditionally played in town parks and squares in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled games on the north end of Girard Park the 4th Sunday of each month. 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 or ARealPerson@TheVerticalBarre.com.

Celebrate Recovery – 4:45pm. Celebrate Recovery in a Christ centered 12 step program. Join weekly sessions at First Baptist Church, 1100 Lee Ave, Lafayette. 337-233-1412.

monday

Water Aerobics Class – 8-9am & 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Yes, I Remember It Well – 10am-12pm. Join LC Melchior for a morning of sharing stories of Acadiana and reminiscing those good old days every 2nd Mon of the month until the end of 2013. Hospice of Acadiana, Inc, Conference Center, 2600 Johnston St, Lafayette. 337-234-1234.

Tap and Jazz Dance Class – 5:30-6:30pm. Adult class for beginners-advanced students. \$35 per month. Debbie Roat Moore. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon each month. Parkinson's Pa-

tients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

Lafayette Photographic Society – 6:45pm. Bi-monthly meetings on 2nd and 4th Mondays of the month to foster artistic craft. Educational programs and guest speakers at 2nd Monday's meeting. Interclub projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. Blemarie56@yahoo.com.

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.

Baby Time – 9:30-9:45am. 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.

Toddler Tuesdays – 10-11am. Parents bring toddlers to the University Museum for interaction with other toddlers in a special play area and stick around for story time. Free. UL Lafayette Hilliard University Art Museum, 710 East St Mary Blvd, Lafayette. 337-482-2278.

Toddler Time – 10:30-10:45am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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.

Cranky Kids Acting Workshop – 4-5pm. Acting group for kids ages 6 and up to master improvisation, storytelling and other forms of the art of acting. \$16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

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.

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.

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.

The Budget Queen Coupon Swap – 6-7pm. 1st Tues of the 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.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tuesday 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.

CCET's Backyard Series – 6:30-8:30pm. A wide range of topics for the general public: informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators on the 2nd Tues of every month. 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. The South Regional Library hosts a mystery book club on the 3rd Tues of each month. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

wednesday

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

Water Aerobics Class – 8-9am & 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

La Table Francaise – 8:30-9:30am. Last Wed of 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 – 9:30-9:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette.

337- 981-1028.

Toddler Time – 10:30-10:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

LEDA Networking Luncheon – 11:30am. Meet over a hundred people at a buffet lunch the first Wed of each month. Guest speakers from local businesses give three-minute presentations to promote their products or services. 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, plenty of time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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 – A nighttime version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

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.

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

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.

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.

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

friday

Water Aerobics Class – 8-9am. Removes pressure from joints and makes moving easier. Robicheaux

Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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 of the 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.

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

Begnaud House Cajun Accoustic 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.

Water Aerobics Class – 8-9am. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

saturday

Bullying Stops With Me! – For children and parents dealing with the issue of bullying. Anyone is welcome to call 24 hours a day, 7 days a week and the caller may remain anonymous. Free. 337-322-4525. BullyingStopsWithMe.com.

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.

Acadiana Walking Club – 8am. Meet at various walking trails. Call for the meeting place in advance. If you would like to join the mailing list for the walking club or have any questions, call 337-261-9188 or email Admin@HealTheHabitsForLiving.com.

Hwy 190 Flea Market – 8-5pm. Sat and Sun. Flea market vendors from around Acadiana come to sell clothes, antiques, houseware, tools, furniture, jewelry, food and more. Come and join the fun and buy at flea market prices. VENDOR BOOTHS AVAILABLE. 11946 West Hwy 190, Opelousas (between Opelousas and Lawtell - on the left). 337-678-1500.

Antiques and Farmers Market – 8am-4pm. See

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

City Garden Market – 8am-12pm. Organically grown vegetables, fruit, canned sauces, salsas, jams, jellies, small sweet dough, large pies, honey, eggs, fish, bread and dog biscuits. Oil Center across from Champagne’s Market, Lafayette.

Delcambre Seafood and Farmers Market – 8am-1pm. Debuting this spring, the market features 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.

God’s Grace Boutique – 8am-5pm. See Sun listing. Hwy 190 Flea Market Booth 11, 11946 W Hwy 190, Opelousas.

Hub City Farmer’s Market – 8am-12pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heyman 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. Local foods and crafts. Every 2nd Sat of the month. Turnley Park, downtown Kaplan, 701 N Cushing Ave, Kaplan. 337-643-2400.

Bayou Vermilion Canoe Paddle – 8:30-11:30am. Canoe trips on the Bayou Vermilion every 2nd and last Sat of the month, 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.

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

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

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.

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.

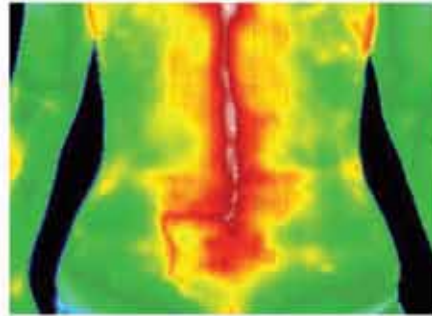
Cajun Jam Sessions – 2-6pm. Come out and enjoy local music. Bring an instrument for a chance to participate. Museum Café, Erath. 337-937-0012.

2nd Saturday Art walk – 6-8pm. 2nd Sat each month. 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.

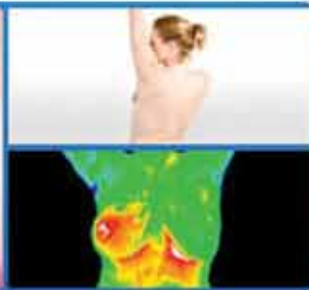
LITEON

Natural He

Thermography • Infrared Heat Sauna • Whole Body Vibration • Lymphatic M



 **liteon**
Natural Health
Powerful, Positive Healing



Call today and schedule your first
www.NaturalHealthCentersO

Pain and Inflammation • Cancer Prevention • Acid Reflux • Osteoporosis • Thyroid • Dep

Health Center

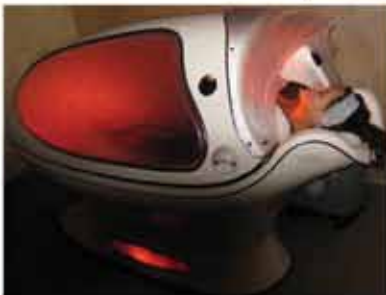
Massage Therapy • Air & Fire Cupping • ZERONA Fat Reduction • Ionic Foot Detox



Dermosonic
Ultrasound and Non-Invasive Subdermal Therapy



Health Center
Living for Life



Free appointment!
online.com

Stress Management • Weight Loss • pH • Detox • Cholesterol

(337) **896-4141**

(337) **347-4141**

Wheatgrass Your #1 SuperFOOD

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

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

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

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

What is Wheatgrass Juice?

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

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

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

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

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

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

Wheatgrass Benefits for Cancer

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

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

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

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

ADVERTISEMENT



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

Wheatgrass Juice Facts

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



Nutritional Value of Wheatgrass Juice

(Per 100 gm)

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

Why Must Wheatgrass Juice Be Drunk Fresh?

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

How Much Wheatgrass Do I Need?

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

100 grams of wheatgrass contain:

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

Is Wheatgrass a Food?

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

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

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

Where Can I Get Wheatgrass Juice?
Wheatgrass juice is locally farmed, harvested, juiced, and flash frozen in 1.5 ounce frozen juice cups. See list to the right for available locations.

Purchase frozen juiced wheatgrass at the following locations near you:

LAFAYETTE

Drug Emporium

Vitamins Plus
505 Bertrand Dr., Lafayette
337-261-0051

The Road Less Traveled

312 Guilbeau Rd., Lafayette
337-988-9889

Oil Center Health Foods

326 Travis St., Lafayette
337-232-7774

Smoothie Factory

125 Arnould Blvd., Lafayette
337-989-7001

CARENCRO

Natural Health Center

100 E. Angelle St., Carencro
337-347-4141 or 337-896-0085

Directions: I-49 into Carencro, Exit 4, Right on Hector Connoly, Left on E. Angelle St. Across from the new Super 1 Food Store, left of the traffic circle.

OPELOUSAS

Benny's Sport Shack

806 S. Union St., Opelousas
337-948-6533

SUNSET

DHARMA Wellness Center

24 Hr Fitness and Workout Room
Across from Janise's Supermarket
166 H Oak Tree Park Drive
337-662-3120



natural awakenings

100 E. Angelle St.
Carencro, LA 70520

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
Permit #88
BATON ROUGE, LA

Local
Postal Customer

Beat the rain! Beat the heat!

Indoor "private" birthday parties for kids.

Private Events Only! Indoor jumps, slides, arcades, party rooms, and drinks provided.



Hwy 190, Opelousas The Caribbean Clubhouse

"The BIG PINK building off Hwy 190.
Next to Lucky's Casino and truckstop.
We rent the building and all the indoor
jumps and arcades for PRIVATE birthday
party events for "KIDS ONLY". ALL Jumps
and arcades are included, we provide
complimentary drinks, and an
attendant to open and close for you.

Call 337.678.1500 to book your party or visit us online.



Hwy 190, Opelousas
Between Opelousas and Eunice/Lawtell
Next door to Lucky's Casino & Truckstop



www.MyKidPartyZone.com