

HEALTHY LIVING HEALTHY PLANET

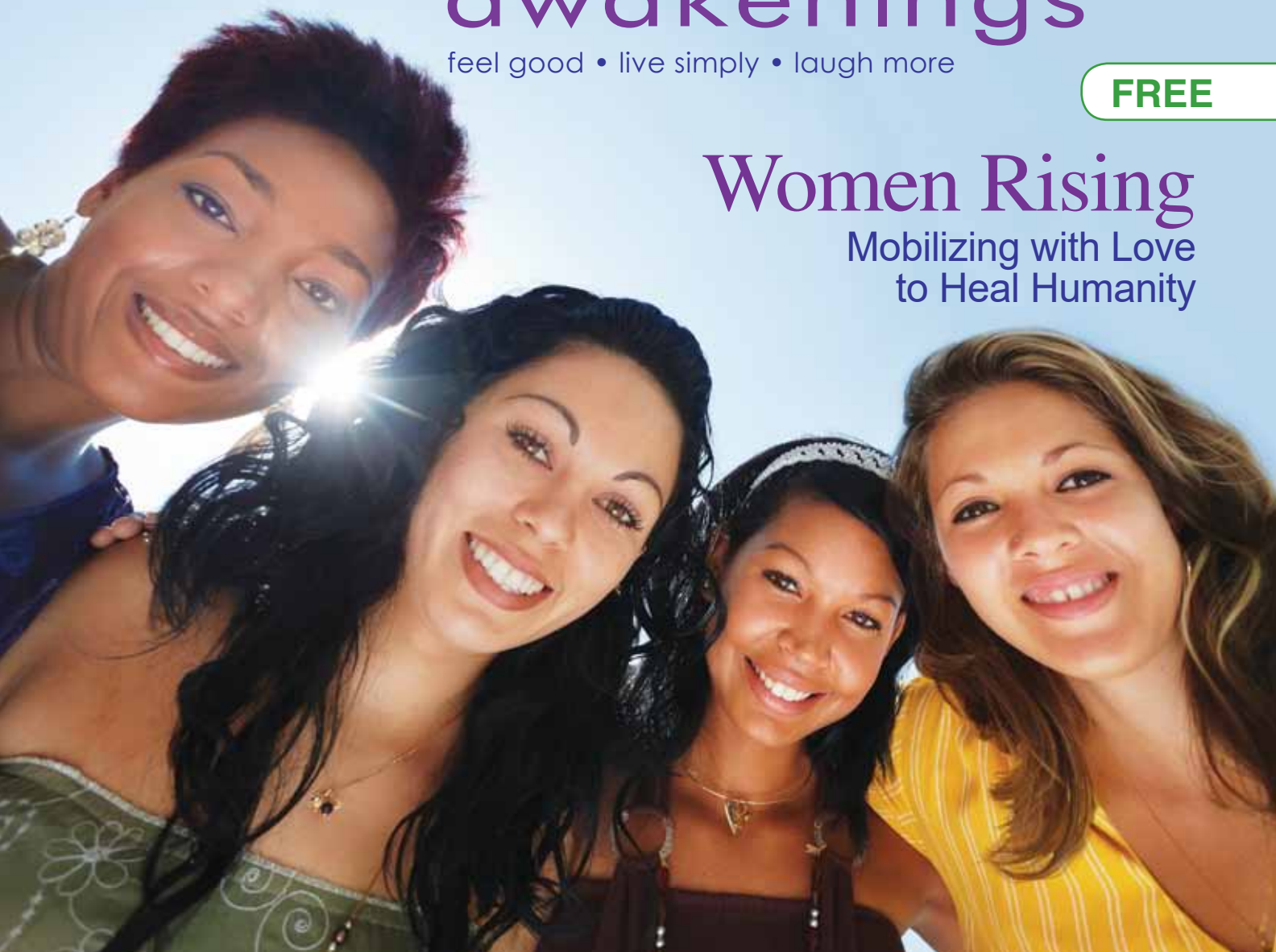
natural awakenings

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FREE

Women Rising

Mobilizing with Love
to Heal Humanity



Moo-Free Milks

Evaluating Non-Dairy
Alternatives

Beautiful Birthing

Giving a Baby
the Best Start

When We Set Out

Let Spirit
Steer Us



EVERY ISSUE IS
A GREEN ISSUE

May 2017 | Acadiana-Edition | www.NAcadiana.com



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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

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Rayne Hosts Annual Frog Festival



The annual Rayne Frog Festival, celebrating the city's role in promoting the unique Louisiana delicacy, will be held May 10 to 13 at the Festival Grounds and Civic Center, in Rayne. Sponsored by

the Rayne Chamber of Commerce and Agriculture, the festival includes a full schedule of local and regional music, a variety of food and drinks and signature events such as frog racing and jumping, the selection of the Rayne Lions Club Derby Queen; diaper derby; arts and crafts show; a frog cook-off; frog eating contest, dance contest, accordion contest and a parade.

This event is fun for the entire family and has activities for all age groups. The festival will open May 10 with amusements and carnival rides and ends May 13 with a concert featuring Keith Frank.

For information, call 337-334-2332 or visit RayneFrogFestival.com.

Little Paint Brush Offering Adult Painting Classes



The Little Paintbrush, an art studio for kids, is now offering painting classes for adults. The Little Paintbrush is a brightly decorated school with a mission to provide a fun, safe, non-competitive space where individuals can express their creativity. They

specialize in drawing, collage, simple sculpture, printmaking and painting.

Adult painting classes allow participants to be guided through art activities involving acrylic paint on canvas board or stretched canvas. Each class is centered on a particular theme, such as soul collage and vision boards, encouraging participants to use everyday objects in life as inspiration for their art. Classes are generally two hours in length and can be reserved online.

The school also offers group art classes, weekend workshops, art parties and more. Additionally, the studio space is available for three-hour event rentals. For class reservations and questions please contact the number listed below.

Location: 104 Rena Dr., Lafayette. For information, call 337-288-7266 or visit TheLittlePaintBrush.com.

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healthbriefs

Not-So-Speedy Pedaling Boosts Benefits



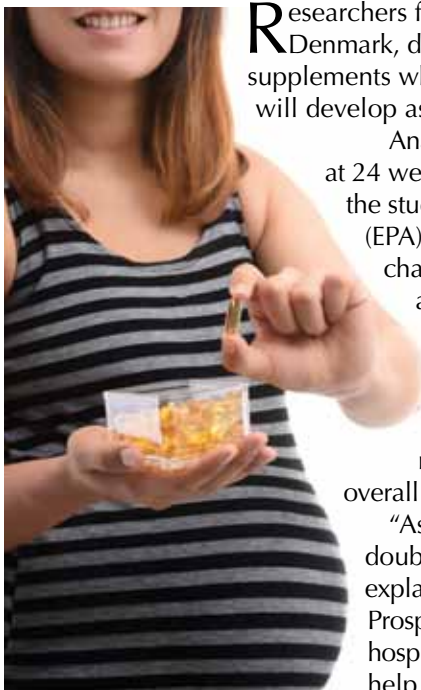
Researchers from the United Kingdom's University of Winchester have found that cycling improves brain function. The study tested the cognitive function of 17 physically active men in their 20s before and after two, 30-minute sessions on a stationary bike. The results showed significant cognitive improvements following each session.

Biking to work is also a good way to reduce our carbon footprint, but breathing in exhaust fumes and other pollutants is a concern for street cyclists.

Alexander Bigazzi, a transportation expert in the department of civil engineering and school of community and regional planning at the University of British Columbia, has studied the relationship between average-speed bicycle travel and inhalation of potentially harmful air.

Using a U.S. Census-based computer model of 10,000 people, Bigazzi found that the ideal bicycling speed to inhale the minimum amount of pollution is between 7.5 to 12.5 miles per hour (mph), placing the lowest risk for women at nearly eight mph and for men at just over eight mph. "The faster you move, the harder you breathe and the more pollution you could potentially inhale, but you are also exposed to traffic for a shorter period of time. This analysis shows where the sweet spot is," says Bigazzi.

Prenatal Omega-3 Reduces Kids' Asthma Risk



Researchers from the Copenhagen University Hospital, in Denmark, discovered expectant mothers that take omega-3 supplements while pregnant reduce the risk that their babies will develop asthma.

Analyzing blood samples from 695 Danish women at 24 weeks of gestation and again one week after birth, the study tested the levels of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—long-chain omega-3 fatty acids found in fish, fish oil and DHA-algae supplements—in the women's blood. The health of the babies was monitored for five years and compared with the blood analysis. The children of the mothers given 2.4 grams of long-chain omega-3 supplements during their third trimester displayed an overall 31 percent reduced risk of developing asthma.

"Asthma and wheezing disorders have more than doubled in Western countries in recent decades," explains Professor Hans Bisgaard, of the Copenhagen Prospective Studies on Asthma in Childhood at the hospital. "We now have a preventative measure to help bring those numbers down."

Even One Drink Daily Increases Melanoma Risk

A study from the Warren Alpert Medical School of Brown University, in Providence, Rhode Island, has linked alcohol consumption with an increased risk of melanoma, the most dangerous type of skin cancer.

Using data from three studies, researchers followed 210,252 adults for an average of 18 years each using food-frequency questionnaires to measure alcohol consumption. Comparing



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the results to instances of melanoma among the participants, they found that each alcoholic beverage consumed on average per day was associated with a 14 percent increased risk of melanoma. An associated conclusion was that individuals that regularly drank alcohol were 73 percent more likely to be diagnosed with melanoma on the trunk of the body than non-drinkers.

"The clinical and biological significance of these findings remains to be determined, but for motivated individuals, counseling regarding alcohol use may be an appropriate strategy to reduce risks of melanoma, as well as other cancers," explains Eunyoung Cho, Sc.D., the study's lead author and an associate professor of dermatology and epidemiology at the university.

DNA Markers Link Lifespan to Nutrition

Telomeres, located at the end of human chromosomes, protect DNA from deterioration. Multiple studies



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over the past decade have associated longer telomeres with increased longevity and a slowing of the aging process.

A study from Kookmin University, in Seoul, Korea, collected nutrition data from 1,958 men and women between the ages of 40 and 69. The information included a baseline food frequency questionnaire assessing the consumption of vitamins A, B₁, B₂, B₃, B₆, B₉ (folate), C and E, as well as calcium, phosphorus, potassium, iron and zinc, during an 18-month period. Researchers measured the length of the subjects' telomeres after 10 years in a follow-up examination and compared these results with the nutrition information.

The study found an association between longer telomere length and vitamin C, folate and potassium intake in all participants. These nutrients are available in many fruits and vegetables.

Latin American Tree Bark Improves Diabetes Markers

A study from the University of Prague, in the Czech Republic, has found that extracts from the bark of the *Hintonia latiflora*, a tree grown in Mexico and South America, can help regulate blood glucose levels in people with Type 2 diabetes.

Researchers administered a capsule containing a dry concentrated extract from the plant to 32 subjects with the condition and monitored their



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blood glucose levels for six months. The subjects experienced an 11 percent decrease in glycated hemoglobin, an indicator that the body can better regulate blood glucose levels during the period, as well as a slight reduction in cholesterol and triglycerides. The researchers also found the natural treatment resulted in a 25 percent reduction in fasting blood glucose levels and a 22 percent reduction in post-meal glucose levels. Liver enzymes showed improved levels in the subjects, as well. No adverse side effects were observed.



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

Safe Harbor

Marine Reserve Preserves Ocean Biodiversity



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The French government has expanded the Réserve Naturelle Nationale des Terres Australes Françaises, a highly protected marine reserve in French-controlled, sub-Antarctic waters of the southern Indian Ocean, from about 8,000 to more than 46,000 square miles; it now includes seven areas surrounding the islands of Crozet and Kerguelen. France intends to

designate 10 percent of its oceanic territory by 2020, and this action brings the total as of the end of 2016 to 1.3 percent.

These large-scale, fully protected marine reserves may serve as climate refuges for many species. The rich biodiversity of the new addition includes marine mammals, fish, seabirds, orcas, penguins, Antarctic fur seals and the critically endangered Amsterdam albatross.

Source: *PewTrusts.org*

Cycling Chicago

Pioneering Bike Paths Promise Easy Commutes

Chicago has created 100 miles of new bike lanes in the last five years and plans to add another 50 miles of upgraded lanes with curbs to protect riders from cars by 2019. Beyond that, a series of floating, solar-powered bike paths along the edge of the Chicago River is on the drawing board; each mile of pathway may cost between \$5 million and \$10 million.

The architecture firm SecondShore first proposed the idea. “You look at the river, and while it used to be the main commercial artery in the city, it’s not much of one anymore,” says firm cofounder James Chuck. “This fits with the mayor’s general economic strategy for the city—how to make use of latent infrastructure.”

The floating bike paths, named RiverRide, would give pedalers a truly auto-free place to ride for part of their commute and connect with existing bike lanes. The system would fill gaps in the network, creating around a 17-mile stretch of continuous bike paths connecting 28 neighborhoods.

Floating on concrete pontoons, the paths would use solar power for lighting. Solar panels could also heat the surface so the path doesn’t ice up in winter. Plans call for the path to intersect with river bridges so bikers can cross to the other side.



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Turtle Turnaround

Record Hatchlings Give Hope

Worldwide, six of the seven sea turtle species are threatened or endangered because of human activity. A ray of hope now shining from conservation efforts is that nesting sea turtles have posted record numbers of successful hatchlings in South Carolina the last three years, with Georgia and Florida reporting similar results. Decades of helpful efforts are paying off due to increased public awareness of turtle-friendly practices at seaside locations. Heed these rules:

- ✓ Keep lights off on beachfront property during nesting season.
- ✓ Refrain from using flash photography on the beach at night.
- ✓ Keep beaches and oceans clean. Litter such as plastic bags and balloons can cause injury or death when sea turtles mistake them for jellyfish, a favorite food.
- ✓ Respect sea turtles by observing them from a distance.
- ✓ Report dead or injured sea turtles and nest disturbances to 1-800-922-5431.

Learn more about sea turtle conservation and how to get involved at dnr.sc.gov/seaturtle. Find an introductory video at OceanToday.noaa.gov/endoceanseaturtles.

Greener Diapers

Cloth Better than Disposable for People and the Planet

Disposable diapers are the third most common consumer item in landfills. When even those labeled “eco-friendly” are covered by other debris after being discarded and hidden from sunlight and air, they don’t readily biodegrade.



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Producing disposables also makes major demands on water, energy, nonrenewable resources like oil and renewables like wood. Many brands contain harmful ingredients such as polyacrylate, dioxin, phthalates and heavy metals that can be absorbed by a baby’s soft, developing skin and promote rashes.

According to *SmallFootprintFamily.com*, 90 to 95 percent of American babies annually generate 27.4 billion single-use plastic diapers, or 7.6 billion pounds of garbage. While comparable statistics on adult diapers aren’t available, Euromonitor International forecasts a 48 percent increase in U.S. sales to \$2.7 billion in 2020, up from \$1.8 billion in 2015. In a decade, sales of diapers for adults could surpass those for babies at Kimberly-Clark and Procter & Gamble, attributed to bladder control issues related to health and age, according to the Urology Care Foundation and Mayo Clinic.

The American Academy of Pediatrics and the American Public Health Association advise that in all cases, fecal matter and urine should be rinsed and flushed down the toilet instead of put in the trash, so that contaminants don’t enter groundwater and potentially spread disease. Traditional cloth diapers are the way to go for several reasons beyond budget:

- ✓ Using cloth facilitates earlier potty education by quickly communicating to the baby when they are wet. New cloth diaper systems like Nicki’s Diapers (*NickisDiapers.com*) can be easily cleaned in regular and high-efficiency washing machines. Some popular brands are listed at *DiaperPin.com*.
- ✓ The nonprofit association at *RealDiapers.org* helps connect local groups of mothers to communicate and share best practices in use, cleaning and potty training, such as learning a baby’s cues for needing to go. It also hosts informative events such as the annual national Great Cloth Diaper Change.
- ✓ Cloth diapers in good condition can be resold on eBay and sites like *DiaperSwappers.com*.

7 Common Signs of Nutrient Deficiency

Poor Night Vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. It also helps to maintain healthy skin and soft tissues throughout the body.

Cracks at the Corners of the Mouth

More likely to occur for those following vegan and vegetarian diets because it’s harder to get sufficient zinc, iron and B12.

Sores or Discoloration of the Mouth and Tongue

Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn’t store them, so we have to constantly replenish them to maintain health.

Weak, Spotted or Ridged Nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

Poor Blood Clotting

Essential for normal blood clotting, vitamin K also plays a vital role in bone mineralization and cell growth. Lack of vitamin K can result in bruising, frequent nosebleeds, and brittle bones.

Weak Muscles and Bones

In advanced cases it’s called rickets (for children) or osteomalacia (for adults), but it boils down to a deficiency in vitamin D, an essential nutrient for the growth, health and maintenance of the structural system.

Frequent Cramps in the Lower Legs

Magnesium, Calcium and Potassium support proper muscle development and growth. Lack of these important nutrients can cause persistent discomfort in the feet, calves and back of the leg.

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A Vitamin Test can help

NATURAL MOTHERHOOD

Creating the Best Start for New Life

by Deborah Shouse

“A woman’s body is exquisitely designed to conceive, nurture and give birth,” says Dr. Carol J. Phillips, an Annapolis, Maryland, prenatal chiropractor, doula and author of *Hands of Love: Seven Steps to the Miracle of Birth*.

Judith Lothian, Ph.D., associate editor of the *Journal of Perinatal Education*, professor of nursing at Seton Hall University, in South Orange, New Jersey, and a natural childbirth educator, knows the significance of women’s deep intuitive instinct. “Women who feel supported and encouraged can tap into their own wisdom and find deep satisfaction in giving birth naturally. The process itself perfectly prepares mother and baby to continue on their journey together.”

Several gentle strategies help mothers-to-be prepare for the joys of natural pregnancy and childbirth.

Build a Baby-Friendly Body

Discover Intuitive Nutrition

“Follow your urges,” counsels Peggy O’Mara, of Santa Fe, New Mexico, former editor of *Mothering Magazine* and author of *Having a Baby, Naturally*. “Eat when you’re hungry. Sleep when you’re weary. Go to the bathroom the moment nature calls. Practice this in pregnancy so you’ll be in the habit of listening to your instincts when you give birth.” This simple advice counters women’s common habit of attending to other people’s needs instead of their own.

Along with eating organic whole foods, Kristy Wilson, of Las Vegas, a certified professional midwife, labor doula and placenta preparation specialist, recommends both a plant-based food supplement with iron and whole food prenatal supplement. Vitamin C is important for a strong amniotic sac; she suggests at least 500 milligrams daily. A high-strung mom can take magnesium chloride baths or sip a soothing cup of red raspberry leaf tea.

“Women that are concerned about their diet can tune into the baby and ask what they need,” says Lori Bregman, of Santa Monica, California, a doula, birth coach and author of *The Mindful Mom-to-Be*. If craving a certain dish, she can

research its benefits and healing qualities. The yearning for comfort foods like pizza, macaroni or ice cream may signal the need for more nurturing. Eyeing popcorn or chips could be a sign she’s stuffing down an emotion. She can ask herself, “What am I suppressing?”

“Eat a lot of protein, including vitamin B-rich foods, during both pregnancy and breastfeeding,” advises O’Mara.

“Nursing moms need to eat nutrient-dense foods frequently, along with getting adequate fluids,” says Wilson. She recommends foods that assist lactation called galactagogues, like



Evgeny Atamanenko/Shutterstock.com

almonds, avocados, legumes, kale and spinach. To increase milk production, add fennel to meals or smoothies, or turn to capsules.

Keep Moving with Intention

Wilson recommends yoga, swimming, walking or light jogging three to five times a week, for 20 minutes a day. “Squatting like a child on your haunches is a great exercise for childbirth,” she says, noting that 20 squats daily will strengthen core muscles. Sitting on an exercise ball instead of a desk chair or couch also engages core muscles, while improving posture.

“Regular exercise brings more energy, better sleep, reduced stress, higher spirits, better odds of an easy labor, faster post-delivery recovery and reduced risk of gestational diabetes and high blood pressure during pregnancy,” Bregman finds. She recommends a prenatal yoga practice that includes breathing and visualizations. This restorative form of yoga offers gentle stretching, promotes good circulation and naturally supports relief or healing of many possible pregnancy ailments.

“To alleviate physical distress, try chiropractic prenatal care,” says Phillips. Light finger contact from an experienced practitioner helps realign bony segments and restores the body’s normal tone. “A prenatal expert can adjust so the mom’s body maintains its balance and the baby is free to move.”

Craniosacral therapy reestablishes balance to the membranes that encapsulate the brain and spinal cord.

Prepare the Mind

“Just say, ‘No thanks,’ to friends who want to burden you with stories of their long, excruciating labors,” O’Mara advises. “Protect yourself from toxic people and their horror stories. Focus on maintaining your own good health and surround yourself with people that have experienced a normal birth. Plan to have uplifting support during the birthing process and in the postpartum period.”

A woman easily influenced by others might ask her doula, midwife or spouse to be her advocate. A woman that needs to exercise control might seek such assistance for peace of mind, knowing that her wishes will be followed.

“‘Pain’ is a fear-based word,” to be avoided in conversations about labor, Wilson explains. “Don’t fear the strength of contractions. They are doing exactly what your body needs to do to give birth.” As a midwife, she helps moms relax and embrace these intensely important sensations by focusing on what is going on in their body. Research published in the journal *Cell Adhesion & Migration* shows that the hormones released during labor enter into the baby’s immune system to also strengthen the child.



The connections established between mother and child are much stronger when she progresses through pregnancy and birth from a natural perspective.

~Kristy Wilson

Spark the Spirit

Affirmations can positively state the mother-to-be’s intentions for pregnancy and birth. Examples include: “Birth is a safe and wonderful experience. I am choosing the right path for my birth. I trust my body and my instincts. I have all the support I need.” Wilson recommends choosing two to four that resonate, repeating them every morning while gazing into the mirror, placing them on the refrigerator door and even having them pop up on a smartphone.

“Meditation prepares you for childbirth and can also be soothing during labor by offering tools that push away fear,” says O’Mara. She likes this mantra from Thich Nhat Hahn’s book, *Being Peace*: “Breathing in, I calm myself, breathing out, I smile.”

To begin, sit comfortably in a quiet room with eyes closed. For women new to meditation, Wilson suggests lighting a scented or colored candle and noticing the colors and movement of the flame for something physical to focus on. “This calming practice is important because labor becomes like a meditation,” she says. The mother copes through the contraction, then uses her meditation skills to reset,

refocus and ground herself before the next contraction.

Wilson and Bregman both encourage expectant mothers to keep a journal during pregnancy. “Record thoughts and experiences. Sometimes dreams tell things about the child, who has a story too,” advises Wilson.

Design a Special Experience

Create a Birth Plan

Those that prefer a home birth can find a compatible midwife through a natural birthing community such as the National Association of Certified Professional Midwives, International Childbirth Education Association and La Leche League. For a hospital experience, look for low-Caesarean rates, a personally compatible doctor and a distinct birthing center. Either way, a doula or midwife can help craft the desired birth plan.

Upon selecting a venue, the expectant mother may imagine the ideal birth environment and write positive statements, such as, “I want to move around freely. I want my husband and sister with me at all times.”

“If a home birth is a mother’s first choice, design two plans; one for home and one for the hospital,” suggests Phillips. “If the mother needs hospital care during labor, the attendants will know her wishes.”

Wilson encourages the spouse to be involved from the beginning. “The partner’s energy plays a role in how the birth progresses during labor. Plus, being part of the

planning keeps him engaged and attuned to her wishes."

Orchestrate a Childbirth Team

"The birthing mother needs continuous support from someone that can focus on her and her needs," says Phillips. "The partner also needs to have access to experienced support. Both need to surround themselves with people that know how to enfold them in love."

A birthing team includes the medically trained attendant appointed to help deliver the baby; either a midwife or a doctor. Many women choose to have a trained doula collaborate, as well. She provides continuity of care and advocacy, lessens the need for medical intervention, stays with the mother, honors and includes the partner and supports the parents in making informed decisions.

With home births, family members tend to invite themselves over. The mom needs to have control of her birthing atmosphere. "I encourage moms to be firm regarding who they want in the room when the baby is born," Wilson says.

Honor the Postpartum Mother

"Giving birth is the first big unknown of parenting," says Wilson. "You plan for it and then you have to trust and accept the outcome." She encourages postpartum appointments for discussing the birth.

"A breastfeeding mother's nutrient requirements are actually higher postpartum," Wilson says. To prevent deficiencies, she suggests moms nourish themselves during this period, delaying any focus on weight loss and regaining muscle tone.

The birth team and other friends can deliver meals, do light housecleaning, run a load of laundry and bring groceries. The new parents will welcome this generous and loving help.

Deborah Shouse is a mother, writer, speaker, editor and health advocate in Kansas City, MO. Her latest book, Connecting in the Land of Dementia: Creative Activities to Explore Together, focuses on life's meaningful moments (DementiaJourney.org).

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HEART-BASED LEADERSHIP

Women Mobilize to Heal the World

by Linda Sechrist

The *Heart to Lead: Women as Allies for the Greater Good*, a documentary film directed and produced by Cheryl Gould, of Naples, Florida, explores the emerging paradigm of heart-based feminine leadership and how it is attuning women to their inner strengths, beliefs, each other and our Earth. “Women’s deeper unity of being is empowering them to take action and lead. Women who once longed for a culture that would reflect their highest priorities are now creating one in which they support each other and make a difference,” says Gould.

She notes that for centuries, a vast number of women have led and served as change agents. “Unfortunately, the majority of them never made it into the headlines or history books. A prime example—few individuals knew that 12 women ran for president before Hillary Clinton.”

In a recent *Yes!* magazine article, Rucha Chitnis reports that women are rising up to push back against growing corporate power, land grabs, economic injustice, climate change and more. Women’s groups and networks offer a paradigm shift, she concludes, exposing links between unbridled capitalism, violence, the erosion of human rights and destruction of the Earth.

A woman’s style of leadership in America’s corporate boardrooms, activist-led movements or state and federal government may not be plainly evident. Feminine wisdom’s emerging

solutions are compassionate, collaborative and consensus-building, and pursue universal outcomes and group cooperation. They contrast with conventional competitive strategies and solutions, according to *The Legislative Effectiveness of Women in Congress* study at Vanderbilt University’s Center for the Study of Democratic Institutions, in Nashville.

Jean Shinoda Bolen, a medical doctor, Jungian analyst in Mill Valley, California, and author of *Artemis: The Indomitable Spirit in Everywoman*, has been advocating since 2002 for a United Nations Fifth World Conference on Women (5WCW). “Empowered and equal women are the key to peace and sustainability. We need to rise up together and fulfill the Dalai Lama’s words at the Vancouver Peace Summit: ‘It will be up to Western women to bring about peace.’”

Bolen’s 5WCW vision joins millennial women worldwide now entering their era of activism with the feminist movement spearheaded by a boomer generation of women that’s forwarded the equality and empowerment of women this far. To this end, she marched in Washington, D.C., on January 21 in the Million Women’s March that globally attracted 5 million participants. “To make human rights women’s rights, we need a united global women’s movement,” she states.

Sande Hart, from Orange County, California, director of the Charter for Compassion International-Women and

Girls sector and president of the women’s global interfaith organization Spiritual and Religious Alliance for Hope (SARAH), participated in the Los Angeles Women’s March with 750,000 others. “There’s a sense that we’ve had enough. We’re not angry. We are morally outraged and seeking peaceful solutions wrapped in compassion and based in justice for all. In nearly 15 years of women’s community building, I’m convinced that healing our communities with resilience and a regenerative spirit is our biological and innate imperative. I see women emerging in unprecedented ways to make this happen,” says Hart.

The Rising Women Rising World organization provides tools and training to help women and men develop feminine wisdom and the qualities of potent compassion, deep listening, intuition and inclusivity. Hazel Henderson, an evolutionary economist in St. Augustine, Florida, host of the *Ethical Markets* online TV show and researcher of The Love Economy shared in her book *The Politics of the Solar Age: Alternatives to Economics*, has mentored staff members of Rising Women Rising World. Henderson contends that to shape a future for the good of all, we must bring into balance the masculine and feminine energies and learn to value the long-marginalized qualities of feminine wisdom.

Henderson’s Love Economy paradigm reflects the sharing and caring sector not presently reflected in the nation’s gross domestic product. “Women’s unpaid work—raising children, taking care of households, serving on school boards, volunteering, caring for aging parents, etc.—constitutes 50 percent of all production in the U.S. and 70 percent of that in developing countries. This unvalued economic sector underlies and supports the public and private parts of the entire economy,” advises Henderson, who observes that competition cannot be the sole basis for an economy with any expectation of high quality of life on a small planet.

In her film, *As She Is*, producer and director Megan McFeely, of Marin County, California, captures her own journey to understand the collective potential of the feminine and how to live true to its innate knowing. She queries: “Can you imagine what might happen if women here and around the world rose up together and used our power of longing to heal the Earth?”

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at ItsAllAboutWe.com.



BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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



BENEFITS OF WHEATGRASS

Lose Weight:

Wheatgrass is a superfood and provides the essential nutrients needed to build healthy cells in the body. Wheatgrass increases the metabolism and your ability to burn calories.

Fights Depression:

Wheatgrass helps to keep your iron levels stable, which is particularly important for women. Iron deficiency is linked to apathy and depression.

Decrease the Risk of Cancer:

Wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. Wheatgrass is 80% chlorophyll and protects against carcinogens better than any other food.

Improve Healing of the Body:

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

Oxygenates the Cells of the Body:

Wheatgrass contains up to 80% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

Detox the Body:

The high amount of chlorophyll found in wheatgrass increases oxygen levels in the blood, an important part of detox and cleansing. It allows toxins to exit the body and its high phenolic content promotes the binding of chelated metal ions in the colon and liver. And, glutathione activates wheatgrass enzymes, catalyzing the breakdown of harmful bodily waste.

Slows Down the Aging Process:

Chlorophyll contains enzymes and superoxide dismutase, a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to slow down the aging process.

Heals the Body:

According to the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends wheatgrass - chlorophyll for its antiseptic benefits. This includes clearing up foul smelling odors, neutralize strep infections, healing wounds, curing chronic sinusitis, healing chronic inner ear inflammation and infection, reducing varicose veins and healing leg ulcers, healing rectal sores, successfully treating inflammation of the uterine cervix, getting rid of parasitic vaginal infections, and reducing fever.





Milk Minus the Moo Evaluating Alternatives to Dairy

by Judith Fertig

When dietary concerns, food sensitivities or curiosity prompt us to try alternative milks, it helps to know the basic facts about the leading types, to choose the best ones for us.

Almond Milk

Pro: Almond milk is low in fat and can be easily made at home, so ingredients are known. One cup of homemade almond milk has about 40 calories, one gram of protein, 6 percent of the daily value (DV) for calcium, three grams of fat and eight grams of carbohydrates. As for store-bought options, one cup of Silk Organic Almond Original contains 60 calories, with one gram of protein, 10 percent DV for calcium, two-and-a-half grams of fat and eight grams of carbohydrates.

Con: Almond milk is neither high in protein nor calcium; it's not as nutritionally packed as other alternatives. Some might not care for the faint nutty flavor.

Coconut Milk

Pro: Dr. Josh Axe, a functional medicine physician who owns the popular natural health website, *DrAxe.com*, and the Exodus Health Center, near Nashville, Tennessee, points out, "High in medium-chain triglycerides, coconut milk is a very filling, fat-burning food." One cup of homemade coconut milk has about

450 calories, six grams of protein and 64 grams of fat, plus trace minerals such as manganese, phosphorus, magnesium, iron and copper. Canned coconut milk is similar: one cup of Native Forest Unsweetened Coconut Milk Classic contains 420 calories, three grams of protein and 45 grams of fat, plus trace minerals such as manganese, phosphorus, magnesium, iron and copper in each cup.

Con: High in fat and calories, coconut milk may not be the best choice for drinking every day, but is delicious in Asian-style soups and curries.

Hemp Milk

Pro: Hemp milk, made from hulled hemp seeds, contains 10 essential amino acids, including key fats. "Omega-3 and omega-6 fatty acids are vital for healthy functioning of the brain," says Axe. Hemp milk works well for people with tree nut allergies.

One cup of Pacific Hemp Original has 140 calories, three grams of protein, 50 percent DV for calcium, five grams of fat and 20 grams of carbohydrates. Living Harvest Tempt Hemp Milk has 80 calories per cup, two grams of protein, 30 percent DV for calcium, eight grams of fat and one gram of carbohydrates.

Con: Grassy-tasting hemp milk tends to separate in hot coffee.

Rice Milk

Pro: High in vitamins and calcium when fortified, rice milk made from brown rice is also high in vitamins. According to Ted Kallmyer, author of *Flexible Dieting*, in Bend, Oregon, rice milk is the least likely alternative milk to trigger an allergy.

One cup of Pacific Rice Milk has 130 calories, one gram of protein, 30 percent DV for calcium, two grams of fat and 37 grams of carbohydrates. One cup of Rice Dream Organic Rice Drink has 120 calories, one gram of protein, 30 percent DV for calcium, 2.5 grams of fat and 23 grams of carbohydrates.

Con: Low in fat and protein, it's also relatively high in carbohydrates. It has a less creamy texture than hemp, coconut or soy milks.

Soy Milk

Pro: Soy milk provides more protein than other alternative milks. Look for a calcium-fortified, organic brand that doesn't contain the thickening agent carrageenan, suggests Dr. Andrew Weil, founding director of the Arizona Center for Integrative Medicine, in Tucson.

Different brands have different nutritional components. For example, one cup of Organic Valley Soy Original has 100 calories per cup, with seven grams of protein, 30 percent DV for calcium, three grams of fat and 11 grams of carbohydrates. One cup of Organic EdenSoy Extra Original Soymilk contains 130 calories, with 11 grams of protein, 20 percent DV for calcium, four grams of fat and 13 grams of carbohydrates.

Con: Some people might not like the thick texture and soy aftertaste. Dr. Frank Lipman, founder and director of Eleven Eleven Wellness Center, in New York City, says that limiting soy is a good idea due to soy's prevalent pesticide saturation and its researched links to thyroid, endocrine system and sex hormone dysfunction (*Tinyurl.com/SoyDarksideStudies*). If soy is eaten, "Choose certified organic, soy products—preferably fermented versions like miso, natto and tempeh—with the Non-GMO Project seal; and do so sparingly, no more than twice a week," advises Lipman.

Judith Fertig writes food health articles and cookbooks from Overland Park, KS (JudithFertig.com).

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Herbs that Beat the Heat

Favorite Varieties that Flourish in Summer

Some of the best plants to keep as summer companions are herbs that enrich life with their flavors, fragrances and beauty. It's not too late to pot up a few herbs or plant them in the garden if we choose varieties that thrive in hot, summer weather.

Reliable Basils

"I place basil as the number one herb in popularity, as well as heat tolerance," says Cristina Spindler, owner of the Peconic River Herb Farm, in Calverton, New York. "Basil actually prefers heat."

There are many types, and green-leaved culinary varieties are easy to grow through the summer, provided they're not allowed to dry out. Two particularly heat-hardy types are purple-leaved varieties such as red rubin and African blue, which debuted in 1983.

"Purple basil is shockingly fragrant and beautiful on the plate. Plus, it's easy to grow in a small space and produces quickly," says Lisa Kessler, who

for several years has co-owned with her husband, Ben, the White Hills Lavender and Herb Farm, in Dearing, Georgia. "The flowering tops are usable as herbs and as beautiful cut flowers, so don't toss them away."

"African blue basil flourishes in summer heat and is an especially beneficial nectar plant for bees and other pollinators," says Traci Anderson, who has been running Seminole Springs Herb Farm, in Eustis, Florida, in their family for more than 20 years. Vigorous and heavy-flowering, it can grow to over three feet tall, and usually persists as a perennial in Florida, Texas and other mild winter climates.

Mediterranean Flavors

Rosemary is the most adaptable and heat tolerant of Mediterranean herbs; it can be grown as a perennial where soil doesn't freeze hard in winter.

"My top herb garden choice for the hot, humid



conditions in the South is Tuscan blue rosemary, because it is beautiful, easy to grow and is wonderful in all kinds of foods and products,” Kessler says. “It blooms in several seasons and provides bees with off-season food.”

Thyme is a top cooking herb, although too much summer rain can lead to mildew and leaf blight. This rarely happens with Summer savory, which



has a punchy flavor that Spindler describes as “a peppery cross between oregano and thyme that’s perfect on all of the classic summer veggies—squash, green beans, tomatoes and corn.”

Kessler recommends oregano as part of our summer planting list. “Let your kids or grandkids have the experience of putting it in the pasta sauce. It’s easy to grow in a small herb garden and will last through the winter in most parts of the South.”

An unrelated tropical plant from Africa with strong oregano flavor, the leaves of variegated Cuban oregano are pretty enough to grow alongside flowers, and the plants thrive in humid heat. Cuban oregano readily grows through hot summers, and the plants produce more leaves each time leaf tips are harvested.

Tempting Tropicals

In Central Florida, Anderson recommends culantro, aka Mexican coriander, as a summer herb different from the better-known cilantro. “Culantro equals

the flavor of cilantro, but with no bitter or medicinal aftertaste.” A great long-term performer, it continues producing flavorful new leaves even after the plant starts blooming.

Anderson also suggests growing West Indian lemongrass for its fragrant leaves and thick stalks. A vigorous, clump-forming grass, lemongrass can be grown in containers anywhere or served as an edible ornamental in landscapes where summers are hot. “Lemongrass enjoys a sunny and moist environment, so it benefits from being near an air conditioner drain or downspout,” she advises.

Growing Tips

Herbs always need watering in hot weather, and pouring from a watering can at the base is far better than bathing the leaves with a hose. Should containers become so dry that they refuse to take up water, place them in a broad dish or pail filled with three inches of water for 30 minutes to rehydrate the roots. Always grow herbs in pots with large drainage holes, so excess water can drain quickly.

Make a habit of pinching off a few herbal leaves, crushing them between the fingers and inhaling their fresh aromas. For maximum benefit, repeat daily.

Author Barbara Pleasant’s new book, *Homegrown Pantry: A Gardener’s Guide to Selecting the Best Varieties & Planting the Perfect Amounts for What You Want to Eat Year Round*, is now available (Storey Publishing). Connect at BarbaraPleasant.com.



20 Best Foods for FIBER



Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout “added fiber”—is the best way to increase your fiber intake.

—Dr. Steven T. Castille



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MASTERING SELF-DEFENSE

Staying Aware Avoids Problems

by Aimee Hughes

“I began my personal training in the Non-Violent System (NVS) of self-defense with Grandmaster Verkerke in 1996,” says Eddie Rose, senior instructor of NVS Peace in the Midst of Non-Violence at Shangri-La Springs, in Bonita Springs, Florida. This aspect of the martial art form *seicho jutsu* was created by Canadian Daniel Verkerke, Ph.D., as a simple self-defense system to teach and perpetuate nonviolence; he continues to share it with the public, law enforcement, corporations and private security firms in the U.S. and internationally.

Nonviolent self-defense is akin to the dynamics of bullfighting. “The matador never matches his strength with the enormous animal; rather, he redirects the energy of the bull with simple and precise movements—counterbalancing—and letting the bull’s energy move past him,” explains Rose. He’s trained everyday people of all ages and walks of life in this approach, in the U.S., UK, Puerto Rico and Jamaica.

“As they train, students begin to feel more secure wherever they go, because they are learning how to be safe even in the midst of physical confrontation,” says Rose. “They wind up feeling more empowered as they learn how to neutralize aggression simply and effectively.”

Practicing NVS increases balance, coordination, overall flexibility and joint mobility. Its soft, circular, martial arts movements, combined with slow-to-fast linear movements, also enhance cardiovascular health.

“Mental and spiritual training includes the awareness and development of a state of being conscious of energy and mind. Everyone’s actions and reactions directly reflect the development of their mind,” says Rose.

Another nonviolent form of self-defense is *Shaolin* five animal kung fu, a martial arts style that mimics the characteristics of five animals—the tiger, leopard, snake, crane and dragon. Instructor Lloyd Fridenburg owns Fitness with a Purpose, in Kitchener, Ontario, Canada, where he emphasizes the awareness and avoidance concept as the psychological heart of nonviolent self-defense.

Fridenburg, founder and senior instructor of the Waterloo Kung Fu Academy, explains, “The concept emphasizes being constantly aware of your surroundings while avoiding obvious areas of potential danger.” He also stresses the importance of proper body language—being able to read that of others, as well as how to diffuse confrontation upfront in how we present ourselves.

“Martial arts are a two-sided coin,” he says. “There’s the martial aspect, which involves techniques that allow a person to defend him- or herself in a wide range of situations. Then there’s the art aspect, which encompasses a deeper study, encompassing forms of movement and mental, philosophical and meditative techniques.”

“Overall health benefits are no different than one might expect of any disciplined fitness regimen,” notes Fridenburg. “However, the nature of a quality martial arts program forces practitioners to focus their entire attention on what they are doing. The mere act of staying grounded in the present moment dramatically reduces stress and sets martial arts practices apart from many other forms of movement.”

Tai chi, an ancient, softer style of Chinese martial art, leverages relaxation, posture and energy work, rather than muscular tension. As a Taoist art, it embodies the way nature works, using minimal effort to accomplish a lot.

“Demonstrating tai chi as a form of nonviolent self-defense is much easier than describing it,” says Aaron D. Nitzkin, Ph.D., of New Orleans, a Tulane University professor, tai chi master and certified medical qigong instructor. “If someone attacks, you don’t resist; you can use tai chi principles to yield to their movements with a natural, circular, continuous motion, turning their own force against them. When you move aggressively against a master, it feels like you’ve just bounced off them and fallen down. In order to win at tai chi fighting, you need to remain completely calm and centered and most of all, listen to your opponent’s energy with your hands, so that you can yield to it and then redirect it.” It’s a profound lesson in interpersonal communication.

“My students report stronger immune systems, greater clarity of mind, better sleep, less anxiety and depression, and greater emotional stability,” says Nitzkin. “Practitioners become much more sensitive to and conscious of the internal condition of their bodies, and even develop the ability to feel bioelectric fields.”

Whichever form of nonviolent self-defense suits us, experts advise that students study with a certified and experienced instructor for optimum results and safe practice.

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy and senior staff writer for Longevity Times online. Connect at Aimee@LongevityTimes.com.

The Benefits of an Alkaline Body

Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

Cancer Prevention

A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

- Skin more elastic, youthful
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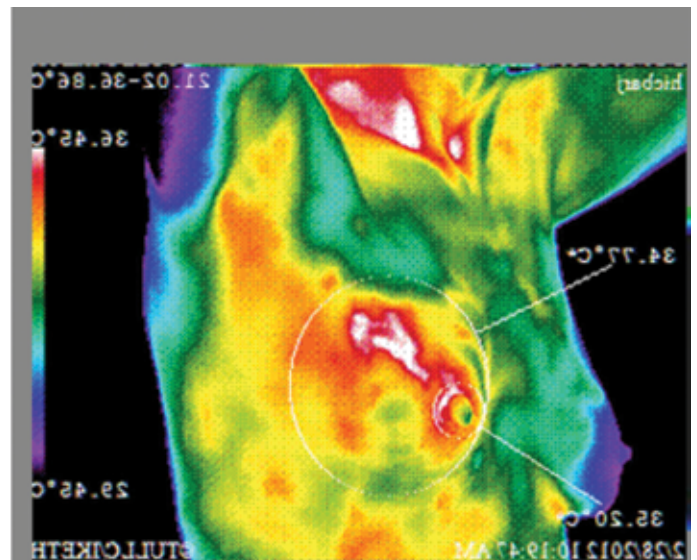
Connie's Story

"In 2007 my thermogram indicated a possible pathology in the right breast between 9 and 12 o'clock. I was diagnosed in February of 2012 with cancer exactly where the thermogram revealed it to be all those years ago.

I had a mammogram in 2009 with negative results. In 2011 my general practitioner performed an exam, felt nothing and gave me a clean bill of health. One year later the GP felt a mass and strongly urged a mammogram. It revealed a large mass between 9 and 12 o'clock. My concurrent thermogram showed not only the mass, but possible involvement of the lymph nodes as well.

Due to my doctor's dismissive attitude towards thermography, I did not take the 2007 report seriously. I allowed three years to pass before my next mammogram. Now I have been diagnosed with invasive breast cancer (5.4 cm mass), 31 lymph nodes removed in which 16 are involved (stage 3 or 4 cancer).

This was truly a learning experience for me - thermograms do count! I could have prevented this! Now I am engaged in a battle with cancer; including chemotherapy and possibly radiation."



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When We Set Out Let Spirit Steer Us

by Mark Nepo



KieferFix/Shutterstock.com

Teaching me how to steer the 30-foot-long sailboat he built, my father would say, "It's the sail that follows the wind, and the rudder that follows the sail." The sail, by its nature, will catch the wind and lean into it. The rudder is for steering once we've set sail.

Our soul is like a sail. Once hoisted, it's filled by the wind of Spirit, which establishes our course and direction. Our will is our rudder; its job is to follow where the soul filled with Spirit leads, helping to steer our way. When we lean on will to make things happen, we can grow stubborn, confused or lost. Clear sailing comes when we're being carried toward a vision greater than our self, feeling wholly alive along the way.

Scudding along the sea, my father was living once for all time, feeling the sensation of all life in that moment. We all yearn to live in these moments forever, yet even a taste of aliveness can fill, sustain and refresh us in the midst of daily tasks.

We all face times beyond our control when life doesn't follow our designs and we're asked to work with life and not fight, curse or hide from it. When insisting on our way, we can get so tangled in our will that we can't find or feel the wind of Spirit. During these times—when we fear there is no meaning and it seems there's nothing holding us up—our will can puff, snap and flap

about in a desperate attempt to fill what looms as an empty life.

But even setting out on the sea, it's never easy. My father remarked, "It's always harder to sail toward a fixed point, because you will inevitably have to cross the wind several times to get there." By contrast, a boat moves its fastest and cleanest when it simply follows the wind. It's the same when we listen for where life is taking us, instead of busily thinking about where we're going. Devoting ourselves to experiencing the journey, rather than determining a destination, we discover our way.

Like a sail, our life must be out in the open before the wind will show its face. Likewise, Spirit fills us when we can inhabit our true nature. We miss what awaits us if we hover too close to the shore of our past, our family, someone else's dream for us, or an old identity. To feel the wind in our face, we must leave the shallows and harbors for the deep. Only then will the larger, timeless destination show itself and our soul be filled enough with Spirit that our smaller self will have no choice but to engage in steering us toward all that matters.

Adapted excerpt from The One Life We're Given: Finding the Wisdom that Waits in Your Heart, by Mark Nepo (Atria). Connect at MarkNepo.com and ThreeIntentions.com.

GREEN WATERS

pH 5.5 Acidic Body and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs becomes with toxins, the less effective they become at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite your best efforts, you are unable to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. Alkalize your body to lose weight.

Alkalize your body with GREEN WATERS





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The Joys of Grandparenting How to Mindfully Love Little Ones

by April Thompson

Being a grandparent can be magical; an opportunity to create both lifelong memories and formative experiences for grandchildren. However, it can also pose challenges that need to be managed mindfully, say experts.

For more than 25 years, Patricia Salem, of Louisville, Kentucky, a licensed and board-certified art therapist, has taught mindfulness practices and art therapy in such diverse settings as hospitals and schools. Aiming to help kids and adults learn to harmoniously ease life's challenges, her work across generations has led her to seek ways to support entire family systems on their individual and familial journey to more mindful living. Her classes focus on skills like cultivating awareness, communication, self-compassion and self-care.

"Teaching mindfulness and stress reduction to children is a start; however, teaching parents and grandparents is important, too. Children need reinforcement at home for practices they are learning in order for them to take hold," says Salem.

Carolyn Tucker, a psychotherapist in Atlanta, started offering classes on mindful grandparenting six years ago after witnessing a rise in grandparents seeking therapy. "In working with new

mothers, I've found that a common area of friction is too little or too much support from grandparents. I thought it wise to help prepare them," says Tucker.

She helps grandparents develop realistic expectations of their role. "It's easy to revert to what you know—the parenting role—so it's important to set mindful intentions," she observes.

Tucker encourages grandparents to make mindful memories during time spent with the grandchildren. "You can find joy by being still and marveling at a grandchild's beautiful little hands and dimpled knees while registering how the air in the room feels to create a vivid mental snapshot of the moment.

"Parents and kids can become too busy, and grandparents can help them slow down. Lie on the grass together and look at cloud shapes or blow a dandelion. To me, that is the romance of grandparenting, and mindfulness allows the romance to blossom," she says.

Susan Moon, a Berkeley, California, author and grandmother who has practiced Zen Buddhism for nearly 40 years, sees grandparenting as an opportunity to release expectations; this feat can be difficult for parents caught up in their youngsters' identities. "It's easier for grandparents to accept

grandkids for who they are and just be joyful with them. They get to be in the moment with the kids without worrying about the day-to-day details of caregiving that can consume parents." She explores such ideas in her book *This is Getting Old: Zen Thoughts on Aging with Humor and Dignity*.

Being past their working years, grandparents are often more accepting and peaceful themselves, which can be inspiring for younger generations, adds Salem. For Moon, it's vital to be mindful of the image of aging that's projected; "I try to model that old age isn't tragic, and show the joy in this stage of life," she says.

Yet grandparents also should be mindful of any physical limitations and set boundaries with grandkids as needed. "It's okay to say, 'I can't hang on the jungle gym with you,' and suggest an alternative," says Moon.

Good relationships with the grandkids begin with maintaining open relationships with their parents, experts note. To do this, consistently engage in compassionate listening. "It can be tempting for grandparents that know what may have worked in raising their own children to react or jump in, but it's important to avoid giving unsolicited advice," Salem cautions.

At the same time, grandparents can notice aspects a harried parent may miss and, if handled carefully, can provide important insights. "I was known as the 'fairy mom', offering magic, art and imagination. I was grateful my own mother was there, too, because one child needed more structure and stability than I was providing," says Tucker, a mother of four. "She gave me mindful feedback without making me feel like she was trying to usurp my role."

Moon suggests practicing "right speech"—messages that are positive, affirming and loving—with everyone. "It's important to be humble and recognize the huge job of parents and all they juggle. Let them know that you are there to support them in whatever way you can."

Connect with freelance writer April Thompson, in Washington, D.C., at AprilWrites.com.

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5 Common signs of nutrient deficiency

Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

Weak, spotted or rigged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

Frequent cramps in your lower legs or 'Restless Leg'

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DECODING DOG BODY TALK

Three Signals of Anxiety

by Susan Briggs

Family dogs frequently accompany us on errands and outings away from their familiar home environment and we want them to enjoy these expeditions, so understanding their view of the world is important.

To a dog, every experience is either familiar or unfamiliar. The first time they encounter a new sound, place or person, they may feel anxious. We can help with the adjustment by introducing them slowly to each new experience and step aside to provide them distance or space to observe it first at their own pace.

Knowing the “tells” that signal when a dog is comfortable or uncomfortable goes a long way to a harmonious experience. Allison Culver, assistant director of The Lightfoot Way holistic animal learning center, in Houston, remarks, “Knowing how to communicate with your animal can save a lot of heartache.” With a bit of applied attention, we can readily learn to understand the changes in canine body posture and behavior that communicate their emotional state.

Start by observing the dog’s posture when they are relaxed at home. It’s likely that their weight is balanced on all four legs and their mouth is slightly open; movement is relaxed, loose and agile.

When a dog feels happy or playful, notice how their ears may perk up or

tilt slightly forward. Their tail might rise and wag, and they may emit a cheerful bark. Using their visual and audio demeanor as a baseline prepares us to be alert for three secret tells that signal a change in their emotion.

Closing their mouth routinely occurs when a dog is unsure or anxious. When their mouth remains closed for a minute or more, it’s a sure clue that they need more time to process information.

Lip licking such as quick flicks of the tongue is meant to appease and may prevent an uncomfortable situation from escalating into anything resembling a confrontation. Dogs do it with each other and with us, too.

A look away that avoids direct eye contact likewise signals that a dog is urgently processing their current environment.

Norwegian dog trainer Turid Rugaas, author of *On Talking Terms with Dogs: Calming Signals*, identifies the lip licking and averting of the eyes as self-calming behaviors. She affirms, “When dogs are stressed by the environment, they start using calming signals to ease the stress.”

When this happens, first try creating more space or distance between the dog and any perceived threat; this may return them to their body language norm. If not, consider using holistic

calming aids like a properly mixed lavender essential oil spray or Bach Rescue Remedy Pet flower essences, keeping these well away from their face.

Also try mentally engaging the dog with learned cues. A quick game of sit, down, sit plus high-five allows them to engage in a familiar activity while they adjust to a new environment.

If the pet does not respond to normal cues and continues to display multiple stress signals for an extended period, leave the scene altogether. Their anxiety hasn’t been relieved. If it’s still important that the dog learns to enjoy the troubling environment, work with a professional trainer that uses positive reinforcement tools to aid the transition (see *PetProfessionalGuild.com* or *apdt.com*). The trainer will assist in creating a plan that allows the pet to adjust at a pace that allows them to remain comfortable.

By observing a dog’s posture, we can be confident of choosing mutually good outings.

Susan Briggs, of Houston, TX, is co-author of Off-Leash Dog Play: A Complete guide to Safety & Fun, co-founder of The Dog Gurus and owner of Crystal Canine (CrystalCanine.com).

The Knot Prayer

Dear God,

Please untie the knots that are in my mind, my heart, and my life.

Remove the have nots, cannots, and the do nots.

Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots, and should nots that obstruct my life.

And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the “am nots” that I have allowed to hold me back. Especially the thought that I am not good enough.

Amen

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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.

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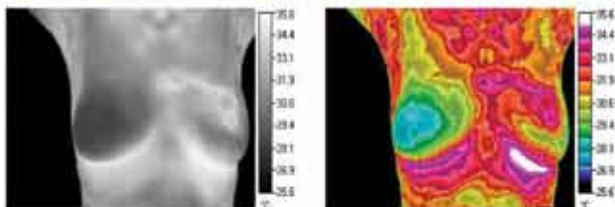
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Note: LOUISIANA is in the top 3 states with the highest rates of breast cancer mortality in the U.S. 1 in 8 Women will develop breast cancer this year.



Left Breast Cancer Grey Scale and Color Breast Temperature

Left image identifies the warm (white) vascular markings in the left breast. These markings are not only warm but appear chaotic in their distribution. They are actually circling a tumor and are angiogenic. The color image demonstrates the degree of warming that has occurred in the left breast. The heat is a function of increased tumor metabolism in combination with cancer induced blood vessel dilation, inflammation and neoangiogenesis.

Mammography cannot detect a tumor until after it has been growing for years and reaches a certain size. Thermography can detect the possibility of breast cancer much earlier, because it can image the early stages of increased blood supply to cancer cells (angiogenesis), which is a necessary step before they can grow into a detectable size.

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

Thursday May 4

Cleaning with Essential Oils – 6-7pm. Informative wellness workshop. Complimentary class. Well Nest Spa, 800 Alfred Street, Scott. 337-322-7763. WellNestSpa.com.

Friday May 5

Opelousas Music & Market – 5:30-8:30pm. Rusty Metoyer and The Zydeco Krush bring a rich mix of songs. Beverages and food available. The featured product is turnips with recipe ideas. Free. Le Vieaux Village, Vine and Landry St Hwy 190, Opelousas.

Breaux Bridge Crawfish Festival – 4pm-12am. Thru Sat 9-12am May 6 & Sun 9am-4pm May 7. More than 30 Cajun and Creole bands perform with delicious crawfish, a carnival and a parade. Tickets: Friday- \$5; Sat & Sun-\$10; or \$15-3 day pass. Parc Hardy, Breaux Bridge. BBCrawFest.com.

Saturday May 6

Herb and Garden Festival – 9am-4pm. Everything for the garden enthusiast: plants, herbal products, pottery, garden art and informative presentations. Rain Date is Sunday, May 7. Admission \$5. Vivian Olivier. Marie St, Sunset. 337-662-3542. SunsetHerbFestival.com.

Dog's Day Out – 10am-2pm. Pampering pooches with dog baths and nail trimmings. Pet adoptions available. \$10 dog baths and \$5 nail trimmings. Proceeds benefit local animal shelters. Noelle Savoy. Ranch Outlet, 3324 NE Evangeline Thwy, Lafayette. 337-465-4313.

Sunday May 7

Architects of Sound – 3pm. American pianist, James Dick and the ASO string quartet

perform modern symphony music. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. Acadiana Symphony Association. 337-232-4277. Public.Relations@AcadianaSymphony.org.

Family Fun Day – 8:30am-5:30pm. Enjoy a BBQ dinner sale, bingo, plant sale, flea market sale, concessions, a health buggy and family games. Thensted Center, 268 Church St, Grand Coteau. 337-662-5838.

Wednesday May 10

Rayne Frog Festival – 5pm-9pm. Thru Sat 9-12am May 13. Family fun featuring carnival rides, music, frog racing, arts & crafts, pageants, a grand parade and food. Frog Festival Dr, Rayne. 337-334-2332. RayneFrogFestival.com.

Thursday May 11

3rd Annual Bark in the Dark – 6-10pm. An evening of food, fun and festivity with a silent and live auction. Tickets are \$150. Benefits Acadiana Animal Aid. Mary Baudoin. River Oaks Catering and Event Center, 520 E Kaliste Saloom Rd, Lafayette. 337-896-1553.

Saturday May 13

Stamp Out Hunger Food Drive – 7am-6pm. US Postal Service collect non-perishable food donated to local food banks in Acadiana. Put food items in a bag by your mailbox for pick-up or bring food to your local post office the week before or after May 13.

Acadiana Field Day – 12-4pm. Teams of 6 compete to win the first place prize. Individuals can join in on the fun with yard games including corn hole, washer boards, horseshoes, giant Jenga, large dominos,

checkers and a variety of board games. \$10 donation. Moncus Park at the Horse Farm, 2913 Johnston St, Lafayette.

Artcade 2017 – 4-8pm. A night of free music, video games and art. Free admission. Lafayette Science Museum. 433 Jefferson St, Lafayette. Register at tickets.Eventbrite.com.

Blues on the Bayou – 6-10pm. The Cody Bouillion Trio, The Good Dudes, with Michael Juan Nunez and Lil' Buck Sinegal perform. Proceeds benefit both LARC and Acadian Village. \$12. Miss Dani B will host a free workshop for kids in the Stutes Store. LARC's Acadian Village, 200 Greenleaf Dr, Lafayette. 337-981-2364.

LUS Fiber Presents Movies in the Park – 6-10pm. Family friendly movie favorites under the stars. Finding Dory comes to Parc International. \$3. 200 Garfield St, Lafayette.

Sunday May 14

Honor Mom – 6-9pm. Celebrate mom with an elegant dinner, enjoy guest speakers, and live entertainment by Connie G. Hosted by Joe Dupree-Anderson of Z105.9. Benefiting A Pregnancy Center and Clinic. The Evangeline Room, 328 Guilbeau Rd, Lafayette. Tickets at ThanksMom.EventBrite.com. 337-517-9135.

Thursday May 18

Dine for the Diner – a fundraiser encouraging the community to eat out to end hunger as local restaurants participate to fill up their tables to support St. Joseph Diner. For a list of participating restaurants visit: CatholicsService.org/DinefortheDiner.

Friday May 19

Relay for Life of Lafayette Parish – 5pm-10pm. A night of live music, celebration, and remembrance with a special luminary ceremony and support of cancer survivors. Tracey Antee. Parc International Downtown Lafayette, 200 Garfield St, Lafayette. 318-652-1007. RelayforLife.org/LafayetteLa.

Saturday May 20

Chitimacha Race for Tour du Teche – 8am-5pm. A 20 mile trek on the Bayou Teche for kayaks, canoes, pirogues, and SUP's from New Iberia City Park and ends on the Chitimacha Reservation. New Iberia City

Park Boat Launch, 300 Parkview Dr, New Iberia. 337-394-6232. TourDuTeche.com.

Loyalty & Armed Forces Day Ceremony – 6-8pm. A celebration of our armed forces with flag ceremony and harmony of patriotic music. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Sunday May 21

6th Annual Bayou Vermilion Festival and Boat Parade – 10am-7pm. Enjoy free face painting, a bubbles station, a yoga class, live music and film showings. Boat Parade registration required. Vermilionville, 300 Fisher Rd, Lafayette.

Thursday May 25

6th Annual Krotz Springs Sportsmen's Heritage Festival – 5:30-10pm & Friday May 26. Thru Sat 2pm-12am May 27 & Sunday 12-7pm May 28. Celebrate the heritage and wildlife on the banks of the Atchafalaya with cook-offs, a fair ground, vendors and Cajun, Swamp Pop, and Zydeco music. Nall Park, 562 Front St, Krotz Springs. 337-566-3527.

Peter and the Starcatcher – 7:30pm & Friday May 26. A chronicle play of adventure. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

Cajun Heartland State Fair – Thru Sun June 4. Enjoy ride specials, food, free attractions and family oriented games. Cajundome 444 Cajundome Blvd Lafayette. Cajundome.com.

Saturday May 27

Delcambre Boat Poker Run – 9am-8pm. Poker run in boats with pre-determined stops. Live music and a BBQ cook-off. Bayou Carlin Cove Boat Launch & Pavilion, 605 S Railroad, Delcambre. 337-658-2422. Facebook.com/DelcambreBoatParade.

Sunday May 28

Zydeco Extravaganza – 12-11pm. A fun indoor festival with live music, an amateur accordion contest, food vendors serving up traditional Creole. Blackham Coliseum, 2330 Johnston St, Lafayette.

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Opelousas (French: Les Opelousas) is a small city in and the parish seat of St. Landry Parish, Louisiana. It lies at the junction of Interstate 49 and U.S. Route 190. The population was 22,860 at the 2000 census. Although the 2006 population estimate was 23,222, a 2004 annexation should put the city's population above 25,000. In the 2010 census, the population shrunk to 16,634. Opelousas is the principal city for the Opelousas-Eunice Micropolitan Statistical Area, which had an estimated population of 92,178 in 2008. Opelousas is also the 3rd largest city in the Lafayette-Acadiana Combined Statistical Area, which has a population of 537,947. Source: www.wikipedia.com



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- no pain or downtime
- can return to work after each treatment
- no scars

6 laser treatments \$450
9 laser treatments \$550
12 laser treatments \$650

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Text name and TUMMY TUCK to (337) 424-5066 for more information.

Thermography Exam BEFORE and AFTER

Why should I have a thermal scan? I have no family history and am not at high risk for breast cancer.

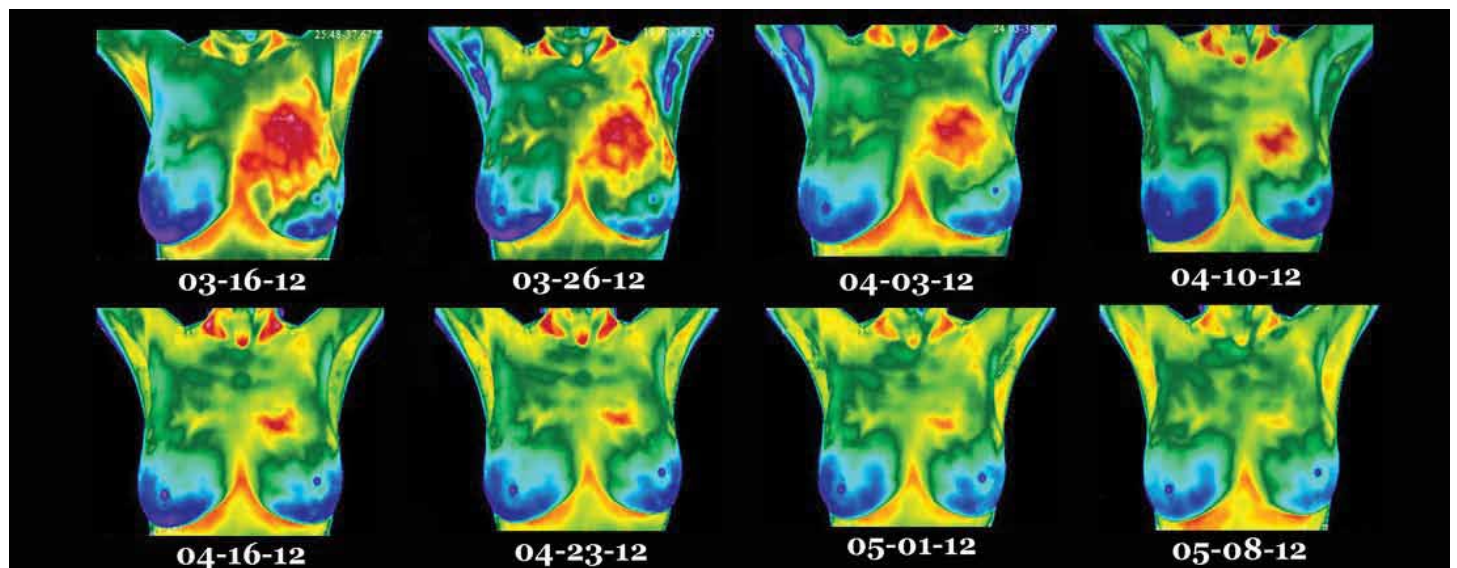
Although family history is considered a risk factor, 90% of women who develop breast cancer have no family history. A positive thermal scan is considered the highest risk marker for the future development of cancer. It is 9 times more significant than a family history. A thermal scan can show if a woman may actually be at high risk despite the lack of a family history of cancer. It can also really show if there is any real risk at all where there is a family history.

I have a suspicious mammogram or felt a lump in my breast. Should I have a thermal scan?

Absolutely. The information provided from the thermal scan can clarify the other findings, ultimately helping your doctor make better decisions as to the best way to manage the situation.

I have cancer and am scheduled for surgery. What benefit is there to a thermal scan this late in the game?

Thermal scans performed before and after a surgery or other treatment may help evaluate the success of the procedure by monitoring the metabolic and vascular changes of the cancer site. Additionally, once a woman develops breast cancer she is at a higher risk of developing it again. Thermal scans offer early detection of re-occurrence.



This thermography exam shows how with the proper wellness program, cancer risk can be eliminated. First picture (3/16/12) shows abnormal blood vessel activity. Last picture (5/8/12) shows that it is gone at the end of the wellness program.

Thermography is designed to detect and reveal abnormal heat and vascular development in the breast tissue, which is attributed to early tumor growth. Every physician knows that a tumor, whether malignant or benign, needs its own blood supply to nourish itself to grow. These vascularities grow in very abnormal patterns, creating the heat and inflammation that a thermal imaging camera detects.

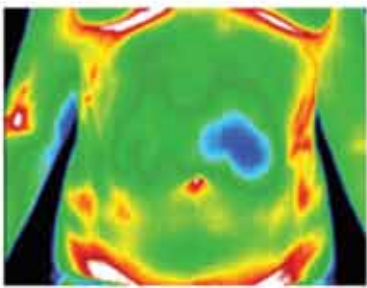
An abnormal thermogram is the single most important marker of high risk for developing future breast cancer, ten times more significant than a family history of the disease. In other words, if someone gets a suspicious thermogram

indicating that something is wrong, something usually is. Did you know that the single greatest risk factor for development of breast cancer is a woman's lifetime breast exposure to estrogen? A woman can have up to fifty times more estrogen in her breast tissue than her blood levels indicate.

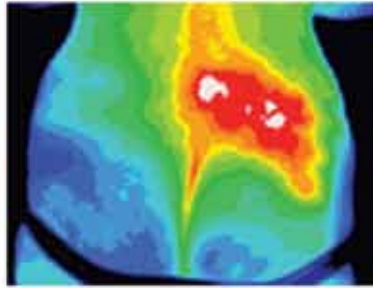
With the help of a natural practitioner or qualified nutritionist, a woman can make changes to affect her hormone levels and lower her risk. Throughout this time, a woman can monitor her breast tissue changes with thermography and actually see that the changes made to correct the imbalance are working. This is where breast thermography plays

an unprecedented role in breast cancer prevention. Along with over 800 published peer-reviewed studies on the effectiveness of thermography, a study published in the January 2003 publication of the showed thermography to be a "safe, non-invasive and valuable adjunct to (not replacement for) mammography in determining whether a lesion was benign or malignant, with over 97% sensitivity".

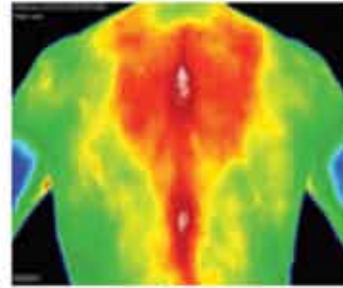
Image courtesy of Donna Tomey. Donna J. Tomey is a Certified Clinical Thermographer. received her certification at Duke University under the auspices of the American College of Clinical Thermology, Inc.



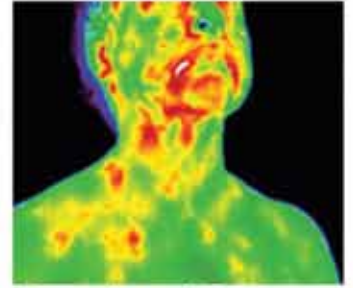
Hypothermia in the Stomach



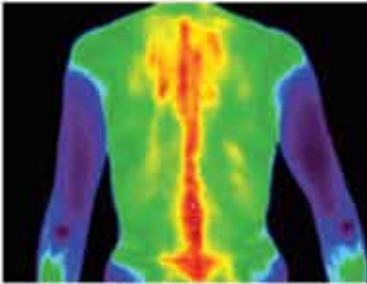
Shingles



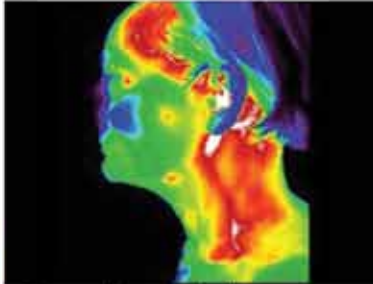
Lung Cancer



Periodontal Disease



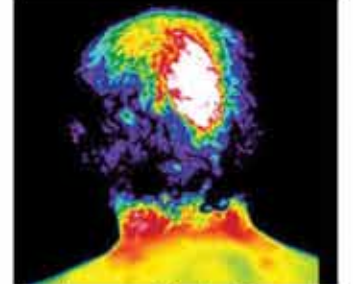
Spinal Inflammation



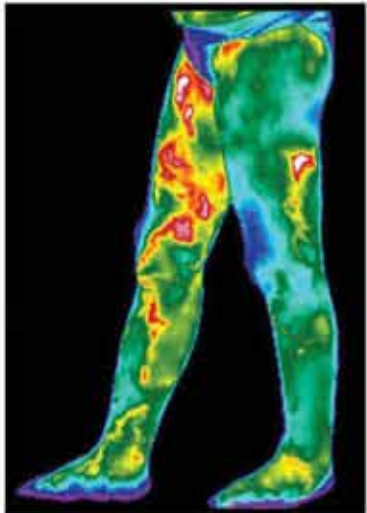
Carotid Artery Inflammation



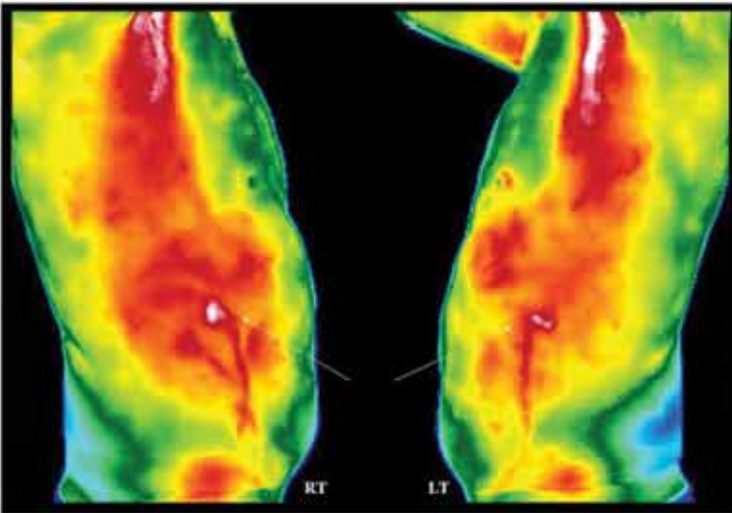
Poor Circulation Left 4th & 5th Finger



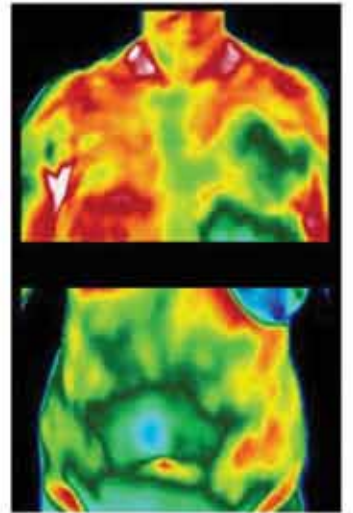
Melanoma-Scalp Cancer



Varicose Veins



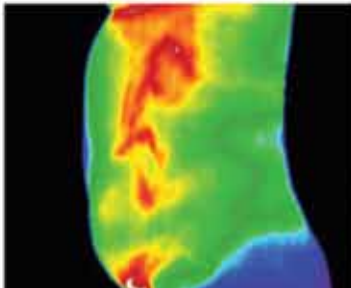
Bilateral Kidney Stones



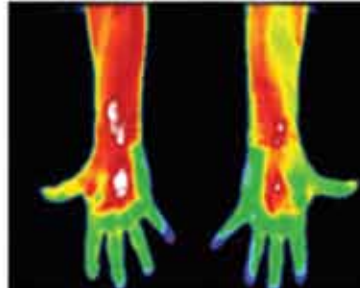
Breast Cancer



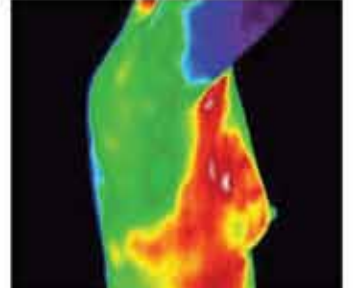
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to
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for more information
Call **896-4141** to schedule

Thermography is used to:

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