

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

LITTLE FOODIES

Kids Can Start Early
in Loving Veggies

BOSOM BUDDIES

Natural Approaches
to Breast Health

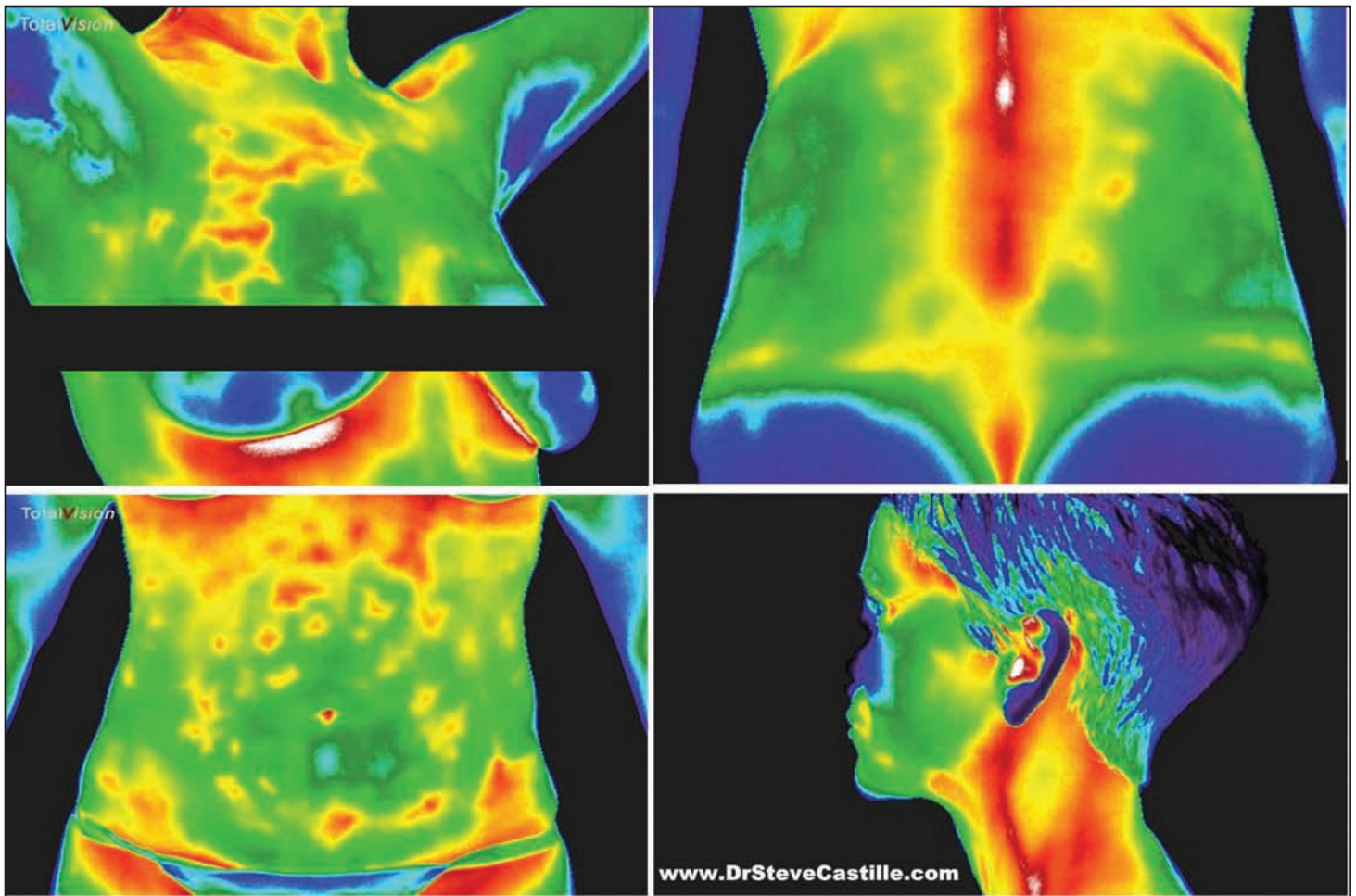
EATING SKINNY

Reach for Veggies
for Weight Loss

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May 2015 | Acadiana-Edition | www.NAacadiana.com



Thermography Detects Inflammation

Find out if you have inflammation

Cancer and Heart Attacks start with inflammation first

Full Body Exam only 30 minutes

Cost is only \$94

Inflammation is the precursor to most major health conditions.

Plaque in coronary artery disease linked to inflammation - scientists from Stanford University, California, linked 25 new genetic regions to coronary artery disease. They found that people with coronary artery disease, the leading cause of death globally, are most likely predisposed to the disease because they have gene variants linked to inflammation.

Source: Medical News Today

Thermography Medical Imaging Exam

Schedule with Carencro Office

(337) 896-4141



You have a warranty for everything: your phone, car, appliances, tv, house...
The most important thing you own is your own body.

Do you need an extended warranty?

natural medicine membership
HEALTH WARRANTY

\$69 per month

FREE vitamins, labwork, alternative therapy
 wheatgrass, manglier tea, greenwater every month
 annual thermography exam and vitamin test

**GET AN EXTENDED
 WARRANTY FOR
 YOUR BODY**

Natural Medicine is nutrition. Purchase an extended health warranty and get the protection of natural medicine. Your vitamins for a cold, flu, cancer, diabetes, hypertension, stroke, heart attack, candida, hormone balance, etc. are covered with an extended body warranty.

Purchase an extended warranty for a parent, child, grandparent, employee, or friend.

**INVEST
 HERE**

Your health is priceless. Health Warranty Program includes natural medicine and nutrition care, training, labwork, thermography imaging and the support and experience of our staff for the lifetime of your body.

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Natural Health Center

Powerful, Positive Healing for Life

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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**
83% 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**

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Carencro Office

662-3120

Sunset Office

*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!)**



FAST Weight Loss PACKAGE \$340

- 15 Whole Body Vibration Sessions
- 2 Dermalsonic Cellulite Reduction Treatments
- 2 Body Wrap Treatment
- 4 FAR Infrared Heat Tummy Wraps
- 3 Ion Foot Detox Treatment
- Raspberry Ketone and WheTea Weight Loss Supplements (28 Day)

6 WEEKS

Up to 22 lbs lost in six week program.

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

BF-4 WEIGHT LOSS PACKAGE \$420

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



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



WHY WEIGHT?



Dermalsonic 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

publisher's letter



May is women's wellness month at Natural Awakenings and this year's special focus is on two areas: breast health and natural childbirth.

Let's consider breast health. What are we doing to minimize our risk of breast cancer? Joyce Sobotta shares her specialized knowledge in this area. In her article, A Crucial Player for Breast Health, she expresses her concern that western medicine promotes only two things to guard against this prevalent disease: monthly self-breast exams and an annual mammogram. Having

lost her sister to breast cancer, Sobotta is determined to educate women on an overlooked but crucial feature in maintaining healthy breasts.

We have always emphasized lymphatic breast massage, vibration therapy for circulation of lymph, and infrared sauna treatments which releases toxins and stimulates the immune system, but there's much more we can do. Exercise, a balanced diet, and emotions play prominent roles. Please consider creating a daily routine for breast health and sharing this information with the women in your life.

It's alarming to learn that Cesarean births are the fastest growing surgical operation in the U.S. and that over 32 percent of all births in the U.S are done by this method. What's happening to account for this? I admit that we don't know enough to offer a strong viewpoint, except to say that common sense dictates this is not natural, especially in light of the fact it's happening in a so-called developed and wealthy country.

Giving birth naturally is a personal choice, and there are many services, practitioners and options available. What we've learned from other sources is that there are 22 states that do not allow certified professional midwives to practice. That seems like a shocking statistic considering midwives have been around for as long as women have been birthing babies.

Sometimes, too much technology is not a good thing. Thankfully, we have nature to bring us back into balance.

Now that spring is here, we can get properly immersed in the sights, sounds and scents that have too long been dormant. Bring on the green and the pink and the red! Color our world with the breathtaking beauty of an idyllic Louisiana vista. (If you take a picture and are so inclined, please share your photo with us via Facebook, Twitter or Instagram. We'll do the same!)

Ready or not, summer, here we come!



Steve and Michelle Castille, Publishers

p.s. Normally we encourage people to recycle or pass along Natural Awakenings after they read it. But if you're a woman, tuck this issue away. It's one you'll want to keep.

Dear God, heal me in body and soul. Strengthen my spiritual and physical weaknesses, and help me find inner strength and peace. - Amen



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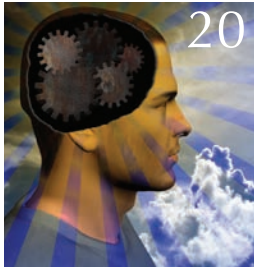
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support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

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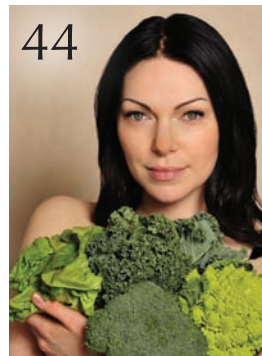
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Organic Frozen Wheatgrass Juice

Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species *triticum aestivum*) when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will

soon power a massive growth spurt. It is this energy that is captured in the juice.

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body

Suggested Use: Drink one 1.5oz frozen cup every other day.

.....\$30.00 (box of 16 count 1.5 oz frozen wheatgrass cups)

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



“Cancer can not grow in an alkaline body.”
- Dr. Otto Warburg, **Nobel Peace Prize Winner** for cancer and alkalinity.

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.\$30.00

WheTea

BURNS STOMACH FAT



One of the primary components of WheTea is EGCG. EGCG stands for epigallocatechin-3-gallate. It is the main antioxidant in tea, said to be more than 100 times more powerful than vitamin C. There is more of it in white and green tea than in black tea. This antioxidant has been shown to help increase your metabolic rate (metabolism) to burn more calories. By raising your resting metabolic rate, your body starts using the fat you've stored throughout your body as a source of fuel to help shed those pounds hanging around.

Suggested Use: 2 droppers per 8 ounces of water. Drink a minimum of 64 oz of water per day.\$20.00



BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

.....\$45.00

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend

can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an

acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

Raspberry Ketone Drops



Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.\$30.00

Raspberry Ketone Capsules

Raspberry ketone may help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods. The many active compounds found is Raspberry work to promote a healthy metabolism and support fat-burning and appetite control.



.....\$30.00

Wheatgrass Capsules



Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It is a collection of tools that work to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the

brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00

Avec Souci “Les Beaux Jardins” Garden Tour



The Les Beaux Jardins Garden Tour celebrating the subtle beauty of Acadiana within nature’s most simple stage will take place from 1 to 5 p.m., May 3. This one-of-a-kind tour kicks off

the gardening season by incorporating five unique Lafayette gardens displaying some of nature’s most beautiful botanical creations. The tour allows people to visit at their own pace and gather inspiration through the magnificent, harmonious natural décor of each garden.

Les Beaux Jardins features cozy cottage gardens, formal gardens with imperial landscapes and gardens designed to regenerate the Earth, replenishing life back within the soil. Each garden has its own distinct features, which make the tour fun and interesting for the entire family. All proceeds from the tour will benefit local charities including Lourdes Foundation (St. Bernadette’s Clinic), Camp Bon Couer, Healing House, Lafayette Community Health Care Clinic, Family Promise, Bridge Ministry, Acadiana Symphony, Special Olympics and the ULL Scholarship Fund.

For information and garden locations, visit AvecSouci.org or call 337-280-3720.

Best Pest Solutions Green and Organic Pest Control



Best Pest Solutions Pest Control is offering green and organic pest control. Green pest control incorporates environmentally friendly practices, such as integrated pest control and products that are completely non-toxic, providing the safest way to keep homes and businesses pest free.

Green pest control has proven to be just as effective as traditional methods, as the emphasis of green pest control is not eradication, but control. With eradication, a threshold is set depending on the type of pest problem that is being encountered. Organic techniques include non-invasive methods that use practical resolutions and natural deterrents as opposed to chemically based options. Each method used, along with the required equipment, is certified to be environmentally friendly and the pest control professionals are all trained in green pest control practices.

For more information, visit PestControlInMyCity.com.

LEDA Hosts Largest Job Recruitment Fair in Acadiana



The Lafayette Economic Development Authority (LEDA) is hosting its 20th annual job fair, the largest job recruitment event in Acadiana, from 9 a.m. to 3 p.m.,

May 12, at the Cajundome Convention Center. Whether individuals are just entering the competitive workforce or simply ready to make a career change, the LEDA Job Fair can help launch or advance a career.

The LEDA job fair will become ground zero for job seekers and employers alike. The event presents a direct approach for job seekers, providing them with an opportunity to be connected directly with some of Acadiana’s top employers. These employers include local companies from various fields and professions offering both short and long term employment. At the fair, trained employment recruiters and experienced hiring managers will be on hand to help each job seeker find the career that will best suit him or her. In addition, Career Consultants will offer three seminars, including I’ve Submitted a Resume... Now What?, Preparing for Different Types of Interviews and How to Write a Powerful Resume.

The job fair is free and open to the public and online registration is available.

For more information, visit Lafayette.org or call 337-593-1400.

Zoo-Zoom Offers Educational Classes



Zoo-Zoom, the Little Zoo on Wheels, is a unique way of educating children and adults about the many exciting animals with which we share this beautiful Earth. Zoo Zoom is offering onsite educational classes for small- and medium-sized groups of all ages. The classes cover a variety of topics including animal behavior, basic habits and natural instincts. Information is also presented on pet behavior and care.

Each class offers fascinating and sometimes amusing facts about various species within the animal kingdom. The sessions offer an eyes-on view combined with hands-on experience, making it fun and interesting for all involved. Classes can be held within any platform including family reunions, company picnics, special events, school functions, education days, nursing homes events and community fairs.

Zoo-Zoom features all types of animals and even spotlight several exotic species, which are not native to this area of the world and are rarely seen. The organization also offers services such as exotic pet rescue and in-house adoption.

For more information or to schedule a class, call 337-845-5124 or visit Zoo-Zoom.com.

Opelousas, Louisiana

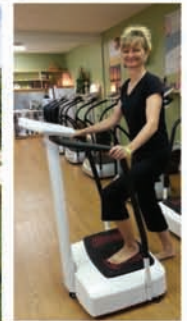
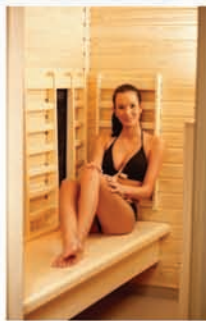
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Vitamin Testing
Organic Juicing
Smoothie Bar
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Arcade Room
Wheatgrass
GreenWater Alkaline Water
Tent Camping and PopUPS
Campfires
Laundry and Showers



\$29

Site Rental with Full Hook-ups

Escape the rat race, reconnect with the outdoors and spend some quality time with family or simply spend time and relax and recharge.

Weekend Camping and Wellness Center Bundle
Includes campsite rental with water, sewer, elec, wifi, and full wellness center access for two days.
1 person = \$195 2 people = \$340



www.CaribbeanCampground.com

Corner of 1077 Wisdom Road and Hwy 190, Opelousas, LA

We See It First

Inflammation sparks almost every major disease in the body.

BRAIN

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

SKIN

Chronic inflammation compromises the liver and kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles and fine lines.

CARDIOVASCULAR

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

KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis and kidney failure can result.

BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures and leading to conditions like osteoporosis.

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

Source: Journal of Clinical Oncology

LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

THYROID

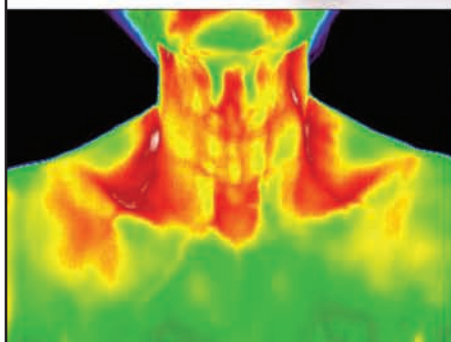
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT

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



Natural Health Center in Carencro, LA
(337) 896-4141

\$94	Thermography Exam Only
\$124	Thermography and a copy of images
\$154	Thermography, images, and basic labwork
\$274	Thermography, images, full labs, and doctor visit

Thermography detects inflammation

Vitamin Testing \$39

(Takes only 15 minutes for a full screening)

Vitamin E
Vitamin A
Vitamin K
Vitamin D
Biotin
Folate
Niacin
Panthothenic Acid

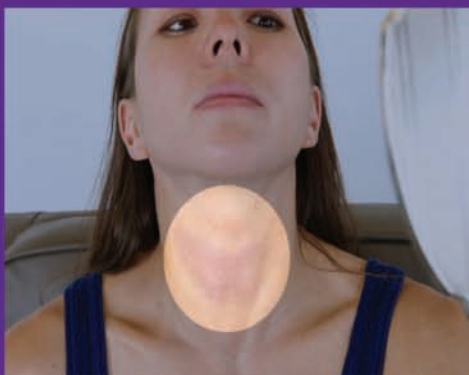
Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

**96% of the American Population Die from Disease 4% will die in an accident.
Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease**

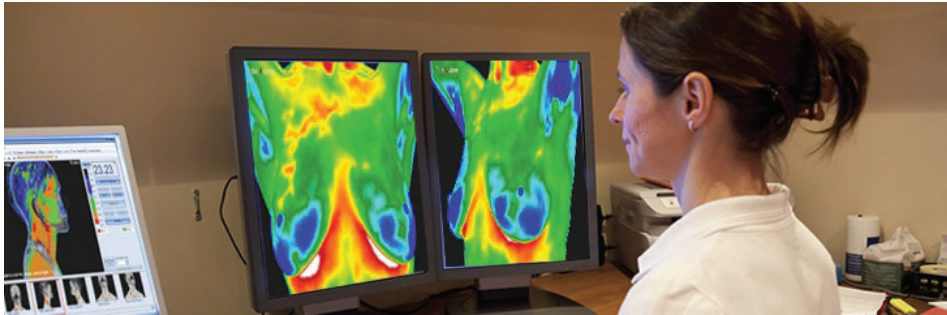
DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

What Does Your Thermography Image Mean?

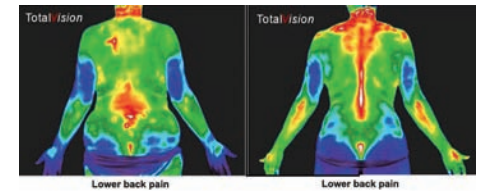
by Dr. Steven T. Castille



cancer gets large enough to be noticed as a lump in a breast exam. It is estimated that thermography can detect cancer formation roughly 10 years before mammography can identify a tumor.

Lower Back Pain

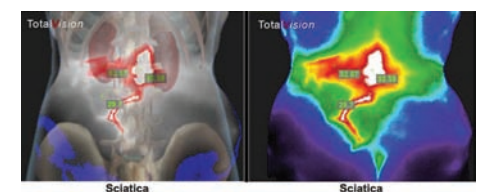
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



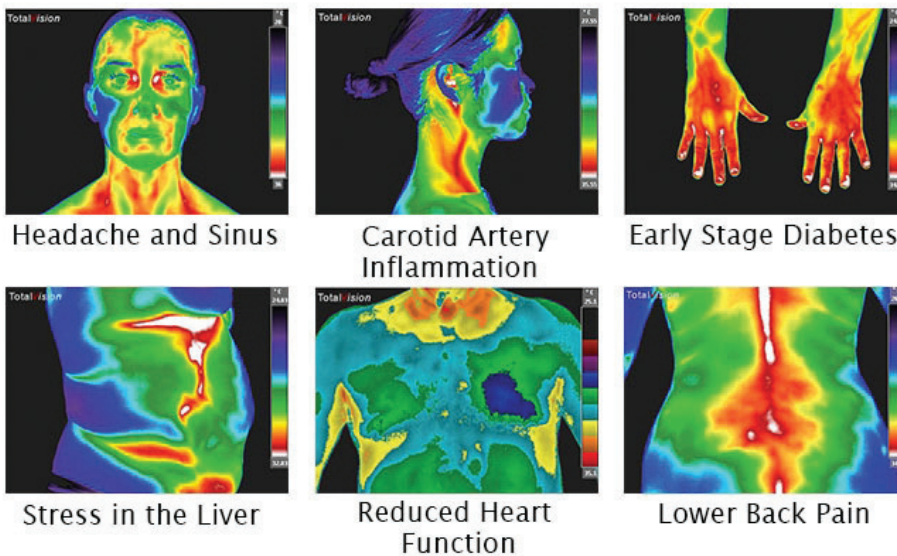
indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These areas are a major source of radicular pain, especially into the hips, thighs and legs. Often the patient will report intense pain in the hip or leg, either bilateral or unilateral, and there will be no thermal indication in the hip or leg images, but the hyperthermia in the lower back will be the source. Many lower back thermograms will reveal significant thermal indications at the L-3 L-4 region, with varying degrees of associated muscular inflammation, as this is typically a very weak spot in the spine.

Sciatica

Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be



worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or

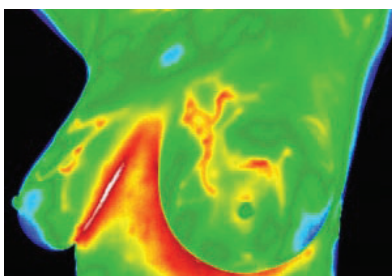


Thermography is a scanning device that measures your body surface temperature and presents the information as a digitized image. This tool makes a digital map of your body and very accurately illustrates heat patterns. These patterns may detect some abnormal conditions such as cancer cell growth or active infection.

Mammograms look for anatomical changes in the breast such as masses or lumps. Thermograms analyze the vascular changes in the breast. Increased blood into certain regions of the body increases the heat of that region. Areas of inflammation, cancer cell formation and active infection have elevated circulation. Thermal imaging has a great ability to detect subtle physiological changes that accompany pathology.

Thermal Asymmetry Indicates Problems

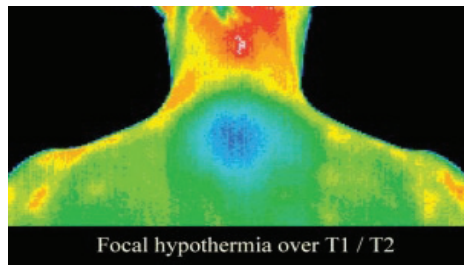
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer cells and healthy cells. This results in increased formation of blood cells around these active cancer cells. Thermography picks up this abnormal blood supply well before the



tingling (“pins and needles”) sensation down your leg, possibly even in your toes. Less common symptoms might include the inability to bend your knee or move your foot and toes. These scans show sciatic nerve inflammation.

Autoimmune Dysfunction

Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune



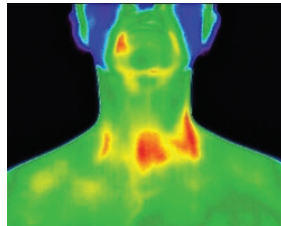
Focal hypothermia over T1 / T2

function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Con-

versely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.

Thyroid Dysfunction

Thermography can easily detect thyroid dysfunction even when all of the thyroid levels are within normal levels in



the patient’s blood work. Thermography can also validate the appropriate levels of thyroid

supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

Thermography can assist in the diagnosis, evaluation, monitoring and documentation of a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. Thermography is unique in that it is a test of physiology and function and can offer considerable financial savings by eliminating the need for additional expensive and invasive diagnostic testing.

Call 896-4141 for more information.

Disclaimer: Thermography Medical Imaging of Acadiana is not a treatment or diagnosing center. The reports and imaging provided is for general information and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment. Thermography is an adjunctive procedure to Mammography.

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GREEN WATERS

Pure Alkaline Water

WEIGHT LOSS

The body **creates fat** in order to trap and **neutralize acid**.

The most important thing you consume is water because your body is 80% water and the water you consume is directly responsible for the quality of the tissue your body creates.

When you drink alkaline, ionized water the acidity built up in your cells is neutralized, and your body no longer needs the fat cells for storage. Also, the antioxidants in the ionized water clean out the toxins in your body so that it runs more efficiently.

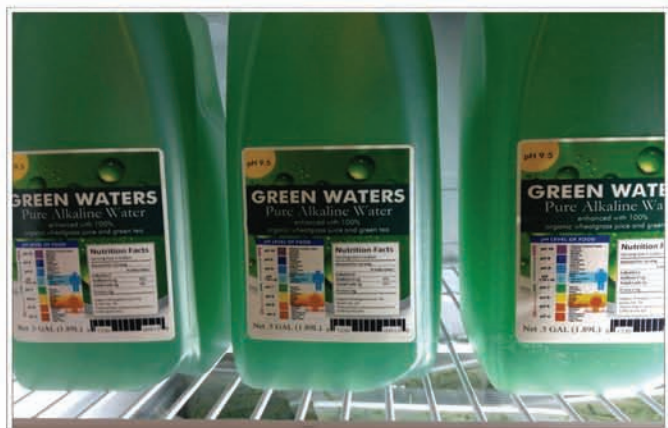
A healthy, non acidic body will return to its ideal weight naturally. You don't have to suffer with too much exercise, or try to trick the weight away with a fad diet. All you have to do is be mindful of your acid intake, balance it with alkaline foods and water, and your body will gladly shed all that extra fat storage it has created.

Why do I have so much abdominal fat?

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

~Dr. Steve

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



While it is common knowledge that reducing acidity in the body can lead to increased cardiovascular health, psychological health and immune functions, more studies are also linking alkalinity to weight loss. According to Dr. George M. Wolverson of 21st Century Medicine, individuals who convert and remain on an alkaline diet display a faster rate of weight loss and fat-to-muscle conversion than patients of regular weight loss plans. The reason for this lies in the acidic body's tendency to store fat rather than convert it to muscle or energy.

23 Thermography Health Benefits

Why Have a Thermography Exam?
Well, Here Are 23 Reasons Why!

1. Can detect inflammation in blood vessels or arteries months before a blockage might occur.
2. Can detect inflammation in breast tissue months before an actual tumor might form.
3. Is used to detect breast cancer 8-10 years before a traditional mammogram.
4. Thermography offers a first glance at developing conditions, long before the much later stage detection of conventional imaging.
5. Thermography is non-invasive and requires no touching or compression of the breast.
6. Uses no radiation and poses no health risk.
7. Used to monitor you health and healing from sickness and disease.
8. Can detect heat from increased blood flow that could be associated with tumor growth.
9. Has been used to detect changes in body temperature from bacterial and viral infections.
10. Has been used to detect thyroid diseases.
11. Has been used to detect female hormone imbalance.
12. Can detect damage to muscles and tendons.
13. Can detect nerve dysfunction.
14. Has been used to detect organ dysfunction.
15. Thermography offers early warning for vascular diseases like stroke, congestive heart failure, and heart attacks that are worsened by inflammation.
16. Monitors your progress of healing without the use of invasive and harmful radiation.
17. A mammogram uses radiation to detect the internal anatomical structure of the breast. Thermography detects the infrared emitted from the body surface to measure the physiological changes occurring within the breasts. Thermography has the advantage of detecting physiological changes which may be associated with future cancer growth up to ten years earlier than what can be detected with a mammogram.
18. Detects lymphatic congestion.
19. Detects abdominal inflammation.
20. Useful in detecting inflammatory disorders like fibromyalgia and diabetes.
21. Thermography emits no radiation. Rather, it picks up infrared emission from the surface of the skin and displays detailed temperature patterns. Areas of hyperthermia are reflective of increased microcirculation and hypermetabolic states in the underlying tissue.
22. Abnormally increased bloodflow in a specific area usually signifies inflammation, and breast tumors typically emerge in areas of inflammation. Thermography detects "fertile soil for tumor development".
23. According to Neil Hirschenbreim, MD, an internist who has been using thermography for many years, "The most powerful argument for thermography is that with thermography, you are looking at physiology, whereas with mammography and MRIs, you are looking at anatomy. And physiology almost always changes before anatomy changes. So this is extremely helpful for prevention."

Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool for breast cancer,



may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called "low-energy X-rays" used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.

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

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

To schedule a full body thermography exam call 896-4141. The cost is only \$94.

Wheatgrass Your #1 SuperFOOD

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

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

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

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

What is Wheatgrass Juice?

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

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

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

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

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

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

Wheatgrass Benefits for Cancer

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

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

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

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

ADVERTISEMENT



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

Wheatgrass Juice Facts

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

Nutritional Value of Wheatgrass Juice

(Per 100 gm)

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

Why Must Wheatgrass Juice Be Drunk Fresh?

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

How Much Wheatgrass Do I Need?

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

100 grams of wheatgrass contain:

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

Is Wheatgrass a Food?

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

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

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

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The Road Less Traveled

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337-988-9889

Smoothie Factory

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CARENCRO

Natural Health Center

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

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

SUNSET

DHARMA Wellness Center

Across from Janise's Supermarket
166 H Oak Tree Park Drive
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- Balances pH
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- Increase energy

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CAPSULES



WHETEА

- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Great for weight loss
- Contains 100% organic wheatgrass

Raspberry Ketones

- Helps prevent fat
- Boosts metabolism
- Burns FAT
- Stimulates fat release



healthbriefs

Meditation Improves Brain Health



Harvard Medical School researchers working at the Massachusetts General Hospital have determined that meditation can improve brain health. The researchers studied 16 volunteers that took part in an eight-week mindfulness meditation study at the University of Massachusetts Center for Mindfulness.

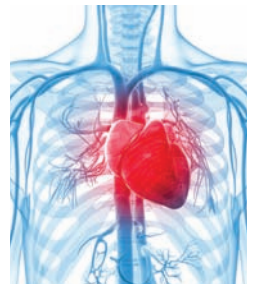
The participants conducted mindfulness meditation exercises for an average of 27 minutes a day. Before and after the trial, the subjects were given tests and magnetic resonance imaging of their brains.

The researchers found that the practice of mindfulness meditation resulted in increased gray matter density in the hippocampus of the brain, an area associated with increased memory and learning capacity, plus a greater sense of compassion and introspection.

HEART DISEASE DETECTED EARLY WITH BREATH TESTING

Research published in the *Journal of the American College of Cardiology* has found that breath testing can reveal potential heart disease and artery problems quickly and efficiently. Testing 31 patients with pulmonary arterial hypertension (PAH) together with 34 healthy control subjects, the study found that concentrations of volatile gases such as propanol, ethanol and ammonia were significantly different among the heart disease patients.

It also found that the breath can reveal specific details about the heart's condition. The breath test can be analyzed in fewer than 30 minutes.



Italian Court Links Boy's Autism to a Vaccine



Last September, a Milan Court held in favor of plaintiffs that claimed that three doses of the hexavalent GlaxoSmithKline vaccine Infanrix Hexa that were administered to an infant beginning in 2006 caused autism later when he was a young boy. The vaccine is used for polio, diphtheria, tetanus, hepatitis B, whooping cough and haemophilus influenzae type B.

After hearing from several medical experts, the court ruled that the child likely suffered autism and brain damage as a result of the vaccine's content of mercury and aluminum, combined with a genetic mutation in the child rendering greater susceptibility. The ruling ordered damages to be paid by the Italian government's national vaccine injury compensation program. The court's decision was also based upon GlaxoSmithKline's list of possible adverse events resulting from the vaccine, which included five cases of autism during clinical trials.

Today in the U.S., most vaccines routinely given to children under 6 years of age are free of thimerosal, a mercury-derived preservative.

Weight Gain in Moms Lowers Toxins in Newborns



Many expectant mothers try to know about everything they put into and onto their bodies as multiple studies are finding that infants are exposed to toxins during pregnancy. A new study of 325 expectant mothers has determined that the baby's exposure to toxins in the womb decreases when the mother's weight gain during pregnancy approaches the guidelines recommended by the Institute of Medicine (IOM) in 2009. Women that are underweight at the start of pregnancy are advised to gain between 28 and 40 pounds, women of a healthy weight 25 to 35 pounds, overweight women 15 to 25 pounds and obese women 11 to 20 pounds.

The researchers found that expectant mothers with a gestational weight that meets or exceeds the IOM guidelines gave birth to infants with reduced toxin levels. In their analysis of the umbilical cord blood of mothers from Spain, the researchers tested for 14 pesticides and 21 other environmental toxins, including seven polychlorobiphenyls (PCB). Other influencers such as age, education and fish consumption may also be relevant.

To Get Healthy, Get a Healthy Partner

Having a healthier partner may be one of the best things to do for our own health. Research published in the *Journal of the American Medical Association Internal Medicine* finds that losing weight, stopping smoking or becoming more active is easier with a partner that has led the way in any or all healthy pursuits.

The study authors reviewed data collected by the UK Health Behavior Research Center at the University College London that followed 3,700 couples between 2002 and 2012—most of them ages 50 and older and married. Those that smoked at the beginning of the study were more likely to quit by the end of it if their partners quit smoking, and those that were physically inactive at the beginning of the study were more likely to become active if their partners did so first. About two-thirds of the men became newly active during the course of the study.

Men with wives that had lost weight were more likely to also shed pounds during the study, and women with husbands that didn't lose weight were less likely to do so through the study period.



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Brain Fog



Mood Enhancer
can help you

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

Corporate Climate

Companies Slowly Embrace Sustainability



The *2015 State of Green Business* report (Tinyurl.com/2015GreenBusinessReport), which assesses the environmental performances of companies worldwide, along with the trends to watch, is produced by GreenBiz, in partnership with Trucost.

Collectively, companies have been nibbling at the edges of challenges such as climate change, food security, ecosystems preservation and resource efficiency. One measure of corporate engagement going

forward will be proactive involvement on political issues that could accelerate the transition to a low-carbon and more sustainable economy. It remains to be seen whether companies can afford to sit on the sidelines, letting the political process unfold, or worse, play defense against changes that might roil their status quo.

2015 will be an interesting year on multiple fronts, especially with the launch of the new sustainable development goals at the United Nations (UN) in New York this fall, along with UN climate talks in Paris in December. Both will be tests of corporate engagement and resolve in driving the kinds of change many of their CEOs publicly call for. The reports' findings of companies' progress in greenhouse gas and emissions, air pollutants, water use and solid waste production are all leveling off or even declining.

Animal Genocide

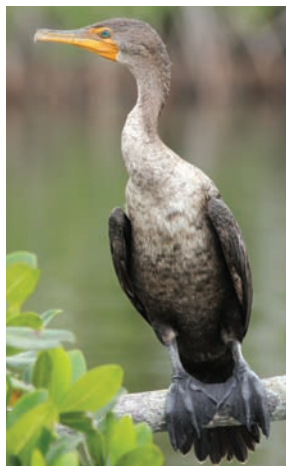
'Lethal Control' Trades Off Species

Over the next four years, the U. S. Army Corps of Engineers will shoot 16,000 double-crested cormorants nesting near the Columbia River, in Oregon, at a cost of \$1.5 million a year and eliminate almost 100 sea lions because both feed on endangered salmon and steelhead trout. "If people knew how many animals are killed at taxpayer expense, they'd be horrified," says Camilla Fox, executive director of Project Coyote, a San Francisco Bay Area nonprofit.

Termed "lethal control", there's a growing trend to kill one species to protect another, and not all methods used are humane. In 2012, Dennis Orthmeyer, acting director of California's Wildlife Services, said, "We pride ourselves on our ability to get it done without many people knowing about it."

Climate change, reduced habitat and food supplies, and the introduction of non-native species are the result of human interference. "With society's growing footprint, lethal control can only increase," observes Michael Scott, a University of Idaho ecologist.

A plan to poison 4,000 ravens will protect greater sage grouse. More mountain lions will be killed to save bighorn sheep. The human rampage goes on, and concerned citizens are advised to urge lawmakers to end lethal control and protect wildlife habitat sustainably.



Dirty Dollars

Stores Filled with Toxic Products

HealthyStuff, a project of the Michigan-based Ecology Center, in collaboration with the Campaign for Healthier Solutions (CHS), has released a report, *A Day Late and a Dollar Short: Discount Retailers are Falling Behind on Safer Chemicals*, about toxic chemicals found in dollar store products. It includes test results for 164 dollar store products such as toys, jewelry, school supplies and household items and found that 81 percent contained at least one hazardous chemical above a level that generates concern.

The campaign sent a letter to the CEOs of the four largest dollar store chains, including Family Dollar, Dollar Tree, Dollar General, and 99 Cents Only, urging them to stop the sale of these unsafe products, especially to communities of low-income and ethnic families that already live in more polluted areas and food deserts, and adopt policies that will instead protect both customers and their own businesses. Combined, these discount chains have annual sales totaling more than \$36 billion and operate more stores nationally than Walmart.

The CHS is asking for a comprehensive set of reforms; communities need to let dollar store chains know that they want safer products and join local and national efforts advocating for nontoxic products.

Scroll to Dollar Store Report at HealthyStuff.org for the complete test results. Take action at NontoxicDollarStores.org.

Tool Pool

Farmers Share Farm Machinery

Instead of buying or renting expensive specialized machinery, farmers in Maine can now join a “lending library” of farm tools on short-term loan by using the Shared-Use Farm Equipment Pool, a partnership between the Maine Farmland Trust (MFT) and the Maine Organic Farmers and Gardeners Association. There are already equipment co-ops and joint machinery ownerships around the country; now the sharing economy being established in urban areas seems to be catching on in rural America, too.

For a \$100 annual fee, members can gain access to a seedbed cultivator, two-shank sub-soiler, plastic mulch layer, tine weeder, and strip and ridge tillers. The 1,200-pound mulch layer, for instance, retails for more than \$2,000. Each piece is undeniably useful, but pricey, especially given the cost per use. Farmers have a three-day window to use the tools.

The pool came about when Mike Gold, an MFT staff member, saw the need to lower costs for both new and seasoned farmers. Currently, most of the tool pool members are newer vegetable farmers, but Gold says there’s appeal for established land stewards, too: “They see the opportunity to use that one piece of equipment that they may only need once a year or once every few years.”



Eco-Eating

Town Eateries Embrace Sustainability

The city of Maplewood, Missouri, outside St. Louis, has teamed up with the Green Dining Alliance to become the area’s first Green Dining District, with at least 25 percent of all of its independently owned businesses certified by the Green Dining Alliance (GDA). The GDA helps businesses with sustainability and green business practices while also helping them save money. So far, eight restaurants in downtown Maplewood are GDA-certified.

Green Dining Alliance’s Olivia Engel says, “It’s a win-win that makes sense for businesses and communities.” The city is also encouraging the program by subsidizing Green Dining Alliance membership fees.



View updates at GreenDiningAlliance.org.

Persistent Pacers

Women Marathoners Better at Maintaining Speed



Danish researchers studying almost 2 million marathon results from 131 marathon races over a period of five years have concluded that women are 18.6 percent better than men at maintaining a consistent pace overall, compared to the first and the last parts of the distance. Among the population studied, 68.5 percent were men and 31.5 percent were women. The research further suggests that both men and women “burn out” *en route* and could improve their marathon results significantly simply by starting slower.

Source: Consumer.HealthDay.com

EPA Blooper

Bee-Toxic Pesticide Approved

The U.S. Environmental Protection Agency (EPA) has approved cyantraniliprole, a new systemic pesticide that is toxic to bees, for agricultural use and has set allowable residue limits on almonds, berries, leafy vegetables and milk. The EPA also approved it as a seed treatment, so it may show up in GMO (genetically modified) seeds in the future.

Cyantraniliprole has been proven to cause liver toxicity, and the EPA notes that it also alters the stability of the thyroid as tested on laboratory rats. Although the agency maintains that the pesticide is not a direct thyroid toxicant, any indirect effects on this glandular function are likely to disrupt the endocrine system. As its current endocrine disruptor screening program is still in the process of validating tests, EPA registration of the new active ingredient is questionable.



Source: EcoWatch.com

Enflamed Water

Home Flame Retardants Found in River

Scientists with the Washington Toxics Coalition tested household dust and laundry wastewater from 20 homes in the state’s cities of Longview and Vancouver and took samples of incoming and outgoing flow from two wastewater treatment plants that discharge into the Columbia River, the Northwest’s biggest waterway. They detected flame retardants in all the tests.

The conclusion of the study, published in the journal *Environmental Science & Technology*, is that flame retardants are sloughing off household products such as couches and TVs and collecting on people’s clothing, washing out in the laundry and passing through wastewater treatment plants into local waterways.



Source: WaToxics.org

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Flowers grown with conventional techniques contribute to the contamination of groundwater and streams through fertilizer and pesticide runoff that can also threaten animal species. Many of the cut flowers are grown in South America, where farms continue to use pesticides that are restricted in the U.S. and cited as highly toxic by the World Health Organization. *GreenAmerica.org* provides several helpful tips on bringing joy to mom on her special day in eco-friendly ways:



Grow Your Own. Buy organic bulbs or seeds in consumer seed catalogs and retail racks or online from reputable sources that include *SeedsOfChange.com*. Children can then grow their own flowers to make them mean even more. Tips for natural weed and pest control, environmentally friendly watering, making raised garden beds and more are posted at *EarthEasy.com/yard-garden*.

Buy Local and Organic. Support local communities and save shipping costs and energy by purchasing chemical-free organic flowers from a local farmers' market or community supported agriculture. Online retailers like *OrganicBouquet.com* and *LocalHarvest.org/organic-flowers.jsp* offer U.S. Department of Agriculture-certified organic flowers.

Ask Local Florists to Go Organic. Find out if local florists purchase any organic and local flowers, and if not, request that they do so.

Also, eschew plastic wraps and vases for eco-friendly flowers to avoid toxic ingredients and the carbon manufacturing footprint. Fun options to hold and showcase the gift include old, recycled Mason and glass jars and bottles or an artistic vase from an estate sale or antique or thrift shop.

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- magnitude-the acceleration of the movement, in g's (where 1 g is the acceleration due the earth's gravitational field or 9.81 m/s²); and
- duration-the total amount of time that a person spends on the platform, in seconds or minutes.

Considering the numerous combinations of variables possible with the ability to differently position the body as well as using some external loads, such as rubber bands or weight, there are a lot of training possibilities.



Dr. Steven T. Castille

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RETHINKING BREAST HEALTH

Natural ways to keep breasts smooth, pain-free and firm, while reducing the risk of cancer.

by Lisa Marshall

We've been conditioned to narrowly define breast health in terms of pink ribbon campaigns, cancer awareness marches and cold, steel mammography machines. Nearly 30 years after anticancer drug maker Imperial Chemical Industries (now AstraZeneca Pharmaceuticals) established the first National Breast Cancer Awareness Month in October 1985, many women have come to equate healthy breasts with cancer-free breasts, and assume the most important thing they can do is undergo regular screening.

But amid this chorus, some women's health advocates are striving to get a different message across: There are a host of steps women can take to not only fend off disease in the future, but keep their breasts in optimal condition today. "We need to change the conversation about our breasts from how to avoid breast cancer and detect it early to how to have healthy breasts and enjoy them," says Dr. Christiane Northrup, an obstetrician and gynecologist from Yarmouth, Maine, and author of the new book *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being*.

Healthy Breasts, Healthy Body

In adolescence, breast changes are the first to signal the arrival of womanhood. When she's aroused, a woman's nipples harden and change color. When a woman gives birth, her breasts fill with life-giving milk. "In all these ways, your breasts are deeply connected to your femininity, compassion and sensuality," says Hawaiian Naturopathic Doctor

Laurie Steelsmith, co-author of *Natural Choices for Women's Health*. Because breasts are extremely sensitive to hormonal fluctuations throughout the body, they can also serve as a barometer of overall health. "If you're having chronic breast symptoms, it can be your body's wisdom saying, 'Help. Something's wrong.' Women need to listen."

While some premenstrual swelling and tenderness is normal, exaggerated or persistent pain is often a sign of systemic estrogen dominance in relation to progesterone. It's common in the years leading up to menopause, but can also hint at impaired thyroid function, because low levels of thyroid hormones have been shown to boost estrogen in breast tissue, advises Steelsmith.

Large, fluid-filled cysts or fibrous lumps, while non-cancerous, can also be a reflection of overexposure to harmful chemicals and toxin buildup, combined with poor lymph flow, notes Dr. Elizabeth Vaughan, an integrative physician in Greensboro, North Carolina. "If a woman has lumpy, bumpy breasts, they probably contain too many toxins, and those toxins are primarily estrogenic." Addressing such symptoms is important not only to relieve discomfort, but also

because excess estrogen can fuel future cancer risk, says Vaughan.

Any new, suspicious lump should be evaluated by a professional. Also, severe breast tenderness combined with nipple discharge could be a sign of infection or a problem with the pituitary gland, so it should also be checked. But typically, subtle natural healthcare steps can go a long way toward restoring breast wellness.

For nipple tenderness, Steelsmith recommends chaste-tree berry (175 milligrams [mg] of powdered extract or 40 drops daily). The herbal supplement mimics naturally occurring progesterone in the body, helping to counter estrogen dominance. Vitamin E (400 to 800 international units [IU] per day) and evening primrose oil (1,500 mg twice a day) have also been shown to alleviate breast tenderness.

For fibrous or cyst-filled breasts, Vaughan advises supplementing with iodine (up to 12.5 mg per day via kelp, seaweed or oral tablets) or applying an iodine solution to the breasts at night. A key constituent of thyroid hormones, iodine helps the liver convert unfriendly forms of estrogen into friendlier forms and flush toxins out of lymph nodes in the breast. Also, steer clear of chocolate and coffee, because caffeine is



believed to interact with enzymes in the breast, exaggerating pain and lumpiness.

Also consider ditching the bra, says Vaughan. Brassieres can constrict lymph nodes and hinder blood circulation in breasts, locking toxins in and aggravating fibrocystic symptoms. The link between bras and breast cancer risk remains hotly debated, with one 2014 U.S. National Cancer Institute study of 1,400 women concluding unequivocally that, "There's no evidence that wearing a bra increases a woman's risk of breast cancer," while smaller studies from the United States, China, Venezuela, Scotland and Africa suggest a link. Vaughan, the founder of *BraFree.org*, says the science is compelling enough that she has chosen to keep her own bra use to a minimum and advises her patients to do the same.

"Obviously, there are certain sports where you should wear a sports bra and there are certain dresses that only look right with a bra," says Vaughan. At a minimum, avoid wearing a bra to bed and steer clear of underwires and

overly tight bras that leave red marks. "This is not about guilt-tripping women into never wearing a bra. It's about wearing a bra less."

Beautiful Breasts Naturally

Too small or too big, lopsided or riddled with stretch marks... it seems almost every woman has a complaint about the appearance of her breasts. That's a problem, says Northrup, because, "Healthy breasts are breasts that are loved. We have to stop beating them up."

According to the American Society of Plastic Surgeons, the number of women getting breast implants for cosmetic reasons ballooned from 212,500 in 2000 to 286,254 in 2014. Physicians—including Northrup—claim that modern implants don't, in the majority of cases, promote disease like older silicone implants did. Yet even plastic surgeons warn that having implants should be fully thought out, and at some point they'll probably have to come out. "They are manmade

devices, and are not intended to be lifelong. At some point, you will probably have to have further surgery," says Dr. Anureet Bajaj, an Oklahoma City plastic surgeon.

Bajaj notes that implants can rupture, forming scar tissue and lending irregular shape to the breast. Often, as a woman ages and her body changes, the larger breasts she chose in her 20s no longer look right and may cause back and shoulder pain. In some cases, implants can also lead to loss of nipple sensitivity. For these and other reasons, 23,774 women—including actress Melissa Gilbert and model Victoria Beckham—had their implants removed in 2014, often following up with a breast lift (using their own tissue) to restore their shape.



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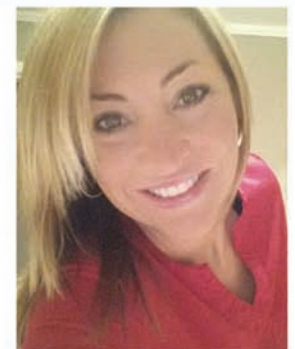
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Vaughan sees breast implant removal as a wise and courageous choice to restore optimal breast health. Better yet, don't get implants in the first place. "There are a lot of other things you can do to improve the appearance of your breasts," she advises.

Vaughan recommends breast-perking exercises like dumbbell bench presses and flys that tone the pectoral muscles beneath the breasts, making them more resilient and look larger. To prevent or reverse sagging, she again urges women to go bra-free. "We have ligaments in the upper outer quadrant of our breasts called Cooper's ligaments, and they're responsible for holding our breasts up. Just like your muscles atrophy when you put your arm in a sling, your Cooper's ligaments atrophy if you wear a bra all the time."

In one unpublished, yet highly publicized 2013 study, French Exercise Physiologist Jean-Denis Rouillon measured the busts of 330 women ages 18 to 35 over a period of 15 years and found those that regularly wore a bra had droopier breasts with lower nipples than those that didn't. In another, smaller, Japanese study, researchers found that when women stopped wearing a bra for three months, their breasts perked up.

Those worried about stretch marks also have options. They can be a sign of inadequate copper, which promotes collagen integrity and helps skin stretch without injury, says Steelsmith. If rapid weight gain is occurring due to adolescence, pregnancy or for other reasons, try taking copper supplements or applying a topical copper spray on the breasts.

Remember to massage your breasts daily, not only as a "search and destroy mission" for early detection of cancerous lumps, says Northrup, but as a way to get waste products flowing out and loving energy flowing in.

"It concerns me that women feel pressured to think of their breasts as two potentially pre-malignant lesions sitting on their chests," Northrup says. "These are organs of nourishment and pleasure for both ourselves and others. We need to remember that, too."

Lisa Marshall is a freelance health writer in Boulder, CO. Connect at LisaAnnMarshall.com.

Bust Musts for Cancer Prevention

by Lisa Marshall

According to the American Cancer Society, one in eight women will be diagnosed with breast cancer, and nearly 40,000 will die annually of the disease. But at least 38 percent of those diagnoses could be prevented via diet and lifestyle changes, affirms the American Institute for Cancer Research (AICR).

"For decades, the dominant public message about breast cancer has been about early detection," says Medical Doctor Robert Pendergrast, an associate professor at the Medical College of Georgia, in Augusta, and author of *Breast Cancer: Reduce Your Risk with Foods You Love*. "Screening is important, but not nearly enough attention is being paid to prevention." Here's what we can do to keep cancer at bay or from recurring.

Eat more veggies: Cruciferous vegetables, like broccoli, cauliflower and Brussels sprouts, are loaded with indole-3-carbinol, or I3C, a potent anticancer compound that helps break down excess estrogen and convert it into a more friendly, or benign form, says Steelsmith. One study in *Alternative Medicine Review* found that women that ate high amounts of cruciferous vegetables were 30 percent less likely to develop breast cancer over 30 years. I3C can also be taken as a supplement (300 milligrams [mg] per day).

Eat more fiber, especially flax: Fiber, via whole grains, fruits and vegetables, helps flush out toxins including unfriendly estrogen. Flax contains cancer-fighting compounds called lignans, which block the effects of excess or unfriendly estrogen on cells.

Drink less alcohol: Alcohol boosts estrogen levels in women and is broken down in the liver to acetaldehyde, a known toxin that causes cancer in laboratory animals, notes Naturopath



Laurie Steelsmith. According to the AICR, a woman that has five drinks per week boosts her risk by 5 percent. Two or more drinks per day boosts such risk by more than 40 percent.

Skip the barbecue: Charring meat produces carcinogenic compounds called heterocyclic amines. A study of 42,000 women, published in the *Journal of the National Cancer Institute*, found that those that routinely ate well-done hamburger, beef or bacon had four times the risk of those that opted for medium or medium-rare.

Keep weight in check: Excessive estrogen, which lives in fat cells, fuels cancer risk. According to the AICR, a woman with a body mass index (BMI) of 30 (obese) has a 13 percent higher risk of cancer than a woman with a BMI of 25 (slightly overweight).

Spice up life: Curcumin from the turmeric plant has been shown in many studies to have potent immune-boosting and anticancer properties, reactivating sleeping tumor-suppressor genes that can kill cancer cells.

De-stress: Growing evidence that includes studies from Ohio State University suggest that stress can boost the risk of breast cancer and recurrence, plus heighten its aggressiveness by altering hormones and impairing immunity. One study from Finland's University of Helsinki followed 10,808 Finnish women for 15 years and found as much as double the rate of breast cancer among those that had experienced a divorce or death of a spouse or family member.

Drink green tea: It's loaded with epigallocatechin gallate (EGCG), a potent antioxidant believed to suppress new blood vessel growth in tumors and keep cancerous cells from invading healthy tissue.

Triumph Over The 'Big C'

by Lisa Marshall

When Sandy Messonnier was diagnosed with breast cancer, she faced scary treatment decisions as doctors pressured her to consider all means available. "I was more afraid of the treatment than the cancer itself," says Messonnier, 52, of Plano, Texas. "I kept feeling like I was being lumped into one big category of all women that got breast cancer, rather than treated as an individual."

With the help of her holistic veterinarian husband Shawn Messonnier, Sandy took a more measured approach, blending conventional and complementary medicine in an individualized protocol the couple describes in their book, *Breast Choices for the Best Chances: Your Breasts, Your Life, and How You Can Win the Battle!*

After careful consideration, Sandy opted for two lumpectomies three weeks



apart, instead of a mastectomy, to remove the small tumor. The second one was done to clear up a few remaining cells indicated by a biopsy. Meanwhile, she took supplements including green tea and coriolus mushrooms to impede the spread of the cancer cells. Several tests helped determine if she needed chemotherapy and the optimum dose for some of her supplements. The results prompted her to decline chemotherapy and opt for a brief stint of radiation while taking the supplements quercetin and curcumin to help combat the fatigue and other side effects. Afterward, she cleansed her body with homeopathic mistletoe, herbal milk thistle and other detoxifying supplements. Then she began the work of keeping cancer at bay.

"A lot of doctors never talk to you about what you are going to do after

the poisoning [chemo], the burning and surgery," she says. "Rather than taking a cancer-fighting drug, I chose to be more mindful of what I do with my body."

Her regimen called for committing to keeping up with the healthy diet, plus regular walks, yoga and Pilates that she believes helped keep the cancer relatively mild to begin with. But she also made some life changes to address the one thing she believes may have driven the outbreak in the first place—stress. She made peace with her mother, which reduced a lot of stress, began to cultivate a spiritual life and now takes time to meditate or walk when she feels even lightly stressed. She also vowed to keep the fear of recurrence from overwhelming her. "Many women never stop worrying about it," she observes. "That is toxic energy you are putting back into your body."

As of this October, Messonnier will be five years cancer-free. Her advice for women newly diagnosed with breast cancer: "Chemotherapy, radiation and mastectomy are not among the right choices for all women. There are other options, depending on the type of cancer. Don't be so fearful that you make hasty decisions you don't need to make."



Chemotherapy May Be More Effective in Treating Cancer if the Body is More Alkaline

Source: US National Library of Medicine National Institutes of Health

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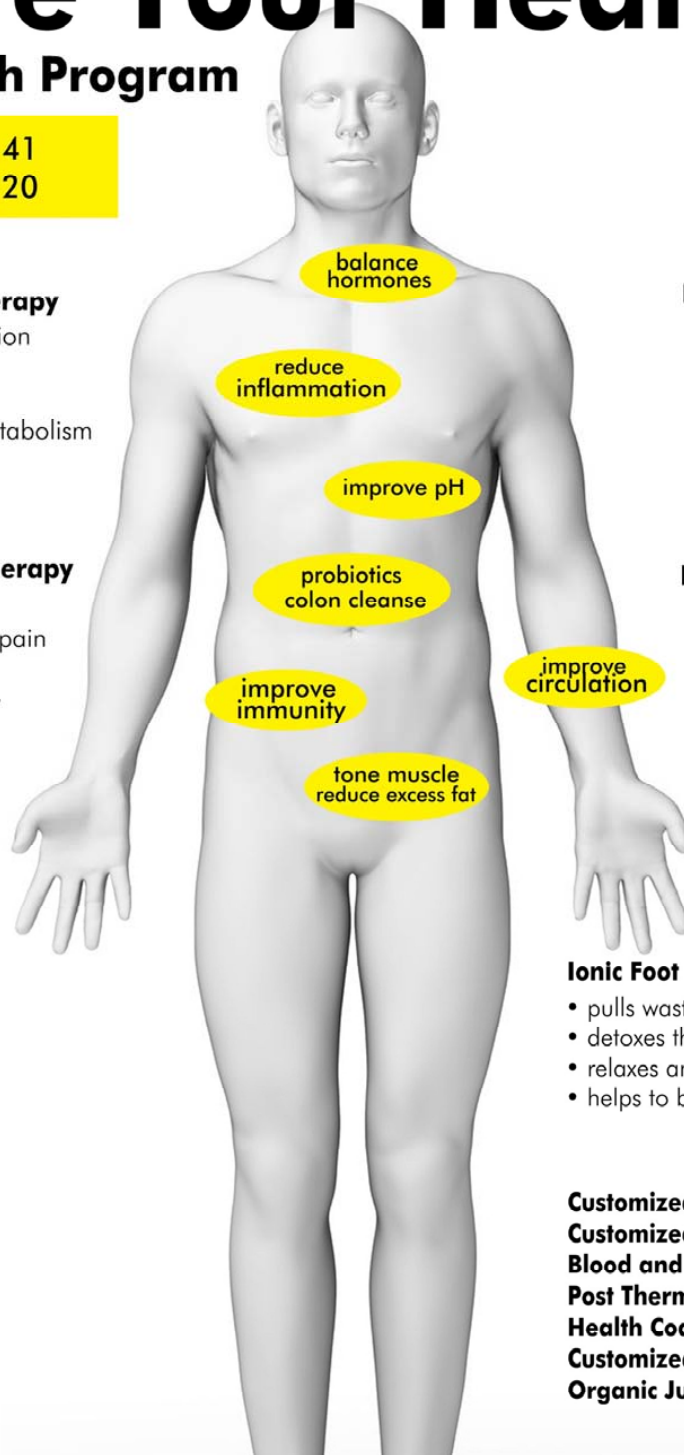
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Giving Birth Naturally

Conscious Choices Lead to Less Intervention

by Meredith Montgomery

Labor and delivery is a natural process that can be enjoyed. "It's not something to be afraid of," says Mel Campbell, author of *The Yoga of Pregnancy*. "It's a wonderful and beautiful experience. We need to remember that the body is designed for giving birth."

Natural childbirth uses few or no artificial medical interventions such as drugs, continuous fetal monitoring, forceps delivery or episiotomies (cuts to enlarge the vaginal opening). According to the U.S. Centers for Disease Control (CDC), 32.7 percent of deliveries were by Cesarean section in 2013—most performed in situations where a vaginal birth would have posed a relatively low risk to the health of mother and child. Entirely natural childbirth is now rare here compared with other countries, but that wasn't always the case.

In 1900, 95 percent of all U.S. births took place in the home; when more moved to hospitals here in the early 20th century, midwives still typically handled the delivery in other countries, sometimes without a doctor present. In America, obstetrics became a profession and a doctor-attended birth

Most births should be viewed as a natural life process instead of a potential medical emergency.

~Abby Epstein, *The Business of Being Born*

in a hospital was promoted as a safer alternative. By 1938, half of domestic births took place in hospitals, and by 1960 it rose to 97 percent. Currently, midwives attend less than 8 percent of births here, and fewer than 1 percent occur outside a hospital.

Natural labor and delivery in a hospital is possible, but, "It's hard to have an unmedicated birth in many hospitals if you don't know your rights, understand your physiology and have a doula by your side helping you avoid unnecessary interventions," says Ina May Gaskin, a pioneering midwife and author of *Ina May's Guide to Childbirth*. Key factors to discuss include fetal monitoring, intravenous tubes and the option to eat or drink during labor.

Benefits of Home Births

Women choose home births and homey birthing centers because they labor there more comfortably, feel more in control of the process and can more easily avoid interventions. Many moms seek out a midwife's services because they don't want to repeat the conventional hospital experience that accompanied their first baby's arrival.

When actress Ricki Lake gave birth to her second child in her home bathtub with the assistance of a midwife, she felt empowered by doing it on her own terms. "Giving birth wasn't an illness, something that needed to be numbed. It was something to be experienced," she says.

When women let their bodies naturally lead, labor can last as little as 20 minutes or as long as two weeks, and the spectrum of pain intensity is equally broad. A healthy prenatal lifestyle that prepares a mom-to-be for a natural physical, emotional and spiritual experience of childbirth is highly beneficial.

Compassionate Self-Care

"Pregnancy's not the time to overexert yourself; let go of the temptation to over-achieve and instead practice breathing and mindfulness," advises Campbell. "If you're experiencing morning sickness, try to embrace it and how it serves you. By doing so, you'll be more in tune with your body. These lessons are gifts you can take with you into labor."

She reminds women that the baby is always getting nourishment from all that mom eats and breathes in, and also feeds off of her feelings and emotions. "The more we can feel at peace with ourselves and incorporate the baby into our being, the more we feel a connection and union," she says. "It's vital that you let your body's innate wisdom be your guide and respect any cues it may give."

Campbell guides expectant mothers through a yoga practice that embraces

By 2006 Cesarean delivery was the number one surgical procedure in American hospitals.

~U.S. Centers for Disease Control

the changes occurring each trimester. For example, a more physical practice in the second trimester utilizes the surge of energy to build stamina and strength, while opening the heart, hips and pelvis.

Complementary relaxation techniques for labor include breathing practices, visualization, meditation and massage. When a mother isn't connected to monitors and tubes, she's free to experiment with positions and props such as balls, bars and pillows, plus a warm

shower or bath. If a hospital birth is planned, Gaskin notes that labor often slows once a woman leaves the comfort of home, and recommends laboring at home as long as possible.

There is no way to predict the course of labor and delivery when women let nature take the lead. Campbell, a mother of three, says, "I tried to focus on the intention of what I wanted for my birthing experience, while also surrendering expectations, knowing that I would have whatever type of birth I was supposed to have." She adds, "The breath is the most important thing—it keeps us in the moment, helps us to relax and supports us through labor."

There is a great deal of fear and ignorance about allowing labor and birth to proceed without disturbance. Rates of routine intervention are so high, most nurses and physicians rarely see a fully natural birth.

~Ina May Gaskin

While the home birth option is important to America's new generation of trailblazing women, it's also significant on a macro level. Gaskin explains, "It's hard for staff to change routine practices in hospitals

but home births make innovation possible." Home births demonstrated that women don't require routine episiotomies and have shown how maternal mobility and position changes can help labor progress and free badly stuck babies (earlier methods often injured mother and child).

Gaskin has found, "Wherever and however you decide to give birth, your experience will impact your emotions, mind, body and spirit for the rest of your life. No one should have a home birth who doesn't want one, but it must be one of the choices."

Meredith Montgomery publishes *Natural Awakenings of Mobile/Baldwin, AL* (HealthyLivingHealthyPlanet.com).

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KIDS VEGGIES

How to Instill Healthy Lifelong Habits

by Clancy Cash Harrison

Starting at conception, the early years of a child's life are a perfect window of opportunity to establish a foundation of healthy eating.

Want a child to love veggies? Here are simple tips parents can practice in the first three years to establish lifelong good eating habits.

Start early. We all know that eating healthy during pregnancy will help a baby grow, but many may not realize that an infant can taste flavors *in utero* and through breast milk. Eating a variety of fresh produce during pregnancy and breastfeeding helps shape a healthy diet later in life.

Treat weaning as a time for the infant to explore the texture, taste and aroma of an array of foods. After six months of exclusive breastfeeding, food can be introduced, although breast milk is still the primary source of nutrients. Small, repeated exposures to many foods during this stage will help minimize refusals to try or accept foods in the toddler years.

Children's foods should be exploding with nutrients. Offering a variety of organic produce ensures optimal nutrition and decreases chemical exposure. Research reported by the Harvard Medical School and the Physicians Committee for Responsible Medicine, among others, shows that richly colored foods help build dense bones, powerful brains and tough immunity. Good candidates include butternut squash, sweet potatoes, leafy greens, carrots, broccoli, berries and citrus. Also go for those naturally high in iron, such as peas, leafy greens, apricots, raisins and legumes. Avoid anything high in sugar and other sweeteners, hydrogenated oils, artificial colorings and other harmful additives.

Another important yet often overlooked foundation of healthy eating is encouraging a child to self-regulate

Keep it fun, so that your kids will try new things like vegetables. Remember, it takes 12 times before a baby actually prefers a new food, so don't give up!

~Veronika Van de Geer Buckley,
Maine mother

his or her calorie intake. Self-regulation starts on the first day of breastfeeding and is carried through adulthood. Respecting a child's decision to end a meal allows them to control their own food intake. Common signals infants use to end a meal include turning their head away, arching back, throwing food on the floor and showing an interest in other activities. To encourage self-regulation, always serve meals and healthy snacks on a schedule and allow the child to feed himself when possible.

As early as 7 months of age, most healthy infants are developmentally ready to do this, which should optimize nutrient consumption, increase participation in family meals and contribute to a less stressful mealtime. Appropriate foods for self-feeding should easily melt in an infant's mouth and be a safe size, such as soft fruits and cooked vegetables. To prevent choking, avoid round, hard and sticky foods such as whole grapes, peanuts, popcorn and nut or seed butters.

Don't be afraid to add mild herbs and spices to a child's food. An easy way to teach healthy flavor preferences, develop taste buds and reduce pickiness when they're older is to expose children to many foods, textures and aromas. A dash of cumin in smashed avocado or freshly chopped mint mixed with diced strawberries introduces new perspective on a favorite food.

Food refusal is inevitable, normal behavior. Children will love a food one day and hate it the next. Rethinking the definition of variety empowers parents to reintroduce a not-so-favorite food many times. If children don't like the way an item feels or looks, they may not taste it. The refusal of a carrot doesn't necessarily doom carrots. They can be

It's important to give the child the same food that the family eats, but in smaller servings. This allows the child to watch others eat and enjoy

the same meal.

~Maria Myers Maiden,
North Carolina mother

coined, minced, mashed, puréed and diced to change the texture, plus they can be served cold, at room temperature or tepid.

A child's early adventurous eating increases the willingness to experiment with a wider range of less familiar foods as a young adult in a multicultural foodscape. Kids are not born reciting an alphabet; it takes time and practice to read and learn a new language. Similarly, it requires time and patient practice to establish a healthy foundation for eating. Have faith in the family's ability to make eating together enjoyable for everyone.

Clancy Cash Harrison is a mother of two, pediatric feeding therapist, registered dietitian and author of Feeding Baby: Simple Approaches to Raising a Healthy Baby and Creating a Lifetime of Nutritious Eating. Connect at FieldsOfFlavor.com.

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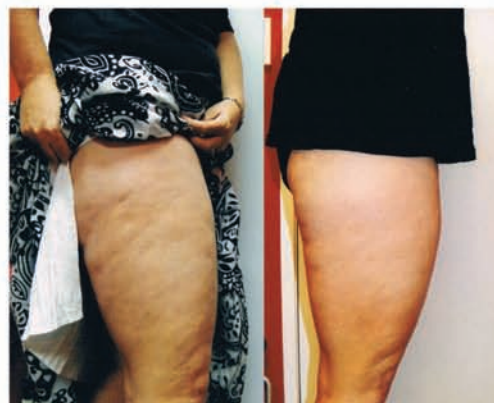
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conscious eating

EATING SKINNY

Why Vegans and Vegetarians are Naturally Trim

by Judith Fertig

We read the labels touting low sugar, carbs, fats and calories. We try this and that diet, hoping the pounds will melt away. Yet more than a third of U.S. adults, nearly 80 million of us, remain overweight or obese, according to the U.S. Centers for Disease Control and Prevention, in Atlanta.

The problem might be that we're getting the wrong advice. While most weight-loss plans focus on reducing calories, recent research shows that vegan and vegetarian dietary patterns can result in more weight loss than those that include meat, without even emphasizing caloric restriction. Scientists at the University of South Carolina, in Columbia, point to their study, *How Plant-Based Do We Need to Be to Achieve Weight Loss?*

Study participants were divided into five groups, according to eating style, from vegan to flexitarian to carnivore, and monitored for an eight-week period. At the end of the evaluation, those that followed an entirely plant-based diet achieved the greatest weight loss. Study leader Gabrielle Turner-McGrievy, Ph.D., notes, "Many researchers agree that vegan eating styles are tied to lower BMI [body mass index], lower prevalence of Type 2 diabetes and less weight gain with age."

Can it really be that simple... eat more plants and lose weight? "Yes," says clean food coach Jeannette Bessinger, of Newport, Rhode Island. "Most people could benefit from eating more vegetables." Co-author of *Natural Solutions for Digestive Health* with Naturopath



Eat food. Not too much.

Mostly plants.

~Michael Pollan

Jillian Sarno Teta, Bessinger advises her clients to start by eating more green, leafy vegetables.

Vegetables contribute to weight control in several ways, says Bessinger. They fill us up and help calm cravings. Plus, when plants become the bulk of what we eat, we naturally consume fewer high-fat, high-calorie foods.

For an easy appetite-control strategy, Bessinger suggests having a cup of vegetable soup about 10 minutes before a meal. "It shuts off your appetite valve and you'll eat noticeably less," she says, while still feeling full. She also recommends slowing down and being mindful when we eat. Vegetables help us do that. "It takes two-and-a-half minutes to eat a piece of cheesecake, but much more time to eat a big salad," she says.

For New York City-based Victoria Moran, author of *Main Street Vegan* and *The Good Karma Diet*, losing weight and maintaining a healthy lifestyle became easier once she adopted a vegan diet. "I've been through life and loss and ages 40 and 50, and my weight stays steady, some 60 pounds less than it once was," she says. "Every year

when I put away my winter clothes and get out my summer clothes, they fit.”

Her eating strategy is easy, too. “Make your plate look like a Christmas tree,” says Moran, “mostly green with splashes of other bright colors from vegetables and fruits.” She eats green veggies in several ways. She makes her own green juices—one favorite combines celery, kale, apple and lemon juice. She also adds tender greens like romaine or spinach to smoothies that might also contain fruit and citrus juice. She steams greens with plenty of garlic and makes big salads.

“I bought my salad bowl at a restaurant supply house,” Moran exclaims. Salads get an oomph factor with a selection of avocado, pumpkin or hemp seeds, mushrooms, chickpeas or red beans, artichoke hearts, chunks of steamed yam and sautéed tofu or tempeh. Moran cites benefits of more energy to do more physical activity and “feeling really good” as additional outcomes of her dietary shift.

Sophie Uliano, a Los Angeles-based natural beauty expert and author of the new *Gorgeous for Good*, agrees, believing that eating a vegan diet 80 percent of the time can pay dividends in weight loss, well-being, energy and beauty. “Most of the time, eat clean and healthy,” she recommends. “It’s not a diet. It’s a ‘live-it’, a way of life.”

Uliano recently asked two colleagues on the Hallmark Channel’s *Home & Family* show to try eating

Nothing can be delicious when you are holding your breath. For something to be delicious, you have to be present to savor it; and presence is in attention and in the flow of breath. It begins in the mouth, and then it connects our heads to our bodies through our throats and into our lungs and tummies, a beautiful, connective cord of air.

~Anne Lamott

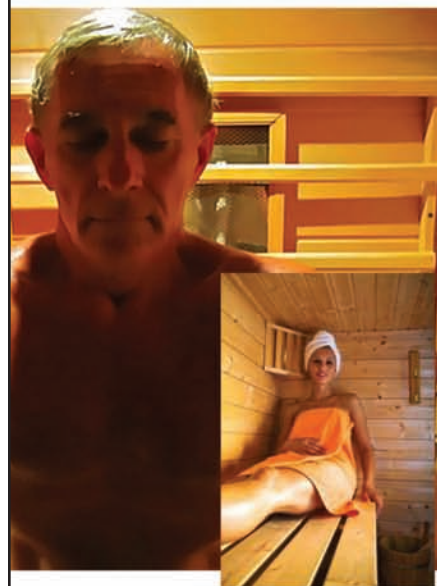
vegan, while also eliminating gluten, alcohol, caffeine and refined grains. The pair lost weight, gained energy and improved their skin tone.

“Transformation comes in a series of small, consistent decisions over time,” concludes Bessinger, eating salad instead of cheeseburgers and vegetables instead of fries. For natural weight management, “Make strategic, long-term changes in stages that you can actually sustain over time.”

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

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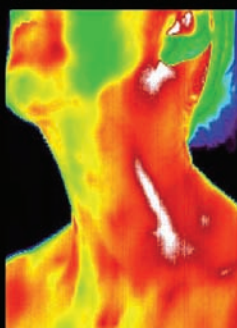
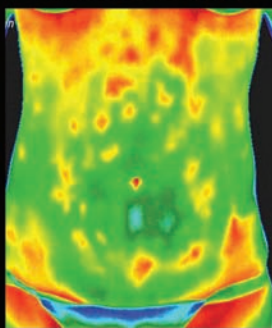
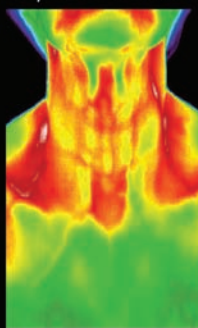
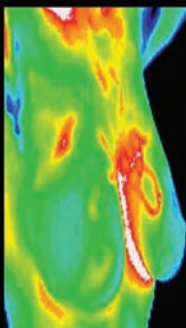
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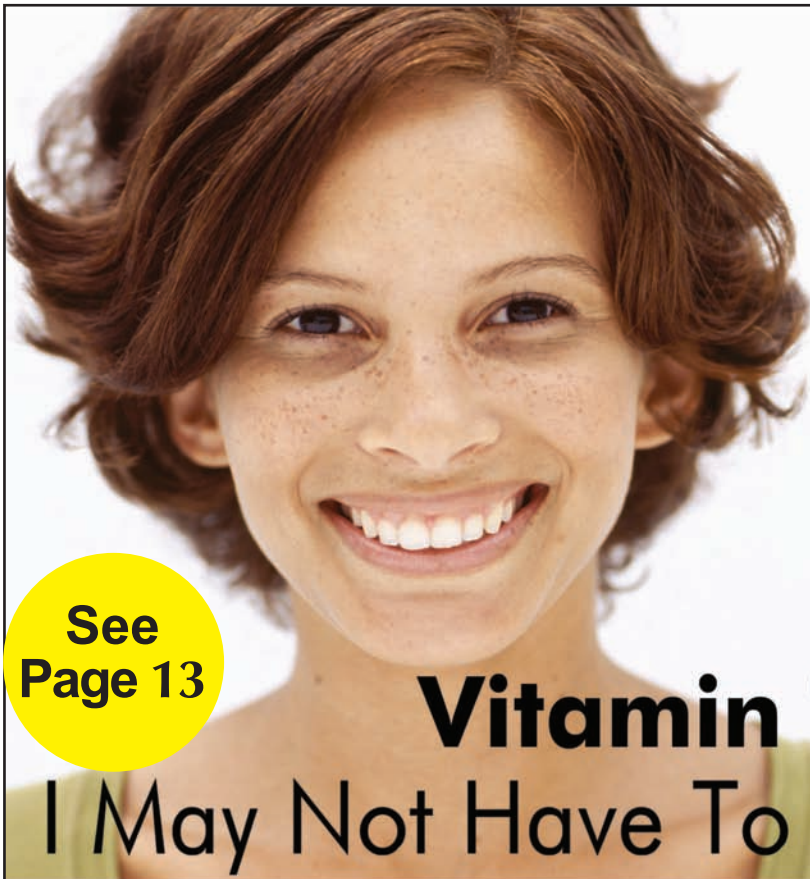
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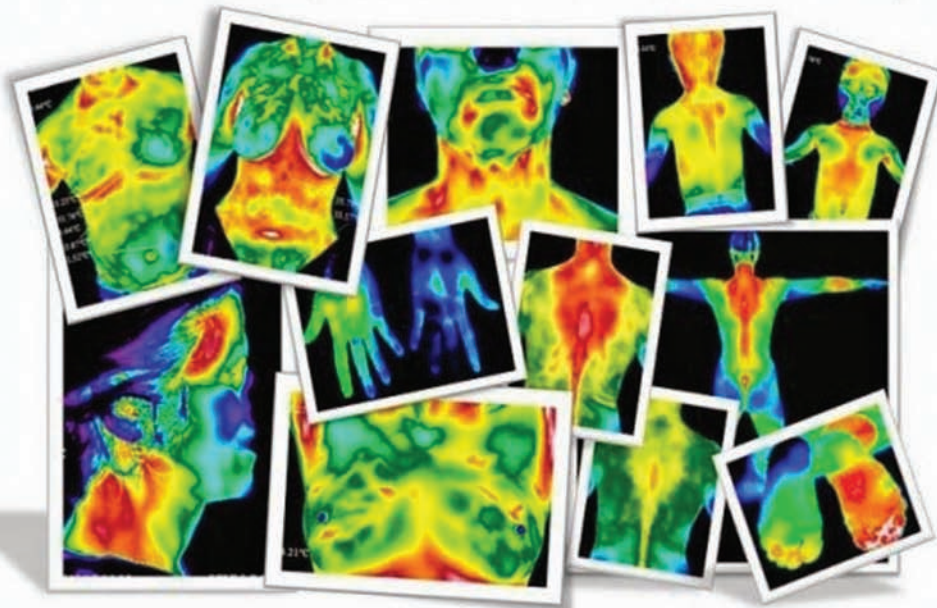
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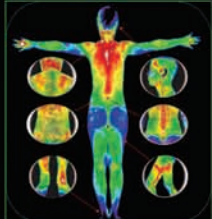
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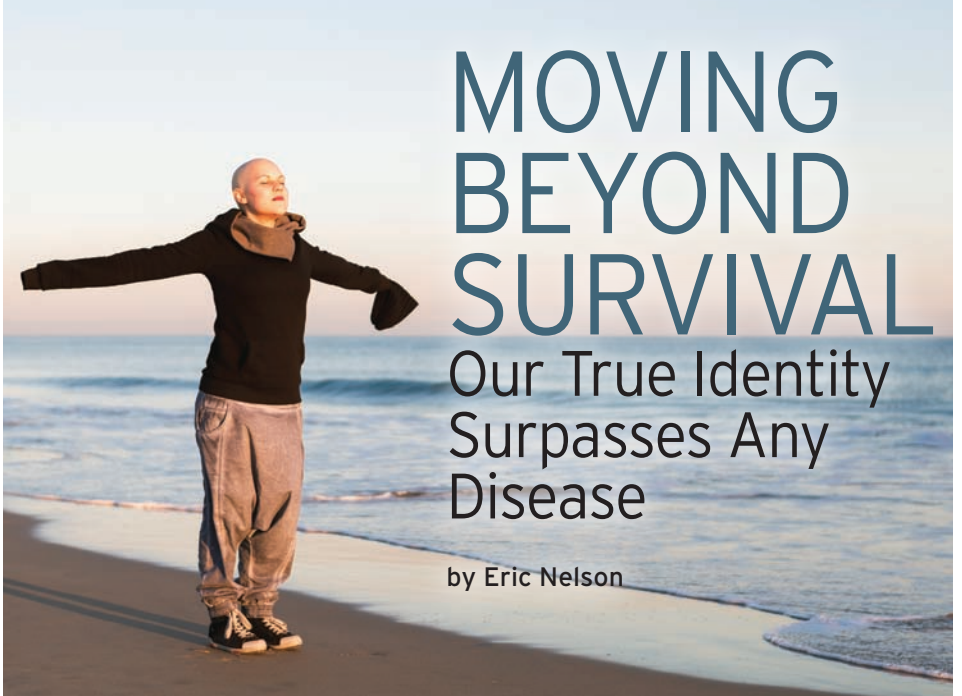
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MOVING BEYOND SURVIVAL

Our True Identity Surpasses Any Disease

by Eric Nelson

“Get down off your cross.” Harsh words, especially coming from a longtime hospital chaplain when the woman she was addressing had just learned she was cancer-free.

Regardless, “Within two minutes, she started retelling the story of her diagnosis, surgery and chemo,” recounted Debra Jarvis, affectionately known as “The Irreverent Reverend”, during a TEDMED talk in Washington, D.C. “She was using words like suffering, agony, struggle... and ended with, ‘I felt crucified.’” It was then that Jarvis asked this woman to do what would likely require more of her than anything she’d done before.

Over the years, Jarvis has observed the tendency for us to identify ourselves by our wounds as “survivors” of something that does not and should not define us. “What if people decided to claim their trauma as an experience, instead of taking it on as an identity?” she queries. “Maybe it would be the start of defining ourselves by who we have become and who we are becoming.”

As Jarvis well knows, there are, in her words, “powerful forces” pushing us to do just the opposite. In 2005, she found herself in the same position as her friend, having recovered from cancer and trying to sort out what it all meant. “We don’t all have to start a foundation or write a book,” to

claim meaning for ourselves, she says. “Maybe we make one small decision that can bring about a big change.”

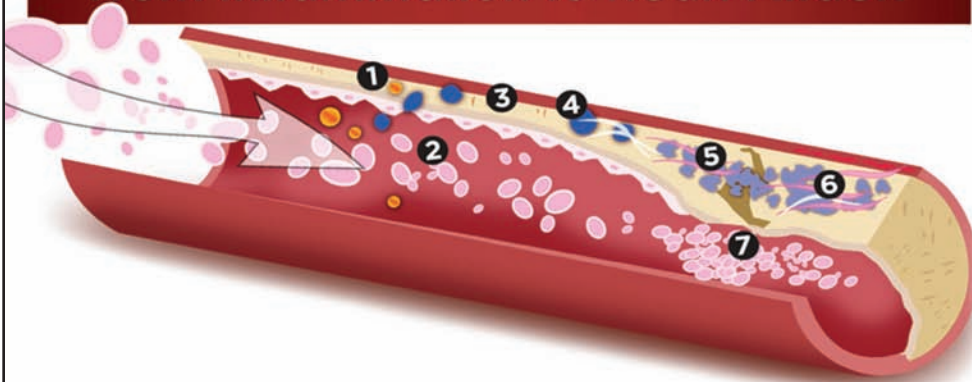
For some, this has meant exchanging a disease-prone view of themselves for a more inspired outlook. Too often, though, mustering the humility to adopt such a perspective can seem just as difficult as climbing down from whatever tortuous experience we’re clinging to. Yet, it’s essential.

As those familiar with the Bible know, a central event of Jesus’ life, his crucifixion, was followed by his even more compelling resurrection, a term that thought leader Mary Baker Eddy describes as “spiritualization of thought; a new and higher idea of immortality, or spiritual existence; material belief yielding to spiritual understanding.”

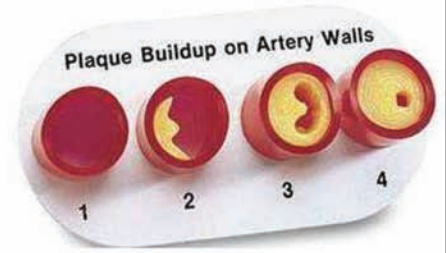
The good news is that such transformation is not exclusive, but available to anyone. Whether it’s at the urging of a chaplain or another counselor or our own divine inspiration that’s encouraging us to move on, we owe it to ourselves to begin discovering who and what we really are.

Eric Nelson is a Christian Science healing practitioner from Petaluma, CA, who writes on the link between spiritual consciousness and health. Find more articles at norcalcs.org.

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Upcycled Décor

Old and Oh-So-Stylish

by Avery Mack

Old furniture used to go to college dorms and student apartments. At graduation, it was moved to the curb to be picked up by incoming students or the trash man. Now, with the influx of TV shows like *Flea Market Flip* and *American Pickers*, the DIY Network, HGTV and complementary books and magazines, vintage and mid-century recyclables barely touch the curb before being reinvented. Lighting, storage and seating provide ample opportunities for one-of-a-kind creations of imagination, vision and innovation.



photo courtesy of Lit for a Queen/Etsy

Craigslist. Sometimes all that's needed is a coat of paint and fun fabric. New cushions, bought or made, are easy upgrades. Recovering a padded seat only requires the right amount of fabric and a sturdy staple gun. Mismatched chairs, painted a neutral color and redone with the same fabric, turn a mishmash of styles into a coordi-

nated set. Chevron (zig zag) or checkboard patterns in black and white are popular—understated, yet posh. Bright colors in a pop art style or 70s florals brighten any room and give the owner style points.

Benches created from a bookcase, shortened dresser or car parts can be padded or plain and incorporate storage capacity. A child's bench may have been a skateboard in its former life. When buying reclaimed wood, ask about its origin; factory pieces might still retain unhealthy contaminants.



photo courtesy of Jessica-Allyn.com

Lighting

Search the words recycled, repurposed and upcycled on Pinterest, Etsy or any search engine to picture results ranked from simple-to-do to how-in-the-world astonishment. Light fixtures can be made from almost anything. Cookie jars and books turn into lamps, wine bottles become a chandelier—go homespun or industrial, follow a theme or incorporate a hobby. Freshen lamp shades using old sewing patterns, vintage fabrics or ribbon applied as *découpage*. A coat of paint transforms tacky, tarnished brass chandeliers into elegant décor.

At a flea market, look for boxes of stainless forks, knives and spoons—avoid costly sterling silver that can tarnish. A drill, frame, wiring and bulb later, we can have an intriguing hanging light or lamp. Combining a chafing dish, silverware and assorted tea cups in a chandelier creates artful lighting.

Seating

Chairs are plentiful in garage and whole-house sales, flea markets and on

Storage

Old dressers and desks are frequent throwaway finds. Often big and bulky, scratched and ugly, it's easier to set them out for pickup than list them for sale. Paint can transform a desk that shows its age into a welcome addition to a home office. For added interest or to hide imperfections, *découpage* with maps, postcards, kid's artwork, pages



photo courtesy of Restoration Alley

from beyond-repair cookbooks or old sheet music. Need a shelf above the desk? A pair of old shutters works well; cast iron brackets add flair. Matching or complementary paint colors will make the pieces look like they belong together.

Broken pieces of furniture can live on if cobbled together. A coffee table's sturdy legs and frame, an old window and a little paint combine to furnish a unique table with built-in storage. To protect fragile glass and create an even surface, top with a sheet of Plexiglass or sturdy beveled-edge glass.

Look beyond what is there and imagine what it could be. Ideas are everywhere, especially with spring cleanouts, garage sales and flea markets. Expect upcycling to become an obsession, because everything will become a possibility.

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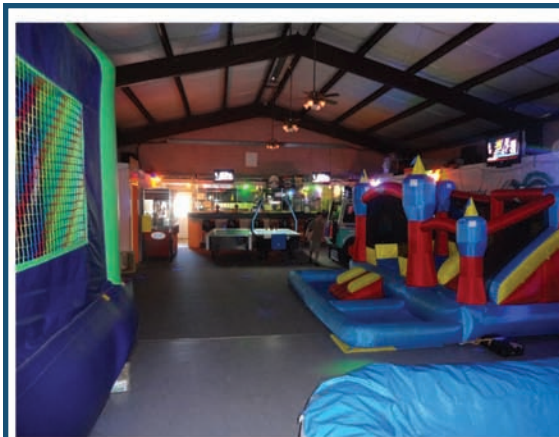
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Laura Prepon's Journey to Health

Home Cooking, Organics and Massage Are Key

by Gerry Strauss

From *That '70s Show* to *Orange is the New Black*, actress Laura Prepon has long been considered by TV audiences to be a welcome image of health. Yet Prepon's recent discovery that she'd been falling short in nourishing her body as effectively as possible has set in motion a complete redirection of lifestyle, from her diet to fitness routine. Now working on a book about clean living and eating due out next year, Prepon has rededicated herself to educating us just as much as she's entertained us through the years.



photo by Michael Simon

and bring meals to work so I don't stress about food during the day. It feels good to get people together in the kitchen and I've taught friends how to cook healthy foods in simple ways, so they now bring their own meals with them to work. It's all about preparation, so that you're not just grabbing something on the run. Knowing what's going into the food we're eating is important.

Why do you include a lot of soup in your diet?

With all of the GMO food sprayed with chemicals in the typical American diet and the other environmental toxins everyone has to deal with, our gut flora, intestines and bodies in general are becoming compromised. Ten years ago, few had even heard of gluten allergies unless you had celiac disease, which was rare even then. Now, everywhere you go, there's a gluten-free option.

I love eating soup because the healthful ingredients I use are broken down completely, so the body can immediately assimilate needed micro-nutrients, which help heal us from the inside out. I'm talking about homemade broth from grass-fed beef bones,

so you get the marrow; I'm partial to knuckle bones. I always have soup broth in my refrigerator.

What's key to your ability to naturally stay healthy and fit in the midst of an intense schedule of work and travel?

I love modalities like acupuncture, massage ... all of that. I fully believe in keeping energy flowing to benefit the functioning of all our organs.

As school kids, we learn about the circulatory system and central nervous system, but who knows much about the lymphatic system? It's extremely important, and people are starting to get the idea. Activities like yoga, swimming and bouncing on the trampoline can help.

Do you see society's penchant for medicating as a way to avoid listening to and addressing our body's real needs?

I do. That's why I study Eastern medicine, because I feel that Western medicine treats problems and Eastern medicine prevents problems from happening. I grew up in a family of doctors and "full-on" Western medicine and respect the medical community. Unfortunately, these days, most people are continually medicated and they're not getting better. As a society, we tend to just take a drug to handle a symptom instead of addressing the actual cause of the problem.

As a celebrity, do you see yourself as a conduit to facilitate a shift away from unnatural lifestyles?

Yes. The reason I decided to write a book was because I've been struggling with a bunch of different ailments in secret for a long time. When I began working with my integrated health coach, Elizabeth Troy, I started to heal for the first time in all the years of reading books on health, diet and fitness, seeing doctors, taking loads of pills and spending crazy amounts of money on all of these activities. I want to help people struggling to regain their health to get answers.

Gerry Strauss is a freelance writer in Hamilton, NJ. Connect at GerryStrauss@aol.com.

How do you manage to consistently eat local organic food instead of fast food?

My mother was a gourmet chef and an advocate of organic food, so we always had amazing meals growing up. Eating organic produce that's in season locally seems to help me assimilate nutrition more readily. Whenever I can, I also try to tap into biodynamic agriculture, which takes an even broader holistic approach to food production and nutrition. I view GMOs [genetically modified foods] as toxic to the system.

As a self-taught chef, I like to cook at least 80 percent of my food at home

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Flexing Our MUSCLES

Weightlifting Makes Us Fit, Healthy and Self-Confident

by Debra Melani



Women who shy away from the traditionally male-centric weight rooms might want to reconsider. Standing their ground amid the deadlift bars and iron plates could lead to a host of unimagined benefits. Research has found that among other things, hoisting dumbbells can amp up the fat burn, ward off some common diseases and make women stronger, both inside and out.

Burn Calories When Resting

Aerobic activity can burn more calories while doing it (e.g., 14 to 16 per minute when running), but strength training prolongs the burn, even when resting afterward, according to Wayne Westcott, Ph.D., of Quincy, Massachusetts, who publishes widely on the topic in scientific journals, magazine articles and books. Women will burn fewer calories while pumping iron than when running (between eight and 10 calories a minute), but because of weightlifting's action—traumatizing muscle tissue and forcing it to rebuild—muscle recovery requires increased expenditure of energy, and thus calories, when the person is at rest.

The research shows a revved-up burn of between 5 percent and 7 percent for three full days after a workout, says Westcott, who developed the exercise science major at Quincy College and has reviewed and directed strength-training research for more than 25 years. "On average, a woman burns an extra 100 calories a day by having done 30 minutes of strength training twice a week. That's an extra 3,000 calories a month, or nearly an extra pound of fat she can burn."

Additional "free" calorie burning comes from the after-burn effect. By initiating the anaerobic, rather than aerobic, system, weightlifting requires more energy just to return to the resting state. "So, after you finish a workout, you will burn approximately 30 percent of the amount of calories you burned during the workout in the first hour afterward as your body transitions back. It's a bonus of resistance training."

"It's like there's a furnace inside you," says Naturopathic Doctor and CrossFit instructor Holly Lucille, of West Hollywood, California. The more buff a woman becomes, the more fat she burns. "It can help minimize that natural effect of slowed metabolism as you age and control body weight," she notes.

To maximize the burn, eat a healthy combined protein/carb snack within an hour of the workout, advises Jen Hoehl, a personal trainer in New York City, who says, "Adding amino acids helps the muscles rebuild more efficiently."

Westcott agrees, adding that 90 percent of studies he's reviewed concur that about 25 extra grams of protein such as a Greek yogurt, more for heavier men, just before or after a workout, enhances fat loss, bone strength and lean muscle gain.

Don't Fear 'Hulk' Bulk

Experts agree that it's impossible for women to look like the Hulk character of comic book fame. "They don't have enough anabolic hormones, such as testosterone," Westcott explains. "Our team has written 26 books on strength training, with not one title exclusively for women. The muscles are exactly the same for both genders, so the same training works, but women will just get toned, not bulky."

To build muscle and become toned absent injury, create a full-body routine, balance muscle groups targeted in workouts, and progress properly through increased weight loads.

"I train a lot of tiny girls that deadlift 225," Hoehl says. One tip: Don't overeat, a mistake many women make when starting out.

"Often, people will be hungrier, and they lose track of what they eat or think, 'Now I can reward myself,'" Lucille explains. "You have to figure out what your new normal is. Eat lean, clean protein."

All three experts agree that braving the free-weight area boosts success at toning and trimming the whole body. "If you use free weights, you use your core and more muscle groups to help stabilize both the weight and your body, which is often standing," Hoehl explains, versus machines that are often worked while sitting, and generally exercise only one targeted muscle group at a time.

Recover Muscle

Weightlifters also slow Mother Nature's habit of stealing muscle during aging. "Women lose an average of five pounds of muscle per decade after age 30 until menopause, when the rate increases even more," Westcott says. Studies have found that during a woman's first six months of twice-weekly weight training, she can rebuild about one-quarter pound of muscle per week, he says.

Because becoming stronger makes everything from chores to other kinds of workouts easier, women become firmer, fitter and more self-confident, Lucille observes. Independence rises, along with self-esteem. "As with all things in life: If you push against resistance, you get stronger," she says. "That's true both mentally and physically."

Note: Experts recommend using a certified trainer or weightlifting class to get started.

Debra Melani writes about health care and fitness from Lyons, CO. Connect at

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PET VACCINE ALTERNATIVES

Natural Steps to Nurture Immunity

by Shawn Messonnier

With pets, as with kids, vaccine safety and necessity are likely concerns. While holistic veterinarians tend to minimize the use of vaccines, their strongest stance is against unnecessary vaccinations. The point is to immunize only when it's needed by individual patients while maximizing natural immunity.

In the late 1970s, amid the discovery of the canine parvo virus, vets saw many puppies under 4 months of age suffer from this mysterious disease and die or be euthanized. Once a vaccine was made, we rarely saw pets dying from the parvo virus or parvoviral infection. So, in certain cases, vaccines can be life-saving.

However, unnecessary and multiple simultaneous vaccines can also be life-taking, which doctors rarely mention. The truth is that only minimal vaccines are needed for dogs

and cats over the course of a pet's life. No pet needs all of the vaccines that are currently manufactured, and none needs vaccines every six to 12 months.

Pets do need veterinary checkups once or twice a year to screen for diseases affecting the liver, heart, kidneys, lungs and gastrointestinal and urinary systems, as well as cancer. Blood and urine testing, including blood testing for undiagnosed cancer, is vital, easy and inexpensive (every six months for pets 5 years and older and annually for those that are younger).

A good protocol is akin to that developed by Dr. Jean Dodds, founder of Hemopet, of Garden Grove, California, a holistic veterinarian and an expert in animal vaccination and immunology. Her system involves administering limited vaccines to puppies and kittens based on their individual needs, and not more often than every three weeks for those younger than 8 weeks. Following this course, by 4 months of age the pet has been injected with four to six vaccines, compared to double to triple the amount supported by vaccine manufacturers and administered by breeders and most conventional doctors.

Such a judicious, limited vaccine protocol offers protection against the diseases that are the most lethal to the puppy or kitten while doing no harm to its natural immune system. As needed, individual pets may also receive a natural detoxification protocol to minimize vaccine reactions. Antioxidant supplements can boost the immune response, as well.

Adult pet patients can also be given blood titer testing instead of vaccines. This measures the animal's individual antibody responses to prior immunizations or common disease exposure and assures us the pet has adequate immunity against a specific disease.

All of this assures the pet owner that the pet is protected against infectious diseases without the risks of annual multiple vaccinations. In most cases a protective titer is maintained for many years, which preempts disease and further reduces the number of vaccines the animal receives over its lifetime.

Titer testing costs less than \$100 for three common infectious diseases, is safer than routine immunization, protects the immune system, prevents vaccine reactions and assures owners, vets, boarding facilities, groomers and day care facilities that it's safe to introduce the pet into such environments.

This approach of minimal vaccinations is a prime reason holistic veterinarian patients tend to be healthier and live longer than the average pet, with even larger dogs regularly living in good health up to 15 to 20 years of age.

Holistic veterinarians perform limited vaccines supplemented by titer testing to ensure levels of care that meet accepted standards. They base their approach on supportive science from institutions including the American Animal Hospital Association and American Association of Feline Practitioners to provide safe, proven, ongoing immunity for patients.

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



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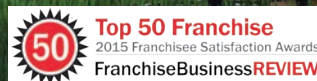
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calendarofevents

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Friday May 1

UL Press Warehouse Clearance Tent Sale – 8:30am. Purchase books as low as \$1. Free. Dupre Library, UL Lafayette 400 East Saint Mary Blvd, Lafayette.

Disney on Ice: Let's Celebrate – 10:30am. Thru 1&5pm Sun. May 3. Favorite Disney stories come to life by mixing Disney characters with ice skating. \$15 - \$50. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

Breaux Bridge Crawfish Festival – 4pm-12am. Thru 10am-12am. Sat. May 3 & 9am-4pm. Sun. May 3. Thirty Cajun & Zydeco bands on three stages. BBCrawfest.com.

Relay For Life of Iberia Parish – 6pm-6am. Thru Sat. May 2. American Cancer Society's signature fundraising event in the fight against cancer. Teams of 10-15 participate. Weeks Park, 4800 Freyou Rd, New Iberia. 337-519-1978. Main.ACSEvents.org.

Saturday May 2

Ride For Rox 2015 – 6am. A ride in memory of Roxanne Richard features five routes, from 12 to 100 miles, through Church Point, Rayne, Crowley, Scott, Breaux Bridge, Carencro, Sunset and Arnaudville. Registration includes t-shirt, SAG, maps, road markings, and lunch. \$40. Acadiana Park, 1005 E Alexander St, Lafayette.

Spring Extravaganza – 8am. Health fair, trade show, and garage sale all in one day. Free. Carencro Community Center, Carencro

19th Annual Celebration of Herbs & Gardens – 9am-4pm. Everything for the garden enthusiast: plants, herbal products, pottery, garden art and informative presentations. \$5 over 6yrs old. Marie Street, Sunset 337-662-3542. SunsetHerbFestival.com.

Skin Cancer Screening – 9am-12pm. A free screening event, with educational materials and referrals. All ages on a first-come, first-serve basis. Lafayette Community Health Care Clinic, 1317 Jefferson St, Lafayette.

May Fest in Grand Coteau – 10am-5pm. Thru Sun. May 3. Register children for summer program; buy raffle tickets, join the bingo tournament, buy plants and enjoy BBQ dinners and sweets. Children participate in basketball tournaments for \$25/team and \$5/person. Julia Richard. Thensted Center, 268 Church Street, Grand Coteau 337-662-5838.

Scrapbooking With Friends – 10am-5pm. Learn scrapbooking techniques. "Make & Take" for the cost of supplies. Registration required. Northside Assembly of God, 809 East Northern Ave, Crowley. 337-783-5473. ScrapbookingWithFriends@gmail.com or Facebook.com/ScrapbookingwithFriends.

Sunday May 3

19th Annual Duathlon – 8am. The State Duathlon championship race for Louisiana with a 2-mile run, followed by a 16-mile bicycle ride and finish with another 2-mile run. South Campus of the Opelousas General Hospital 3983 I-49 S Service Rd, Opelousas.

Avec Souci Garden Tour – 1-5pm. Kicks off the garden season with five unique local gardens. \$15-\$20. See Web address for the locations of gardens on tour. Lafayette. 337-280-3720. AvecSouci.org.

Wednesday May 6

Celebrate National Tourism – 9am. Lt. Governor Jay Dardenne does a news conference as part of a statewide expedition celebrating National Tourism week. St. Landry Parish Visitor Center, 978 Kennerson Rd, Opelousas.

National Day of Prayer – 11am-1pm. Churches in the city of Scott offer prayer and support with gospel entertainment. Scott Event Center, Scott. 337-233-1130. CityofScott.org.

The Rayne Frog Festival – 4pm. Thru Sat. May 9. A full schedule of music, food, drinks events to include frog racing and jumping, diaper derby, arts and crafts and the grand parade. \$5. Frog Festival Grounds, Rayne. RayneFrogFestival.com.

Saturday May 9

Q-Ing on the Bayou: Boat Poker Run – 11am-8pm. Live music, boat poker run and a barbecue cook-off. Bayou Carlin Cove Boat Dock, 605 S Railroad St, Delcambre. 337-658-2422. DelcambreBoatParade.com.

11th Annual Step Outside Day – 9am-3pm. Learn about activities in the Atchafalaya. Pre-registration suggested. Free. Sherburne Wildlife Management Complex, 1132 Sherburne Rd, Hwy 975, Krotz Spring. 337-585-0853.

Tuesday May 12

LEDA 20th Annual Job Fair – 9am. Premier job recruitment event in Acadiana, connecting Louisiana employers with jobseekers. Free. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

Wednesday May 13

Seniors Got Talent – 1:30pm. Senior citizens of Iberia Parish show off their talents. Contestants must be at least 60 years old. Free. Iberia Council on Aging. Sliman Theatre, Main St, New Iberia. 337-367-1556.

Thursday May 14

Creole Okra Festival – Thru Sat. May 16. Local food, drinks, crafts, carnival rides, dance performances and an okra cook-off. Onsite RV parking. \$5/person and free under 12 years. African American Museum. Bayou Teche, 203 N New Market St, St. Martinville. 337-394-2233 or 337-394-2230.

Saturday May 16

Chitimacha Race – 8am-5pm. A 20 mile race on Bayou Teche for kayaks, canoes, pirogues, and SUP's from New Iberia to Charenton through on the Chitimacha Reservation. New Iberia City Park Boat Launch, 300 Parkview Dr, New Iberia. 337-394-6232. TourDuTeche.com

Sunday May 17

MBAC Hibiscus Show & Sale – 1pm-4pm. An amazing variety of exotic hibiscus as well as hibiscus fertilizer and MBAC membership. Free. Cathedral Carmel Gym, 848 St, John St, Lafayette.

Thursday May 21

4th Annual Krotz Springs Sportsmen's Heritage Festival – 5:30-11:30pm. Thru 8:30am-7pm. Sun. May 24. Promote the wetlands, woodlands and the Atchafalaya River. Nall Park, 562 Front St, Krotz Springs. 337-566-3527. KSSsportsmensHeritageFestival.com.

Saturday May 23

Splash Bash – 10am-4pm. Swimming, arts and crafts, games, fun jumps, food and refreshments. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-339-5903. SnapofIberia.org.

Monday May 25

Annual Memorial Day Program – 9am. An outdoor service featuring Color Guard Assemblies in full regalia and TAPS performance by Acadiana Veterans Honor Guard. Reception in the funeral home lounge. Free. Fountain Memorial Funeral Home & Cemetery, 1010 Pandora St, Lafayette. 337-981-7098.

Memorial Day Ceremony – 6-8pm. A celebration commemorating all of our fallen soldiers with a flag ceremony, 21 gun salute and patriotic music. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Thursday May 28

Community Health & Resource Fair – 10am-3pm. Information and resource fair. Free. Natalie Theriot. Acadiana Area Human Services District, 302 Dulles Dr, Lafayette. 337-262-1209.

The Rainmaker – 7:30-10pm. thru Sun. 3-5:30pm. Jun 7. Iberia Performing Arts League presents a live theatre production with concessions available. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. Ipaltheater.com.

Saturday May 30

Healing Traditions – 11am-12pm. An introduction to the healing traditions of the Cajun and Creole people, the preservation of medicinal plants, and their uses. Rebecca Henry speaks about Creole folk medicine. Free. Performance Center, Vermilionville Living History Museum and Folklife Park, 300 Fisher Rd, Lafayette.



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sunday

Sunday Nature Program – 11am. Activities chosen feature a particular season, event or day including guided hikes, nature videos, flora and fauna. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

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

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

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

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

monday

Meditation – 12pm. Twenty-five minute sitting meditation. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

Celebrate Recovery – 6:00-8:00pm. A chance to discover and heal from the hurts, habits and hang-ups that prevent experiencing God and living well. This Biblical program is based on the words of Jesus and ministers to the whole person from a psychological, emotional, intellectual and spiritual perspective. Programs also available for children in Kindergarten-12th grades. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. Recovery@TheBayouChurch.org.

Yoga Class – 6pm. Join Sarah Trahan for yoga classes which integrate stretching, strength building and meditation and is suitable from beginners to the experienced. \$10. The Thensted Center, 268 Church St, Grand Coteau.

Les Vues Film Series – 6:30-8:30pm. A monthly film series held the last Mon each month. Refresh-

ments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Senior Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

Cajun Band Les Freres Michot – 7-9pm. Michot performs every Monday night at Prejean's Restaurant, 3480 NE Evangeline Thruway, Lafayette. 337-896-3247.

tuesday

Opelousas Farmers' Market – 6:30-9am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

Ongoing Grief Support Group – 12-1:30pm. For those who have suffered the loss of a loved one and wish to share and learn from others who also grieve. 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

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

Senior Water Aerobics Class – 3-3:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Type 1 Diabetes Support Group – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tuesday of the month. Free. Women's & Children's, Kids Specialty Center, 4704 Ambassador Caffery Pkwy, Lafayette. 1-877-302-2731.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady

of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers, meet to share and gain information in the craft of writing. The goals are to provide a strong support system for our members that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. WritersGuideOfAcadiana.com.

wednesday

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

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

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

Eunice Farmer's Market – 1pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

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

Senior Water Aerobics Class – 6:30-7:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

thursday

Opelousas Farmers' Market – 6:30-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

Senior Water Aerobics Class – 3-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

friday

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

Downtown Alive – 5:30pm. Louisiana's largest and longest-running free concert series. Enjoy food, drinks, and free live music. Downtown Lafayette.

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

saturday

Opelousas Farmers' Market – 6-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

Eunice Farmer's Market – 8am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

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

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

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, weather and river conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle for free. Margo Addison. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

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

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

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 Hwy 190 E, Eunice. 337-457-9563.

La Table Francaise d'Arnaudville – 9am. Last Saturday of the month. Venez partager l'heritage. Coffee

and pastries provided. Free. NuNu's Arts and Culture Collective, Hwy 93E, Arnaudville. 337-754-7724.

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

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

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

Food Truck Festival – 10am-2pm. Food trucks at the Teche Area Farmers' Market on the second Saturday of the month. Popular vendors line up for the event. Fulton St, between Fisher St, and Iberia St, New Iberia. 337-369-2330. Facebook.com/TecheFarmersMarket.

Tarts and Arts – 10am-12pm. Enjoy gourmet coffee and finger foods while viewing local art and a rummage sale with cute accessories, clothing, shoes, and purses. Event held 1st Saturday of the month. EnvisiondaBerry. Free. NILA Gallery LLC, 301 W St. Peter St, New Iberia.

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

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

"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.



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

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

- The gastrointestinal system comprises 75% of the body's immune system.
- There are more neurons in the small intestine than in the entire spinal cord.
- It is the only system in the body that has its own, independently operating nervous system, called the enteric nervous system.
- If you stretched out the gastrointestinal system in its entirety, it would have the surface area of a regulation sized singles tennis court.
- There are over 400 species of microbes living in your gut, totaling over 15 pounds of mass and containing more bacteria than there are known stars in the sky.

Fit Your Gut - Fix Your Health

BODY REBOUND Weight Loss Program

www.NaturalHealthCentersOnline.com



Includes:

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

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

CALL **347-4141**

^{**} Included in 4 Month Weight Loss Program Only

AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

12 - 35 pounds in eight weeks

TOXINS AND WASTE CAUSE THE BODY TO GET SICK

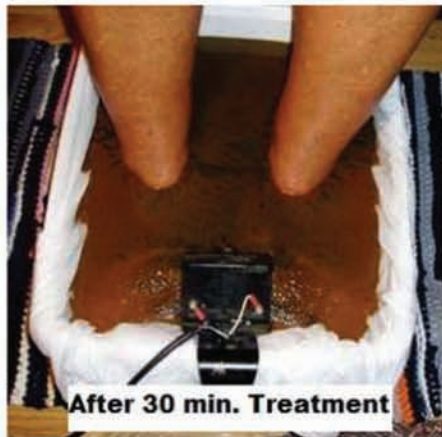
Buy 1 Get 1 1/2 OFF

Single Session \$45
2 Foot Detox Sessions \$80
4 Foot Detox Sessions \$145

Offer Ends 6/15/15



Before Ion Cleanse



After 30 min. Treatment

Ionic Detox Foot Spa

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

To schedule your
first appointment

896-4141
CARENCRO OFFICE

662-3120
SUNSET OFFICE

Green Water and Wheatgrass

I drink wheatgrass.

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

Source: www.cancer.org



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

Sunset

DHARMA Center, Tel: 662-3120

Carencro

Natural Health Center, Tel: 896-4141

Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

GREEN WATERS (alkaline water with wheatgrass and green tea)



Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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

.....\$36/case

Weight Loss Protein Drinks



Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Food Bar Whey Protein (Strawberry & Chocolate)

OFB Recover Protein powder tastes great, digests easily and is made with the finest non-denatured, cold processed whey, from no hormone treated pasture fed cows. Contains all key amino acids and fragile immuno supportive whey components. Low glycemic.



.....\$40.00

SIX STAR PRO NUTRITION Professional Strength Whey Protein (Cookies & Cream 2 lbs)

New Professional Strength Whey Isolate is a premium protein formula megadosed with over 60g of whey isolate and 7 grams of leucine in each two-scoop serving. Whey protein isolate has one of the highest rated Biological Values (BV), which is a value given to protein sources to measure how well they're absorbed and used by the body.



That's why 100% of the protein component in Professional Strength Whey Isolate is whey protein isolate. In fact, in one 6-week study, subjects taking the core ingredient in Professional Strength Whey Isolate gained more than double the lean muscle than those using a placebo (5.1 vs. 2.0 lbs.!) The numbers don't lie, Professional Strength Whey Isolate is a fast, effective and great-tasting way for you to build the muscle size and strength you need to get noticed when combined with an intense training program!\$45.00

WHEATGRASS Capsules



Call:
662-3120

Available in Sunset, LA

DHARMA
wellness center and fit club



BENEFITS

- tastes better than frozen cups
- improves metabolism
- aids the body in healing
- improves the immune system
- helps clean the blood and lymph
- helps to increase oxygen levels
- increases alkaline body levels

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.



.....\$35.00

pH 9.5 Drops

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



Liteon Natural's high-absorption softgels are a convenient way to incorporate the valuable nutrient lecithin into your daily diet routine. This unique formula delivers all-natural support for your heart, brain and liver. An outstanding fat emulsifier for healthy cholesterol and cardiovascular maintenance, lecithin

is also a source of phosphatidylcholine, which is a vital nutrient for brain and liver function. Each softgel delivers 1,200 mg of soy lecithin.

.....\$30.00

Garcinia Cambogia

Jump start your metabolism to put you on the path to fitness with the dual-action dietary support of Liteon Natural's Garcinia Cambogia. Native to Indonesia and grown throughout India and Southeast Asia, Garcinia cambogia (also known as tamarind) is a pumpkin-shaped fruit that has long been used in curries and other traditional Asian foods to make them more filling. Now it's gaining worldwide acclaim as a natural fat-buster because of the unique properties of

a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. What makes HCA so helpful for weight management is that it blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. The net effect is to promote a healthy change in body composition by encouraging lean muscle development over fat storage—but that's not all. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. Our veggie caps deliver 500 mg of guaranteed-potency Garcinia cambogia extract, standardized to 60% hydroxycitric acid content.

.....\$35.00



WheTea Ab Fat Burner

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

.....\$20.00



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy

memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola,

along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



Women's Hormone Balance



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

in order to help regulate the body and restore natural hormone balance.

.....\$35.00

Phase 2 Starch Complex



Promote natural weight loss without giving up your favorite foods with Phase 2 Starch Complex. This revolutionary weight loss supplement neutralizes dietary starch and carbohydrates before your body converts them into unwanted calories. Phase 2 Starch Complex features white kidney bean extract and has been shown in multiple studies to delay the digestion and absorption of carbohydrates. When this happens, it reduces the caloric impact of starchy

foods and lowers the glycemic index. Along with a healthy diet and exercise, taking Phase 2 Starch Complex may assist in weight control. Phase 2 Starch Copmplex is an all-natural, stimulant-free weight loss supplement.

.....\$35.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our

body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to loe the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

.....\$45.00

Manglier Tea mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescrip-

tions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

.....\$24.00

Raspberry Ketone Drops



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

.....\$30.00

Natural Medicine and Nutrition Centers



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(337) 896-4141

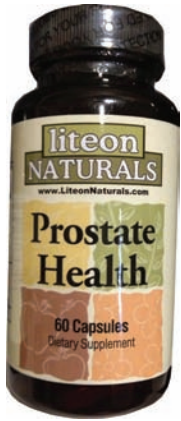


166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500

Prostate Health



Prostate enlargement is the most common prostate problem and a serious medical condition that primarily affects men 50 years of age and older. As a man ages, chances of prostate problems will increase to nearly 80%. While some symptoms may go unnoticed, others can disrupt your daily activities. A swelling prostate causes symptoms such as frequency and urgency to urinate, interrupted urine flow, and lower back pain. EnergyFirst's Prostate

Health supplement relieves symptoms with a healthy blend of herbs, vitamins, and minerals to support prostate health.**\$35.00**

Numerous studies show more than half of all men over 50 years of age suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% will suffer from uncomfortable symptoms that may include difficulty urinating, increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.

Melatonin



Control your sleep/wake cycle naturally with the help of Melatonin! This useful hormone works to restore normal sleep patterns while delivering excellent antioxidant support to the body. Each capsule supplies 1 mg of melatonin..

.....**\$30.00**

Maca



Since the dawn of time, man has searched for substances to help enliven the libido, promote sexual prowess, and stimulate the intimate experience. Long ago, in the jungles of Peru, he found it. Maca, an ancient herb used by Peruvian natives for sexual support, is now available worldwide. Men and women across

the globe are discovering its invigorating potential to enhance intimacy. Our maca is concentrated for guaranteed levels of active herbal components. Each capsule contains 500 mg of maca root in a potent 4:1 extract.**\$30.00**

Rhodiola



Rhodiola Root is the premium choice to counteract the mental and physical effects of stress. This potent herb from Liteon Naturals helps reduce levels of stress hormones while supporting levels of key brain chemicals involved in regulating mood. Our powerful capsules contain 300

mg of rhodiola root powder and provide a great way to conquer the mental and physical challenges of stressful times.

Rhodiola increases the oxygen-carrying capacity of our red blood cells, making it particularly effective at increasing energy, vitality and stamina during times of stress. Rhodiola has a calming effect on our body and mental state because of an ability to reduce cortisol, one of our major stress hormones. From the mental side of things, Rhodiola also increases the sensitivity of your neurons to the presence of dopamine and serotonin, two neurotransmitters involved in focus, memory, pleasure and mood. This plant has been used as an extremely effective alternative to antidepressants. Not only does Rhodiola reduce the cortisol and blood sugar aspect of the belly fat equation, but it also turns on an enzyme called 'hormone-sensitive lipase', a substance which allows your body to access and utilize the fat stored in abdominal cells.

.....**\$30.00**

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chron-

ic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....**\$30.00**

Cal-Mag-Zinc with Vitamin D



Calcium is vital for building strong bones and teeth, muscle function, release of hormones and enzymes, and assists nerves in transmitting impulses.

Magnesium is needed for making new cells, activating B vitamins, relaxing muscles, clotting blood, energy metabolism, and is concentrated in the bones and teeth. It helps keep cells electrically stable, maintains proper blood pressure, and, with calcium, regulates energy levels and maintains normal heart function and nerve transmission.

Vitamin D regulates calcium metabolism, which is important for the formation of bones and teeth.

Zinc is an essential trace mineral that is necessary for the activity of 300 or more different enzymes. Special chelates ("claws" that hold the nutrient and allow for better bioavailability) enhance the delivery and utilization of the minerals.

.....**\$40.00**

Shark Cartilage



For joint health support, try Liteon Natural's Shark Cartilage! This all-natural formula delivers nourishment for joint care with the help of a biological structure similar to that of the cartilage that cushions joints. Our convenient capsules supply a potent 750 mg of pure shark cartilage for everyday

joint maintenance. Supporters believe that supplements made from shark cartilage can slow or stop the growth of cancer. According to its supporters, shark cartilage contains proteins that stop angiogenesis, the process of blood vessel development. Tumors need a network of blood vessels to survive and grow, so cutting off a tumor's blood supply starves it of nutrients, causing it to shrink or disappear. Some supporters also claim that shark cartilage can help against other diseases such as osteoporosis, arthritis, psoriasis, macular degeneration, and inflammation of the intestinal tract.

.....**\$35.00**

Alternative • Complementary • Holistic Services

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(337) 662-3120

Caribbean Health and Wellness Center, Opelousas, LA
(337) 678-1500

Pricing and Rate Sheet

Infrared Sauna	30 mins: \$45	1 hour: \$70
Whole Body Vibration	10 mins: \$35	20 mins: \$65
Lymphatic / Water Massage	30 mins: \$45	1 hour: \$70
Body Wrap	30 mins: \$45	1 hour: \$90
Ion Foot Detox	30 mins: \$45	(2) 30 min sessions: \$80
Hydration Therapy	30 mins: \$45	1 hour: \$90
Massage Therapy	60 mins: \$69	90 mins: \$89
Slimpod Slimming/Detox	30 mins: \$45	1 hour: \$70
Dermosonic Cellulite	1 treatment: \$45	6 treatments: \$180
Zerona Fat Laser Treatment	6 treatments: \$675	12 treatments: \$850
Dr's Office Visit (consultation)	30 mins: \$60	1 hour: \$120
Blood work (lab services)	1 test: \$94	2 tests: \$150
Vitamin Test	1 test: \$39	2 tests: \$65
Biofeedback	1 session: \$65	4 sessions: \$210
Air Cupping	30 mins: \$45	1 hour: \$70
Personal Trainer (DHARMA Gym)	30 mins: \$35	1 hour: \$65
Thermography Imaging	Full Body: \$145	Breast Only: \$95
pH Acid Testing & Body Comp	1 test: \$5	4 tests: \$15

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
RESTORE Health Program Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 6 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$2,410	\$493 (with program) 20 Infrared Sauna* 24 Whole Body Vibration* 18 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$4,190	\$562 (with program) 28 Infrared Sauna* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,135
BODY REBOUND Weight Loss Program Lose weight, detox, build circulation, eat healthier	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 6 Foot Detox* 9 Body Wraps* 9 SlimPOD Slimming* 1 Thermogram* 9 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$3,185	\$420 (with program) 20 Infrared Sauna* 22 Whole Body Vibration* 9 Foot Detox* 14 Body Wraps* 12 SlimPOD Slimming* 1 Thermogram* 10 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$4,615	\$580 (with program) 24 Infrared Sauna* 25 Whole Body Vibration* 12 Foot Detox* 20 Body Wraps* 18 SlimPOD Slimming* 1 Thermogram* 12 pH Acid Testing & Body Comp* 14 Dermosonic Cellulite Treatments* 3 ZERONA Cold Laser Lipo* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$6,445
CANCER WELLNESS Program Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	\$440 (with program) 18 Infrared Sauna* 18 Whole Body Vibration* 9 Zerona* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,410	\$612 (with program) 27 Infrared Sauna* 24 Whole Body Vibration* 9 Zerona* 21 Foot Detox* 20 Hydration Therapy* 20 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$6,850	\$740 (with program) 34 Infrared Sauna* 32 Whole Body Vibration* 9 Zerona* 32 Foot Detox* 24 Hydration Therapy* 31 Water/Lymphatic Massage* 2 Thermograms* 16 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$7,221

SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 calendar weeks has passed from the beginning date of the wellness program.

Last Updated: 11/30/14

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NATURAL HEALTH PRODUCTS

Acai: is a purple berry which is only found in the Amazon rainforest; has high level of antioxidants. Historically used to combat fatigue, illness, and disease, including heart ailments, cancer, and other degenerative health issues; also known to benefit an individual's desire in becoming healthier, stronger, and motivated during physical activity; desirable health benefits, including boosting heart health and maintaining important organs, muscles, and tissues.

Aloe Vera: is a species of succulent plant, also known as "lily of the desert", the "plant of immortality", and the "medicine plant"; contains three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon; naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion; helps clean the digestive tract by exerting a soothing, balancing effect. Historically used to soothe and heal; anti-inflammatory, sunburns, arthritis, radiation poisoning, intestinal inflammation and ulcers.

High Blood Pressure

CoEnzyme Q-10 \$30

Helps strengthen and oxygenate the heart muscle

Selenium \$35

Selenium has been linked to blood pressure levels

Flaxseed Oil \$35

Contributes to lower blood pressure levels

Apple Cider Vinegar: Historically used as a natural cure for a number of ailments which usually require antibiotics and other medications; known to reduce sinus infections and sore throats; balance high cholesterol; skin conditions such as acne; protect against food poisoning; fight allergies in both humans and animals; prevent muscle fatigue after exercise; strengthen the immune system; increase stamina; increase metabolism which promotes weight loss; improve digestion and cure constipation; alleviate

symptoms of arthritis and gout; prevents bladder stones and urinary tract infections.

Bee Pollen: Known as a super food - contains all known vitamins and all known (22) essential amino acids, several minerals, enzymes coenzymes. Historically used to increase energy, improve athletic performance and reduce allergic response in hay fever, adrenal exhaustion and burnout. Known to stabilize blood sugar, aid for the pituitary and balance the reversed polarity.

Beta Carotene: Found in organic carrot juice. Historically used to protect your cells from the damaging effects of free radicals; provide a source of vitamin A; enhance the functioning of your immune system; help your reproductive system function properly; known for its benefit to eye health and immune support with out build up in the body.

Betaine HCl: The stomach manufactures hydrochloric acid (a natural protein-digesting enzyme), to break down proteins; as people age, they usually produce less HCl, which affects the amount of protein they can absorb. Incomplete protein digestion can lead to subsequent imbalances in the flora that feast on these compounds causing health concerns.

Black Cohosh: is a single herb that contains phytoestrogens; historically used to relieve menopause symptoms; regulate female cycles; relax muscle cramps and spasms and bronchial in asthma; reduces blood pressure. Also is known for bites and stings, menstrual cramps, depression, low estrogen, tension headache, menopause, post partum depression snake bite and tinnitus.

Bromelain: is a food enzyme that helps break down mucus; historically used to assist in snoring issues, (too much mucus in the pharyngeal/nasal area can promote snoring). Small amounts are found in pineapples. Also known to be used for urinary tract infections, strains, muscle injuries and sport injuries

Chlorophyll: is the green juice of plants. His-

torically used to build blood; improve general health; enhance oxygenation of tissues; reduces body odor, natural deodorizer. It has also known to enhance energy and stamina.

DHA: (docosahexaenoic acid) is a fatty acid that is absorbed into the fatty perimeter of cells. 30% of gray matter in the brain is composed of DHA; highly concentrated in the retinal neural tissues; required for brain development and important in maintaining and protecting the neural tissues. Research has shown that daily dietary DHA intake is lowest among women in the United States compared to women in Europe or Japan.

DHEA: A naturally occurring hormone and is the most abundant of all hormones in the body; it is produced by the adrenals. DHEA levels usually decrease about 80% between 20 and 65 years of age. Historically used to increase metabolism and promote weight loss; could reduce fat stores in the body; increases insulin sensitivity. Some research has found the level of DHEA in the bloodstream has proven to be a good barometer of cancer risk.

Digestion and Constipation

Digestive Enzyme \$35

Reduces the inflammation in the stomach

Probiotic Complex \$35

Puts the good bacteria back in the stomach

Organic Fiber \$35

Creates an elimination and clears the colon

Echinacea: is a single herb historically used as an immune stimulant, increases white blood cell count. Has been used for bacterial and viral infections, colds and lowered resistance; to strengthen and clear lymph nodes. Do not use with autoimmune conditions as it stimulates the immune system.

Flax Seed: an essential fatty acid; historically

used to reduce inflammation; heart health; cardiovascular health. Ground seeds are excellent nutritional fiber adding bulk to the intestinal system has been helpful with constipation.

Garcinia: is a single herb. Known to have antioxidant and anti-inflammatory properties; inflammation plays a significant role in the development of chronic and degenerative disease in general; also added in weight loss formulas. Known uses include astringent, rheumatism, bowel complaints, piles, bilious affections, anti-Cancer, edema, Intestinal parasites, constipation and delayed menstruation.

Garlic: is a single herb. Historically used as a natural antibiotic that kills fungus, viruses, bacteria and parasites; specifically helpful for lung infections including pneumonia. Lower high blood pressure and prevent hardening of the arteries.

Ginkgo Biloba: is a single herb. Historically used to enhance circulation to the brain; helps with memory loss in elderly by improving peripheral blood flow; counteracts some effects of aging making it an excellent preventive remedy for the elderly. Also known to be anti-aging, blood thinner and affects the brain, nerves and serotonin.

L-Carnitine: is an amino acid and is synthesized in the liver and kidneys. The body requires L-carnitine for the transport of long-chain fatty acids into the cells; symptoms of deficiency include progressive muscle weakness and severe hypoglycemia; is not found in vegetable foods but is mostly found in animal muscle tissue.

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Glucosamine Complex \$35

Manages joint pain and cartilage building nutrition

Resveratrol \$35

Calms inflammation and stabilizes histamine release

Lecithin: Known to emulsify fats in the body; lower cholesterol, promote heart health, aids in weight loss, promote liver health, improve brain function, reproductive health and decrease the risk of cell membranes hardening; reduce arthritis pain; promote gall bladder health and prevent gallstones.

L-Glutamine: is one of 20 amino acids in the body, is the most abundant in the body and commonly found in muscles. Common food sources are high proteins like red meats, fish, beans and dairy products. Effects the brain and nerves; has been known to help with addictions to drugs, alcohol and sugar or food; prevention to aging, anemia, heal bruises, colitis, depression, vertigo, ear infection or earache, poor fat metabolism, fatigue, gout, hypoglycemia, leaky gut syndrome, motion sickness, schizophrenia and senility.

L-Glutathione: is an antioxidant that occurs naturally in the body; has been known to help the liver detoxify the body and prevent cell disintegration; help prevent diseases like cancer, heart disease and dementia. It may also help treat autism and Alzheimer's.

Lutein: known as an antioxidant affecting the eyes and breasts; has been used as a natural therapy for cancer, macular degeneration. Historically used to support vision; help protect against UV damage to the eyes and skin;

support breast health; provide powerful antioxidant properties. Natural sources are kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.

Lycopene: Has been known to help prevent cardiovascular disease, diabetes, cancer and osteoporosis; to have an inhibitory effect on cataract development and some rare cancer cells; some claim anti-ageing effects. Foods highest in lycopene include tomatoes, pink grapefruit, watermelon, and guava; small amounts in persimmon and apricots.

Maca: is a root plant. Historically used as a tonic and adaptogen; reduces stress, improves mental concentration, enhances energy, improves general health and well-being; increase sexual desire and stamina in men and women. Body systems affected by adrenal cortex, glandular and reproductive glands and testes.

Melatonin: is a hormone produced by the pineal gland in the brain that helps regulate sleep and is made from an amino acid called tryptophan. Generally used as a sleep aid or to help overcome jet lag more quickly. The building blocks for natural melatonin production in the body include sufficient amounts of vitamin B6, vitamin B3, and most important, the amino acid tryptophan, which is found in high quantities in foods such as black cherries excellent source, red meat, dairy products, nuts - especially walnuts, seeds, bananas, soybeans and soy products, tuna, shellfish, and turkey.

Milk Thistle: is a single herb. Historically has been used to protect the liver from poisons and toxins; increase and enriches breast milk; stimulates production of bile; used with hepatitis and other liver disorders. Body systems affected include gall bladder, liver and spleen.

Psyllium: Mucilaginous herb that absorbs water adding bulk and lubrication to the stool. Historically used for constipation and diarrhea; help balance blood-sugar levels, help reduce cholesterol.

Raspberry: is a single herb. Historically used by Native Americans throughout pregnancy to tone and strengthen the uterus in preparation of delivery; tone and strengthen uterus during all stages of a woman's life, regulate female organs; relieve morning sickness and enhance lactation; helpful for teenage boys and girls to balance hormones when moodiness is a symptom!

Red Yeast Rice: is produced by a yeast that grows on rice and contains several compounds called monacolins which inhibit the synthesis of cholesterol. Used during the Ming dynasty for circulation, improved spleen and stomach health, and relief from mild gastric issues such as diarrhea and indigestion. Has been used to lower cholesterol production in liver; lower blood cholesterol levels.

Resveratrol: a powerful antioxidant found in red skin grapes; known as an anti-aging supplement; known to help reduce the growth of cancer cells in the body; also plays a role in helping reduce coronary heart disease risk; to lower blood sugar and cholesterol levels.

Royal Jelly: is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens; secreted from the glands in the hypopharynx of worker bees, and fed to all larvae in the colony. Historically used as a supplement for treating arthritis, asthma, liver problems, insomnia, ulcers, kidney conditions, bone fractures, high cholesterol, male baldness, as well as a sexual performance enhancer, and an immunity booster.

Saw Palmetto: is a single herb. Historically

used to tone the male reproductive system; enhance male sex hormones; relieve symptom of benign prostatic hypertrophy (BPH); helps with respiratory weakness; digestive weakness and weight loss; has been used for prostate enlargement and urinary problems in men.

Shark Cartilage: is a popular alternative medicine for those with cancer or those at risk due to the notion that sharks cannot get cancer; therefore, ingesting their cartilage will give humans greater immunity to it. Other reported benefits are arthritis relief, digestive health, immune health, skin health, anti-inflammatory and eye health.

Spirulina: is known as a super food loaded with easily digested proteins, vitamins and minerals; helpful to those trying to lose weight by providing a full feeling and all the essential amino acids; has helped clear toxicity; easy to digest and assimilate especially for vegetarians and people who have a hard time digestion animal proteins. Has helped to reduce food cravings and fatigue; appetite suppressant.

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

St. John's Wort: is a single herb. Historically used as a mild antidepressant; antibacterial, antiseptic, antiviral; helps repair nerve damage; typically used for minor cuts and injuries and anti-smoking.

Valerian Root: is a single herb. Historically used as a nerve tonic and sedative; helpful in nervous tension, anxiety, insomnia and regulates the heartbeat; helps in minor pain. Not recommended with people that are high strung, nervous, excitable or with "hot" disorders. Passion flower could be a better choice for those individuals.

5-HTP: (5-hydroxytryptophan) is a chemical that is produced in the body, from the amino acid tryptophan, which is obtained through food; after the body converts tryptophan into 5-HTP, it then converts 5-HTP into another chemical called serotonin. Serotonin is a neurotransmitter often called the "happy neurotransmitter" making it useful in helping with depression. Historically used as a mood elevator, helps promote sleep, reduces carbohydrate cravings; converts to serotonin in the brain.

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

Saving Lives with Infrared Thermography Exams

Anthony Piana and Alexander Sepper

The history of thermography can be traced to the first cave woman that felt the forehead of the first cave baby. Even then, they knew that excess heat signals inflammation, infection or another pathological process in the body. Many early physicians knew this, too. Hippocrates put a clay/mud mixture on his patients to see which dried first. He labeled them "areas of pathology".

Temperature Taking and Insurance Funding

Most of us grew up in households where school could only be missed if we had a fever. Typically, a parent would take our oral temperature to determine if we had a systemic infection and decide if we stayed in bed. Early 20th-century medical research focused on taking temperature readings of smaller body regions. The theory that the body is symmetrical both anatomically and physiologically was explored. Point-to-point comparative temperature analyses were made and shown to be effective in diagnosing diseases. Early medical thermographers used liquid crystal testing to compare colored temperature patterns of the body. For example, if the liver had an area of inflammation, the skin surface temperature would show a different color pattern. As technology improved, finer temperature differences were studied with infrared detectors. Modern hospitals take body temperatures as standard procedure for all arrivals. Imagine what could be done if they used infrared scanning technology.

In 1956, Dr. Robert Lawson, of Montreal, published the first paper on diagnosing breast cancer with thermal studies. This approach caught on quickly and many researchers have dedicated their careers to refining this science. Other pathologies were also explored with thermography, including thyroid disease, cerebrovascular function, neurology and other systemic diseases.

The use of thermography for disease exploration got FDA approval in 1982 and was covered by Medicare. However, special interest groups heavily promoted radiographic methods and by the summer of 1984, Medicare stopped paying for ther-

mography for breast cancer screening. This led to physicians recommending mammography instead of thermography. Only a few thermography proponents stayed on course, and today thermography is practiced mostly by alternative doctors.

More than 800 research articles have been published on breast cancer screening and thermography, a proven technology with an approximate mean accuracy of 95 percent. A recent study performed by New York-Presbyterian Hospital at Cornell University showed 97 percent sensitivity as it accurately identified 58 of 60 tumors.

Tumors Found Sooner

Long before breast cancer registers as a solid, impenetrable density on an X-ray, more commonly referred to as a mammogram, it develops a network of vascularity called angiogenesis, which feeds the developing tumor. The heat associated with blood flow in these vessels is picked up by thermal sensing cameras. A good analogy is newly planted grass: Long before new grass can be seen, a network of roots must develop. A mammogram cannot see anything until the grass sprouts, while a thermal camera can show developing roots.

Two parallel studies, one undertaken in the former Soviet Union and the other conducted at the University of Wisconsin, showed that approximately 70 percent of tumors will register on a thermogram eight to 10 years before they can be seen on a mammogram. This extra time allows patients and doctors that work with this technology to reverse many risk factors and developing cancers.

With the current poor outcomes of mammograms, as recently reported in the New England Journal of Medicine, it is time for all tools to be considered. Mammograms are only 83.3 percent effective at identifying breast cancer in women 50 and older. The effectiveness is much lower when applied to the general female population, due to breast density differences.

Currently, there is no routine screening available for women in their 20s and 30s; approximately 20,000 young American women are diagnosed with breast cancer

each year, many times finding their own cancers when they are in stage 3 and have spread to the lymph nodes. Annual thermography can significantly address this population and need.

Lymphatic System and Immunity

The most ignored and abused system in the body is the lymphatic system. There is no anatomical test that can locate areas of non-pathological lymphatic blockages. But thermography does identify congestion where blocked fluids have accumulated in the surface areas of the body.

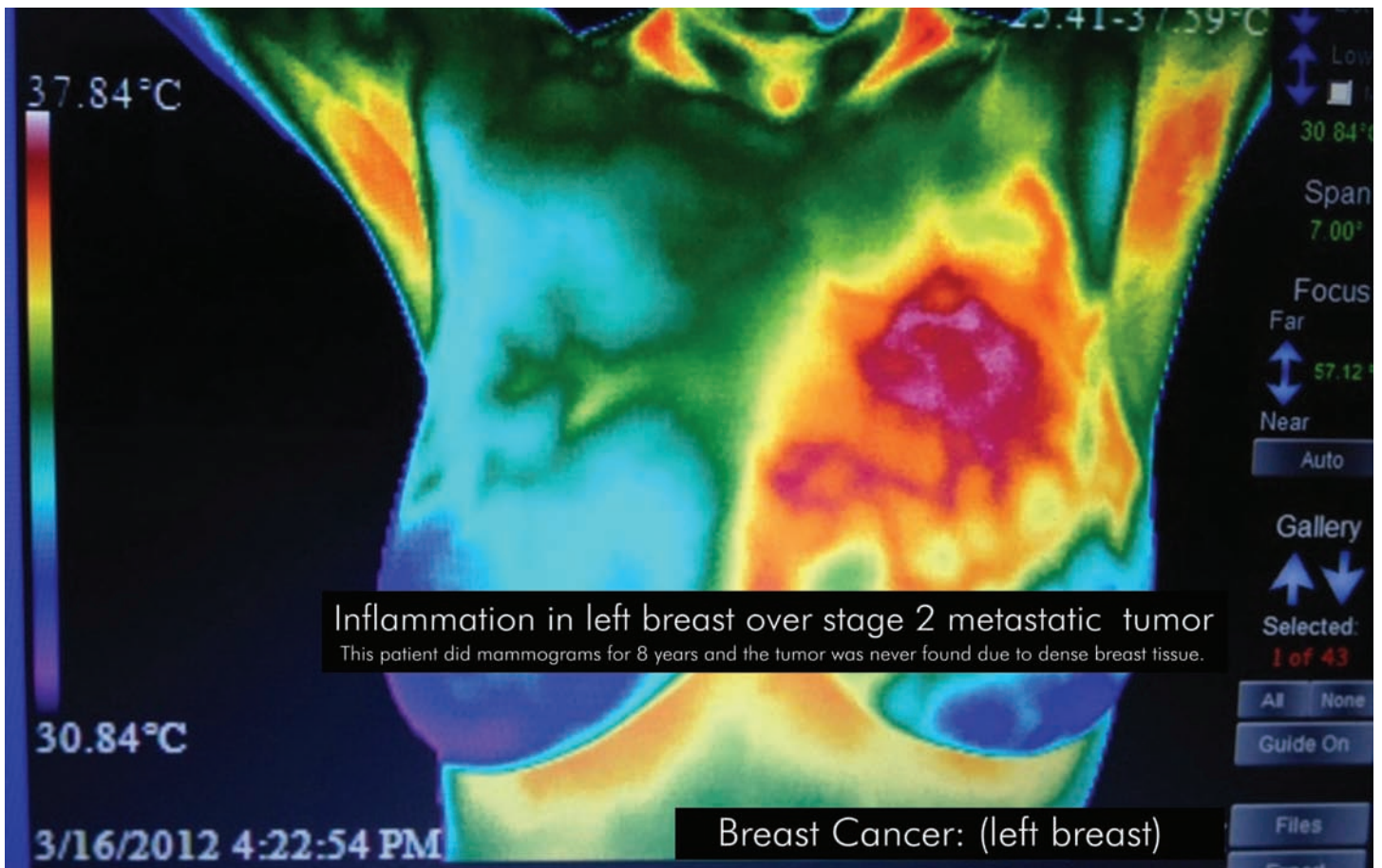
Contributing factors include poor posture, inflammatory foods, injuries and many other assaults on the delicate nature of the lymphatic vessels. An overabundance of toxins and lack of lymphatic circulation will wall off the system to create a stagnant pool of toxicity in localized areas. These putrid pools become breeding grounds for disease and cancer.

The effect of this is widely known, but these pools of toxicity were impossible to see and therefore, were ignored. With recent advances in thermal technology, we now are able to identify these regions and address them with natural methods.

Keeping in mind that our entire well-being and resistance to cancer and disease relies on a healthy immune system, it is imperative that we evaluate the lymphatic system and make lifestyle adjustments accordingly.

Inflammatory Response

The human inflammatory response is a primitive reaction to wall off injuries and infection. It does this ineffectively, though. The challenge is when we respond to these conditions we overproduce scar tissue in all affected areas. Many important filters in our body self-destruct in the process of detoxification. We are exposed to so many toxins that our small liver and kidney filters cannot keep up with the demand. Inflammation is the result and this creates scarring. The filtration system in our bodies evolved over time, when there were fewer environmental toxins than today. The filter size was made



for a go-cart, but today's environment calls for a diesel truck-sized filter. Thermography is useful in identifying these areas of toxic load and is an integral part of any detox program. Other inflammatory diseases may be identified with thermal imaging including thyroid dysfunction, skin cancer, arthritis and some abdominal disorders.

Radiation-Free

Thermal imaging senses infrared radiation emitted from our bodies and does not produce radiation. It is safe to use thermography as often as needed; there is no need to wait between screenings.

This makes it useful for performing comparative imaging to see a response from treatment.

While thermal imaging does not see inside the body, it reveals the physiologic and metabolic function of the area studied. In a world where medicine, radiation and surgery are commonly over-prescribed, thermography can visualize health function. There is a slow crossover occurring from anatomical medicine to functional medicine by mainstream practitioners. Thermography remains ahead of the curve and is

a valuable method of testing. Full-body exams for men and women of all ages can be very useful as an annual preventive and safe screening device.

Dr. Anthony Piana is a board-certified clinical thermologist, and Dr. Alexander Sepper is a leading authority on thermographic imaging.

Source: May 2014 issue of Natural Awakenings Cincinnati

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

First Detected by Thermography

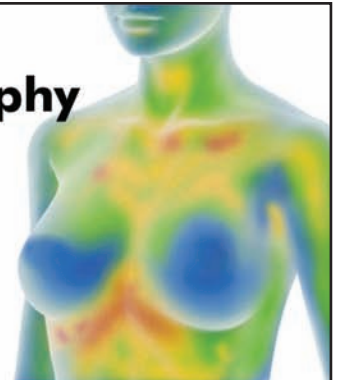
Thermal imaging can see a tumor the size of a grain of rice. You'd have a 99% survival rate

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The chlorophyllin-induced cell cycle arrest and apoptosis in human breast cancer MCF-7 cells is associated with ERK deactivation and Cyclin D1 depletion.

Targeting the mitogen-activated protein kinases (MAPKs) has been suggested as a novel strategy to treat cancer. Chlorophyllin (CHL) is the sodium-copper salt of chlorophyll derivative and is a commonly used food dye for green coloration; CHL was found previously to retard growth of the human breast carcinoma MCF-7 cells. Extracellular signal-regulated kinases (ERKs) constitute a subfamily of MAPKs, participating in cell survival, proliferation and differentiation. We report here the first evidence that CHL deactivates ERKs to inhibit the breast cancer cell proliferation. The results from flow cytometry showed that 200 microg/ml CHL reduced the phosphorylated and activated ERK-positive cells in different cell cycle phases from the control of >96 to <38% at 24 h of incubation; the ERK deactivations occurred in both dose- and time-dependent manner, so that nearly all ERKs were de-activated by 400 microg/ml CHL at 72 h of treatment.

Int J Mol Med. 2005 Oct;16(4):735-40. Authors: Chiu LC, Kong CK, Ooi VE.

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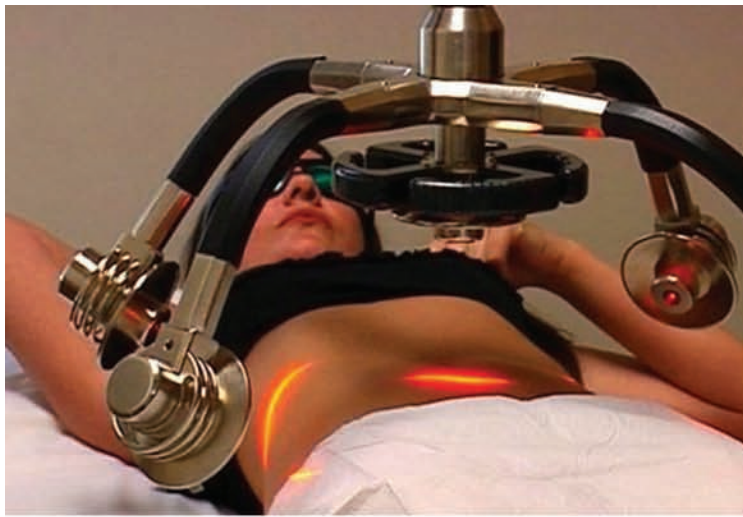
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