

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

Special Edition

Women's Wellness

FREE

NATURAL BEAUTY

Anti-Aging Skincare
Turns Back the Clock

Mom-To-Mom WISDOM

Calming Advice
for Fretful Kids

PEDAL POWER

Find a Bike that
Fits Your Style



EVERY ISSUE IS
A GREEN ISSUE

May 2012 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com

Lafayette • Opelousas • Abbeville • Jennings • Broussard • Youngsville • Crowley • Washington • Ville Platte • Eunice • Maurice
Church Point • Duson • Scott • Grand Coteau • St. Martinville • Rayne • Kaplan • Port Barre • Arnaudville • Leonville • Sunset

Why Dr. Steve Believes in Vitamin Therapy

Healing the Body Naturally with Supplements, Vitamin Therapy and Nutrition

Simply stated, the medical establishment has not been particularly enthusiastic about using supplements. Although attitudes are beginning to change somewhat, the change is still much too slow. Scientific evidence supporting supplementation is overwhelming and can no longer be considered the "quackery" it once was. Numerous scientific studies support the fact that basic vitamin therapy with supplementation of what we would call a one-a-day vitamin can improve our overall health. Study after study tells us that many of us are deficient in calcium, magnesium, zinc and manganese.

Zinc is involved in at least 80 to 90 metallo-enzymatic reactions, many of which determine immune function. Obviously a zinc deficiency means that the immune system will be compromised. Taking all the herbs in the world cannot make up for this deficiency because, without zinc, our response to even the most potent herb would be faulty. Keeping our bodies supplied with minerals is absolutely essential. If we grew our own food, perhaps we could forego supplements. But, for the most part, we don't grow our own food, and commercial farming practices have severely depleted our soils of vital minerals, especially trace minerals.

If we want to take certain minerals into our bodies, we had better turn to good supplements. If we needed only nitrogen and potassium to survive, our

current supply of artificially fertilized, farm-grown produce would do nicely. Trace mineral supplements can keep us supplied with these important minerals.

But many people are not eating properly, which causes serious health problems. Eating on the run, choosing sweet and fatty foods as meal replacements and using caffeine for energy are more the rule than the exception. Unquestionably, the majority of Americans are not getting the nutrient levels set by recommended daily allowance (RDA) standards. Moreover, RDA standards are often too low. Using a good multivitamin supplement only makes good sense. In addition, learning to add other single micronutrients, according to need and gender, makes for a much better health scenario.

Our eating habits can improve, but, realistically, they probably will never be good enough. Women are especially prone to nutrient deficiencies because they continually restrict calories, lose iron through their periods and frequently take birth-control pills, which can lower certain nutrient levels. Statistics have shown randomly emerging and significant deficiencies in the B vitamins, chromium, iron, selenium and calcium in women.

In the area of cancer alone, deficiencies in vitamins A, C and E all have been linked to increased risk. Copper and zinc depletions profoundly

affect immunity, and low chromium levels are thought to be responsible for cholesterol escalation and many blood sugar disorders. A lack of selenium can predispose us to heart disease, low magnesium significantly contributes to pre-menstrual syndrome (PMS) and so on. Data strongly suggests that if people used nutritional supplements early on, they could avoid millions of dollars in health-care services later. For example, making sure that we get adequate and absorbable amounts of calcium and magnesium in our younger years could help prevent the high incidence of hip fractures as we age. Simply stated, taking supplements is wise. The notion of using supplements to treat disease conditions, rather than just maintaining health, is another ball game entirely.

Scientist, educator and author Linus Pauling, who won the Nobel Prize twice for his work, coined the term "orthomolecular psychiatry," which refers to the treatment of mental disease by providing the most optimal molecular environment for the mind through certain concentrations of substances normally present in the body. Administering extra-large doses of vitamin C was Pauling's specialty; he had some engaging theories concerning vitamin megadose therapy. The use of these naturally occurring compounds is usually considered much safer than drug therapy.



Steven Castille is a biochemist, doctor of natural medicine and publisher of Natural Awakenings. For more information, call the Natural Health Center at 337-896-4141 or 337-347-4141.



natural awakenings

MAGAZINE

... your guide to a healthier, more balanced life.

OUR SPONSORS

Become a sponsor and make a difference in your community

Platinum Level

(\$4,500 - \$2,000 sponsorship)



 **liteon**
Natural Health Center
Powerful. Positive Healing for Life
Carencro • Sunset • Opelousas 337.347.4141

Gold Level

(\$2,000 - \$1,000 sponsorship)

Dr. Steven T. Castille, Lafayette
Lillian M. Castille, LDN, RD, Lafayette
HWY 190 Flea Market, Opelousas
Acadiana Wheatgrass, Opelousas

Silver Level

(\$1,000 - \$500 sponsorship)

Dr. Kimberly Smith Dauterive, New Iberia
Dr. Marie Pace, Lafayette
Community Fitness, Carencro & Broussard
Jose and Inez Salgado, Lawtell

Bronze Level

(\$500 - \$50 sponsorship)

Corina Guire and Darrell Vickery, Colorado
Emmette Jacob, Opelousas
Terrell and Jennifer Jolivet, Lafayette
Edward and Dianne Robert, Opelousas
Preston J. Castille, Jr., J.D., Baton Rouge

Jennifer and Clinton Arvie, Opelousas
Deborah Arvie, Ville Platte
Gail Babineaux, Opelousas
Pumpkin Patch Pre-School, Lafayette
Benny's SportShack, Opelousas

Community Partners (\$45- \$10 sponsorship)

Rehabilitation Hospital of Jennings, Jennings
Carolyn Demmet, Jennings
GUYES Construction, Opelousas
Karen's Organo Gold
Meshia Romar, Lafayette
Linda Zachery, Lafayette

Amayliana Brown, Lafayette
Chatman Memorial, Lafayette
Mary Nash, Nebraska
Mi Amor Ryan McQueen, Lafayette
Cora Roy, Lafayette
Eric Zachery, Lafayette
Jeremiah Zachery, Jr., Lafayette

A Great Big "Thank You" to Our Sponsors

They Are Making a Difference in OUR Community

To become a sponsor of *Natural Awakenings* magazine call or text 337.280.3363. Or you can email us at publisher@NAacadiana.com.



Look for us on facebook

Natural Awakenings Acadiana Edition

Unleash the true power of the human mind-body-spirit.

A contempo spa and natural health center.

weight loss • pain management • vitamin therapy • infrared saunas • whole body vibration
Slim O capsule • cellulite treatments • aromatherapy • wheatgrass • ion foot detox



DHARMA

the natural order of things.

NOW OPEN

The DHARMA Wellness Center

166 H Oak Tree Park Dr, Sunset, LA
(across from Janise's Supermarket in Sunset)

M-F 10A - 6P Tel: 337-896-4141

The All Natural Way to Lose Weight

Wheatgrass Extract + Green Tea



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

\$20 / 2oz Bottle
2 oz bottle lasts two weeks.

A Powerhouse of Vital Nutrients!

Increases alkalinity, boosts metabolism, liver detoxer, assists lymph circulation.



organic wheatgrass

+



organic green tea

=



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

FEEL THE DIFFERENCE

1-2 WEEKS

- Rebalance fat hormones.
- Control energy intake.
- Break & excrete excess fat.

FIRST VISIBLE RESULTS

3-4 WEEKS

- Reduce fat storage.
- Increase metabolism.
- Decrease in body weight.

MORE VISIBLE RESULTS

6-8 WEEKS

- Decrease body weight and waistline, achieve flatter tummy.
- Smaller fat cell size.

SIGNIFICANT RESULTS

10-12 WEEKS

- More weight loss and waistline reduction.
- Decrease in body fat%, improved body shape.

SUSTAIN RESULTS

AFTER 12 WEEKS

- Continue taking to sustain weight loss.
- Improve body shape and blood lipid profile.

publisher's letter



This is the time to live, to create the life that we have imagined, moment by moment. By living in the moment, we can have peaceful lives and direct our energy toward our highest goals.

The present moment is a quick breath. It is the only moment that we have to do the work, to create, to inspire, to lead, to pick ourselves up. Do we think we have "someday" or tomorrow? No, there is no other day. Because when the next day comes it is today once again. Our lives

are made up of increments of present moments that flow together to create another present moment, and another.

Our actions in this present moment determine our future. Are we complaining? Let's change it in the next present moment. Are we expressing gratitude? Let's take it to the next higher level. If we choose to change, we can do so by focusing on what we want to become. If we are worrying or fretting, then we are not in the present moment but thinking about a future or past moment. We can waste, and miss, a lot of our lives worrying about the past and the future. We can't change what is behind us. We can only readjust, readapt, recreate ourselves now.

Time is always on the move. Do we want to master something in our lives? Let's spend time doing it now. Do we want to tell our friends how much we love them? Let's take this moment to express it, for they may not be here tomorrow. Listen to how we always put things off: Someday I'm going to learn how to paint. Someday I'm going to travel. Someday I'm going to do volunteer work. Someday I'm going to make a difference.

Many people want to get to the end of something without doing the work and without passing through the moment. Each moment is necessary to arrive at a precise coordinate of an event coming into existence. A book is not written in one day. A defining moment in a person's life comes about by choice, by preparation, by working through it and by embracing each moment as it presents itself. If we are not living completely in the present moment, we may miss what is right in front of us. It may be a huge opportunity, or a small pathway, but if we are spending this moment in misery and worry, that negative state also becomes our next moment.

Let's really choose the moment. This is the time to put into effect any transformation that we want. For example, so many people have challenges with their appearance and their weight. Do we want to change our lives for the better? Now is the time to say: I want to be something different. If we consistently choose, moment by moment, our bodies will be transformed.

Now is the time, because now is all we have. Let's make this moment the best it can be.

Think green, live peacefully, share your love,

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Karen Adams

Writers

Beth Davis, Elizabeth Romar
& Karen Adams

Outreach

Janell Guidry & Kelly Arnaud

Design & Production

Gail Babineaux & Steve Castille

Calendar

Elizabeth Romar & Verla Winters

Distribution

Junius Francis, Kelly Arnaud
& Maranda Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

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

publisher@NAacadiana.com

© 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 \$64 (for 12 issues) to the above address.

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



contents



16

16 **healthbriefs**

18 **globalbriefs**

20 **ecotip**

30 **weightloss**

32 **healthykids**

36 **healingways**

38 **wisewords**

40 **greenliving**

42 **conscious eating**

50 **naturalpet**

52 **fitbody**

54 **inspiration**



20



40

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 THE HORMONE BALANCING ACT

Natural Strategies for Feeling Better
by Kathleen Barnes

32 MOM-TO-MOM WISDOM

Calming Advice for More 'Good Days' with Fretful Kids
by Beth Davis

36 ANTI-AGING SKINCARE

Turn Back the Clock with New Treatments and Breakthroughs
by Linda Sechrist

38 INTIMATE RELATIONSHIPS AND THE SPIRITUAL PATH

by Marianne Williamson

40 GREENWASHING UPDATE

How to be a Smart Shopper
by Ed Begley, Jr.

42 LIQUID TASTE TREATS

Try These Healthy Green Drinks
by Jason Manheim

50 YOU DIRTY DOG!

Tips for the Grooming Impaired
by Avery Mack

52 PEDALING PLEASURE

Find a Bike that Fits Your Style
by Randy Kambic

54 THE POWER OF PLACE

by Linda Sechrist



22

32



42



50



Who Reads *Natural Awakenings*? Brenda Sarver Does!



Job: Deputy for 28 years

Hobbies: I enjoy spending time with my family and friends. I also enjoy shopping.

How long have you been a *Natural Awakenings* reader? Eight months

What do you like about *Natural Awakenings*? I really enjoy reading NA because it gives me new ideas on how to be healthier, and it teaches me how we can make changes to make our planet a cleaner place for future generations.

What is healthy about my lifestyle? My lifestyle was not a choice. It was a necessity, but now it is a choice. I was diagnosed with breast cancer. Though I did chemo, my healthy choices have kept me stronger through my treatments. My oncologist was amazed with my results. This has been a tough mountain to climb, but it has truly changed my life.

If you could have one wish for the planet, what would it be? I wish more people would become more knowledgeable about what it truly means to have a healthy lifestyle, in all aspects of life: food, exercise and spirituality.

From what do you draw inspiration? God, family, friends and people like Dr. Castille and Dr. Cormier inspire me. Also, the books that I have read in the last eight months and all the people who have been praying for me are inspiring.

What are you doing to be the change you want to see in the world? Realizing life is short and I don't take it for granted. I try to be positive, healthy and show the people in my life how much I love them. When you have God, family and friends, you can go through tough situations and become a stronger and better person.

newsbriefs

Cinderella's Unique Cake Creations



Cinderella's Cake and Deli, in Lafayette, is proud to offer unique, creative and original cake creations for special celebrations.

Cinderella's offers a wide range of cake-decorating textures and shapes that look like satin pillows, twined rope, cowboy hats, football helmets, fairy-tale castles, beverage bottles and even pool tables. There also is a wide selection of decorative children's cakes, sweet sixteen cakes or other birthday cakes. Owner Ruby Henderson also

specializes in baking for weddings, graduations and other celebrations that call for a special artistic dessert to dazzle guests.

Cinderella's Cake and Deli is located at 200 Madison St., Lafayette. To place an order, stop by or call 337-237-2337.

Hidden Treasures Abound at Flea Market

Spring is a great time to head down to Hwy. 190 Flea Market, located between Opelousas and Lawtell. A variety of treasures can be found among the booths of local vendors; individuals can rent booth to sell their own treasures as well.

The discount market is unique because more than 70 percent of the products are brand-new. They include designer clothes, purses, jewelry, shirts, caps, toys and more. Some of the vendors include new and used furniture shops, gift-basket makers, cell-phone stores and coin vendors.



Hwy. 190 Flea Market is located at 11946 Hwy. 190, between Opelousas and Lawtell. Open Saturday and Sunday from 8 a.m. to 5 p.m. Weekend booth rental is \$35. For more information, call 337-678-1500.

The Party Place for Kids

The Caribbean Party Zone, in Opelousas, offers a fun and convenient place for children's birthday parties, with room for friends and family without having to clean up afterward.



The Caribbean Party Zone has plenty of activities to keep kids happy and active for hours, including indoor bouncers, jumps, an obstacle course, arcades, water slides and train rides. It is equipped to accommodate up to 50 children but also has packages for smaller groups. Customers simply rent the space and all of the accommodations are available. All they need to do is invite the guests, bring the

food and have fun. If desired, food is available for purchase at the concession stand.

The Caribbean Party Zone is located at 12178 Highway 190, Opelousas. To book a party or for more information, call 337-678-1500.

Custom 'Green' Gifts from Recycled Materials

Corrucycle, of Lafayette, which specializes in designing and constructing 3-D artifacts out of used corrugated container board or cardboard box material, offers custom "green" gifts unlike anyone else. Corrucycle uses a process called 3-D corrugated perimetry, a recycling method of converting used corrugated cardboard boxes into fine art and gift products that aid in the reduction of trees harvested for paperboard manufacturing. The recycled material is creatively transformed into 3-D gifts that spell out names, Greek letters, gift crafts and other displays that can be custom-colored to customers' specifications. Text can be in block or cursive formats and can include different shapes and even inserts for photographs. All products are custom-made by hand.



Corrucycle is located at 2851 Johnston St., #1804, Lafayette. For more information, email Info@Corrucycle.com or visit Corrucycle.com.

Happy Birthday



Lydia and Lillyanna Castille Happy 10th Birthday

Wishing you a great birthday and many more.
We love you!

From Mommy & Daddy
Grandmomma, mawmaw, poppe and all your
cousins, aunts, and uncles.

**Email your birthday
submissions to:
publisher@NAacadiana.com**

Birthday listings are FREE!

Outdoor Living by Beau Monde Landscape



An inviting outdoor living space is one of the most popular concepts in home ownership today, offering a comfortable place to enjoy the outdoors and extend the living space of a home. Beau Monde Landscape, in Lafayette, can help homeowners create unique spaces to entertain friends and family, by designing and installing

outdoor fireplaces, outdoor kitchens, ponds, water features, patios and walkways.

Beau Monde also is a full-service landscape maintenance company, which offers professional lawn-care services and installs landscaping, irrigation and lighting. All projects, big and small, are handled with well-maintained equipment and an excellent, stable employee base.

Beau Monde Landscape is located at 103 Declouet Ave., Lafayette. For more information or to schedule a free estimate, call 337-704-6267 or visit BeauMondeLandscape.com.

Less Energy, More Money with Tankless Water Heaters

One simple way to save money is to use less energy, and one way to use less energy is to use a tankless water heater. A tankless water heater heats water only as needed, thus providing an endless source of hot water while saving money on energy costs by not heating and reheating the same tank of water.



Acadiana Plumbing and Repair is a dependable, locally owned service that installs tankless water heaters in homes and businesses across Acadiana. Available 24 hours a day, it also covers a wide range of plumbing needs, including sewer and drain cleaning, water lines, slab leaks, toilets, faucets and disposals. Homeowners and businesses can call for a free estimate on all their energy and money-saving plumbing needs.

For more information or to schedule a free estimate, call 337-278-5404 or 337-316-2509.

'Naked Pizza' Means 'Natural Pizza'

When most people think of pizza, they think "unhealthy," but most people have never eaten a "naked pizza." At Naked Pizza, in Lafayette, "naked" means "natural." The dough, sauce and cheese contain no additives, preservatives, colorants or chemicals of any kind.



Naked Pizza's special prebiotic dough mix of more than 10 seeds and grains, fortified with probiotics, promotes digestive health and balance by stimulating the normal, beneficial bacteria in the digestive tract. The prebiotic fiber (inulin) in the dough mix is clinically proven to boost calcium absorption and is therefore important to building and maintaining strong bones. Dietary fiber, such as the prebiotic fiber and fiber from the multiple seeds and grains in the dough mix, can be useful in a weight-management program because it may help maintain a feeling of fullness for longer periods after eating. Naked Pizza's prebiotics, probiotics and multi-grain dough mix is suitable for use in a diabetic diet due to the reduced glycemic response.

Calories are reduced with the multi-grain dough mix because no sugar or butter is added to the dough or sauce. Naked Pizza also uses skim-milk mozzarella. It all adds up to a natural, good-for-you pizza.

Naked Pizza is located at 143 Arnould Blvd., Lafayette. For more information or to place an order, call 337-706-7727 or visit NakedPizza.biz.

Family Clothing Drive at Girard Park



On May 12, the Marriage Ministry of Philadelphia Christian Church is sponsoring a Cornelius Project Clothing Drive at Girard Park, in Lafayette.

Meshia Romar, the leader of the Cornelius Project for the month of May, is planning a family fun day at the park for all who donate new or

gently used clothes, shoes, purses and accessories for families who may need extra support. For donors, there will be free food, beverages, music and fun jumps for kids. Come on out and help families in need while enjoying a nice day in the park.

For more information about the Cornelius Project Clothing Drive, contact Meshia Romar at Mesharo@yahoo.com or 337-332-2725.

March for Babies in Lafayette

The annual March of Dimes' March for Babies, a three-mile walk, will be held at 9 a.m. on May 5 in Girard Park, in Lafayette. The March of Dimes champions the needs of moms and babies in the community and across the nation. The money raised through March for Babies supports life-saving research, community services, education and advocacy to help babies get a healthy start.



The March of Dimes is a leader and pioneer in the fight to save babies and welcomes all to be a part of their great effort by volunteering to raise money for the March for Babies, as well as other campaigns, including Jail and Bail, Signature Chefs Auction and golf tournaments. Get a team together and sign up for this year's March for Babies and start walking!

For more information, visit MarchForBabies.org.

ENERGIZE YOUR SUMMER

with
B12 or Super B!

- * Energy/Metabolism Boost
- * Immune System Balance
- * Mood Improvement
- * Deeper Sleep

WE DELIVER
ON-SITE CLINICS FOR
GROUPS OF 10 OR MORE

SUMMER PROMOTION PACKAGES

- * Vitamin B12 Injections
 - * Super B (Liptonix Plus)
- Buy 5 Shot Package
Get One Shot FREE**

Offer expires July 31, 2012

WELLNESS EXPRESS
BRINGING HEALTH & WELLNESS TO YOUR COMPANY

207 North Luke Street • Lafayette, LA 70506

(ph) 337-988-1138 • (fax) 337-984-5037

Summer Hours: Mon - Thurs 8-5 (Closed 1-2 pm)

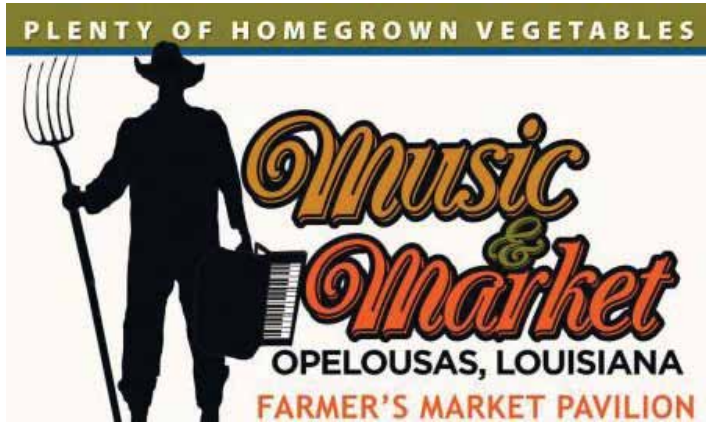
Fri 8-12

www.wellnessexpress.org



Music and Market in Opelousas

Enjoy the best in local music and the finest home-grown vegetables at Music and Market, presented by the City of Opelousas. Music and Market takes place from 5:30 to 8:30 p.m. every Friday through May 25 at the Farmers' Market Pavilion.



On May 4, patrons can delight in the music of LA 31; Jamie Bergeron and the Kickin' Cajuns will perform on May 11; Warren Storm and Willie Tee and Cypress will be at the pavilion on May 18; and Goldman Thibodeaux and the Lawtell Playboys will perform May 25.

Farmers' Market Pavilion is located at Vine and Landry Streets, Opelousas. For more information, call 800-424-5442 or visit CityOfOpelousas.com.

Taking Church to the Streets

On April 14, a city-wide rally was held in Opelousas that called for moral reform throughout the community. The event was organized by Opelousas' chief of police, Perry Gallow, and Mothers Out To Haunt Every Route of Satan (MOTHERS), a group of women who are concerned about the condition of their community. Following the rally, the group took to the streets and is now hosting weekly to bi-weekly street meetings, which will be held throughout Acadiana, starting in Opelousas.

The core group consists of Debbie Fontenot, Mary Davis, Brenda Sonnier, Alicia Meyers, Gloria Romar, Gertrude Johnson and Sandy West. According to Sonnier, the group believes that Satan has blinded the eyes of many people. Those people are not going to go to church, she says, so MOTHERS is taking the church to the streets.

"Our plan is to go into different communities, especially where people are hanging out in the streets, to bring spiritual street revival," Sonnier says. The group also hopes to reach parents in an effort to inspire an increase in the quality of living for area families and children.

For more information or to get involved, contact Brenda Sonnier at 337-351-5991.

A good heart-to-heart conversation can lighten your mood, ease your worries, and restore your connection to others.

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!



DHARMA

Wellness Center, Sunset

Tel: 347-4141



Harness the power of advanced weight loss technology

Slim POD 0₂ Weight Loss

A 30 minute SlimLine Pod session can burn up to 500 calories! As the body works to cool itself while using an infrared sauna capsule, there is a substantial increase in heart rate, cardiac output and metabolic rate. SlimLine's infrared heat therapy raises core body temperature causing passive cardiovascular conditioning. Your body's natural response to infrared heat therapy is increase circulation and sweat.



Calorie Burn & Basal Metabolic Rate Stimulation & Set Point

Slim POD delivers an all-new weight loss experience with an "all at once" treatment system. The **Slim POD** capsule provides an effective, complete metabolic solution to help your patients reduce fat content and keep it off naturally. It is enjoyable and successfully overcomes the problem with traditional weight management diets—they fail in the long run without increased metabolic stimulation and reduction of the body weight set point. When combined with a normal, balanced diet, the weight management benefits of **Slim POD** increase and become more rapid since calorie burn and metabolic stimulation is accelerated while the body weight set point is reduced over time for proven, lasting weight management.

Unique Technology & Permanent Benefits

Convective dry thermal heat and deep penetrating near-infrared heat is administered simultaneously with intense LED light and NIR wavelengths. This unique combination of technology naturally reduces fat mass content (which secretes leptin hormones) and stimulates the hypothalamus to help clients/patients lose weight and tone their body in three ways:



ONE: The Basal Metabolic Rate (BMR) is increased in a manner similar to physical activity, just as a person's cardio system and metabolism is stimulated by engaging in extended exercise.



TWO: BMR fat content is reduced and the body's "Weight Set Point" is decreased by caloric consumption to allow fat to be burned at a higher rate. Only by changing our metabolism and increasing our BMR can we permanently lower our body's "Set Point" and maintain lower ideal weight.



THREE: Flabby excess skin from weight loss will be tightened, fine lines and photo-aging will be reduced by increased circulation and cell growth enhanced by the complex of intensive LED and BMR stimulation.

1 gram of sweat requires 0.568 kcal to produce

Relax and Lose the Weight

An average session can produce 700 grams of sweat and burn 425 calories during a therapeutic session. This is the equivalent of running 4-5 miles. The SlimPOD can also help rid your body of cellulite which is a gel like substance made up of fat cells, water and wastes. Feel those extra pounds melt away.

Nutrition for Breast Health

by Patrick Quillin, Ph.D.



Last year, of the 1.4 million individuals diagnosed with cancer, 212,000 were women with breast cancer. Breast cancer is the most common cancer among women and its almost three-fold increase since 1950—from 1 in 20 cases in 1950, to 1 in 7 in 2007—has prompted many questions and studies about underlying causes, as well as the possibilities for preventive breast health through a healthy lifestyle that incorporates good nutrition and regular exercise. Here are some practices that can help:

Eat the Right Fats

Health is highly dependent upon intake of essential, healthy fats that help immune cells recognize and destroy cancer cells. Good fats that can help reduce the risk of cancer are: fish oil, high in eicosapentaenoic acid (EPA, an omega-3 fatty acid); borage oil or evening primrose oil, which contain gamma

linolenic acid (GLA); flax oil, rich in alpha-linolenic acid (ALA, a precursor to EPA); conjugated linoleic acid (CLA), from the meat and milk of grass-fed ruminants, like cows and sheep; olive oil; and shark oil.

An early study by Rashida A. Karmali, Ph.D, published in the *Journal of Internal Medicine*, reported that an EPA-rich diet significantly lowered the levels of estradiol, a marker for breast cancer, in 25 women who were at risk for breast cancer.

Favor Cruciferous Vegetables

Fat in the human body generates its own hormones. Excess body weight, particularly abdominal fat, can lead to increased levels of estrogen, and high estrogen levels have been linked with breast cancer.

Eating two servings a week of cruciferous vegetables can help counteract

excessive levels of estrogen. Cabbage, broccoli, Brussels sprouts and cauliflower contain anticancer, detoxifying substances that bind up estrogen and help eliminate it from the body. They also contain Indole-3-carbinol (indoles), which may have anticarcinogenic effects.

Get Some Vitamin D

Vitamin D, produced in the skin when the body is exposed to at least 15 to 30 minutes of sunlight, appears to have anticancer benefits, according to research recently published in the *Archives of Internal Medicine*. Vitamin D is found in fatty fish like salmon and sardines, as well as in fortified milk.

Balance the Body's pH

Eat more alkaline-forming plant foods to maintain a proper pH balance. Shop for fresh fruit and vegetables; some dairy (cottage cheese and yogurt); organic

chicken, turkey and grass-fed beef; and fish. Purchase dried beans (garbanzo and black beans), whole grains (brown rice and oats), nuts and seeds.

Eat Less Sugar

Excessive consumption of sweet fluids and foods results in high blood glucose levels that can negatively impact health and may be linked to several diseases, including cancer. Eat fewer sweet foods, including high-glycemic fruits such as watermelon and pineapple. Avoid the high-fructose corn syrups commonly found in processed foods.

Add Micronutrients

Trace minerals important to health—such as magnesium, zinc, selenium and chromium—may be missing from today's fruits and vegetables, because our soils are so depleted from modern agricultural methods. A high-quality nutritional supplement, along with probiotics, can be beneficial.

Use Healthy Seasonings

Several herbs and spices offer protective antioxidant properties, including cinnamon; ginger; curry powder (a spice mixture that contains curcumin, the bright yellow pigment in turmeric); onions; stevia; and garlic, which has powerful antifungal and antibiotic properties.

Drink Green Tea

Regularly consuming green tea, with its potent phytochemicals, may help lower the risk of cancer. Research in Japan and China, documented in the *Journal of the National Cancer Institute*, suggests that green tea may help prevent, and possibly even reverse, some forms of the disease.

Exercise, Too

Good nutrition is essential, but so is a regular overall exercise program. While 40 percent of all Americans will eventually be diagnosed with cancer, only 14 percent of active Americans develop the disease.

Thirty minutes of exercise every other day cuts the risk for breast cancer by 75 percent. Exercise imparts multiple benefits, including tissue oxygenation, which thwarts the anaerobic needs of cancer cells. Regular exercise also improves immunity, lymph flow, and functioning of the body's natural detoxification systems.

*Patrick Quillin is a clinical nutritionist, registered dietitian and certified nutrition specialist with the American College of Nutrition. He is the author of *Beating Cancer with Nutrition*, the primary source for this article. For more information, visit NutritionCancer.com.*

Eating two servings a week of cruciferous vegetables can help counteract excessive levels of estrogen. Cabbage, broccoli, Brussels sprouts and cauliflower contain anticancer, detoxifying substances that bind up estrogen and help eliminate it from the body.

ARE YOU AT RISK OF BREAST CANCER ?

According to the National Cancer Institute, breast cancer killed 40,480 women and 450 men in 2008.

Louisiana, Missouri and the District of Columbia had the highest breast cancer mortality rates.

Source: American Cancer Society and National Cancer Institute

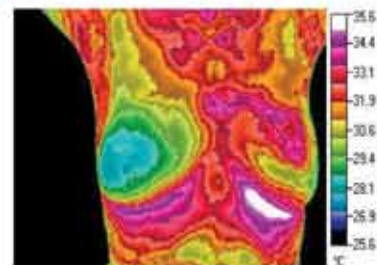


www.ThermographyAcadiana.com

Thermography Breast Cancer Screening Identifies a Problem Area Before the Growth Has Even Begun

Risk Factors that may increase your chances of developing breast cancer:

- Being female.
- Increasing age.
- A personal history of breast cancer.
- A family history of breast cancer.
- Inherited genes that increase cancer risk.
- Radiation exposure.
- Obesity.
- Beginning your period at a younger age.
- Beginning menopause at an older age.
- Having your first child at an older age.
- Postmenopausal hormone therapy.
- Drinking alcohol.



THERMOGRAPHY Can Detect Cancer 8-10 Yrs Before A Mammogram

Painless • No Radiation • No Contact • FDA Approved

2.5 cm Mammogram - detects AFTER lump

.25 cm Thermography - detects BEFORE lump

Thermography screening is even more effective than mammography for early detection of cancer: where traditional testing can only find a tumor once it reaches a certain size, thermography can identify problem areas that may develop a tumor before the growth has even begun. This kind of information allows people who are at risk to learn more about how to prevent breast cancer.

THERMOGRAPHY
Medical Imaging of Acadiana
www.ThermographyAcadiana.com

COMPLIMENTARY 1ST EXAM

Initial exam used to establish your baseline breast health.

Tel: **347-4141**

Eating Greens Can Change Genes

An international team of scientists led by researchers at McMaster and McGill universities, in Canada, were surprised to find that consuming generous amounts of fruit and raw vegetables modified a gene designated 9p21, the strongest marker for heart disease. In one of the largest gene-diet interaction studies ever conducted related to cardiovascular disease, the researchers analyzed more than 27,000 individuals from five ethnicities—Latin American, European, Chinese, South Asian and Arab—and the effect their diets had on the target gene. They discovered that men and women with the high-risk genotype that consumed a healthy diet with plenty of raw vegetables and fruits had a risk of heart attack similar to individuals carrying the low-risk genotype.

“We know that 9p21 genetic variants increase the risk of heart disease for those that carry it,” says Genetic Epidemiologist Jamie Engert, joint principal investigator of the study, “but it was a surprise to find that a healthy diet could significantly weaken its effect.”

Source: PLoS Medicine



SOUR NEWS ABOUT SWEET DRINKS

Drinking sodas and other sugar-sweetened beverages may increase a woman's risk of heart disease and diabetes, according to research presented at the American Heart Association's Scientific Sessions 2011. Middle-aged and older women that drank two or more such drinks per day were nearly four times as likely to develop high triglycerides and significantly more likely to develop impaired fasting glucose levels, plus increase their waist size. The study also noted that risk factors for heart disease and stroke developed even when the women didn't gain weight.

Acupuncture Cools Hot Flashes



A small, yet intriguing study published in *Acupuncture in Medicine* found that traditional Chinese acupuncture curbed the severity of hot flashes and other menopausal symptoms. Fifty-three middle-aged, postmenopausal women were divided into two groups; one received such treatments twice weekly for 10 weeks, while the other experienced “sham” acupuncture with blunt needles that did not penetrate the skin. In both groups, levels of estrogen and other hormones were measured before the study began and before and after the last session. Menopausal symptoms—hot flashes, vaginal dryness, urinary tract infections and mood swings—were also measured before and after the treatments, using a five-point menopause rating scale (MRS) in order to assess their severity.

At the end of the study, the women receiving Chinese acupuncture scored significantly lower on the MRS scale, with hot flashes seeing the sharpest decrease. The researchers explain that acupuncture boosts production of endorphins, which may stabilize the temperature control system of the body. They say that more investigation is needed because the study was small, but note that its results seem promising, suggesting that traditional



MEMORY AND THE PILL

Researchers from the University of California, Irvine (UCI) report that while birth control pills don't damage memory, they can alter it. Women that were not taking birth control pills were better at remembering details than their peers on the pill. The difference makes sense, says UCI graduate researcher Shawn Nielsen, because contraceptives suppress sex hormones such as estrogen and progesterone to prevent pregnancy. These hormones were previously linked to women's strong left-brain memory by a UCI research group led by Ph.D. Neurobiologist Larry Cahill.

Calcium Supplements Increase Heart Risk

Calcium supplements, usually taken to improve bone health, may increase the risk of heart attack by as much as 30 percent, according to the findings of the Women's Health Initiative, a 15-year research project established by the National Institutes of Health to address cardiovascular disease, cancer and osteoporosis.



"If you take calcium supplements, you'll build up excess calcium in your system that, coupled with mineral deficiencies and imbalances, can cause plaque in arteries, kidney stones, gallstones and more," says Dr. Robert Thompson, co-author with Kathleen Barnes of *The Calcium Lie: What Your Doctor Doesn't Know Could Kill You*. Instead, he recommends taking a trace mineral supplement, preferably in ionic form, whose electrical charge helps bond minerals with water, making the nutrients more easily absorbed. Such a supplement provides all needed minerals, including calcium, in the correct balance.

Cheese is Better than Butter

Despite traditional cautions against eating animal fats to keep cholesterol in check, Danish researchers have found that eating hard cheese is better for the arteries than consuming the equivalent number of calories in butter.



According to their study, published in *The American Journal of Clinical Nutrition*, when hard cheese accounted for 13 percent of participants' daily calories, their LDL (bad cholesterol) did not increase. When the same individuals switched to consuming more butter, their LDL levels rose. The researchers were unsure what caused the results, but noted that cheese contains a lot of calcium, which can increase the amount of fat excreted by the digestive tract.



FLEXIBLE WORK PLACES BOOST WELL-BEING

Better sleep and feelings of health are among the benefits of a flexible workplace, according to a new study by University of Minnesota sociology professors that followed 608 office employees in a collaborating company. The initiation of a performance-focused work environment that redirected the focus of employees and managers towards measurable results and away from when and where work was completed, yielded positive markers. Employees that were allowed to routinely change when and where they worked, based upon their individual needs and job responsibilities, experienced improved sleep quality, higher energy levels, better self-reported health and a sense of personal mastery.

Source: Journal of Health and Social Behavior

The Write Way to Lose Weight

According to a new study published in *Psychological Science*, the right kind of writing may facilitate losing weight. Participating women were given a list of significant values including creativity, religion, music and relationships, and asked to rank them in order of personal importance. Half the women were asked to write for 15 minutes about the value most important to them; the other half wrote about a value not among their most highly preferred but that might be important to someone else. The first group lost an average of 3.4 pounds during the next few months, while the second group gained an average of 2.8 pounds. Researchers think the weight loss may be due to increased self-esteem and strengthened resolve.



NICOTINE: MOTHERS JUST SAY NO

Expectant moms using nicotine patches and gum to help kick a smoking habit are putting their unborn babies at risk, say researchers at the Loma Linda University School of Medicine, in California. In a study published in the *British Journal of Pharmacology*, they note that the fetus absorbs the addictive substance, which can damage the baby's blood vessels and may lead to high blood pressure and heart problems later in life.



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

Tiny Baubles

Plastic Pollution Flows from Washday to the Sea

A study published in the journal *Environmental Science & Technology* warns that microscopic plastic debris from washing clothes made of synthetic materials like polyester, acrylic and nylon is accumulating in the marine environment and could be entering the food chain. Concentrations were greatest near coastal urban areas.

Up to 1,900 tiny fibers per garment were released with each wash during the study. Earlier research has shown that plastic particles smaller than one millimeter comprise 80 percent of environmental plastic and are being eaten by animals and getting into the food chain.

Mark Browne, Ph.D., an ecologist based at the University of California, Santa Barbara, and a member of the National Center for Ecological Analysis and Synthesis, advises, "Once the plastics had been eaten, they transferred from the animals' stomachs to their circulation system and actually accumulated in their cells."

The team took samples from 18 beaches around the globe, including sites in Australia, Britain, India, Japan, Oman, the Philippines, Portugal, Singapore, South Africa and the United States. They found no sample that did not contain pieces of the microplastic.

Source: BBC



Church and State

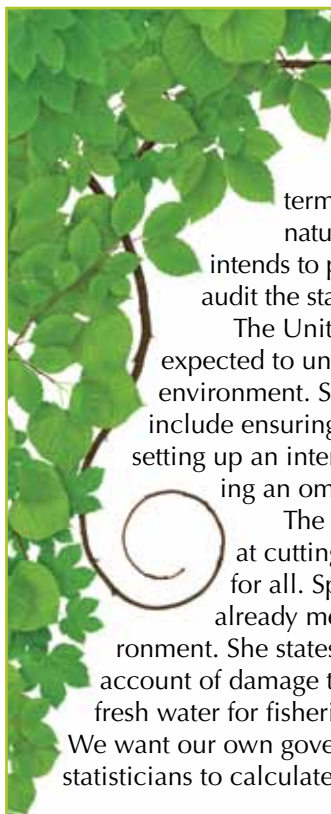
Faith Begets Civic Activism

The Pew Research Center's Internet and American Life Project affirms that religiously active people are more likely to engage in civic activities than others. The authors say their findings counter the view that religiously active people are less engaged with the secular world.

The report found that 40 percent of Americans engage in some form of religious activity such as going to a church, synagogue or mosque, and feel better about their place in the larger civic community. They tend to be more trusting of others and more optimistic about their impact on their community and are more active in groups.

Religious teachings have a component of helping others at their core, points out Eugene Fisher, a professor of Catholic-Jewish studies at Saint Leo University, in Florida. "Civic participation would be a natural result of that push to help your fellow man," he says.

The study similarly reveals a high level of digital participation by religiously engaged folks. Media expert Paul Levinson, author of *New New Media*, says, "The Internet is an amplifier of all that each of us are in our humanity."



Go Rio

Natural Wealth Spreadsheet Proposal

The British government is setting up a Natural Capital Committee that will describe the country's wealth in terms of the quality of its air, water, wildlife and other natural resources. Environment Secretary Caroline Spelman intends to propose that all countries begin "green accounting" to audit the state of their rivers, forests and other landscapes.

The United Nations Rio+20 Conference in Brazil this June is expected to unite the participating nations in protecting the world's environment. Sustainable development goals under consideration include ensuring that all agriculture is sustainable, protecting oceans, setting up an international court on environmental crime, and appointing an ombudsperson to speak on behalf of future generations.

The summit, to be attended by 190 nations, will also look at cutting subsidies for fossil fuels and low carbon energy for all. Spelman observes that businesses in Great Britain are already measuring the impact they are having on the environment. She states, "In the same way, governments can start to take account of damage to the environment in order to sustain resources like fresh water for fisheries, forests for clean air and green spaces for tourism. We want our own government to take account of natural capital and our statisticians to calculate the state of the nation more widely."



Oldie Goldies

Honoring Elders' Contributions to Community

May spotlights Older Americans Month and the important role they play in sharing their experience, wisdom and understanding, and passing it all on to younger generations in meaningful ways. Youth that have significant relationships with a grandparent or another elder, for example, report that these relationships helped shape their values, goals and life choices, and gave them a sense of identity and roots.



Many communities have increased their efforts to provide opportunities for older adults, many that remain physically and socially active through their 80s and beyond. Trends show that people over age 60 account for a growing percentage of participants in community service positions, faith-based organizations, online social networking groups, and arts and recreational activities.

Lifelong participation in social, creative and physical activities has proven health benefits, including retention of mobility, increased muscle mass and improved cognitive abilities. The interactions of seniors with family, friends and neighbors across generations work to enrich the lives of all.

Sources: Administration on Aging (aoa.gov) and ElderCare.gov

Mamma Mia

A New Demography for American Motherhood



The state of motherhood in the United States has shifted strikingly in the past two decades, according to a Pew Research Center survey. Compared with mothers of newborns in 1990, today's mothers are older, better educated and less likely to be either white or married.

The ideal number of children for a family is still two, as it has been since the 1970s. Pew projects that 82 percent of U.S. population

growth through 2050 will be from immigrants that arrived after 2005 and their descendants.

Sources: PewForum.org, National Center for Health Statistics, U.S. Census Bureau

Ten to 15 minutes of unprotected exposure to sunlight several times a week is essential for healthy skin and bones. Sun exposure also energizes your body.

**Do you need to
rent a waterslide
or bouncer?**



Call LiL

**20ft Waterslides
\$175**

**Bouncers
\$90**

896-0085
www.LiLJump.com



Beauty Detox

Put Your Best Face Forward Safely

The Environmental Working Group (EWG) estimates that the average woman uses at least 12 personal care products—including soaps, shampoos, cosmetics and lotions—every day, many of which contain potentially toxic ingredients. The David Suzuki Foundation states, “U.S. researchers report that one in eight of the 82,000 ingredients used in personal care products are carcinogens, pesticides, reproductive toxins or hormone disruptors.”

One of the most troublesome additives is paraben, a chemical preservative found in numerous products that mimics estrogen and may disrupt normal hormone function. Others include diethanolamine (DEA) and triethanolamine (TEA), hormone disrupters that can form cancer-causing nitrates and are common ingredients of shampoos, shaving creams and body washes.

Various artificial fragrances are among the top five allergens around the world, and can also contain neurotoxins. Triclosan and triclocarban, antimicrobial pesticides used in liquid and solid soaps, are toxic to the aquatic environment and disrupt thyroid function and reproductive hormones. Sodium lauryl and laureth sulfate—detergents common in facial cleansers, shampoos and shower gels—may be contaminated with carcinogens and neurotoxins and can irritate the skin, eyes and respiratory tract.

The EWG also suggests avoiding anti-aging creams with lactic, glycolic, AHA and BHA acids; hair dyes that contain ammonia, peroxide, p-phenylenediamine or diaminobenzene, and all dark, permanent hair dyes; nail polish and removers with formaldehyde; and skin lighteners containing hydroquinone. Forego sunscreen sprays and beware of oxybenzone; instead, use products containing at least 7 percent zinc oxide or titanium dioxide.

Children’s products are not immune, either. Steer clear of play makeup, including lipstick, nail polish and perfume; diaper cream that contains boric acid or sodium borate; baby wipes with Bronopol; and fluoridated toothpaste for youngsters under 2.

The EWG’s Skin Deep database (ewg.org/skindeep) provides easy-to-navigate safety ratings for many personal care products and ingredients. Their *Quick Tips for Safer Cosmetics* wallet guide informs shoppers how to read personal care product labels and make smart choices.

Sources: ewg.org; Environment.NationalGeographic.com; SafeCosmetics.org



Coming in June

HEALTHY ESCAPES

Getaways spark personal growth, optimal wellness and active adventure.

Special Section:
Men’s Health


natural awakenings

For more information about advertising and how you can participate, call


337-896-4141

Your source for Wheatgrass in Acadiana.


Our Smoothies are made from real fresh fruit.



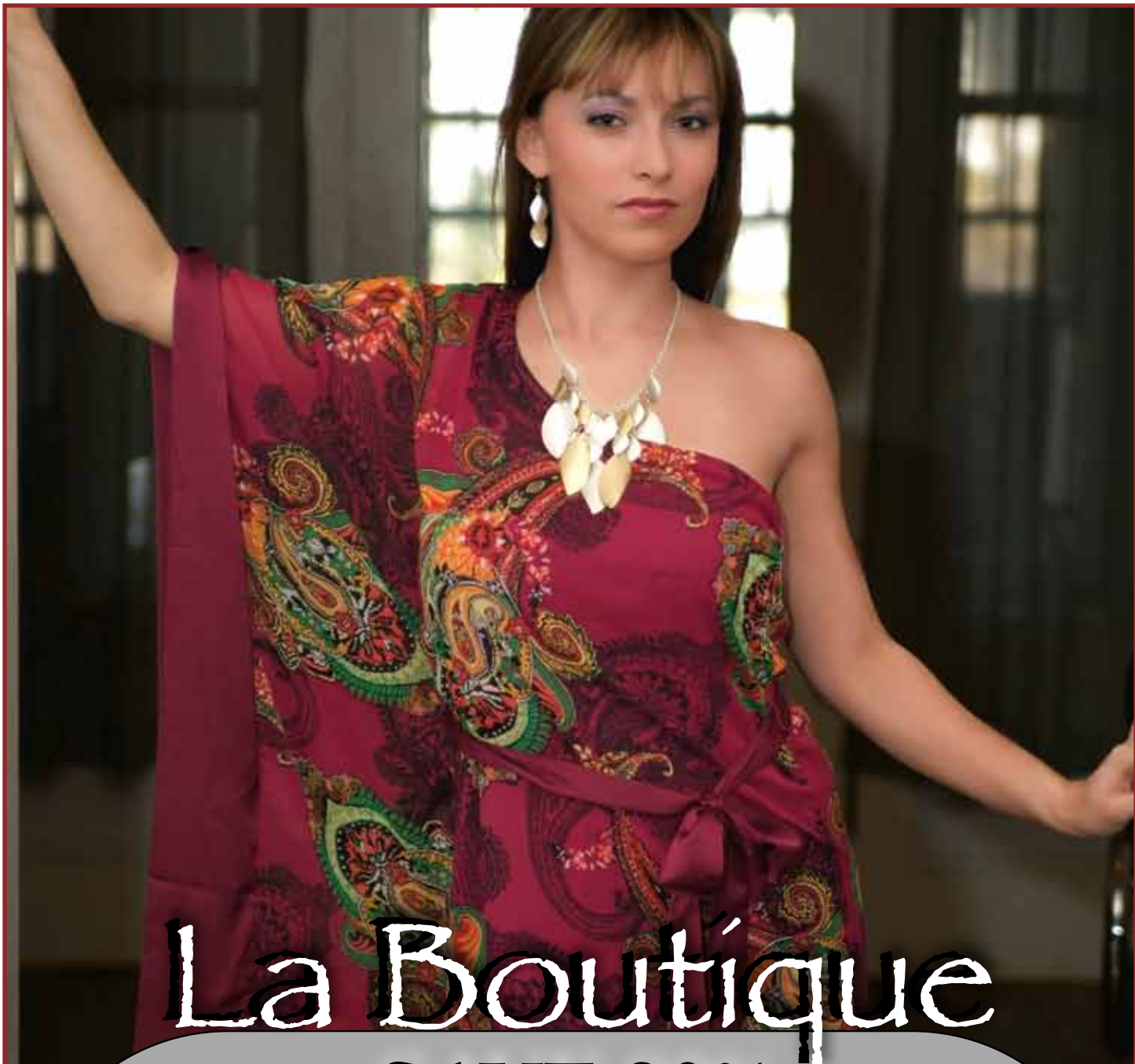
Real Fresh Smoothies, Power Shots, Wholesale Supplements
Lowest prices in Acadiana - Guaranteed!!



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



La Boutique

SAVE 20%

ON ANY PURCHASE WITH
THIS AD

Must present coupon, expires 06/30/12. Good towards all regular and sale price merchandise..Not valid on body wraps, tanning or teeth whitening

232 S. Market St. - Opelousas - 948-7100

The Hormone Balancing Act

Natural Strategies for Feeling Better

by Kathleen Barnes

Hormones rule our lives; it's a simple fact of biochemistry. In their role as the body's chemical messengers, hormones affect every human biological system. Without them, nothing works correctly.

Women's hormonal systems are as complex as men's, although vastly different. They govern reproduction, plus every aspect of health—including metabolizing food, proper immune function, physical and emotional responses to stress and the aging of cells.

Teens and Early 20s

Puberty and the early reproductive years should be the physical peak of a young woman's life; when she is physically active and full of energy and youthful health. It's also the time when

breasts develop, hips widen, pubic hair appears, menstruation begins, and she becomes capable of pregnancy.

The good news is that several studies by the National Cancer Institute and the University of California, Los Angeles, have shown that regular exercise undertaken at this age results in lower estrogen levels throughout a woman's life, greatly reducing her risk of breast cancer and other hormonal cancers. Yet, C.W. Randolph, Jr., a leading bioidentical hormone physician and co-author of *From Hormone Hell to Hormone Well*, reports that the ideal hormonal balance is routinely upset today. Culprits are obesity among young American women and the everyday presence of toxic estrogenic chemicals in today's dairy products and meat,

personal care products, plastics, food containers, pesticides and herbicides, as well as car exhaust.

"These compounds often have chemical structure similar to estrogen and can act like estrogen when introduced into the body," Randolph explains. "Over time, these substances can increase estrogen in the body, potentially causing problems."

Categorized as xenoestrogens, these hormone disruptors can cause rapid growth in breast tissue and have been blamed for the appearance of breast tissue and even milk production in girls as young as 18 months and the early onset of puberty, particularly among African-American girls. They are also suspected in the rising incidence of breast cancer in younger women today.

Major Female Hormones

🌀 **Estrogen** is produced by the ovaries, adrenal glands and in several other parts of the female body. It is responsible for physical maturation, including development of breasts, regulation of the menstrual cycle and preparing the uterus to receive a fertilized embryo.

🌀 **Progesterone** prepares the uterus for pregnancy, maintains pregnancy and balances estrogen during cyclical fluctuations.

🌀 **Luteinizing hormone** governs the ovaries' production of estrogen and progesterone.

🌀 **Follicle-stimulating hormone** works in synergy with the luteinizing hormone to control the menstrual cycle and ovarian egg production.

🌀 **Testosterone** is present in women, although in far lower levels than in men. It serves as a component of healthy sexual desire and in maintenance of healthy bones and muscles.

Reproductive Years

Women in their reproductive years often experience extreme stress in struggling to balance family, work, relationships and a need for personal growth, along with economic challenges. Women's health expert Dr. Christiane Northrup, author of *The Wisdom of Menopause*, blames the

Ways to Avoid Manmade Estrogens

- ☞ Choose organic milk and dairy products.
- ☞ Eat organic meats and wild-caught fish.
- ☞ Avoid canned foods and plastic water and soda bottles.
- ☞ Do not use lawn or garden chemical pesticides or herbicides.
- ☞ Shed outdoor shoes before entering the house.
- ☞ Avoid furniture made from medium-density fiberboard (MDF) and synthetic carpeting; these materials outgas toxic chemicals.
- ☞ Use natural household-cleaning products, including baking soda and vinegar.
- ☞ Choose natural personal care products, including shampoos, lotions and cosmetics.

stress of modern lifestyles for hormone disruptions in women in their child-bearing years. “The stress hormones cortisol and epinephrine can have long-term effects on all other hormones,” advises Northrup.

Concurrently, many women sacrifice self-nurturance in order to nurture others. The first result is often premenstrual syndrome (PMS), which Northrup calls a “lifestyle disease.” “We know that this problem seems to worsen with each subsequent child. That made the connection for me,” she adds, “that with growing families and responsibilities, women no longer take care of themselves as well; no longer get the amount of exercise they once did. The body is quite forgiving in their 20s, much less so in their 30s.”

Part of the result is the attempt to reduce stress levels by eating high-fat and high-sugar comfort foods. Weight gain, blood sugar imbalances and sex hormone imbalances follow. “Excess blood sugar changes the way estrogen, progesterone and testosterone are metabolized,” Northrup explains. “PMS and other problems of the reproductive

years often go away when you get your blood sugar balanced, but—here’s the rub—you won’t get it rebalanced unless you are addressing the very real stressors in your life.”

Due to the presence of xenoestrogens and Americans’ general fondness for processed comfort foods, women in their childbearing years are also increasingly afflicted by polycystic ovary syndrome (PCOS), a condition characterized by overproduction of testosterone and other male hormones. Insulite Laboratories, in Louisville, Colorado, reports that infertility and early onset Type 2 diabetes, another hormonal imbalance problem, are closely connected to PCOS.

The first priority for every woman at any age, counsels Northrup, is to get blood sugar (glucose) under control. “Get a glucometer. You don’t need a prescription. If your blood sugar level isn’t between 80 and 90 in the morn-

ing, you need to look at your diet and lifestyle. Getting this under control will create hormonal balance in the vast majority of women. It’s so simple.”

Perimenopause

The next hormonal shift overlaps with a woman’s reproductive years. Symptoms of perimenopause, or the start of menopause and the end of child-bearing years, typically show up between the early and late 30s.

These range from hot flashes, night sweats and insomnia to weight gain, fuzzy thinking and redistribution of hair on the body. Again, the presence of xenoestrogens and stress contribute.

Women of other cultures rarely experience the intensity of perimenopausal symptoms that Western women report. So does that make perimenopause a lifestyle disease, as well?

Emphatically yes, says Holly Lucille,

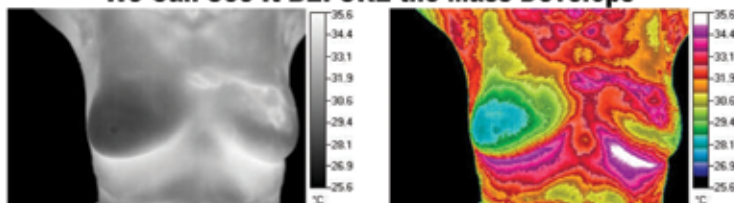
To find a local compounding pharmacy for customized, bioidentical hormone blends, as prescribed by a medical practitioner, visit iacprx.org.

We See It First!

8-10 Years Before A Mammogram

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

"We Can See It BEFORE the Mass Develops"



THERMOGRAPHY

Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

337.347.4141

www.ThermographyAcadiana.com

\$94

**Breast Cancer
SCREENING**
with this Ad Only

Seven Steps to Address Perimenopausal Symptoms

1. Good diet that's heavy on organic foods and low in saturated fats
2. Vitex, or chasteberry, to increase progesterone naturally and help balance excess estrogen
3. Black cohosh extract, like that found in Remifemin, to control hot flashes and night sweats
4. Blood sugar stability
5. Stress management, as well as adrenal support via an adrenal glandular supplement
6. Regular exercise
7. Bioidentical hormone replacement, if symptoms become too uncomfortable

Source: *Creating and Maintaining Balance: A Woman's Guide to Safe, Natural, Hormone Health*, by Dr. Holly Lucille

and past president of the California Naturopathic Doctors Association. "Diet and lifestyle are absolutely essential to a healthy hormonal system," which she explains in her book, *Creating and Maintaining Balance: A Woman's Guide to Safe, Natural, Hormone Health*. "The biochemistry of the body is based on vitamins and minerals. If we compromise food and lifestyle choices, we are not getting the nutrients necessary to have a healthy endocrine system."

Weight gain is a particular concern during perimenopause. In their book, *From Belly Fat to Belly Flat*, Dr. Randolph and Genie James, co-founders of the Natural Hormone Institute, advocate a specific eating plan to override belly fat and related accumulating effects of excess estrogen. "In perimenopause, progesterone production usually declines rapidly, more than 120 times faster than estrogen or testosterone production. That's what aggravates the symptoms," Randolph notes. "Because women in perimenopause are usually still menstruating, they think their hormones are okay."

"The more body fat you have, the more estrogen tips the hormonal imbalance," says Lucille. "Those fat cells hold on to toxins and place more burden on the liver, making it unable to effectively metabolize those extra estrogens," which are stored in body fat and brought into the body as xenoestrogens. "At the end of the day, estrogen is a messenger, and its message is to tell cells to grow and proliferate. That's what we don't want."

When estrogen becomes dominant, several things happen, including

a more rapid release of insulin from the pancreas, which triggers sugar cravings. "It's not a willpower problem," Randolph assures. "Too much estrogen causes you to pack on the pounds in the belly area, and belly fat produces more estrogen. It's a vicious cycle."

Lucille considers perimenopause the opposite of puberty and counsels, "While we are dealing with these changes, bringing some hormones on board for a short time can be a valuable tool." However, she cautions, replacing anything isn't the issue. "You have to look at the big picture," she avers. "Putting hormones into a toxic body is

Foods to Reduce Estrogen Dominance

❧ Cruciferous vegetables and green leafy vegetables with indole-3-carbinol to decrease xenoestrogens, including broccoli, cauliflower, cabbage, spinach, celery and kale; two to three servings a day

❧ Any citrus fruits, which have d-limonene to promote estrogen detoxification; one serving a day

❧ Insoluble fiber as an estrogen binder, such as oats, berries, dried beans and apples; two servings a day

❧ Lignans as estrogen binders, such as flaxseed, sesame seeds and flaxseed oil; two to three tablespoons a day

Source: *From Belly Fat to Belly Flat*, by Dr. C.W. Randolph, Jr., and Genie James

like putting gas into a dirty gas tank. We have to restore function first."

Bioidentical hormone replacement therapy (BHRT) has been a boon for millions. Results of the Women's Health Initiative, a national study of women's health between 1991 and 2002, involving more than 160,000 postmenopausal women ages 50 to 79, sparked more widespread use early in the 21st century, when research began to show the dire consequences of synthetic hormone replacement. The Million Woman Study of British women also found that taking synthetic hormones at menopause doubled the risk of breast cancer for women.

Northrup calls bioidenticals "nature's ideal design," due to the prescription of individually tailored doses, custom-made by compounding pharmacies. Although these are rarely covered by insurance, estradiol-only patches may be; however, additional progesterone and testosterone may still be necessary, depending on test results, according to Northrup.

Menopause

If a woman has had no menstrual periods for 12 months, she is considered to be in menopause. However, Lucille asserts, "Menopause is not a disease." Northrup touts menopause as the most creative and precious time of a woman's life; it is often a time of spiritual awakening and self-fulfillment.

"When the female brain passes menopause, the brain changes," advises Northrup. "In a sense, we move from alternating current to direct current; I believe that this is the way the brain encodes wisdom."

"Yet there are women in their 60s that are still having hot flashes. What should they do?" queries Northrup. Natural alternatives exist that are safe and effective. "Many herbs have been used for millennia that have estrogen-like properties, but do not have estrogen's side effects," Northrup says. "There is huge confusion about this: Plant hormones have different structures than mammalian hormones and cannot act as growth hormones. If you have too much estrogen, these plant hormones can actually protect against excess stimulation."

Her favorite is *pueraria mirifica*,

which has helped relieve perimenopausal and menopausal symptoms in 80 percent of her patients within days. (Because the method of harvesting and processing supports effectiveness, Northrup likes Solgar brand Phyto-Gen.) She also uses maca, from Peru, for its phytoestrogens, vitex, black cohosh and omega-3 fatty acids such as those found in salmon for ongoing hot flashes.

“Some women go through these years and truly take their place as women of wisdom and power. They don’t need any additional hormone support; they have enough life energy coming,” comments Northrup. “Others may need to take some kind of hormone support their entire lives. Either way, no one should suffer.”

Kathleen Barnes is a natural health advocate, author and publisher. User’s Guide to Natural Hormone Replacement is among her many books. Visit KathleenBarnes.com.

How to Access Bioidentical Hormones

Bioidentical hormone replacement requires a prescription hormone blend prepared specifically for each individual by a compounding pharmacy. It may include the three primary aspects of natural estrogen: estradiol, estrone and estriol, and will usually include progesterone and testosterone, if needed.

“An almost limitless flexibility of doses is available in capsule or cream form,” says Steve Metcalf, a registered pharmacist and owner of Metcalf Pharmacy, a compounding pharmacy in Brevard, North Carolina. “Unlike conventional hormone replacement therapy, where the mentality of the pharmaceutical companies is ‘one size fits all,’ we can make the specific strength you need.”

To find a local compounding pharmacy, visit the International Academy of Compounding Pharmacists website, iacprx.org.

~ Everyone is a Teacher ~
We are all teachers; the question is not whether we will teach, but what.” ~ Anonymous

We are very pleased to announce May trainings for Aspiring Teachers in Pilates and Yoga.



Pilates Mat - Level I

Saturday, May 19 & Sunday, May 20

Learn to teach the 18 beginner level mat exercises.

Be introduced to teaching tools, philosophy, and teaching formula.

Yoga Teacher Training – Morning Sessions!

Mondays through Thursdays ~ May 14 to August 2

Learn and apply the classical teachings of yoga; explore and immerse yourself in the teachings in a personal, in-depth format.

Acadiana Yoga and Wellness is offering a 200-hour, Yoga Alliance-approved program



A C A D I A N A
YOGA & WELLNESS

911 Harding St in Lafayette’s Oil Center

www.acadianayoga.com

“helping you stay on the path to wellness since 1990”

Toe Pulls

Try this simple massage technique when you’re feeling frazzled. Hold your foot in one hand and grasp your big toe with the thumb and index finger of your other hand. Slowly and firmly pull on your toe, starting at the base and sliding your fingers to the top. Gently squeeze and roll the toe between your thumb and index finger. Repeat on the remaining toes, then switch feet.

New
Flea Market

Hwy 190

FLEA MARKET

VENDORS WANTED

(337) **678-1500** Sat & Sun 8A-5P



COMMUNITY GARAGE SALE

EVERY SATURDAY & SUNDAY
8AM - 5PM

Highway 190, Between Opelousas and Lawtell

GARAGE SALE THIS WEEKEND

www.Hwy190FleaMarket.com

Visit us online for more information, a vendor list, or to view our entertainment schedule.

BRING YOUR GARAGE SALE, ANTIQUES, WHOLESALE ITEMS FOR SALE



Booth with Storage: \$35/Sat&Sun

Booth-Open Space: \$25/Sat&Sun



The Caribbean Clubhouse

RESERVE NOW

- **Birthday parties** (50 guest max)
- **Small family events**
- **Baby showers**
- **Group or business meetings**

- Air Conditioned Indoor Funjumps
- Arcades
- Music Videos
- Pizza, Drinks, Hotwings, Ice Cream, Snowballs

Available 7 days/wk. Including

Evenings by Reservation.

337.678.1500

12178 Hwy 190 Opelousas.
Next to Lucky's Casino.
Between Opelousas and Lawtell

"You Call We Haul"

Do you work for a company or do you need trucking services?

48 ft Drop Deck Trailer
Class A CDL-Hazmat & Tanker endorsed
22 yrs experience over the road
Leased with local company in Lafayette



With **God** all things are possible
Matthew 19:26

Edward J. Robert, Sr. - O/O
Dianne Guidry Robert (co-owner)

WGATAP, EJR Trucking, LLC

(337) 351-1664

Rehabilitation Hospital of Jennings



DIAGNOSES THAT WE TREAT

- Brain Injury
- Strokes
- Amputations
- Burns
- Major Multiple Trauma
- Rheumatoid Arthritis
- Joint Replacements
- Hip Fractures
- Osteoarthritis/DJD
- Neurological Disorders
- Spinal Cord Injury
- Congenital Deformities
- Systemic Vasculidities



Others who can benefit from inpatient rehabilitation are postoperative patients, accident victims and cancer patients.

24 Hour Nursing Care • Physical Therapy • Occupational Therapy
Speech Therapy • Nutritional Counseling and Monitoring
Case Management

Call for a free assessment today.

One Hospital Drive, Ste. 101 • Jennings, LA 70546 • Phone: (337) 821-5353 • Fax: (337) 821-5355 or 5366
jenningsrehab@yahoo.com • www.jenningsrehab.com

Michelle Fontenot
Independent Distributor

Call me to learn more about
100% organic coffee

KMF Coffee
337-250-9343
kmfcoffee@yahoo.com
KMFcoffee.organogold.com



Change Your Coffee,
Change Your Life

COMMUNITY Health Club

MAY AEROBICS SCHEDULE

Tuesday May 1

4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

Wednesday May 2

5:15am anything goes
9am anything goes
5pm Anything goes
5:30pm Resistance Toning
6:00pm Pilates/Core fusion

Thursday May 3

4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

Saturday May 5

9am Anything Goes

Monday May 7

5:15am Anything Goes
9am Anything Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30pm Kickboxing

Tuesday May 8

4:30pm Butts/Gutts/Cardio
5:30pm Body Blitz
6:30pm Zumba

Wednesday May 9

5:15am Anything Goes
9am Anything Goes
5:00pm anything Goes
5:30pm Crunch Time
6:00pm Pilates/Core Fusion

Thursday May 10

4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumber

Saturday May 12

9am Anything Goes

Monday May 14

5:15am Anything Goes
9am Anything Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30pm Kickboxing

Tuesday May 15

4:30pm Circuit Training
5:30pm Body Blitz
6:30pm Zumba

Wednesday May 16

5:15am Anything Goes
9am Anything Goes
5:00pm anything Goes

5:30pm Crunch Time
6:00pm Pilates/Core Fusion

Thursday May 17

4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

Saturday May 19

9:00am Anything Goes

Monday May 21

5:15am Anything Goes
9am Anything goes
4:30pm Body Blitz
5:30pm Circuit Training
6:30pm Kickboxing

Tuesday May 22

4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

Wednesday May 23

5:15am Anything Goes
9am Anything Goes
5:00pm anything goes
5:30pm Resistance Toning
6:00pm Pilates

Thursday May 24

4:30pm Butts/Gutts/Cardio
5:30pm 20/20/20
6:30pm Zumba

Saturday May 26

9:00am Anything Goes

Monday May 28

No Class Memorial Day

Tuesday May 29

4:30pm circuit
5:30pm Body blitz
6:30pm Zumba

Wednesday May 30

5:15am Anything Goes
9am anything Goes
5:00pm Anything goes
5:30pm Toning w/Ball
6:00pm Pilates/Core Fusion

Thursday May 31

4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

OUR
AEROBI

BO
Beninn

BUY ONE, GET ONE FREE!

1333



BUY one health club membership and get the second free.



Y FITNESS

329 Hector Connoly Rd., Carencro

(337) 896-3319

R HEALTH CLUB MEMBERSHIPS

CS • POOL • FULL GYM ACCESS • TANNING • BOOT CAMP CLASSES

\$29.99 GYM MEMBERSHIP (full access)

\$19.99 TANNING MEMBERSHIP (unlimited)

\$20 AEROBICS CLASSES (unlimited)

\$20 BOOT CAMP CLASSES (weekly rate)

BOOT CAMP

ing April 10th through May 15th



CAPTAIN NUTRITION

75 Different smoothie flavors with real fruit.

Muscle milk, BSN, and Pro Hormones sold at our smoothie bar.

**KIDS Summer Pool
Membership \$60**

Summer KIDS CAMP. Call for info. 896-3319



Foods that Burn Fat

Get Rid of Unwanted Belly Fat and Live Healthier by Eating the Right Foods

by Dr. Steven Castille

For anyone who wants maximum progress on a weight-loss diet, it's vital to have an effective list of fat-burning foods. Having this list handy at all times makes it easy to quickly glance at it and come to see which foods should be on one's diet and which should not. We simply cannot overlook the fact that some foods are superior choices on a fat-loss diet plan.

The body needs food for acquiring the energy to feed and sustain its cells and for performing internal and external functions. The energy present in food can be measured loosely in terms of calories.

The more calories that are present in a food, the more fuel or energy the body can get from it. The body also needs to expend energy in order to digest the foods to get their energy, so a small percentage of old fuel is burned off in the process of acquiring new fuel. The harder the food is to digest, the more energy the body expends to digest it.

Macro-nutrients and their calories:

There are three macro-nutrients, or fuel units, that can be present in a food:

carbohydrate, protein and fat. It is a fact that 1 gram of protein yields 4 calories, 1 gram of carbohydrate yields 4 calories and 1 gram of fat yields 9 calories. So, basically, fats can provide more (double) calories to the body compared to the other two nutrient units. But let's not conclude that fats are bad; they are not. Many healthful fats are essential for the harmonious functioning of the body; foods that provide these fats need to be an integral part of the diet.

Fat deposition in the body: When a person consumes foods, the body gets the fuel in the form of carbohydrates, proteins or fats. It starts generating energy from these fuels through the process of digestion and assimilation. The body uses up a part of the fuel to fulfill its sustenance, and functional, requirements. The excess fuel is stored eventually in the form of fat in the body's fat cells. Some fat also is stored around the kidneys and in the liver.



Top 10 Fat Burning Fruits

1. apples
2. pears
3. pineapple
4. blueberries
5. cranberries
6. oranges
7. bananas
8. peaches
9. grapes
10. strawberries

Top 10 Fat Burning Vegetables

1. spinach
2. broccoli
3. tomatoes
4. peppers (green, yellow, red)
5. mushrooms
6. cabbage
7. lettuce
8. cauliflower
9. celery
10. leeks

Top 10 Fat Burning Carbs and Whole Grains

1. oatmeal
2. brown rice
3. whole grain bread
4. beans
5. lentils
6. potatoes
7. sweet potatoes
8. pearl barley
9. whole wheat pasta
10. yams

Top 10 Fat Burning Proteins

1. chicken
2. tuna
3. salmon
4. sardines
5. turkey (lean)
6. egg whites
7. almonds
8. macadamia nuts
9. tofu
10. walnuts

The reason for “flab”: One important point to understand is that a human body, under normal conditions, has limited fat cells and there is a limit to how much fat can be stored up in these cells. Once these cells reach their limit, the fats begin to be stored in muscle linings.

Fat cells are usually present in the regions of the chest, waist and hips. As more fats is deposited in these cells, the larger they grow; this shows up as flab around the chest, waist and hip regions. Once the fat cells reach the limit of their expansion, the fats are stored in the muscle linings of arms and thighs, creating flabbiness in these limbs also.

How can foods help burn fat in the body? One might wonder how a food can help in burning fat when it’s a source of calories and eventual fat. It’s true that all foods can be possible sources of fat creation, but certain foods can help burn fat or reduce fat in the following ways.

- Some foods contain certain vitamins or minerals that help improve the metabolism, and improve the fat-burning capacity, of the body and act as virtual fat-burners.
- Some foods contain fewer calories while requiring more complex digestion and assimilation, causing the expenditure of energy and thus acting as virtual calorie burners.
- Some foods create a sense of fullness even when consumed in small amounts and also are low in calories.
- Certain cooking methods reduce the calorie profile of food and thus helps in reduce fat creation.



Many people try to starve themselves to reduce fat. This unwise and unhealthy approach can have spurious effects on the harmony of the body. The right way to reduce fat is to

eat foods that reduce the possibility of further fat deposition, or foods that assist in burning fats, while also taking up calorie-burning exercises (such as aerobics, yoga and resistance/weight training) to use up the fat already stored in the body.

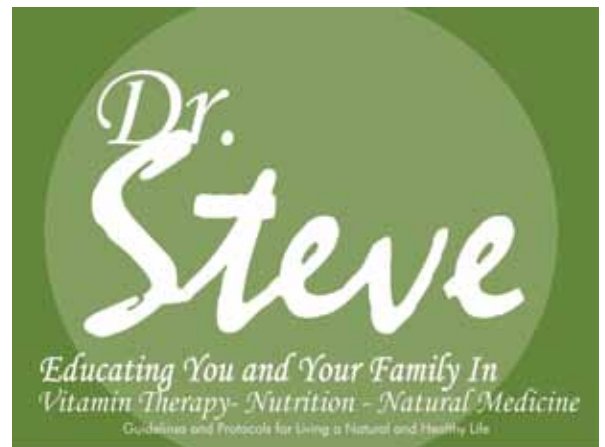


Last of all, we must avoid refined carbohydrates, such as cereals and white bread, and white rice (try brown rice instead). Some dairy foods, such as cheese, yogurt and milk, also can help burn fat. To speed up the metabolism, increase the body temperature by including more spicy foods, such as hot peppers and chiles. Green tea, a much better choice than coffee, is a great fat-burning drink; include at least two to three cups a day.

Those who eat many of the fat-burning foods should definitely see results. Of course, exercise is also very important. A brisk walk or jog in the mornings before breakfast is a great way to get the body to burn fat. It is also important to eat a healthful breakfast each day, made up of the fat-burning foods described here. Skipping breakfast creates the risk of developing more fat.

By following these guidelines, the weight will come off over time, and the result will be better health for life.

Steven Castille is a biochemist, doctor of natural medicine and publisher of Natural Awakenings. For more information, call the Natural Health Center at 337-896-4141 or 337-347-4141.



Mom-to-Mom WISDOM

Calming Advice for More 'Good Days' with Fretful Kids

by Beth Davis

Parenting has more than its share of stressful challenges, and today's moms are often frustrated by conflicting advice. As families search for answers to daily issues, a more holistic and natural approach, known as conscious parenting, has been gaining momentum.

According to Lori Petro, founder of TEACH through Love, a child advocacy group and educational resource for progressive parents, conscious parenting comprises the spirit of cooperation, instead of traditional models of discipline and control. "We want to teach our children how to live in the world, explore, be creative, compassionate, learn appropriate expressions of emotion and think for themselves," she says.

To help maximize the rewards for all, *Natural Awakenings* asked several forward-thinking moms for their best tips on how to handle some of parenting's biggest challenges.

Surviving the First Year

As a certified Happiest Baby educator, mother of three and owner of Gummy Giggles Baby Boutique, in Yukon, Oklahoma, Lori Simmons provides parents with essential tools and knowledge to help calm unhappy babies. She notes that while dealing with a crying infant is simply part of being a parent, colic is a condition moms dread the most.

Making the baby feel as if he or she is still in the womb is key, she advises. "People try to not make any noise, but

the reality is, babies often cry because it's too silent." She recommends swaddling the baby, swaying and shushing quietly in the baby's ear—all to mimic the comforts of the womb.

The best advice that she gives any new parent is that it's okay not to know everything. "Just listen to your instincts and understand that each child will learn and grow at his or her own pace," she says. "Most importantly, relax and don't sweat the small stuff."



Weathering Toddler Meltdowns

Petro says we can better meet the challenges of these years—including temper tantrums, biting, toilet training and sleep problems—if we understand these situations in the context of a child's development. During early growth, exploration and change, children typically have trouble expressing their thoughts and feelings, and that can prove overwhelming for everyone.

So, what can adults do in the middle of a toddler meltdown? First, remember that it's the rare parent that hasn't had to deal with a tired, cranky, screaming toddler. Simmons admits to having handled her share of tantrums.

"They don't understand their own frustration, so it's difficult for parents to understand the reason for outbursts," she observes. Her strategy is to take the stressed child out of the situation.

It helps to know that some hitting and biting is considered normal for toddlers, especially if they see it as an effective way to get what they want. Parents can put an end to it much the same way they deal with other inappropriate behavior, advises Petro. She suggests remaining calm, finding the root cause of the situation and acknowledging the child's feelings and needs. Understanding why the child is doing it is crucial to making it stop. "Conscious parenting operates from the premise that all behavior is communication to meet a need," she says.

Addressing Adolescence

According to Certified Life Coach Clare Seffrin Bond, although the adolescent years can be difficult, there's plenty that parents can do to nurture teens and encourage responsible behavior. "The best parenting advice I ever received was from my mom, who encouraged me to grow into parenthood—taking it day by day, without the expectation that I would be proficient simply through the act of giving birth," says this mother of two, in Richmond, Indiana.

Rewarding relationships come through accepting the notion that children are individuals living their own journey, rather than extensions of their parents. "What

parents see or feel in a situation is not necessarily what the child is experiencing," Bond explains. "Taking the time to recognize the fact of individual realities can be huge in rethinking one's approach to discipline."

She recommends speaking to adolescents honestly—even when it's painful—and listening to them, even when we may not want to hear, or believe, what they're saying. "Stay in touch with the fact that your relationship with your children is absolutely huge in terms of their—and your—development as a happy and fulfilled person," counsels Bond. "Work hard at remembering your own teen years, including the frustrations and disappointments. Empathy and respect are essential ingredients in successful human relationships at every age."

To connect with Lori Petro, visit Teach-Through-Love.com; for Lori Simmons, GummyGiggles.com; and Clare Seffrin Bond, TheRoadToClarity.com.

Beth Davis is a contributing writer to *Natural Awakenings*.

acaiberry All Natural Tanning Lotion



acaiberry
Glowing Silicone Emulsion
DHA & Parabens Free
Dark Tanning Lotion
with Antioxidant Super Fruit
Lotion de Bronzage
4.8oz (133.5g)

Acaiberry Indoor Tanning Lotion
Glowing Silicone Emulsion with Antioxidant Super Fruit

We have a stand up and lay down bed and new hot bulbs.

Indoor Tanning only
\$2 per session

COMMUNITY FITNESS

329 Hector Connolly Rd., Carencro
(337) **896-3319**

For a REJUVENATING foot treatment, blend 6 drops of peppermint essential oil with 1 tablespoon of sweet almond oil. Massage your clean feet with the mixture for 15 minutes. Then put on socks to absorb the excess oil and condition your feet all day.

Shop with a Conscience at *Natural Awakenings'* New Webstore

As a leader in green and healthy living, it makes perfect sense for us to open a webstore that features items that support sustainability and natural health. You'll love our easy-to-navigate site. Shop by product categories that include beauty and skin care, home and office, books and music, fitness, clothing, cosmetics, kids and pets.

It's your one-stop eco-friendly and healthy living destination!

www.NAwebstore.com





Beauty & Skin Care



Organic Clothing



Green Home & Garden



Books & Music



Green Toys



natural awakenings



shopping for healthy living
and a healthy planet

Stress, Stress & More Stress...

By: Marie Pace, RND, CNC — Author of
DISCOVER HEALTH available on Amazon.com or
MariePace.com



Stress takes many forms and may vary from person to person based on individual perceptions. Stress may be known to the individual, - an event acknowledged as stressful such as a divorce, or unknown to the individual - something not perceived as contributory to overall stress levels like those pesky fluorescent lights above your cubicle. Stress may be positive - such as a wedding, or negative - such as a funeral. Perception contributes to individual stress levels as well. For instance, one person may find an encounter with a fluffy white puppy an uplifting and calming experience, while in another it may induce terror and anxiety. Stress can be chemical (ie. pollution), emotional (ie. financial) or physical (ie. allergies) in origin.

Why do we care about stress and its forms? All stress, regardless of its source, has an impact on the state of an individual's health and is contributory toward chronic disease states such as diabetes, cancer and autoimmune conditions.

While stress certainly can't be eliminated from life, recognizing sources, minimizing exposure and implementing and adhering to a realistic stress management plan can be monumental in reducing the stress burden on an individual and, subsequently, its toll on physical health.

Addressing lifestyle factors such as diet, sleep, exercise and self-care time is essential in order to develop successful stress management habits. Of course, a successful stress management plan involves evaluating and treating the stress-mediating glands of the body - the adrenals. Salivary cortisol testing will assist you in determining the damage years of compounded stress has afflicted on the adrenal glands in your body by identifying existing adrenal hyper or hypofunction and assisting you in selecting targeted adrenal support (nutraceuticals, herbs, glandulars, cortisol, etc) to add to your stress management plans. Getting the correct blood tests done is also vital to managing your thyroid and overall health.

With this information and correct diet and supplementation that is readily available, successful rehabilitation of the adrenal glands and improved physical health is within reach! Call us today for help. We truly care about YOU!



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

www.LafayetteNaturopath.com

Get Started Today!

We offer Hair Tissue Mineral Analysis, Saliva Hormone Testing, Full Gastro 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).

Anti-Aging Skincare

Turn Back the Clock with New Treatments and Breakthroughs

by Linda Sechrist

With aging still a largely mysterious process, current seekers of perpetual youth and beauty are urging scientists to find ways to slow or even reverse it. New tools to fight lines, wrinkles and sagging skin excite the imagination.



Today's anti-aging toolbox is filled with promise. Tools range from at-home strengthening and refining creams to commercial treatment technologies such as cold laser, intense pulsed light (IPL), light-emitting diode (LED), microdermabrasion, photofacials, and skin tightening and rejuvenating ultrasound. Acupuncture facelifts make use of ancient Chinese techniques. Then there are the more invasive injectables, fillers and chemical peels. How do we know what is best for us?

Whatever one's chosen tools, Hema Sundaram, author of *Face Value: The Truth about Beauty—and a Guilt-Free Guide to Finding It*, believes that women at any age have every right to pursue the outward expression of their inner beauty. The Washington, D.C.-based medical doctor and board-certified dermatologist, who specializes in cosmetic surgery, supports a woman's freedom to choose, without embarrassment or criticism. She emphasizes the

positive effects of cosmetic procedures performed for the right reasons and notes, "Restoring the balance between a woman's inner and outer selves can transform her life."

An at-home anti-aging regimen aimed at retarding time's telltales and enhancing beauty lays the foundation for an effective partnership with an esthetician or dermatologist. Performed consistently, do-it-yourself treatments can help to maintain cosmetic work performed by skincare professionals. Popular, non-invasive techniques are explained here. Many take it a step further with a meditation practice designed to develop and project inner, spiritual beauty.

Gua Sha. This Chinese technique (pronounced GWA SHA) uses a small medicinal board to gently massage, manipulate and stimulate energy points along the face. The objective is to promote a normal flow of energy, or qi (pronounced KEE), and blood circulation and to remove toxins. It also supports, lymph drainage.

Gua sha activates inner vitality by stimulating both the superficial and deep muscles that control facial expression. Beauty benefits include a brighter complexion and a reduction in the appearance of wrinkles, dark under-eye circles and puffy eyes. It also lifts sagging at the neck and jaw.

Hypnox. This 25-minute guided hypnotherapeutic audio recording is touted as a natural alternative to the neurotoxin Botox. Instead of paralyzing targeted facial muscles, which inhibits natural facial expression, Hypnox targets and retrains the same muscles to stop habitual frowning, lip puckering and squinting. The process is said to promote overall relaxation, allowing wrinkles to fade away.

Facercise. Muscle resistance training helps tone and enliven the 30 muscles of the face to render more youthful-looking features. Muscle fibers literally smooth out, shorten and lift the attached skin on the face and neck.

Enzyme Mask. A weekly exfoliat-

ing fruit enzyme mask gently dissolves dead surface cells and embedded impurities, while restoring hydration. Adding an organic, fruit-based peel of alpha- and beta-hydroxy acids supplies an ideal boost that can result in an even brighter complexion and firmer looking skin.

Retinols. These naturally occurring forms of vitamin A are a gentler, over-the-counter version of retinoids. They likewise promote healthy cell renewal and collagen production.

Good genes, a healthy lifestyle and skilled beauty enhancements can slow the clock of aging.

~ Dr. Hema Sundaram,
owner, Sundaram
Dermatology, Cosmetic
& Laser Surgery Center,
Rockville, Maryland,
and Fairfax, Virginia.

Gentle Microdermabrasion. At-home microdermabrasion kits work to reduce the visibility of pores and fine lines. Many come with battery-operated brushes, aluminum-free scrubs, balancing toners and moisturizing serums; look for natural ingredients.

Microcurrent Facial Sculpting. "Electrical stimulation forces facial muscles to do sit-ups," says Charlene Handel, owner of Skin Fitness, Etc., in Carlsbad, California. Twenty years of experience with handheld commercial products have convinced this certified holistic esthetician that if the current can't be felt, it isn't doing the job.

Trained by Elina Fedotova, CEO of Elina Organics and founder of the Association of Holistic Skin Care Practitioners, Handel cautions that techniques intended to move skincare products beyond the outermost dermal layer—such as microcurrent, cold laser, ultrasound and LED—should be 100 percent natural and organic. "Read labels to find the USDA Organic seal and avoid subjecting skin to synthetic chemicals and ingredients that contain petroleum

derivatives from crude oil; artificial fragrances, which frequently contain toxic chemicals; and synthetic preservatives such as parabens," she advises.

The ultimate responsibility for skincare is our own. When a healthy diet, sufficient sleep, exfoliation, hydration and natural topical treatments are no longer keeping gravity at bay, individuals of either gender need not hesitate to seek help from skin-care professionals.

Linda Sechrist is a senior staff writer for Natural Awakenings magazines.



Body Contouring Primer

by Linda Sechrist

The ability to gently melt away body fat lies largely in the hands of a physician certified to perform Food and Drug Administration-approved, non-invasive treatments. Here are three of the most common.

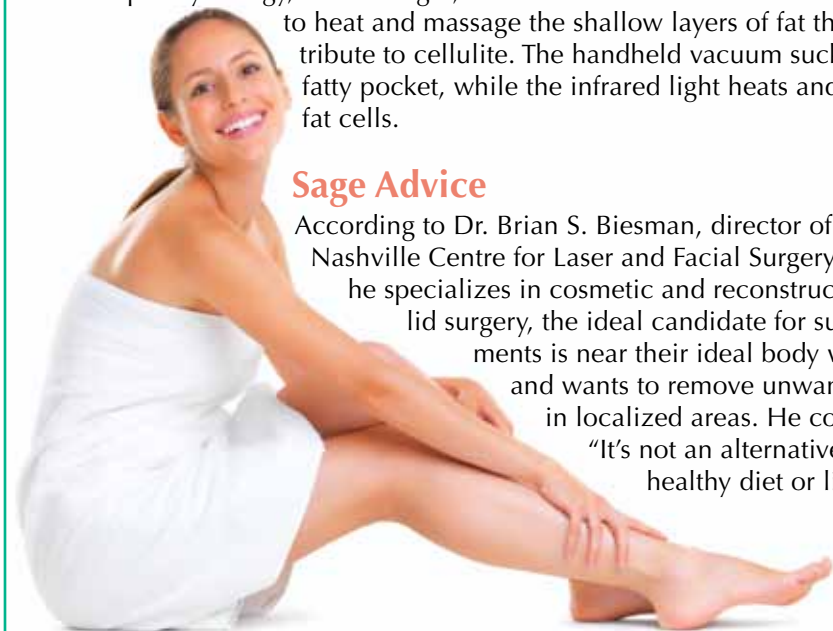
Zerona. Developed by Santa Barbara Medical Innovations (SBMI), this cool laser technology targets the fat in isolated trouble spots, such as love handles and belly bulges. According to the company, Zerona targets adipose (fat) cells with specific, low-level wavelengths of light, causing the fat to seep out of the cells. The deflated cells result in a smaller, tighter contour. SBMI's studies show that the fat is safely absorbed into the body's lymphatic system and eventually metabolized by the liver.

Zeltiq CoolSculpting. Used in Europe and Canada before coming to the United States, this FDA-approved approach is performed in a doctor's office, typically under the supervision of a dermatologist or plastic surgeon; no anesthesia or recovery time is necessary. It employs a contained suction device to cool the skin, as well as the fat beneath it, to 40 degrees. Several days later, the cooled fat cells begin to shrink. Damaged fat cells are slowly digested by the body over several months and removed through the liver.

VelaShape. This non-surgical treatment for reducing cellulite combines radio frequency energy, infrared light, mechanical rollers and vacuum suction to heat and massage the shallow layers of fat that contribute to cellulite. The handheld vacuum sucks at the fatty pocket, while the infrared light heats and shrinks fat cells.

Sage Advice

According to Dr. Brian S. Biesman, director of the Nashville Centre for Laser and Facial Surgery, where he specializes in cosmetic and reconstructive eyelid surgery, the ideal candidate for such treatments is near their ideal body weight and wants to remove unwanted fat in localized areas. He counsels, "It's not an alternative to healthy diet or lifestyle."



Intimate Relationships and the Spiritual Path

by Marianne Williamson

The common wisdom goes like this: that the myth of “some enchanted evening,” when all is awash with the thrill of connection and the aliveness of new romance, is actually a delusion... a hormonally manufactured lie. That soon enough, reality will set in and lovers will awaken from their mutual projections, discover the psychological work involved in two people trying to reach across the chasm of real-life separateness, and come to terms at last with the mundane sorrows of human existence and intimate love.

In this case, the common wisdom is a lie.

From a spiritual perspective, the scenario above is upside down. From a spiritual perspective, the original high



of a romantic connection is thrilling because it is true. It is in fact the opposite of delusion. For in a quick moment, a gift from the gods, we are likely to suspend our judgment of the other, not because we are temporarily insane, but because we are temporarily sane. We are having what you might call a mini-enlightenment experience. Enlightenment is not unreal; enlightenment—or pure love—is all that *is* real. Enlightenment is when we see not as through a glass darkly, but truly face-to-face.

What is unreal is what comes after the initial high, when the personality self reasserts itself and the wounds and triggers of our human ego form a veil across the face of love. The initial romantic high is not something to

outgrow, so much as something to earn admittance back into—this time not as an unearned gift of Cupid’s arrows, but as a consequence of the real work of the psychological and spiritual journey. The romantic relationship is a spiritual assignment, presenting an opportunity for lovers and would-be lovers to burn through our own issues and forgive the other theirs, so together we can gain re-entrance to the joyful realms of our initial contact that turn out to have been real love after all.

Our problem is that most of us rarely have a psychic container strong enough to stand the amount of light that pours into us when we have truly seen, if even for a moment, the deep beauty of another. The problem we have is not that in our romantic fervor we fall into a delusion of oneness; the problem is that we then fall into the delusion of separateness. And those are the romantic mysteries: the almost blinding light when we truly see each other, the desperate darkness of the ego’s blindness, and the sacred work of choosing the light of mutual innocence when the darkness of anger and guilt descend.

Marianne Williamson is an internationally noted speaker, author of 10 books, Unity Church minister and a teacher and student of A Course in Miracles. Her most recent workshops focus on the topic of Enchanted Love: Building the Inner Temple of the Sacred and the Romantic.

Benny's Sportshack Smoothies & Wholesale Supplements

Full line of Protein Powders, Weight Gainers, Pre-Workout Powders, Fat Burnders, Appetite Suppressants, Metabolic & Energy Boosters and Pro hormones

High Protein, Low fat, Low Sugar Meal Replacement Smoothies

806 South Union Street, Opelousas

337-948-6533

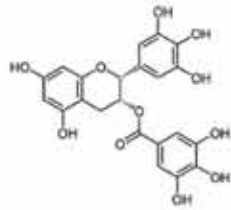


Obesity is A Major Medical Crisis

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." \$320 Full Month Unlimited Program



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 activated to metabolize the lipids. A low secretion of this hormone will encourage the storage of fats 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.

The image shows the packaging for WheTea. The top part is a green banner with the brand name 'WheTea' in a white, cursive font. Below that, it says 'THERMOGENIC FAT BURNER' in bold black letters, followed by 'Wheatgrass - Green Tea Concentrated Extract'. A smaller green banner below that says 'contains 100% Organic Wheatgrass'. At the bottom, there is a list of benefits: 'Burns fat', 'Contains EGCG for fat oxidation', 'Boosts metabolism', 'Increases the body's alkalinity', and 'Contains over 92 elements'. The background of the packaging is a light green with a subtle pattern.



Tel: 347-4141

Tel: 896-4141 Mobile: 896-0085

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

The Chemistry of Weight Loss

by Dr. Steven T. Castille
Biochemist and Doctorate in Natural Medicine

"I created WheTea to be a powerful nutrient-dense thermogenic that aids in rapid weight loss."

Metabolism Thermogenics Lean Protein Diet

Greenwashing Update



HOW TO BE A SMART SHOPPER

by Ed Begley, Jr.

We may think we are protecting our family's health and the Earth's environment by buying eco-friendly products, but a second look at some so-called "green" products may reveal we've been led astray. When companies hurry to cash in with new product lines touting natural living products, too many of the changes are more cosmetic (new packaging, appealing earthy logos) than chemical; sometimes toxicity levels decrease in only minimal amounts. With green marketing campaigns in overdrive, how can we be sure that we truly are

selecting a certified safe product?

Hijacking True Eco-Trends

Greenwashing occurs when more money or time is spent on advertising and labeling green characteristics than actually developing and implementing environmentally sound products and practices. Words such as natural, non-toxic and eco-safe are now widely misused.

Although greenwashing has been around for nearly a quarter century, corporations today are committing to it at unprecedented levels as they go after the

growing market for eco-friendly products. Companies have duly noted that even the average Jane is now interested in protecting the environment and is willing to pay a premium to help. When products and services are really green, everyone wins; but when they are suspect, everyone suffers from a false sense of stewardship.

The hijacking of green by irresponsible corporations is aptly characterized by Jay Westerveld's initial 1986 report on greenwashing, first used to describe the reuse of towels in the hotel industry. His research implied that in-room signage stating that, "Reusing the hotel towels helps save the environment," was more a ploy to increase reservations from patrons concerned about their environmental footprints than an actual credo of hotel management. One can hardly assert environmental responsibility based on laundry alone, but many hotels did, even though they were not participating in any other forms of resource conservation, recycling or waste reduction.

The bottled water industry is a more recent example. Amid mounting negative publicity about their unsustainable practices, these companies aggressively overhauled label designs and switched to thinner plastic bottles. Yes, the new form is less wasteful, but drinking bottled water remains among the most environmentally unfriendly habits; plus, drinking from plastic, made with petrochemicals, is unhealthy, according to a Harvard School of Public Health study published in 2011 in the peer-reviewed journal *Environmental Health Perspectives*.

Thankfully, the tide is turning in many companies with integrity. For example, in the 20 years since Westerveld's report, more hotels are starting to introduce genuine environmental reforms, but so much more progress is needed across the board in business that the true



MELANCON PHARMACY

Traditional Pharmacy Services
Durable Medical Equipment
Compounding
Diabetic Services
Geriatric Services

337-896-8434
730 Veterans Drive
Carencro, LA
www.melanconpharmacy.com

A Carencro family business for more than 50 years.
Melancon Pharmacy provides personal service along with expert pharmacy knowledge you can trust.

SYNERGISTIC HEALING
Holistic Wellness Services

Holistic therapies treat the "whole person" not just the condition or symptom that is being presented, getting to the root cause.

337-232-4799
www.SynergisticCenter.com
all ages and states of health may benefit

We Provide Help With:
Stress, Depression, Fibromyalgia, Anxiety, PTSD, Addictions, Headaches/Migraines, Emotional Healing, Weight Loss

Sue Heldenbrand, cftp
Certified Healing Touch Practitioner

pioneers stand out. Unfortunately, given the creativity of evolving greenwashing tactics, it is becoming more difficult to distinguish between authentic eco-alterations and mere overtures to green living. Buyer beware still applies.

Green Products Must Walk the Walk

Here are some telltale signs of greenwashing.

Fluffy or ambiguous language. Beware of terms such as all natural, true organic experience or free of [insert scary chemical name]. These terms are not government regulated, and mean nothing. Even the organic monicker has multiple definitions that are meaningless unless a product is certified organic by a respected institution that issues objective standards.

Partial or nonexistent list of ingredients. The entire list should be on the label for 100 percent transparency.

Unverified health claims. Many companies lie or outright fabricate claims or data. Demand to see supporting scientific studies.

A questionable parent company. If a maker is owned by a company notorious for toxic outputs, chances are that the product's formula has undergone only minimal changes from the original, non-green version.

Consumers are not powerless. "Our research shows that while some consumers blindly trust green product claims, a growing number are doing research on product labels or going online," says Kevin Tuerff, president of EnviroMedia and co-founder of the Greenwashing Index. "Unfortunately, the Federal Trade Commission is way behind in issuing new rules on green marketing that would protect consumers and help our environment." *GreenwashingIndex.com* was launched in 2007 to help shoppers know how to identify vague or misleading claims and when they can be confident of product authenticity.

The good news is that more companies today than ever are honestly working toward becoming more green. Smart shoppers will help them on their way by consistently making the right environmental choice, not just a marketing choice. Buyer be aware.

Actor, author and pioneering environmental activist Ed Begley, Jr., is a prominent figure in the green movement. Begley's Earth Responsible Products of plant-based, sustainable and rapidly biodegradable ingredients equal or outperform their non-green counterparts (BegleysBest.com).



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

WHY WEIGHT?

**LOOK GOOD
 FEEL GREAT
 WEIGHT LOSS
 ALL NATURAL
 BETTER HEALTH**



Tonya lost **81 lbs.**



Migraines 57% resolved	Depression 55% resolved
Pseudotumor Cerebri 96% resolved	Obstructive Sleep Apnea 74-98% resolved
Dyslipidemia Hypercholesterolemia 63% resolved	Asthma 82% improved or resolved
Non-Alcoholic Fatty Liver Disease 90% improved steatosis 37% resolution of inflammation 20% resolution of fibrosis	Cardiovascular Disease 82% risk reduction
Metabolic Syndrome 80% resolved	Hypertension 52-92% resolved
Type II Diabetes Mellitus 83% resolved	GERD 72-98% resolved
Polycystic Ovarian Syndrome 75% resolution of hirsutism 100% resolution of menstrual dysfunction	Stress Urinary Incontinence 44-85% resolved
Venous Stasis Disease 95% resolved	Degenerative Joint Disease 41-76% resolved
	Gout 77% resolved
	Mortality 89% reduction in 5-year mortality
Quality of Life- improved in 95% of patients	

FAST BURNER PACKAGE \$280
 12 Whole Body Vibration Sessions
 2 Dermoasonic Cellulite Reduction Treatments
 1 Body Wrap Treatment
 4 FAR Infrared Heat Tummy Wraps
 1 Ion Foot Detox Treatment
 Fat Complex Fat Resistor
 Thermo X Fat Burner
 Glucomannan Stomach Filler

Tel: 347-4141
 Natural Health Center, 100 E. Angelle St., Carencro

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.



conscious eating

Liquid Taste Treats

Try These Healthy Green Drinks

by Jason Manheim

Imagine a diet that eliminates the need for calorie counting and never prompts a late-night rummage in search of foods possibly high in fat, sugar or processed ingredients; one that allows you to eat like you do now, except for one small change—the addition of a green drink or smoothie.

A green drink isn't a meal replacement; it's a supplement (a starter or side dish) to the diet you already enjoy. Simply drink one prior to breakfast and if you are committed to optimal health, another before lunch and dinner. You can change the ingredients at will, according to taste.

Fruits and vegetables are the most nutrient-rich foods on the planet, accepted as staples in just about every healthy diet imaginable. From vegetarian to omnivore to Weight Watchers diets, the green drink is welcome.

After a week or so of drinking green, your body will begin to crave the rush of nutrients it receives and less healthy foods will simply lose their appeal. You will naturally gravitate towards foods that fuel your body, instead of foods that drag it down.

Robert Young, Ph.D., author of *The pH Miracle*, has been in the forefront of promoting the fact that the body thrives when its pH levels are more alkaline than acidic. Disease-causing bacteria and viruses, as well as other abnormalities, flourish in an acid state, while the body's natural defense mechanisms work best in

an alkaline state. He writes, "Our glands and organs function properly in exact proportion to the amount of alkaline and acid levels in our system; eating a balance of 75 percent alkaline foods and 25 percent acidic foods is ideal."

Young reports that keeping your body in an alkaline state amplifies benefits such as immune system function, strength, stamina and weight loss. Fruits and vegetables, especially green leafy vegetables, are extremely alkaline, and drinking them is an easy way to consume more.

According to the Institute of Medicine's *Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids*, the average adult needs about 50 grams of protein a day. Eating normal meals generally supplies that. Greens, despite the common misconception, also contain a good amount of protein when eaten in large quantities, which green drinks provide.

Getting started requires only a blender or juicer, depending on the recipe. Juicing is great for a quick jolt of concentrated energy; the drink delivers maximum nutrient intake, and the absence of fiber enables near-immediate absorption of vitamins and minerals. Juicing is also preferred by people with digestive issues or those looking to cleanse or heal their system.



Great Green Drinks

by Jason Manheim

While blending a green smoothie reduces nutrient concentration through oxidation, by whipping air into the drink, it is ideal for people that need to keep their sugar in check. It's the flip side of juicing, which can turn a five-pound bag of fruits and greens into a glass of concentrated fruit sugars, called fructose. Blending also delivers fiber, which helps keep the digestive tract in tip-top shape. It can even serve as a complete meal; you can add avocado or raw almond butter for healthy fats, and protein powder, raw chocolate and bee pollen for extra stamina and endurance—much more than what is possible using a juicer.

In most cases, a typical blender will suffice. However, when blending fruits and vegetables with a harder consistency, such as carrots, pineapple hearts and apples, or waxy greens like kale, you will need more specialized equipment. Two professional blenders, Blendtec and Vitamix, are a good fit for home countertops.

Spinach, chard and mixed greens make a perfect base for beginners. Just blend or juice them with a few sweet fruits and berries like banana, blueberries and apple to disguise the green taste. From there, you can experiment by adding more potent ingredients like kale, beet greens, mustard greens, arugula and watercress. Mint or other herbs add a refreshing twist. It helps newcomers to start with more fruits than greens, and then gradually shift the balance.

For even more smoothie nutrition, try adding superfoods, such as puréed pumpkin, coconut milk or oil, nut and seed butters, avocado and even garlic. To assuage a sweet tooth, add a dash of honey or pitted dates to the blender.

You don't have to live like a strict dieter, athlete or nutritionist to be healthier and feel better. Just toss a few fruits and greens into a blender or juicer each day and drink to your health.

*Jason Manheim is a health, fitness and green drink junkie in Los Angeles, CA. His educational website, HealthyGreenDrink.com, was the inspiration for his book, *The Healthy Green Drink Diet: Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great.**

Cool Slaw

This refreshing summer delight is perfect for parties by the pool, barbecues and picnics in the park. Broccoli's cancer-fighting properties combat carcinogens introduced to meat by a smoky grill. Ginger works to settle stomachs and has long been a remedy for heartburn.

*1 crown of broccoli
½ small red cabbage
2 carrots
1 lemon (peeled)
1 green apple
Ginger to taste*

Peel ginger root and juice all ingredients together. Serve over ice.



Greens Lover



The good-for-you factor in salads is often diminished by introducing salad oils and dressings, sacrificing some health benefits for taste, but not so with this drink. The fiber-rich kale and the veritable powerhouse of vitamins in spinach pair with sweet carrots and a tart green apple, juiced to a harmonious balance of taste and nutrition.

*3 leaves kale
1 bunch cilantro
1 cup spinach
1 cucumber
1–2 carrots
1 green apple*

Combine ingredients and juice.

Green Clean

This tasty concoction begs to be poured into an ice-filled punch bowl and ladled into frosty glasses. You'll never know your body is detoxifying as you gulp this tasty summer treat. For those that find it a bit too sour, add an apple or two. Green Clean not only has high amounts of vitamins, minerals and antioxidants, it is one of the most aromatically appealing drinks around—crisp, clean and refreshing.

*1 lime
1 lemon
1 large cucumber
1 handful basil
1 handful mint
2 handfuls spinach
Ginger to taste*

Combine ingredients and juice.





A NATURALLY COOL HOUSE

With energy costs rising, keeping your house comfortable without inflating your electricity bill can be a challenge. How experts recommend keeping cool by means other than an air conditioner:

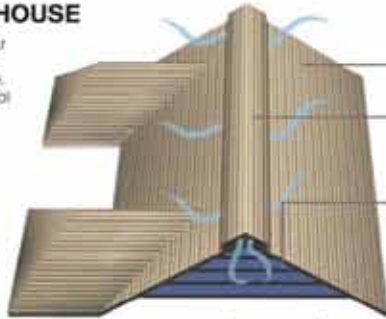
LET THE WIND IN

• **Awning and jalousie windows** offer both large open areas for air flow and respectable rain protection. Jalousies have better airflow control.



LESS PAVEMENT

• **Porous paving** reduces the amount of hardscape surfaces, where the air temperature can be 10 percent hotter than landscaped areas.



UP ON THE ROOF

- A **light-colored roof** can be as much as **12 percent cooler** than a dark-colored roof.
- **Roof vents**, such as a ridge vent, allow hot air to escape from the attic, reducing attic temperatures by as much as **25 degrees**.
- Properly installed **insulation and radiant barriers** for the roof and ceiling can reduce temperatures in the home by several degrees.

WHICH WAY IS NORTH?

A house with the narrow sides facing east and west will get less low-angle sun exposure.



LOCAL MOTION

- **Open floor plans** let air circulate through the home.
- A **ceiling fan** every 400 square feet compensates when breezes are light.



LOWER WINDOWS

- Windows at body level, especially where the wind enters, puts the cool air where you can feel it.

HOT ROOMS

- Heat-generating rooms like the kitchen, bath and laundry rooms should be on the leeward side, and well ventilated.

TIPS: Home Designing Basic Energy Efficiency

Commercial construction projects.
with all new contracts.

www.guyesconstruction.com

only
\$80 - \$95 Per Square ft.

"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

THERMOGRAPHY

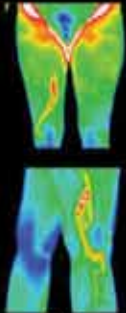
Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

\$94

**FULL BODY HEALTH CHECK
(337) 347-4141**

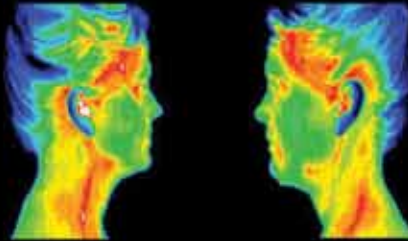
Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stages



The anterior view of the upper leg shows a patient who had unexplained pain in the right leg for over a year. The thermogram shows a vascularity with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.

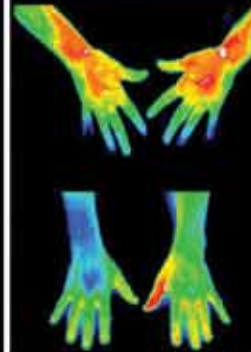
The image showing the vascular pattern in the right lateral leg was of a patient who had a 3 year history of pain in the mid lateral thigh and knee. Nerve conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis of phlebitis.

Vascular Conditions



Carotid Artery occlusion (Right side)

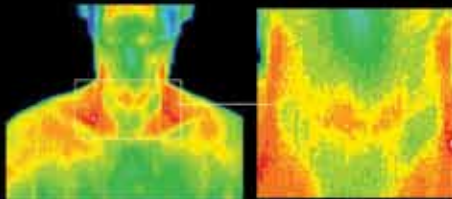
Carotid Artery Occlusion



Early stage bilateral carpal tunnel syndrome

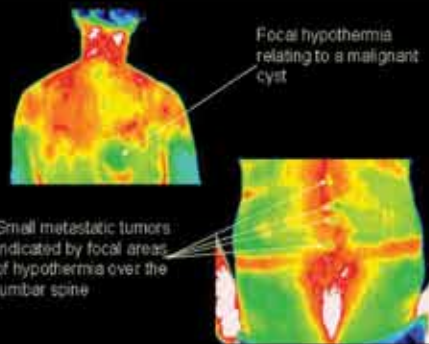
Chronic right carpal tunnel syndrome

Carpal Tunnel



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

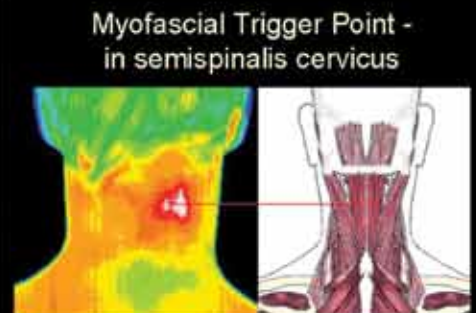
Thyroid Dysfunction



Focal hypothermia relating to a malignant cyst

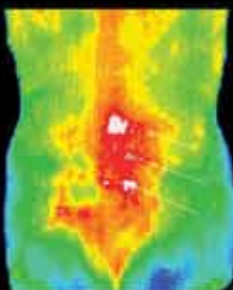
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

Cyst and Tumors



Myofascial Trigger Point - in semispinalis cervicis

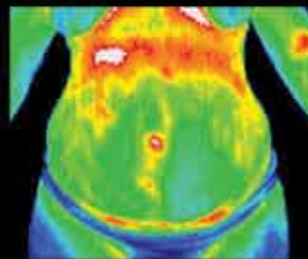
Myofascial Trigger Point



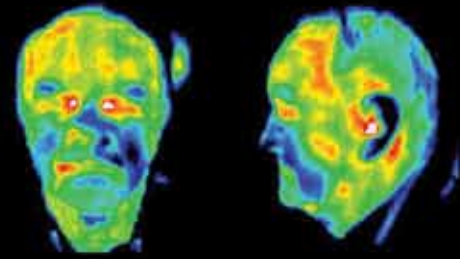
Three stress fractures of the transverse processes of the lumbar spine.

Stress Fractures

Inflammation Over Right Kidney



Inflammation



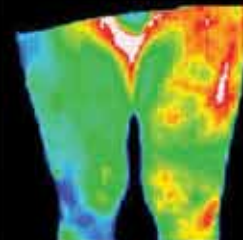
Bells Palsy



Coronary Artery Disease



T4 Syndrome



Infection

This elderly lady had undergone a left hip replacement surgery 3 months previously. Her continued leg pain raised a suspicion for DVT.

The thermographic findings were not consistent with DVT, but showed a focal area of inflammation that guided a sonographer to a deep abscess near the bone.

This was lanced and successfully treated with antibiotics.



liteon

Natural Health Center

Powerful, Positive Healing for Life

Carencro • Sunset • Opelousas 347-4141 OR 896-4141

Natural Weight Loss and Weight Management



WHOLE BODY VIBRATION WEIGHT LOSS



Migraines
57% resolved

Pseudotumor Cerebri
96% resolved

**Dyslipidemia
Hypercholesterolemia**
63% resolved

Non-Alcoholic Fatty Liver Disease
90% improved steatosis
37% resolution of inflammation
20% resolution of fibrosis

Metabolic Syndrome
80% resolved

Type II Diabetes Mellitus
63% resolved

Polycystic Ovarian Syndrome
79% resolution of hirsutism
100% resolution of menstrual dysfunction

Venous Stasis Disease
95% resolved

Quality of Life
improved in 95% of patients



Depression
55% resolved

Obstructive Sleep Apnea
74-98% resolved

Asthma
82% improved or resolved

Cardiovascular Disease
82% risk reduction

Hypertension
52-92% resolved

GERD
72-98% resolved

Stress Urinary Incontinence
44-88% resolved

Degenerative Joint Disease
41-76% resolved

Gout
77% resolved

Mortality
89% reduction in 5-year mortality

Whole body vibration (WBV) is defining a new revolution in weight loss, fat burning, and core energy restoration by mechanically stimulating your muscles at a specific frequency. Targeted muscles are given 25-27 impulses per second, causing them to contract and relax by the natural, involuntary, muscle stretch reflex, 25-27 times per second. At this optimal range, a one minute therapy session will produce 1,500 contract/relax cycles. Vibration therapy allows you the benefit of exercise without the constraints of conventional exercise. Therapy sessions of only 10-20 minutes twice a week produce measurable results.

Decreases Body Fat – The WBV works several ways to dissolve excess body fat; it increases metabolism which burns calories more rapidly; increases blood circulation and lymphatic drainage thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. People who use the WBV for 10 minutes, three times a week, lose significantly more fat than those who engage in aerobic activity for one hour three times a week! Without sweating, bad body odor or even make-up smudging, the WBV 10 minute session is the equivalent of a 40-60 minute workout. The old fat deposits that have been stagnantly sitting in areas are stimulated for use by the body again, thereby promoting fat metabolism and decreased body fat.

Call to Schedule
first Appointment

347-4141 Office

896-4141 Office

896-0085

Before or After Hours

Office Hours

Mon - Fri 10A-6P

Lose the Weight Get Your Life Back!

"Whole body vibration stimulates muscles at a specific frequency and increases metabolism which burns calories more rapidly."

Dr. Steven T. Castille
Biochemist and Doctorate in Natural Medicine



KECIA Lost OVER 105 Lbs. !!
[SHE LOOKS AMAZING!]



NewDAY Weight Loss PACKAGE \$340

- 15 Whole Body Vibration Sessions
- 2 Dermosonic Cellulite Reduction Treatments
- 2 Body Wrap Treatment
- 4 FAR Infrared Heat Tummy Wraps
- 3 Ion Foot Detox Treatment
- BioLEAN Weight Management Supplements

6 WEEKS

Up to 22 lbs lost in six week program.

**LOOK GOOD
FEEL GREAT
WEIGHT LOSS
ALL NATURAL
BETTER HEALTH**

THERMO BIOLEAN PACKAGE \$420

- 15 Whole Body Vibration Sessions (20 min ea)
- 15 Infrared Heat Sauna Sessions (30 min ea)
- 2 Dermosonic Cellulite Reduction Treatments
- 2 Body Wrap Treatment
- 4 FAR Infrared Heat Tummy Wraps
- 4 Ion Foot Detox Treatment
- BioLEAN Weight Management Supplements (28 Day)
- WheaTea Weight Loss Tea (28 Day)
- Glucosamin Stomach Filler



10 lbs: 6 Days

"I lost 10 lbs in 6 days."

"BioLean® really helped kick my metabolism into high gear! Before recommending BioLean, I decided to try it first. I personally lost 3 lbs in 2 days, 5 lbs in 3 days, 10 lbs in 6 days. I am stronger and have more energy than ever."

- Dr. Steven T. Castille, DNM



WHY WEIGHT?



**Dermosonic
Cellulite
Removal**

Remove cellulite



**FAR
Infrared
Heat Sauna**

600 calories in 30 min



**Water
Massage
Therapy**

200 calories in 20 min



**Whole
Body
Vibration**

600 calories in 30 min



**Hydro-Dermo
Hydration Spa**

400 calories in 30 min



**Infrared
Body
Wrap**

900 calories in 50 min



YOU DIRTY DOG!

Tips for the Grooming Impaired

by Avery Mack

Dogs can get into the darnedest messes, and when they do, these head-to-toe grooming tips will make cleanup easier—on both sides of the tub.

Shedding. Every dog needs a good comb-out to remove dead hair. When possible, do this outside, to reduce dander or flyaway fur in the house. Use a tool suited to the dog's coat from a pet store—a brush, comb or saw-toothed loop to get to the undercoat.

Matted Fur. Dog hair can felt up faster than a wool sweater in hot water. Always comb the mat starting from the end. If it's especially stubborn, cut the mat lengthwise to separate into two or three pieces before combing. Don't cut the mat out entirely, which is as noticeable as cutting a wad of bubble gum out of a child's hair. Move especially difficult mats into the tub and rub a conditioner into it (a show horse detangler works well).

Ears. Red, painful, inflamed ears or dark, tarry goo inside an ear means

infection or ear mites; head to a local veterinarian for an appropriate salve or drops. "Breeds like the Maltese or poodles get ear infections from moisture held in the ears by too much hair," explains Diana Immordino, a master groomer with Animal General Hospital, in Port Saint Lucie, Florida. "A professional groomer can show how to gently and safely remove the excess, and advise if a drying powder is needed."

Teeth. Dogs love chicken- or liver-flavored toothpaste; using a tempting flavor makes maintaining sparkling clean teeth and a healthy mouth easy to achieve at home. Brushing several times a week will reduce or eliminate the need to sedate the dog for a more costly professional dental cleaning.

Feet. Make it a habit to keep fur trimmed even with the pads, so the dog isn't slipping on long hair. Trim to make a nice, semicircular paw, as viewed from above. Cavalier King Charles spaniels are the exception to the round paw look.

Baths. Have towels and a gentle shampoo close by. Then bring in the pet and close the bathroom door; it's easier than chasing a wet dog through the house.

Use conditioner for mats only—a dime-sized blob is enough—not for dog hair overall. Rub it into the mat and let it sit for 15 minutes before combing out the tangle.

Small or shorthaired dogs can take a dip in the bathtub, but large, and/or double-coated breeds are best bathed outdoors or in a special tub in the laundry room, to keep fur out of the drain. A spray attachment will help get water all the way to the skin for breeds like a Keeshond, Malamute or Siberian husky.

Bloodhounds, pugs, bulldogs and shar peis need extra care. "Separate the wrinkles, suds up, rinse thoroughly and be careful to dry between the folds," says Immordino. "These breeds can develop yeast infections between the wrinkles."

Have several towels ready and dry the dog's entire body before opening the door, because most will bolt to shake themselves dry and rub on rugs and furniture. A hair dryer on the coolest setting can help if it's kept away from the dog's skin and the buzzing rush of air doesn't cause anxiety.

Plucking. Harsh-coated, non-shedding dogs such as the Cairn terrier should not be bathed; strip their coat instead. "Plucking removes the soft, dead undercoat, allows a healthy, vibrant coat to grow and maintains a proper rough texture that repels dirt and water," explains Patti McCully, a Cairn breeder in Arvada, Colorado. "Baths soften the coat and would eliminate this auto-clean feature. Stripping doesn't hurt the dog. There's no stinky smell, either."

Nails. If an owner is squeamish about cutting a dog's nails too short, local rescue clinics often offer nail trims for a small donation. At home, use a handheld grinding tool with a dome safety feature from the hardware store, instead of grab-and-crunch clippers.

"The easiest way to do a dog's nails is to have the dog do it himself, dragging its nails across a filing board," counsels M. Shirley Chong, a clicker trainer in Grinnell, Iowa. "I teach people how to do this and it's easy to train the dogs, because they enjoy

it." The trick is to put the board out of reach between supervised sessions (ShirleyChong.com/keepers/nailfile.html).

Finally, when the family dog is having a bad hair day and time is an issue, a professional can save the day. Mobile groomers make house calls, and regular grooming contributes to a sweet-smelling dog.

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

Doggie Grooming Recipes

Skunk Odor Remover Formula

1 quart 3-percent hydrogen peroxide
¼ cup baking soda
1 tsp liquid dish soap, formulated to remove food oils

Mix together at time of usage and immediately apply foaming mixture

to affected areas. Avoid the eyes. Rinse thoroughly with lukewarm water. Discard excess solution by pouring it down the drain while running water; never store it, because pressure buildup can cause the container to burst.

Natural Citrus Flea and Mosquito Repellent

1 large lemon, including thick rind, sliced paper thin
1 Tbsp crushed rosemary leaves or 6-inch sprig
1 Tbsp aloe pulp or juice, as needed
1 quart hot water

Place lemon slices in a bowl and add rosemary. For dry skin, add aloe pulp. Pour a quart of near-boiling water over mixture, lightly stir and let steep overnight. Strain into a large spray bottle and refrigerate until needed. Shake well before spritzing the dog, at least twice a week or more often when bugs are most prevalent, including stomach and paws.

Primary source: VetLocator.com



Janise's
SUPERMARKET
Sunset, LA



We Have
Frozen Wheatgrass



POOL MEMBERSHIP SPECIAL

Pool membership includes access to pool, volleyball court, children's play area, and walking track.

\$60
\$60 for entire summer.

Call or come by:
(337) 896-3319

COMMUNITY FITNESS
329 Hector Connolly Rd., Carencro

KIDS - Come and spend the summer with us at the pool



PEDALING PLEASURE

Find a Bike that Fits Your Style

by Randy Kambic

May is here—National Bike Month—heralded by a new Outdoor Industry Association study, which reports that bicycling is adult Americans’ second-favorite outdoor activity, after running. Its popularity is not surprising: Biking provides energizing aerobic and cardio exercise, flexibility, freedom, access and simply makes anyone feel young and vital.

“Everyone remembers their first bike and learning to ride it,” says Micah Rice, managing director of national events with USA Cycling, in Colorado Springs. “Parents can tap into that interest and the entire family can participate in a ride around the block, along a bike path, on an adventurous bike trail or in a local group fun ride. Cycling is easier than running, because it is less hard on

your body and you can ride at any pace or distance.”

Sometimes we ride to combine shopping with exercise on local streets; on other occasions, we eagerly traverse old rail lines or ride hillside moguls. Having the right bicycle delivers the most from any experience.

Choosing Wheels

Knowing your style and primary planned uses are paramount. Leading manufacturers, including Cannondale, Electra, GT, Marin, Novara, Raleigh, Scott and Trek offer many models for men, women and youngsters. Categories range from urban, road or mountain to recreation, comfort or cruising.

Bikes designed for road and pavement are generally lighter and have more gears than mountain bikes, which are built with more shock-absorbing features, such as rugged suspension and rough terrain tires, plus more lower gears to help ascend inclines. Urban and commuting bikes feature a slightly more upright riding position that helps bikers and motorists to see each other better.

Steve Colmar, a sales specialist at REI’s Seattle, Washington, store, provides two key guidelines for choosing and using a bike. Regarding seat position, “Make sure your leg has a slight bend when your pedal is at its lowest point in its rotation. If the legs feel a little cramped, raise the seat.” Regarding

Wish you had more **energy** and **focus** at work?

Drug Emporium
Vitamins Plus

We Have *Frozen Wheatgrass*

handlebar position, "Many serious road bikers adjust handlebars to be a little farther away, so they can lean forward with more weight in their hands, while many casual riders prefer a more upright position, because that's what they are accustomed to while sitting. Whatever you are most comfortable with works."

He notes that REI (rei.com) master bike technicians nationwide provide advice on selecting a bike, as well as free public bike maintenance classes.

Cargo Carriers

Some riders feel that shouldering a knapsack is uncomfortable, inadequate or hinders pedaling. Bikes can be equipped with cargo-carrying capabilities to increase usability. Whatever the length of trip, having the gear to bring along key supplies will yield more utility and enjoyment: Think water, food, spare tire, cell phone, etc. What about bringing home some fresh produce from the farmers' market?

For around-town use, go with a bike trailer for frequent large loads; smaller amounts can fit into one or two front and/or back bike bags. Local bike shops can advise.

Fun Biking Tips

Looking to get more out of your wheel time? Here are some bicycling trip tips from RoadBikeJourney.com.

- Try a new route today
- Bring a camera along
- Join a riding club and attend a bike race
- Invite your spouse or a friend to be a ride buddy
- Track total mileage and roads via GPS
- Use a heart rate monitor and log the encouraging stats

Riding Resources

USA Cycling, the sport's national governing body, is hosting 17 national competitions with expos around the country this year in mountain, road and track categories for juniors, collegiate, open and senior divisions, plus many other local events. Visit USACycling.org to search for nearby riding clubs and

and year-round events.

Since 1986, the nonprofit Rails-to-Trails Conservancy (RailsToTrails.org) has been using former rail lines and connecting corridors to expand bicycling opportunities. To date, the Washington, D.C.-based organization has converted 20,000-plus miles of rail-trails and is currently seeking to add another 9,000 miles. Its largest annual participatory event is the 335-mile Greenway Sojourn, from D.C. to Pittsburgh, Pennsylvania, from June 17 to 24.

Many parks and recreation departments support off-road clubs that preserve and maintain biking trails, and statewide bicycling associations welcome participation. Also check for information and opportunities via AdventureCycling.org, BicycleFriendlyCommunity.org, BikeLeague.org, BikesBelong.org, ClimateRide.org, imba.com (International Mountain Bicycling Association) and PeopleForBikes.org.

Pedal power to the people!

Randy Kambic, in Estero, FL, is a freelance writer and a copyeditor for Natural Awakenings.



OPEN: Mon-Fri 9-5pm Sat 9-3pm

337-942-8751

GENESIS WHEATGRASS

100% CHEMICAL AND PESTICIDE FREE



Frozen Wheatgrass

15% Discount on your purchase with this ad.
Not valid with senior discount

SEE US FOR

VITAMINS
MINERALS
SUPPLEMENTS
HERBS TEAS

939 Creswell Lane,
Opelousas, LA

PROBLEM WITH

ARTHRITIS
GOUT
MUSCLE PAIN
LOW ENERGY
HAIR LOSS

TRY

GLUCOSAMINE/
CHONDROITIN
BLACK/TART CHERRY
OLD GOAT RUB
MULTI-VITAMIN
BAO SHI

COULD YOU USE?

- An Energy Boost
- Improved Immune Function
- Restored Body pH Balance
- Aid in Liver Detoxification
- More Oxygen to all Body Tissues

TRY OUR WHEATGRASS AND ENERGIZING GREENS

inspiration



The Power of Place

by Linda Sechrist

The qualities that make a place special to us are highly personal, and they often help us to define who we are. Whether the setting is a lake house, a mountain lodge, a seashore cottage or a backyard at twilight, our sensory connections to these special places shape us in deep and lasting ways. Childhood experiences of our hometowns and memorable spots where we ran free during summer vacations are often deeply embedded in our strongest memories.

This relationship to place is one that we carry within ourselves for a lifetime. Nobel Prize-winning author William Faulkner noted that his own “little postage stamp of native soil” was an inexhaustible source of material. Fellow Mississippian and Pulitzer Prize winner Eudora Welty wrote, “Place absorbs our earliest notice and attention, it bestows on us our original awareness; and our critical powers spring up from the study of it and the growth of experience inside it. It is to this place that each of us goes to find the clearest, deepest identity of ourselves.”

Psychologist Carl Jung lived nearly half his life in a home he built in the village of Bolligen, on Switzerland’s Lake Zurich. In his memoir, *Memories, Dreams, Reflections*, Jung remarked, “At Bolligen, I am in the midst of my true life, I am most deeply myself. At times I feel as if I am spread out over the landscape and inside things, and am myself living in every tree, in the splashing of

the waves, in the clouds and the animals that come and go, in the procession of the seasons. In Bolligen, silence surrounds me almost audibly, and I live in modest harmony with nature.”

Iona Dreaming: The Healing Power of Place, is Clare Cooper Marcus’ journal of her six months on the Scottish island of Iona. The author writes, “I feel pure in this place. It is as if there was no separation between my living, breathing, perceiving body and my soul-nature. No posturing, no pretending. I am who I am—no more, no less. As my breathing slows and I relax, I experience the sound of the sea passing through me—not me hearing the sea, not me and the sea—just the sound. A breeze blows across my face; the sun shines on my cheeks and forehead. For a moment, they seem to penetrate my body. Then, they just are. My body ceases to exist. No Clare or ego or a specific person, but a manifestation of divine energy just like everything around me... our separateness just an illusion.”

These kinds of intimate experiences occur most often when we are in a relaxed or meditative state, or spending full-bodied, multisensory, openhearted time in nature. Such moments inspire the experience described by American Poet Robinson Jeffers in which we “fall in love outward.”

Linda Sechrist is a senior staff writer for Natural Awakenings magazines.

TURN YOUR PASSION INTO A BUSINESS...

own a *Natural Awakenings* magazine!

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.

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*
- Santa Barbara/Ventura, CA
- Denver/Boulder, CO
- Hartford, CT
- Fairfield County, CT
- New Haven/Middlesex, CT
- Daytona/Volusia/Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/St. Augustine, FL
- Melbourne/Vero Beach, FL
- Miami & Florida Keys
- Naples/Ft. Myers, FL
- North Central FL*
- Orlando, FL
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tallahassee, FL
- Tampa/St. Petersburg, FL
- Florida's Treasure Coast
- Atlanta, GA
- Northern GA/Western NC
- Chicago North Shore, IL
- Indianapolis, IN
- Kansas City, KS
- Louisville-Metro, KY
- Lafayette, LA
- New Orleans, LA
- Boston, MA
- Ann Arbor, MI
- Grand Rapids, MI
- East Michigan
- Lansing, MI
- Wayne County, MI
- Minneapolis, MN
- 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
- Asheville, NC*
- Charlotte, NC
- Raleigh/Durham/Chapel Hill, NC
- Oklahoma City, OK
- Portland, OR
- Bucks/Montgomery Counties, PA*
- Harrisburg, 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*
- Tyler/Longview, TX
- Richmond, VA
- Southwestern VA*
- Seattle, WA
- Madison, WI
- Milwaukee, WI
- Puerto Rico

*Existing magazines for sale

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



For information about how to publish *Natural Awakenings* in your community, call

239-530-1377

NaturalAwakeningsMag.com

HEALTH ASSESSMENTS AVAILABLE

Let Your Body
Do the Talking



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

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



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



312 Guilbeau Rd., Lafayette www.YourRoadLessTraveled.com

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

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.



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

 **Get to the Source !
of Inflammation and Pain**

Chronic inflammation has been linked with autoimmune disorders, allergic reactions, viral and bacterial infections, and a host of other diseases and disease processes.

Dr. Steven T. Castle
Balance and Doctor of Natural Medicine



Pulmonary diseases Cancer Cardiovascular diseases
Neurological diseases ← **INFLAMMATION** → Alzheimer
Autoimmune diseases Arthritis Diabetes II

\$210 INFRARED HEAT TREATMENTS
Includes 12 Infrared Sauna Treatments, 12 Whole Body Vibration Sessions, 1 month of Pain & Inflammation Blend

call (337) 347-4141

St. Ignatius Catholic School



Rising to the Challenge
Faith ~ Service ~ Knowledge



Small Class Sizes Prek (3) - 8th Grade
Call for a personal tour

180 Church Street, Grand Coteau, LA
337-662-3325

www.stignatiusschool.us

St. Ignatius Catholic School does not discriminate on the basis of race, sex, creed, or national origin.

**Have your next kid birthday party at the
Caribbean Club House**

12178 Hwy 190. Between Opelousas and Lawtell. Next door to Lucky's Casino and Truckstop

Includes:

- YOU RENT THE BUILDING FOR \$250 AND IT INCLUDES EVERYTHING
- 2 hour party for up to 50 guests
- One 25 ft dry slide, 14 ft funjump, 12 ft JR obstacle course
- Seven arcade games including riding cars and motorcycles
- Air hockey and indoor basketball
- Bring your own food and drink or order from concessions

Tel: 678-1500

www.CaribbeanClubOnline.com

Air-conditioned indoor funjumps, arcades, and party room.



\$250
To Rent Building

calendar of events

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

GET YOUR CALENDAR ITEMS PUBLISHED

SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

TUESDAY May 1

Loyalty Day – 6-8 pm. A celebration of freedom with a flag ceremony and harmony of patriotic music. Boulingy Plaza, 102 W Main St, New Iberia. 337-354-1428.

French Musical Jewels – 7:30pm. The unique elegance and mysticism of French music will be featured in a joint recital of award-winning pianist Tanya Bannister and the principal wind players of the ASO Acadiana Symphony. \$45. Acadiana Center for the Arts, 101 W Vermillion St, Lafayette. 337-232-4277. AcadianaSymphony.org.

WEDNESDAY MAY 2

Iberia Parish 4-H AG Days – thru Thurs May 3. 8am. Students receive hands on experience with farmers and professors of agriculture. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-1631. SugArena.com.

THURSDAY MAY 3

On Tap: 2nd Annual Membership Drive and Kick-Off – 6-8 pm. Join us as we renew memberships and seek out New Iberia's finest group of individuals to join On Tap for our 2012-2013 year. Hors' d'oeuvres and beverages provided. On Tap members must be at least 21 years of age. Membership \$100 for individuals and \$150 for married/engaged couples. Online registration and payment available. Free. Clementine's, 113 East Main St, New Iberia. Info@IberiaOnTap.com.

FRIDAY MAY 4

Acadiana 4-H Horse Camp – thru Sat May 5. 8am. Teaching 4-H students how to properly care for their horses. \$75. Hilton Waites. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-898-4335. SugArena.com.

Breaux Bridge Crawfish Festival – thru Sun May 6. 4pm-12am. Sat 10-12am. Sun 9-12am. Largest gathering of world famous Cajun, Zydeco and Swamp Pop musicians. Over 30 bands on three stages during the three-day festival. Enjoy crawfish prepared in every imaginable way. Fri, May 4 \$5; Sat, May 5 \$10; Sun, May 6 \$5; Advance 3 day Pass \$15. Parc Hardy, Rees St, Breaux Bridge. 337-332-6655.

Relay for Life of Iberia Parish – 6pm-6am. The American Cancer Society's signature fund-raising event, bringing communities together in hope, celebration and memory. Teams and individuals raise money to be donated through obtaining sponsorships. New Iberia Senior High School, 1301

E Admiral Doyle Dr, New Iberia. 337-365-1540. RelayForLife.org.

SATURDAY MAY 5

Sunset Herb & Garden Festival – 9am-4pm. Experience the joy of herbs, flowers, yard art and many other crafts. Food, drinks and cookies sold by the Sunset Garden Club. Slices of gateau na-na for sale made by the Kitchen Shop in Grand Coteau. \$5. Marie St, downtown Sunset. 337-662-3542 or 337-371-0090.

Que'ing for the Kids: Day 2 – 11am-4pm. Come out and support the Acadiana Children's shelters while enjoying a state championship, IBCA sanctioned cook-off in the RV park at Acadian Village, with a jambalaya cook-off on Friday night and a Boss of the Sauce competition on Saturday in addition to the BBQ contest. \$150 for all meat categories. \$25 for Jambalaya contest. Free. Lynn H or Leslie Briscoe. Acadian Village, Lafayette. 337-322-1112. TheChildrensShelters.org.

Race to End Domestic Violence Scavenger Hunt – 3:30-7pm. Family Violence Intervention Program. Cyclists given clues to about 30 items to collect. Following the hunt, several bands will play at Blue Moon for a cover charge of \$10 after 7pm. Prizes awarded. \$75 pre-registration, \$80 per team. Ralph Peters. Blue Moon Saloon, 216 E Convent St, Lafayette. 337-232-2440.

Pre-Mother's Day Domestic Violence Awareness – 4pm. This event highlights awareness to empower our community about domestic violence. Free. Clifton Chenier Center. 337-281-8614.

"No Story is Ever Over" – 6-7:15pm. Historical Louisiana film features the transformation of Louisiana's economy from agriculture to industry; the Civil Rights Movement of the 50s and 60s; and Louisiana's place in the 21st century. Free. Lafayette Public Library. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Relay for Life Lafayette – 6pm-6am. The American Cancer Society's signature fund-raising event, bringing communities together in hope, celebration and memory. Teams and individuals raise money to be donated through obtaining sponsorships. Comeaux High School, 100 W Bluebird St, Lafayette. 337-521-7970. KJVB28@gmail.com. RelayForLife.org.

Mozart and Beyond – 7:30pm. New Orleans International Piano Competition winner Tanya Bannister will perform Mozart's masterful Piano Concerto No. 14. Music of two other Viennese masters, Beethoven and Schubert, will provide additional musical power and grace to the concert. \$25. UL-Lafayette, Angelle Hall Auditorium, 601 E St Mary Blvd, Lafayette. 337-232-4277. AcadianaSymphony.org.

SUNDAY MAY 6

Soundtown – 2-6 pm. Acadiana Symphony Orchestra presents a family fun day featuring Roddie Romero and Chubby Carrier in foot stomping tunes with moving performances by the Conservatory Chorus, members from the Boys and Girls Clubs of Acadiana music program and other Conservatory students. Attendees enjoy free trolley rides and kids enjoy fun jumps and explore musical activities provided by the ASO staff. This fundraising concert event will raise funds for an early childhood literacy program at Trumann Montessori ABC's & Do-RE-ME. Free. Sugarmill Pond, 101 Waterview Rd, Youngsville. 337-232-4277. AcadianaSymphony.org.

TUESDAY MAY 8

Cyber Camp – 11am-5pm. For grades 9-12 interested in video game programming. Discover how games are designed. Experience 30 hours in class for one week with a wrap-up pizza party on Friday. Participants can earn .5 credits if their school has a Running Start program. \$150. The Academy of Interactive Entertainment, The LITE Center, 537 Cajundome Blvd, Lafayette.

THURSDAY MAY 10

Man to Man Meeting – 5:30pm-6:30pm. The American Cancer Society's Man to Man program helps men cope with prostate cancer through the recovery process. Free. RSVP Mona. 5th floor conference room, Our Lady of Lourdes, 4801 Ambassador Caffery Pkwy, Lafayette. 337-237-3797 x 0.

Oral History and Poetry Performance – 7pm. Oral history session with Ms Etha Simien Amling and a delightful poetry performance by Latasha Weatherpoon. Bring your own poems, songs or stories for the Open Mic that follows. Free community event appropriate for teens and adults. Patrice Melnick. Casa Azul Gifts, 232 ML King Dr, Grand Coteau. 337-662-1032 or FestivalWords@gmail.com.

Using Herbs in the Kitchen – 7-9pm. Look at the culinary use of herbs, when to harvest and store them. Get ideas and recipes. Learn when to use them fresh or dried. Preregistration required. \$20. Earth N Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs@Centurytel.net.

Louisiana Crossroads: Zigaboo Modeliste, King of the Funky Drums – 8-11pm. A first generation creator of Louisiana funk, Zigaboo has worked with The Rolling Stones and countless others. Featuring his hard-grooving seven-piece band, this will be the perfect high-energy season closer. ACA's James D Moncus Theater, 101 W Vermilion St, Lafayette. 337-233-7060.

FRIDAY MAY 11

2012 Lafayette Heart Ball – 6:30-10pm. Join us for an elegant celebration of life with proceeds benefiting the American Heart Association. \$100. Laura Broussard. Heart Hospital of Lafayette, 1105 Kaliste Saloom Rd, Lafayette. Deborah.Pierce@Heart.org or Laura.Broussard@Heart.org. 337-781-2198 or 337-316-0951.

SATURDAY MAY 12

National Barrel Race Association – 8am. Concessions available. SugArena at Acadiana Fairgrounds, 713 NW Bypass, New Iberia. 337-365-7539. SugArena.com.

Q'ing on the Bayou: Boat Poker Run – 9am. Pre-determined stops where cards are drawn. Ends at Delcambre boat dock at 6pm for live music. BBQ Cook-off begins at 10am with judging; serving after 4pm. Delcambre Boat Docks, 411 S Richard St, Delcambre. 337-658-2422. DelcambreBoatParade.com.

3rd Wheelin & Peelin Car Show – 10am-5pm. Awards ceremony at 3pm. Boiled crawfish, crawfish etouffee, hamburgers, soft drinks and beer available. No ice chests. Gossen Memorial Park, 206 Frog Festival Dr, Rayne. 337-334-2332.

Family Fun Day – 10am-2pm. The Girl Scouts will be hosting a Family Fun Day at Girl Scout Camp Bon Temps with canoeing, fishing, archery, crafts and much more. The whole family is invited to come out and discover the fun, friendship and adventures to be had in Girl Scouts. Free. 1123 Camp Bon Temp Rd, Breaux Bridge. 1-800-960-2093. GirlScoutsPinesToGulf.org.

2nd Annual Local Filmmakers Showcase – 6-8pm. Join us during the May Art Walk weekend and discover the rich talent pool and incredible imagination of Acadiana's own accomplished directors and producers. From documentaries to fiction films, local themes to global concerns, this is the showcase for film talent in Acadiana. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. 337-233-7060.

R.A.S.H. (Riding Armadillos Scavenger Hunt) Bicycle Scavenger Hunt – 6-10:30pm. Cool activities, delicious treats and great music. Over \$3,000 in cash and prizes. To benefit T.R.A.I.L. & Bike Lafayette in building the Atakapas Ishak Trail. \$80/team. Preregistration online or register on the day of event. The Feed & Seed, 106 N Grant St, Lafayette. 337-344-7163. Active.com.

FRIDAY MAY 18

"Alladin Jr" – thru May 19. 7pm. Christian Youth Theatre, Angelle Hall, University of Louisiana at Lafayette. 337-258-2349.

Jazz at the Center – 8pm. The endowment for Humanities' Humanist of the Year Award winner and recent Treme star Dr Michael White and his seven-piece band will bring some New Orleans style Jazz to close out our inaugural season. Get ready to second-line between the tables. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. 337-233-7060.

SATURDAY MAY 19

LA-LA Fest – 11am-5pm. Witness the paint before it's squeezed. Experience our spin on Louisiana art. Free. 102 Woodvale Ave, Lafayette. 337-247-7674.

Intro to Pilates Mat work 101: For the Aspiring Teacher – 12pm-6pm; Sun May 20, 10am-6pm. Jerry Smith-Guidry teaches. During this weekend, learn to teach the 18 beginner level mat exercises and be introduced to teaching tools, philosophy and formula. The training is broken into five different modules. Each module requires a number of apprentice hours. \$195; Earlybird/\$175 by May 12. Class limited to 8 people. Acadiana Yoga & Wellness. 337-236-9000. AcadianaYoga.com.

Louisiana Ice Arena Open House – 12-3pm. Get information about skating and hockey programs. Free skating for everyone. Tamarah Hooper. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

Cajun Jam Sessions – 2-6pm. Enjoy live Cajun music in a casual setting. Free. Museum Cafe, 102 E Edwards St, Erath. 337-937-0012.

Armed Forces Day Ceremony – 6-8pm. A celebration of our armed forces keeping us safe at home and abroad with a flag ceremony and harmony of patriotic music. Free. Boulogny Plaza, 102 W Main St, New Iberia. 337-354-1428.

SUNDAY MAY 20

12th annual Hibiscus Show and Sale – 9am-4pm. Exotic varieties of hibiscus, hibiscus fertilizer, expert advice and care information available. Mike Bernard or Ann Peltier. Cathedral Carmel Gym, St John St, Lafayette. Ann@AcadianaHibiscus.com or AcadianaHibiscus.com.

THURSDAY MAY 24

Intuition, Breath, Meditation & Prayer – 1-3pm. Learn simple techniques of quieting the mind and going inward, where peace and inner knowing is waiting. Come with an open mind. This is not about religion, but how to connect spiritually with your God. Preregistration required. \$20. Earth N Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs@Centurytel.net.

24th Annual Cajun Heartland State Fair – thru Sun June 3. 5pm. Join thousands for the best in family entertainment for children of all ages. North American Midway Entertainment will have numerous super rides, free concerts and free attractions. Free admission. Cajundome, Lafayette. CajunDome.com/chsf.aspx.

SATURDAY MAY 26

Splash Bash – 10am-4pm. Swimming, arts & crafts, games, fun jumps, food, refreshments. New Iberia City Park, 300 Parkview Dr, New Iberia, LA. 337-367-7627.

Salutation Foundation – 2-5pm. Shannon Sonnier teaches Sun Salutations (Surya Namaskar) the foundation of most flow (vinyasa) style yoga practices. Workshop will go over the foundations of sun salutes. Participants can master alignment and transitions. Benefits and symbolism will be discussed. \$35 early bird by May 19 or \$40. Acadiana Yoga & Wellness. 337-236-9000. AcadianaYoga.com.

SUNDAY MAY 27

Zydeco Extravaganza – Performances by Corey Arceneaux, Koray Broussard & the Zydeco Unit, the original Zydeco Force, Leon Chavis & the Zydeco

Flames, Dog Hill Stompers, Geno Delafosse, Same Ol' 2 Step, Snuggles & the Zydeco Showstoppers, Brian Jack, Chris Ardoin, Keith Frank and the legendary rapper E.S.G. \$15. Evangeline Downs Racetrack & Casino, 2235 Creswell Lane Extension, Opelousas. ZydecoExtra.com.

Bunk Johnson Jazz Festival – 10am. Food, music, arts & crafts and special events. New Iberia City Hall.

MONDAY MAY 28

Memorial Day Ceremony – 6-8pm. A Celebration commemorating all of our fallen Soldiers with a flag ceremony, 21 gun salute and harmony of patriotic music. Free. Boulogny Plaza, 102 W Main St, New Iberia. 337-365-1428.

TUESDAY MAY 29

Bal du Dimanche with Bradley Venable & Kickback – 1-4pm. Dance the afternoon away with Bradley Venable & Kickback at Vermilionville's weekly Sunday Dance. \$5 dance admission does not include park entry fee. Vermilionville's Performance Center.

WEDNESDAY MAY 30

How they Run – thru June 9. A classic British farce by Philip King set during World War II with multiple cases of mistaken identities and raucous chases through an English Vicar's house. Sure to provide lots of laughs. IPAL. 337-364-6114. IPAL@cox.net.

THURSDAY MAY 31

Iberia Performing Arts League Presents, "Blithe Spirit" – 7:30pm. Live theater production, concessions. \$10. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. IberiaPerformingArtsLeague.com.

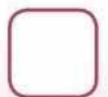


Cupid's Daiquiris VIP Customer Card!

Buy 10 Daiquiris & Get One 16oz Daiquiri FREE!



Lafayette: 109 Louisiana Ave. 337-706-8976
Opelousas: 409-B Creswell Ln. 337-948-0069
New Iberia: 7200 W Hwy 90 337-365-9969



Look for us on
Facebook & Twitter!



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

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

monday

First Day of Yoga Teacher Training – 8:30am-1pm. May 14-Aug 2. Jerry Smith-Guidry instructs this program which gives students a safe and thorough experience in many of the deeper practices of Hatha Yoga, not just in Asana. Learn breathing and meditation practices and explore the philosophical and historical views underlying yoga practice. This broad-based teacher training reveals Yoga's ancient roots and modern applications. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Anusara Inspired Yoga – 12:05-12:55pm. Heart centered, alignment focused practice. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Gentle Yoga – 4-5pm. Great place to begin one's practice or renew from the day. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Acadia Parish Library "Monday Night at the Movies 15th Session" – 6pm. Weekly movie series of classic films. Bring a friend. May 7: A Walk in the Sun (1945), May 14: Words and Music (1948), May 21: Road House (1948). Acadia Parish Library. 337-788-1880.

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon. each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

Photography for Kids – 6-7pm. Learn about technique, composition and presentation while creating fun, hands on projects. No experience necessary. The Front Room, 1301 Avenue A, Scott. 337-258-2333. MusicReed@yahoo.com.

Qi Gong – 7-8pm. Join Brian Bernard. Simple yet powerful form of therapeutic exercises which cultivate the heart and mind while strengthening the circulation of Qi (chi, prana or vital energy), for the purpose of health. Specific postures, visualization and meditative movements combined with smooth, graceful and

gentle stretches. \$45/series. Acadiana Yoga & Wellness, Lafayette. 337-236-9000. AcadianaYoga.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.

First Day of Yoga Teacher Training – 8:30-11:30am. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Adv. Beginner Vinyasa Yoga – 9-10am. Focus on foundational poses with a flow to build endurance. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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.

Pilates Mat – 12:05-12:55pm. Experience lengthening and strengthening, get the best core workout, improve posture and balance. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Teche Area Farmers' Market – 3-6pm. 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.

Gentle Yoga – 4-5:15pm. See Monday listing. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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 Avenue A, Scott. 337-258-2333. MusicReed@yahoo.com.

Power Flow Yoga – 5:45-6:45pm. Intense poses, vigorous flow; this class will make one sweat. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Alzheimer's Association presents Step-by-Step Educational Series for Caregivers – 6-7:30pm.

Acadiana area experts on Alzheimer's disease for caregivers of persons with Alzheimer's. Topics cover symptoms, caregiver tips and provide a general understanding of the disease process. Senior Helpers welcomes you to bring your loved one with the disease and will provide activities during the presentation. Jennifer Campisi, Emeritus at Lafayette, 215 West Farrel Rd, Lafayette. 337-893-5030.

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.

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon. each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

Mystery Book Club – 6:30-7:30pm. The South Regional Library hosts a mystery book club on the third Tues of each month. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Yin Yoga Series with Kayla Lemaire – 7-8:15pm. Most common Yoga practices are yang in nature and target the muscular tissues of the body. Yin Yoga stretches and strengthens the connective tissue often referred to as white tissue. Helps to strengthen the bones and joints that suffer the wear and tear of our active lives. No prior experience necessary. \$40/series or \$12/class. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com

wednesday

First Day of Yoga Teacher Training – 8:30 am-1pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Anusara Inspired Yoga – 12:05-12:55pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Adult Art – 1-3pm. Adult art lessons in any medium with instructor Robert Baxter. \$15 per class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.com.

Freetown Farmer's Market – 2-5:30pm. Pesticide-free Produce, plants, flowers, baked goods and crafts from local farmers and vendors. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

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

Gentle Yoga – 4-5pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

thursday

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

First Day of Yoga Teacher Training with Jerry Smith-Guidry – 8:30-11:30am. See Mon listing.

Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Adv. Beginner Vinyasa Yoga – 9-10am. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Pilates Mat – 12:05-12:55pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Gentle Yoga – 4-5:15pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Rhythms on the River – 5:30-8:30pm. Enjoy a laid back evening of outdoor music and dancing. Bring lawn chairs and friends. Free. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-216-6529.

Power Flow Yoga – 5:45-6:45pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

friday

Yin Yoga – 9-10:15am. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Downtown Alive – 5:30-8pm. Great family-friendly, smoke free, outdoor concerts with food and beverage concessions. Parc International, Lafayette. DowntownLafayette.org.

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 – 6-10am. See Tues listing. Main St, New Iberia. 337-256-4971.

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.

Hub City Farmers/Market – 8 am-12 pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heyman St (Across from Champagne's). HubCityFM@afo.net.

Kaplan's Farmers' Market – 8 am-12 pm. Local foods and crafts. Every second Saturday of the month. Turnley Park, downtown Kaplan, 701 N Cushing Ave, Kaplan. 337-643-2400.

Beginner Yoga – 9-10am. Learn basics of yoga. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

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

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. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

Jivamukti Yoga – 10:15-11:15am. Spiritual practice using vinyasa asana, music, meditation and scripture. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Cajun Jam Sessions – 2 pm-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.

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

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

Monthly Night Hike – 7-9pm. On the last Saturday of each month, people can take hikes through the Acadiana Park Nature Trail. \$2. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

Old Fashioned Fais-do-do Barn Dance – 7pm-12am. Bands TBA. Must be 18 to enter. Free. Lakeview Park & Beach, 1717 Veteran Memorial Hwy, Eunice. 337-457-2881

Clear Your Head

Take a day off and spend it antiquing, visiting a museum exhibit you've been longing to see, going to flea markets, or picnicking in a public garden. A change of scenery will do you good.

CAPTAIN NUTRITION

COMMUNITY FITNESS

329 Hector Connolly Rd., Carencro
(337) 896-3319

WE OFFER

- Wheat grass (pill and frozen juice)
- WheTea
- Protein Powders
- Protein Smoothies (made with fresh fruit)
- Pre workout Supplements
- Post workout Drinks
- Protein bars





liteon

Natural Health Center

Powerful, Positive Healing for Life

Tel: 347.4141 or 896.4141

BACK to BASICS Health Program \$160

One month supply of GENESIS Wheatgrass
Vitamin Therapy: Food-Based Multivitamin & Food-Based Multimineral
Healthscope Health Assessment
Thermography Women's Health Screening
Naturopathic Doctor Visit

UNLIMITED Spa Services \$280

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

RESTORE Health Program \$340

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions
Vitamin Therapy: Co-Q10, Antioxidant Complex, Food-Based Multi
Healthscope Health Assessment
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

SAUNA & Whole Body Vibration

4 Sessions Sauna & Whole Body Vibration: \$75
8 Sessions Sauna & Whole Body Vibration: \$140
12 Sessions Sauna & Whole Body Vibration: \$190

* includes four strawberry & wheatgrass smoothie mix for at home detoxification

Water Massage Therapy

4 Sessions Water Massage Therapy: \$80
8 Sessions Water Massage Therapy: \$120
12 Sessions Water Massage Therapy: \$160

DERMOSONIC Cellulite Reduction

4 Sessions DERMOSONIC Cellulite Reduction: \$120
8 Sessions DERMOSONIC Cellulite Reduction: \$220
12 Sessions DERMOSONIC Cellulite Reduction: \$320

Naturopathic Doctor Visit

2 Sessions Naturopathic Doctor Visit: \$145
4 Sessions Naturopathic Doctor Visit: \$260

* includes vitamin & mineral therapy, health assessment, thermography screening

Thermography Medical Imaging

1 Session Complimentary Breast Screening: Free
2 Sessions Breast Thermography Screening: \$78
2 Sessions Full Body Thermography Screening: \$188

Hydro-Dermo Hydration Spa Treatment

4 Sessions Hydration Spa Treatment: \$120
8 Sessions Hydration Spa Treatment: \$210
12 Sessions Hydration Spa Treatment: \$300

Infrared Body Wrap

1 Session Infrared Body Wrap: \$90
2 Sessions Infrared Body Wrap: \$170
4 Sessions Infrared Body Wrap: \$280



ezBUY Discount Card



Business Provider sign-Up Form

it's FREE to you!!

We Advertise your business and we refer customers to you.

You specify the discount % or offer.

(You can specify a discount on all purchases or an offer that is good for only a single item. YOU tell us what the card is good for. You can update or change your offers at any time.)

*customers no longer have to wish they had brought their coupons.

Sign-up today and have your business listed with the ezBUY Discount Card.

We will advertise and promote your business and bring you new customers.

- Expand your clientele and customers while increasing your income.
- Receive referrals from our Customer Service Hotline
- Increase your sales.

Business Name: _____

Contact: _____

Address: _____ **City** _____ **State** ____ **Zip** _____

Telephone: _____ **Website:** _____

Describe your business product or service: _____

Discount(s) Offered (circle one): 5% 10% 15% 20% 25% _____ other

Describe any other specific discount or offer you would honor the ezBUY discount for: _____

AGREEMENT: By signing, I agree to give ezBUY Discount Card members the agreed-upon discount and give ezBUY Discount Corp. permission to publish and advertise my discounts and my business.

Name: _____ **Date:** _____

- Return this form: FAX: (337) 205-6191, Call: (337) 347-4141, email: publisher@NAacadiana.com -
- Mail: ezBUY Discount Card Program, 100 E. Angelle St., Carencro, LA 70520 -

ezBUY

Call (337) 347-4141

Discount Card

to register your card or to become a preferred vendor.

Register your temporary card and receive your permanent card in the mail!



Show Card, Save Money

ezBUY

Discount Card



ezBUY

10% - 75% Discounts

Temporary Card

Show Card, Save Money

Name: _____

Member #: _____

Call (337) 347-4141
To register by phone.

Use ezBUY Discount Card to save 10% - 75% at your favorite places to shop. Shopping malls, yogurt shops, doctor offices, auto service centers, pet groomers, massage therapists, spas, and more.

www.ezBuyYourWay.com

Only \$30/year

Shop and Save At:
Hwy 190 Flea Market, Acadiana Wheatgrass, Caribbean Club House,
1-Call Star N Lock, Natural Health Center, Thermography Medical Imaging,
Lil's Funjumps, and more. Visit our website for a complete list of vendors.

Cut-out this card and start using today.