

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

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Natural Ways  
to Boost Desire

## HEALTHY HABITS

Ways to Start  
Eating Better

## FACIAL FITNESS

Exercises to Tone  
Your Face and Neck



EVERY ISSUE IS  
A GREEN ISSUE

May 2016 | Acadiana-Edition | [www.NAacadiana.com](http://www.NAacadiana.com)

# WEIGHT LOSS

You have tried everything  
but you haven't tried BF-4.



**\$45**

## BF-4

### Garcinia Cambogia

prevents fat cell formation

### Raspberry Ketone

helps fat cells shrink

### Green Coffee Bean

signals the body to burn  
stored fat

### Chromium

builds muscle and burns fat

BF-4 contains all the four major fat burners.  
You have no choice but to lose the weight.

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Caribbean  
Wellness Center  
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Opelousas

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Wellness Center

Sunset  
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Natural Health Center  
100 E. Angelle St.  
Across from Super 1 groceries  
Carencro

896-4141



# Become a Member

## Natural Awakenings Vitamin Club

### BASIC MEMBERSHIP \$30/month

- Box of Frozen Wheatgrass (16 – count)
- 3 Bottles of Greenwater
- pH 9.5 Drops

**Retail Value: \$78**

### PLUS MEMBERSHIP \$45/month

- Box of Frozen Wheatgrass (16– count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)

**Retail Value: \$141**

### GOLD MEMBERSHIP \$59/month

- Box of Frozen Wheatgrass (16 – count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)
- Pain and Inflammation Enzyme (1 box)

**Retail Value: \$171**

### PICK 3 MEMBERSHIP \$40/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ 3 Bottles of Greenwater (Retail \$18)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ Whetea Drops for a flat stomach (Retail \$20)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$95 - \$105**

### PICK 4 MEMBERSHIP \$60/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ 3 Bottles of Greenwater (Retail \$18)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$115 - \$135**

### PICK 6 MEMBERSHIP \$79/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ Case of Greenwater (Retail \$36)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ Whetea Drops for a flat stomach (Retail \$20)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)
- \_\_\_ Mood Enhancer for Depression and Anxiety (Retail \$30)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$140 - \$215**

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**Caribbean Wellness Center, Opelousas** 678-1500  
**Namaste Wellness Center, Lafayette** 356-1251

Text **VITAMIN CLUB** and your name to **424-5066** to join.



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

### 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

## 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 prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.....\$24.00



## Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals 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. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00

# publisher's letter



May is Women's Wellness month at *Natural Awakenings* where we passionately celebrate wellness in all its forms every month.

Women everywhere are sharing their wisdom, their strength, their faith in a better world. Having a vision and believing in it is enough to overcome a multitude of obstacles (lack of knowledge, uncertainty, doubting Thomases) and to offer it to the world is an amazing gift and opportunity.

We meet so many unique, successful, brilliant women in our roles as publishers

that we are continually honored and amazed to have this unending opportunity. Many of them have taught us that making small, repetitive actions is one of the best tools we have to improve our life (or bring us down if we're investing the same effort in self-defeating behaviors).

In 1900, a woman's life span was about 50 years. Now, in the new millennium, average life expectancy for American women is 82 years of age, and it is continuing to rise. Not only are women living longer, but they also can anticipate the possibility of enjoying a better quality of life throughout their span of years. In order to accomplish this, it is essential that women take charge of their own bodies and that they comprehend how they can maximize their personal health and fitness.

Health, being whole, holistic (wholly holy) is a natural ability for women who are, by and large, natural nurturers. Women are equipped to handle most anything that is thrown their way as long as they maintain their inner balance of peace and heart-centered consciousness. It's not enough to merely think; women now live in a broader dimensional playing field that requires them to hook their hearts to their heads. Women make better choices that way. Wise women are forged out of the vicissitudes of life and each challenge is embraced as an opportunity for growth. Horizontal living is replaced by vertical living, ascending one step at a time into higher and higher consciousness.

There are so many parts of the human body, mind, emotions, energy... that can go awry or break down, and if you listen to the mass media, it's enough to scare a body to death. Being aligned with the wellness model rather than the illness model which is being marketed to the masses, makes life not only easier but enjoyable. Foster the positive rather than pushing against the negative. Seek out everything, including thought, word, deed, supplements, products and services, that contributes to wellbeing... and in so doing honor all life everywhere.

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*"Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength...they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint" Amen.*

---



*Steve & Michelle*

Steve and Michelle Castille, Publishers



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## advertising & submissions

### HOW TO ADVERTISE

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

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

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

### REGIONAL MARKETS

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

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

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

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## 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.



## Natural Awakenings Family of Franchises Keeps Growing

Natural Awakenings Publishing Corp. (NAPC) welcomed five new publishers to its April training session at the corporate headquarters in Naples, Florida. The staff spent several days with these entrepreneurs, discussing the ins and outs of publishing new *Natural Awakenings* editions in Boulder/Fort Collins, Colorado, and Delaware/Chester County, Pennsylvania, and taking ownership of existing magazines in Charlotte, North Carolina; Charleston, South Carolina;



and Portland, Oregon/Vancouver, Washington.

Founded by Chief Executive Officer Sharon Bruckman with a single edition in Naples in 1994, *Natural Awakenings* has grown to become one of the largest, free, local, healthy living publications in the world. Franchise publishers collectively serve nearly 4 million readers each month via 95 magazines published in cities across the U.S., Puerto Rico and the Dominican Republic.

“Living a conscious lifestyle that supports our well-being and the sustainability of Planet Earth has become more important than ever,” says Bruckman. “Our dedicated family of publishers, supported by local advertisers, connects readers with the resources they need to create a healthier, happier world that works for all living things.”

*For a list of locations where Natural Awakenings is published or to learn more about franchising opportunities, call 239-530-1377 or visit [NaturalAwakenings.com](http://NaturalAwakenings.com). See ad, page 63.*

## Louisiana Christian School Now Open in Breaux Bridge



Louisiana Christian School (LCS) is now open in Breaux Bridge. Established upon Christian-based principles, LCS provides a quality educational experience and puts emphasis on encouraging

ethics and high moral standards within their educational structure. The goal is not to reform, but to train youth in the highest principles of Christian leadership, self-discipline, individual responsibility, personal integrity and good citizenship. In addition, LCS has developed a home partnership component in which they work together with a student’s family in order to achieve the educational goals.

LCS is registered with the state of Louisiana as a private, nonpublic school accredited through National Association of Private Schools. School tours are conducted Monday through Thursday from 9 a.m. to 2 p.m.

*Location: 1545 Anse Broussard Hwy, Breaux Bridge. For information, call 337-332-4740*

## Robin Farms Taking Sign-Ups for Summer CSA Program

Robin Farms, in Church Point, is gearing up for their summer community supported agriculture (CSA) program. The program offers winter produce going into the summer produce season. Each member of the program purchases a share of the upcoming crop in advance of that growing season. The money received for the shares purchased is used as start up capital to assist the farm with the initial crop expenses for that growing cycle.

In exchange for each investment, members have the benefit of receiving top quality, fresh organic produce harvested from the farm. Members are given first option of all crops, including specialty crops. Examples of specialty crops include, but are not limited to, sweet corn, watermelon, cantaloupe, beans, potatoes, cantaloupe, honeydew and lettuce.

Some of the other produce grown at Robin Farms includes tomatoes, peppers, cabbage, some greens and more.



*Location: 317 Houston Richard Rd., Church Point. For more information, call 337-789-3776 or visit [RobinFarms.com](http://RobinFarms.com).*

## Acadiana Symphony Presents ‘Mothers With Love’

The Acadiana Center of the Arts is presenting a special Mother’s Day Symphony on May 8 at 3p.m. that is sure to make mom’s special day one to remember. The Acadiana Symphony Orchestra (ASO), along with Russian pianist Gleb Ivanov, presents a special musical afternoon featuring several featured artists from the chamber music repertoire.

Included in this spectacular are Claude Debussy - *Incluse* with Flaxen Hair; Maurice Ravel - *Mirrors: “Night Moths,”*

“Sad Birds,” “A Boat on the Ocean,” “Morning Song of the Jester” and “Valley of Bells;” Claude Debussy - L’isle Joyeuse and Antonín Dvořák - Piano Quartet in A-major, Op. 81. The exquisite musical descriptions of the South of France and the Bohemian countryside will create the perfect setting for a toast in honor of our mothers. The concert is one performance only.



The ASO is dedicated to providing outreach, arts funding and education, and serves an eight-parish region with community development, education performances and exhibits.

ASO's Box Office is located at 412 Travis in the Oil Center. For more information, call 337-232-4277 or visit [AcadianaSymphony.org](http://AcadianaSymphony.org).

## Annual Breaux Bridge Crawfish Festival Set to Kick Off

The world famous Breaux Bridge Crawfish Festival is coming May 6, 7 and 8, and promises to be filled with fun activities, carnival rides, food and music.

Hailed as one of the largest gatherings of world famous Cajun musicians, Crawfish Festival weekend is filled with the sounds of authentic Cajun, Zydeco and Swamp Pop music. Visitors will enjoy crawfish prepared in every imaginable way, including fried and boiled crawfish, crawfish étouffée, crawfish bisque, boudin, pie, jambalaya and crawdogs.



The festival kicks off with opening ceremonies and a crawfish-eating contest on May 6. It continues through Sunday with cooking demonstrations, dance lessons, vendor booths and a host of activities for the

entire family. The festival also includes a parade, which involves the entire community bringing together both young and old.

For more information, call 337-332-6655 or visit [BBCrawfest.com](http://BBCrawfest.com).

## Whole Body Vibration Exercise Reduces Visceral (Abdominal) Fat In Overweight and Obese Adults

One of the biggest health issues for obese people is visceral (or belly) fat. Visceral fat is the fatty tissue between the organs in the abdomen. It is a major health concern because there is a strong correlation between high levels of visceral fat and incidence of cardiovascular diseases.

For obese or overweight people, a Whole Body Vibration machine could be the ideal introduction to exercise. Whole Body Vibration exercise is low impact, reducing strain on the joints and tendons.



Irvine, CA (May 11, 2009) – New research presented at the 17th European Congress on Obesity (ECO) suggests that exercise done on Whole Body Vibration exercise machines in con-

junction with a healthy diet helps people lose weight and trim harmful belly fat.

Based on the following study, conducted at the University of Antwerp, Belgium, researchers found that overweight or obese people who regularly undertook Whole Body Vibration exercise were more successful at long-term weight loss and shedding visceral or belly fat (which is associated with a higher susceptibility to conditions such as heart disease, diabetes and strokes) than those who combined dieting with a more conventional fitness routine and those who simply dieted.

The study was conducted over a six month period, after which subjects returned to their daily lives and reported back for retesting at 12 months. In terms of weight loss:

- The subjects using “Whole Body Vibration” lost 11 percent of their body weight and maintained a 10.5 percent loss
- The diet and conventional fitness group lost 7 percent and maintained a 6.9 percent loss
- The diet only group lost 6 percent, and maintained less than 5 percent loss

Even more promising was the reduction of visceral fat:

- The subjects using “Whole Body Vibration” lost 18.8 in., and maintained a loss of 18.7 in.
- The diet and conventional fitness group lost only 6.93 in., and maintained only a .63 in loss
- The diet only group lost 9.57 in. and maintained only 2.95 in. loss



**[ADVERTORIAL]**



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\*\* Guarantee will be honored if patient follows documented weight loss program requirements.

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**356-1251**  
Lafayette Office

**662-3120**  
Sunset Office

**(337) 424-5066**  
Text **BODY REBOUND** for more information

## Magnesium Improves Childbirth for Mother and Newborn



Research presented at the annual meeting of the American Society of Anesthesiologists has found that magnesium reduces fevers during childbirth, as well as complications among newborns. The study followed 63,000 deliveries from Northwestern Memorial Hospital, in Chicago, between 2007 and 2014. Of these, 6,163 women developed fevers of at least 100.4° F during labor. Of the women that developed fevers, 2,190 received

magnesium sulfate intravenously during their labor.

Rates of fever at maternity dropped by half, to 4.3 percent, in women that received the magnesium, versus 9.9 percent in those that did not. The rate of newborn complications was also significantly lower among women given magnesium.

The study, led by Dr. Elizabeth Lange, an attending physician at Northwestern Memorial Hospital, is the first of its kind to investigate the effect of magnesium on childbirth. "By reducing the incidence of maternal fever, magnesium sulfate therapy may also reduce the incidence of complications in newborns," says Lange.

## Red Clover Guards against Menopausal Bone Loss



A 12-week study of 60 menopausal women in Denmark has found that red clover halted bone loss and bone mineral density reduction. The randomized, double-blind, placebo-controlled research, sponsored by the Aarhus University Medical School and Hospital, tested the women over a three-month period. Half were treated with 150 milliliters of red clover extract daily and the others were given a placebo. The red clover plant extract was standardized to 37 milligrams of isoflavones, including 34 milligrams of aglycones.

The scientists measured changes in bone mineral density, bone mineral content and T-score, measured at the spine and femoral bone. They also monitored bone turnover markers. By the end of the study, the women in the placebo group had continued to lose bone mass and bone mineral density. Those given the red clover extract showed no such reductions during the study period. In addition, the red clover group experienced no increase in inflammation or blood pressure.



## Legumes Keep Colorectal Cancer at Bay

Korean medical school scientists have found that those eating more legumes have a significantly reduced risk of colorectal cancer. Their research analyzed the diets of 3,740 people, including 901 colorectal cancer patients. A total of 106 different foods were graded and calculated to establish frequency of intake among the study participants.

The group that consumed the highest amounts of legumes had more than a 50 percent drop in incidence of colorectal cancer. As legume consumption increased, colorectal cancer risk decreased.

The researchers attributed the dramatic reduction in risk to the intake of isoflavones, contained in many nuts and beans. When intakes of total isoflavones were calculated, those with diets that contained the highest levels reduced their colorectal cancer risk, by 33 percent in men and 35 percent in women.

The researchers reported, "The reduced risks for colorectal cancer among high-intake groups were most consistent for legumes and sprouts."

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# Purpose and Meaning Help Seniors Live Longer

A study of 9,050 people by researchers at Britain's University College of London (UCL), Princeton University and Stony Brook University has determined that a sense of purpose and meaning in the lives of older individuals can significantly reduce the risk of earlier mortality. The researchers called this greater sense of purpose "evaluative well-being".



The study followed subjects that averaged 65 years old at the start for eight-and-a-half years. During that period, 9 percent of those with the highest levels of well-being died. Among those with the lowest levels of well-being, 29 percent passed away during the same period—a 30 percent lower incidence of earlier mortality.

The study was led by Professor Andrew Steptoe, director of the UCL Institute of Epidemiology and Health Care, who explains, "These analyses show that the meaningfulness and sense of purpose that older people have in their lives are also related to survival." The mechanisms for this effect are still largely unknown. "There are several biological mechanisms that may link well-being to improved health, such as through hormonal changes or reduced blood pressure," he says.

# Staying Active Relates to Healthy Hearing

Research from Johns Hopkins University has found that elderly persons that engage in frequent physical activity have a reduced incidence of hearing loss. The researchers tested 706 people of age 70 or older. The subjects responded to a questionnaire about their physical activity levels over the previous 30 days and wore accelerometers to measure their level of day-to-day physical activity.

Subjects were categorized as inactive, insufficiently active or sufficiently active. After testing each participant's hearing, the researchers found that those in the inactive category, according to the accelerometer data, were 70 percent more likely to suffer from significant hearing impairment. The data produced by the questionnaires alone suggested that individuals in the lowest category had a 59 percent increased incidence of hearing impairment.



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## The Missing Link: Inflammation and Depression in Women

Antidepressant drug use is on the rise, particularly among women. A report released by Medco Health Solutions analyzed prescription claims data from 2.5 million Americans between 2001 and 2010 and found that 25 percent of women take drugs for a mental health condition. Despite a mainstream medicine notion that depression is caused by a chemical imbalance, medications known by familiar names such as Zoloft and Prozac meant to counter symptoms of such an imbalance may instead be causing a host of known harmful side effects.



“In six decades, not a single study has proven that depression is caused by a chemical imbalance,” asserts Dr. Kelly Brogan, an integrative physician, women’s health advocate and pioneer in holistic psychiatry.

A study published in the journal *JAMA Psychiatry* in 2014 reviewed 10 randomized, placebo-controlled trials to assess the effectiveness of non-steroidal anti-inflammatory drugs (NSAID) in adults with symptoms of depression. The researchers from Aarhus University, in Denmark, found that treating inflammation in patients helped decrease their symptoms.

Brogan asserts that this approach is the best way to treat depression in women, advocating the use of a holistic anti-inflammation strategy instead of NSAIDs or antidepressants. “A more effective, drug-free approach is to recruit basic lifestyle changes that kick-start the body’s self-healing mechanisms, helping to curtail the symptoms of depression,” she claims. Her suggestions include dietary modification; simple breathing and meditation techniques; minimizing exposure to biology-disrupting toxins that include common over-the-counter drugs; sufficient sleep and exercise.

“Medical literature has emphasized the role of inflammation in mental illness for more than 20 years, so if you think a chemical pill can save, cure or correct you, think again,” says Brogan. “Covering over symptoms is a missed opportunity to resolve the root cause of the problem.”

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

## Ozone Averts Tooth and Gum Infections

According to a recent report in the journal *Interventional Neuroradiology*, dental practice and research in Europe has determined that ozone therapy can be used to slow the growth of tooth and gum infections. Clinicians are also finding that targeted exposure to ozonated water, gas and oils helps to manage viral and fungal infections, including oral herpes infections. Approximately a quarter of lesions treated with ozone do not reappear.



These treatments have also been used successfully on sinus infections and temporomandibular joint (TMJ) dysfunction. Using ozone offers advantages over the use of antibiotics, which contribute to antibiotic resistance, according to the report. In addition, ozone gas has been shown effective in eliminating *Enterococcus faecalis*, one of the central bacteria involved in root canal infections, which can become increasingly resistant to the central antimicrobial treatment used in root canal therapy, sodium hypochlorite, and can thus decrease the risk of continued infection.

“Additionally, the bone at the end of the roots is often shown to harbor pathogenic bacteria for many years after traditional root canal therapy has been completed. Ozone can eliminate those bacteria that infest this region and remove toxic waste products that effectively prevent complete healing of the osseous structures,” writes study author and Doctor of Dental Medicine William Domb, director of the Inland Institute of Aesthetic Dentistry, in Upland, California.



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## globalbriefs

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

### Fouled Play

Toxic GMO Pesticides Drift Near Athletic Fields



In an Environmental Working Group (EWG) survey, more than 90 percent of athletic fields and parks in six sample states are within 1,000 feet of a corn or soybean field where two toxic weed killers, glyphosate and 2,4-D, are commonly sprayed on genetically modified (GMO) corn, soybeans and other crops, meaning that nearby athletes are likely to be exposed. More than 56 percent of the facilities in the study were

within 200 feet of such farmland.

Corn and soybean farmers in at least 15 states now have the option of planting GMO crops that can withstand repeated spraying with Monsanto's glyphosate and the 2,4-D mixture sold by Dow AgroSciences under the brand name Enlist Duo. Sprayed herbicides readily drift through the air, potentially exposing people and the nearby environment.

The U.S. Environmental Protection Agency approved the use of Enlist Duo for GMO crops shortly before the World Health Organization concluded that glyphosate, the world's most widely used herbicide, is "probably carcinogenic to humans." Dow's 2,4-D also possibly causes cancer, according to leading experts; exposure has also been linked to Parkinson's disease, hypothyroidism and suppression of the human immune system.

Source: EWG.org

### Goat Groundskeepers

A Chew Crew Gobbles Up Invasive Species

The Historic Congressional Cemetery, permanent resting place of J. Edgar Hoover, John Philip Sousa and 68,000 others, is threatened by invasive species such as poison ivy, poison oak, poison sumac, kudzu and English ivy. "They are plants not native to Washington, D.C.," says Paul Williams, president of the cemetery. "They climb and kill our trees, which then fall onto the cemetery, damaging our headstones." Instead of using harmful herbicides that could become runoff into the nearby Anacostia River, managers have enlisted a herd of 30 goats to combat the problem. The arrangement lets the native plants grow to support pollinating insects.

The University of Georgia's Chew Crew, comprising 40 goats, is likewise tasked with getting rid of invasive species growing around urban streams on its campus, another example of the elegant, low-tech solution. Maintaining steep inclines and other hard-to-reach areas can be expensive when using toxic herbicides and physical labor. After seeing the success of the Chew Crew, Clemson University is now also using goats to naturally recover some of the more overgrown areas of its campus.



Source: CNN



## Women Power Feminists Redefine Senior Housing

Fifteen years in the making, the Babayagas' House—a feminist alternative to a retirement home—has opened in Paris. This self-managed social housing project is run by its community of inspired female senior citizens that want to maintain their independence. "To live long is a good thing, but to age well is better," says 85-year-old Thérèse Clerc, who initially conceived the project as a means of combating

the idea that growing old is an illness and that retirement homes are a kind of prison. "We want to change the way people see old age, and that means learning to live differently," she says.

The five-story building houses 25 apartments located at the center of Montreuil, just blocks away from shops, a movie theater and the metro. The project cost just under \$4.4 million and was funded by eight public sources, including the city council. Two similar projects are now underway in Palaiseau and Bagneux.

Source: *Bust.com*

## Noisy Humans Man-Made Clatter Muffles Nature's Chorus

Kurt Fristrup, a senior scientist at the U.S. National Park Service, states that noise pollution is becoming so pervasive that people are tuning out the natural sounds around them. According to new research, when we leave home, we're more likely to try ignoring man-made sounds than enjoying Mother Nature's chorus.

Fristrup observes, "We are conditioning ourselves to ignore the information coming into our ears." The real loss, he believes, is for future generations. "If finding peace and quiet becomes difficult enough, many children will grow up without the experience, and I think it's a very real problem."

He and National Park Service colleagues have monitored sound levels at more than 600 sites over the past 10 years and found that none were free of human noise pollution. The team's model of merging data from more remote regions with urban areas gave them an overall sense of the noise pollution across the U.S. Based on their findings, the researchers believe that noise pollution will grow faster than the population, doubling every 30 years.

View a map of sound pollution at [Tinyurl.com/SmithsonianSoundMap](http://Tinyurl.com/SmithsonianSoundMap).



## Mm-mm Good Campbell's Endorses GMO Labeling

Campbell Soup Company recently became the first major food corporation to support the mandatory labeling of genetically modified ingredients and will support the enactment of federal legislation to establish a single mandatory labeling standard for foods derived from genetically modified organisms (GMO).

A company spokesperson says, "With 92 percent of Americans supporting the labeling of GMO foods, Campbell believes now is the time for the federal government to act quickly to implement a federal solution." The company says that if a federal solution is not reached, it is prepared to label all of its U.S. products for the presence of ingredients derived from GMOs and seek guidance from the U.S. Food and Drug Administration and approval by the U. S. Department of Agriculture. The company also has pledged to remove artificial colors and flavors from nearly all of its North American products by July 2018.

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



## Salmon Scam Farmed Fish Misabeled as Wild-Caught

The nonprofit Oceana reveals that salmon, America's favorite fish, is often mislabeled in restaurants and grocery stores. They collected 82 salmon samples from restaurants and grocery stores between December 2013 and March 2014 and found that 43 percent were mislabeled. DNA testing confirmed that the majority of the mislabeling (69 percent) consisted of farmed Atlantic salmon being sold as a wild-caught product.

"Americans might love salmon, but as our study reveals, they may be falling victim to a bait-and-switch," says Beth Lowell, a senior campaign director with Oceana. "Not only are consumers getting ripped off, but responsible U.S. fishermen are being cheated when fraudulent products lower the price for their hard-won catch."

Kimberly Warner, Ph.D., the report's author and a senior scientist at Oceana, observes, "While U.S. fishermen catch enough salmon to satisfy 80 percent of our domestic demand, 70 percent of that catch is then exported, instead of going directly to American grocery stores and restaurants."

Source: *Oceana.org*

# Disease

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### Green Wedding

Eco-Style the Momentous Event

It's summer wedding planning season, and couples can save money and conserve natural resources by planning a simpler, more ecological event. Instead of hosting the reception at a pricey hotel or restaurant, consider moving the ceremony and reception to a serene location like a beach, park or nature center. Local park and recreation departments may collaborate on making arrangements at public facilities, and nominal fees help support their ongoing operations. A natural setting at an eco-conscious hotel is equally well suited to serving healthy, organic food from a local or on-site health food restaurant, caterer or specialty grocer. Here are some more tips.



Purchase organic flowers to avoid pesticides and artificial fragrances often containing toxic chemicals. Buying from local growers cuts transportation costs.

Choose a wedding gown made of organic and sustainable fibers. *Chasing Green.org* points out that organic farming reduces atmospheric carbon dioxide by using 37 percent fewer fossil fuels than conventional methods.

While releasing butterflies or doves may constitute a symbol of love, it can be fatal, especially for the birds, which possess no survival skills in the wild. Also, tossing birdseed over the happy couple, for a time viewed as an improvement on throwing rice, is just as wasteful and messy.

Instead, greet the newly hitched lovers by blowing bubbles—it's inexpensive, childhood fun that won't harm clothes, animals or the environment. Guests can recycle the wands and bottles, which are available in small sizes for weddings.

Show care for other animals by abstaining from balloons. The U.S. Fish and Wildlife Service notes that balloons that end up in nearby waters or landfills can be mistaken for food and cause stomach blockages for whales, dolphins, turtles and birds.

Rather than pay big bucks for a band that consumes electricity, go with one or two local, unplugged musicians such as an acoustic guitar player and flutist. Guests will relish hearing moving, personal renditions of love songs instead of clichéd tunes.



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- Andrew Weil, M.D.

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# SPARK UP YOUR LOVE LIFE

## Natural Ways to Boost Libido

by Lisa Marshall



**U**nderlying health issues aside, a hectic schedule packed with work deadlines, kids' sporting events and household chores can leave little time for intimacy. Letting that pattern go on too long can become a problem. "There's a use-it-or-lose-it phenomenon that occurs," says Dr. Anita Clayton, a University of Virginia psychiatry professor, neurologist and author of *Satisfaction: Women, Sex, and the Quest for Intimacy*.

Despite what hyper-seductive female media stereotypes suggest we believe, in the real world, 39 percent of women feel they lack sex drive, and nearly half experience some kind of sexual dissatisfaction, according to a survey of 32,000 women published in the journal *Obstetrics & Gynecology*. About one in eight women are significantly distressed about it. "The truth is, many of us don't have great sex lives," confirms Clayton.

Sprout Pharmaceuticals introduced Addyi, aka filbanserin, last fall; the first prescription drug to address low libido in women. Some heralded the controversial medication as "the little pink pill," seeing it as the female version of males' blue Viagra pill, which a half-million men purchased in its first month on the market in 1998. Yet several

months after its launch, only about 1,000 women had tried Addyi and many doctors declined to prescribe it, due to its lack of widespread efficacy and possible adverse side effects, including low blood pressure and fainting when combined with alcohol.

"This is a complex problem that requires a complex solution," says Honolulu-based naturopathic physician Laurie Steelsmith, author of *Great Sex Naturally: Every Woman's Guide to Enhancing Her Sexuality Through the Secrets of Natural Medicine*. "For most women, drugs are not the answer." She notes that for men, boosting libido is largely a matter of boosting circulation and blood flow to the penis. But for women, desire for lovemaking stems from an interplay of emotional, interpersonal, hormonal and anatomical drivers that make lack of desire harder to "treat".

The truth is that many simple, effective, non-drug approaches exist. As Boulder, Colorado, marriage therapist Michele Weiner Davis puts it, "There's no reason why a woman wanting a more robust sex life cannot have one."

### Overall Health Check

The number one culprit for low libido in women is subpar physical health, says Steelsmith. "To be capable of fully

enjoying pleasure, you need a healthy body." Carrying excess weight can both erode self-esteem and lead to reductions in a woman's natural circulating testosterone, a critical hormone that helps ignite pleasure circuits in the female brain and increase sensitivity in the clitoris. Being underweight can result in fatigue and low sexual energy, diminished production of excitatory brain chemicals and low levels of estrogen, key for keeping a woman moist.

Meanwhile, Steelsmith explains, excess stress can prompt the body to "steal" from libido-boosting hormones like progesterone in order to make more of the stress-hormone cortisol. High blood sugar can drive down testosterone, while high cholesterol can clog pelvic blood vessels, dulling sensation.

Depression, diabetes and thyroid disorders are other major libido killers, says Clayton. "If you treat them effectively, you may see big improvements."

Women seeking to improve their sexual health should first try to achieve a healthy weight via diet and exercise, Steelsmith says. She recommends an organic diet rich in complex carbohydrates (which keep blood sugar balanced), lean protein (a precursor to desire-related neurotransmitters) and good fats (which help keep vulval tissues lubricated).

Exercise—another circulation booster—is also key. Do it before a scheduled hot date for even better results. One 2014 study of 52 women found that those that worked out prior to an anticipated romantic encounter had significantly increased sexual desire.

### Pamper Femaleness

Many women avoid sexual encounters for fear of sparking a urinary tract or vaginal infection. This becomes more common after age 40, as estrogen wanes and pelvic tissue thins and dries, leaving it more vulnerable to microbial invaders. Because semen is alkaline, it changes a woman's vaginal pH, allowing unfriendly bacteria to thrive, says Steelsmith.

Her advice: Always go to the bathroom and urinate after intercourse, and use natural lubricants, like vitamin E. For some women, she also recommends low-dose, prescription estrogen cream or suppositories.

If an infection occurs, try to treat it naturally, avoiding antibiotics, which can spark yeast overgrowth. Instead, Steelsmith recommends using tea tree oil, goldenseal, or probiotic douches or suppositories, available online and at health food stores.

Kegel exercises are a famous aid, involving clamping down as if interrupting urine flow, before releasing and repeating. This not only help fend off urinary incontinence and infection, it also strengthens and firms pelvic muscles, rendering enhanced enjoyment for both partners.



## Make Time for Intimacy

Research has shown that over time, frequent lovemaking actually causes structural changes in certain areas of the brain as new connections form and sex-related regions grow stronger. Stop, and those areas atrophy, making physical intimacy feel awkward once it's resurrected.

A sexless relationship can also be emotionally devastating for the person, often the male, that wants more contact, says Weiner Davis, author of *The Sex-Starved Marriage: Boosting Your Marriage Libido*. "For the spouse yearning for touch, it is a huge deal," she says. "It's about feeling wanted, attractive and loved." In her practice, she often sees couples that are mismatched in how they wish to demonstrate and receive love. Often, the woman wants to feel close emotionally before she can feel close physically. For the man, physical intimacy is a conduit for opening up emotionally. When both keep waiting to get what they want, the relationship suffers.

She counsels couples to deliberately make time to address both partners' needs. Schedule a long walk or intimate dinner to talk over feelings; also schedule sex. "Some people say, 'Oh, but

that's not spontaneous enough,'" says Weiner Davis. "But even if you put it on the calendar, what you do with that time can still be spontaneous and playful."

While most women assume that they need to be in the mood first, research by University of British Columbia Psychiatrist Rosemary Basson suggests that in some women, desire only comes after physical arousal, especially by a loving partner that takes the time to meet her needs. "I wish I had a dollar for each time someone said to me, 'I'm not in the mood, but once I get into it, I surprise myself, because I have a really good time,'" says Weiner Davis. She's not advising women to make love when they really don't want to, but rather to be open to it even when the circumstances aren't ideal. "A lot of women feel like the house has to be clean, with the kids asleep and free of distracting noises," she says. "Sometimes, just do it."

## Is Sex Essential?

Clayton points out that while 42 percent of women experience either low sex drive or satisfaction, fewer than 12 percent are really bothered by it. "Some women experience great grief and loss about this. They say, 'It used to be a part of my life and now it's gone.'" For some in this subset that are unable to find relief via lifestyle changes, she would recommend Addyi, said to boost desire by changing brain chemicals. On the other hand, many women don't need to take any action at all. "If someone has low sex drive and it doesn't matter to them or their partner, it's not a problem."

That said, the benefits of attending to an affectionate, healthy sex life can go far beyond the bedroom, improving overall health and strengthening relationships, notes Steelsmith. Sex burns calories, increases circulation, releases calming and painkilling hormones like prolactin and prompts production of the "bonding hormones" vasopressin and oxytocin.

"When you are in a loving relationship and you express that love through your body, physiological changes occur that can help you bond more deeply with your partner," she says. "The more you make love, the more love you make."

*Lisa Marshall is a freelance health writer in Boulder, CO. Connect at [LisaAnnMarshall.com](http://LisaAnnMarshall.com).*

## Five Common Libido Killers

**Birth Control Pills:** Oral contraceptives can boost levels of sex hormone-binding globulin, which attaches to desire-promoting testosterone, making it harder for the body to access it.

**Antidepressants:** Numerous antidepressant medications have been shown to decrease libido, but leaving depression untreated can kill sex drive even more; consider natural alternatives.

**Smoking:** It impairs circulation to genitals.

**Alcohol:** Too much alcohol lowers sexual response.

**Caffeine:** Excess caffeine can erode levels of testosterone, which is vital for driving desire.

*Sources: Laurie Steelsmith, ND, and research studies*

## Nature's Libido-Enhancers

**L-arginine:** Boosts blood flow to sexual organs. Can be taken in supplement form or applied topically.

**Chinese ginseng (*Panax ginseng*):** Considered a sexual tonic in Chinese medicine for its ability to stabilize sexual energy over time; also used to address vaginal dryness.

**Epimedium (horny goat weed):** Said to stimulate nerves in genitals, support adrenal glands and boost levels of feel-good brain chemicals.

**Phenylethylamine:** Sometimes referred to as the "romance chemical", this stimulant and mood elevator is naturally released in the brain when we have an orgasm, exercise or eat chocolate; also available in supplement form.

**Maca:** A Peruvian root used for centuries in that country to promote sexual energy, Maca is said to boost production of libido-boosting hormones.

*Source: Laurie Steelsmith, ND*

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## 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 become 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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# ORGANIC FIBER



## WebMD.com

Three bowel movements a day is considered a very healthy body.

### Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

"The digestive tract contains more bacterial cells than there are cells in the entire body."

### Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.

# DETOXIFICATION

What goes in must come out.

We absorb toxins through our skin, from the air we breathe, the chemicals in our foods, and from the chemicals released in our homes and workplaces. They all add to our body's toxic load. Ideally, on a daily basis, our bodies break down these toxins and clear them away. Detoxification is simply normalizing the body's ability to process and excrete toxins.

## Why get a Vitamin Test?

To support the detoxification process, the body requires a variety of nutrients. If these nutrients are in low supply, the toxins re-circulate. These unneutralized, fat-soluble toxins can be stored in body tissues such as fat, brain and nervous system causing systemic symptoms and future disease processes.

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### POSSIBLE SYMPTOMS

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- Skin Rashes
- Fatigue
- Headaches and/or migraines
- Weight Gain
- Brain Fog or Memory Problems
- Excessive Mucus
- Poor Body Odor or Bad Breath

### POSSIBLE HEALTH ISSUES

- Chronic Fatigue
- Allergies and Asthma
- Autoimmune Diseases
- Leaky Gut/Malabsorption
- GI Inflammation
- Obesity or Weight Gain
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- Chemical Sensitivities
- Fertility Problems
- Irritable Bowel Syndrome

### 1. SKIN

The largest elimination organ.

### 2. LUNGS

Trap toxins in mucous lining, either coughed up or breathed out.

### 3. LYMPH

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### 4. COLON

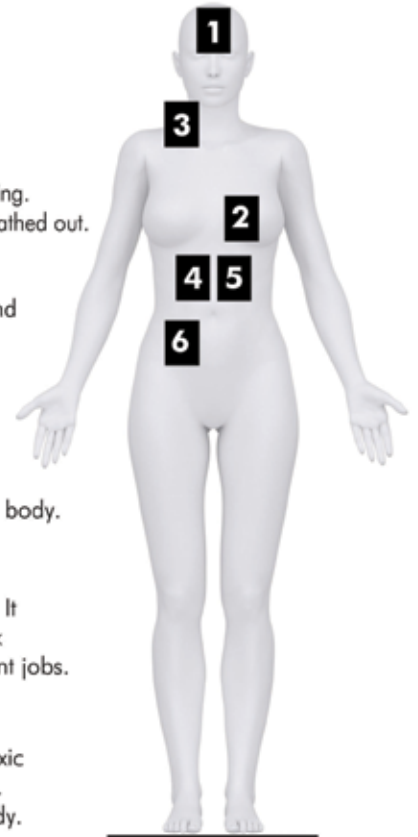
Absorbs nutrients and carries waste out of the body.

### 5. LIVER

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### 6. KIDNEYS

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## Christie Brinkley Shares Her Secrets to Lasting Beauty

### Why She Still Looks Terrific After 40 Years as a Model

by Gerry Strauss



**S**upermodel extraordinaire Christie Brinkley looks as amazing in her 60s as she did when she first graced the cover of *Sports Illustrated* nearly 40 years ago. In a new book, *Timeless Beauty*, Brinkley reveals her anti-aging secrets, many of which involve reliance on healthful foods, a positive attitude, exercise and good skin care. Much of what she's learned is reflected in her line of Christie Brinkley Authentic Skincare. Here, she shares some highlights of how she keeps her mind and body healthy.

#### **Why did you become a vegetarian at age 14?**

When I was 13, I picked up a book from the nightstand in my parents' bedroom called *Miami and the Siege of Chicago* by Norman Mailer. I happened to open to a page with a highly graphic description of Midwest slaughterhouses. What I read turned my stomach because I loved animals and wanted no part in this inhumane system. I swore at that moment I would never eat another piece of meat and have not done so since. For the past 49 years I have enjoyed the resulting good karma in the form of healthful benefits from avoiding the antibiotics, growth hormones and fats associated with a carnivorous diet.

#### **Was it tougher to maintain your natural standards as your career became filled with travel and tight schedules?**

After I first became a vegetarian kid living at home, I soon convinced my family to go vegetarian, too. I read a lot of books to learn how to replace meat protein with healthier choices. Through the early years, as I continued to learn about options, I tried many kinds of vegetarian, macrobiotic and vegan approaches.

Once I started modeling in sea-shore locations, it seemed natural to me to add bits of fresh fish and some dairy; so for the most part I have been a lacto ichthyo variation of vegetarian. I raised my children as vegetarians, and recently my daughter, Sailor, and I took the next step to become mostly vegan. I allow myself a little mozzarella and an occasional salmon dish when my body is craving it, because I think we need to listen to what our body needs.

After the environmental disasters of the BP oil spill in the Gulf, made worse by toxic dispersants, and the Fukushima nuclear plant meltdown that pumped radioactive isotopes into the Pacific, I am extra-cautious about the salmon I choose and don't eat other seafood. I'm lucky that as a model, my

career has naturally kept me aware of the amount of sugar I consume, limiting its effects on skin and overall health as well as weight.

#### **How much of anti-aging do you believe is tied to mental and emotional health?**

Growing old gracefully is all about the positive energy that you use to power through your day and project to others. Happiness is a youthful quality and a smile is always our best accessory; it's also been proven to release feel-good endorphins.

When you take good care of yourself by eating right and exercising, you naturally feel better about yourself. If we're feeling down, stressed or depressed, we're tempted to eliminate exercise, which is the very thing that could lift us up and make us feel better. The more we move, the merrier we are.

#### **Because you also recognize the importance of treating the body well from the outside as well as from the inside, what other practices do you apply?**

With everything we know about how the sun can damage our skin, it's crucial to use a moisturizer with a broad ultraviolet spectrum blocker of both UVA and UVB rays to prevent wrinkles and hyperpigmented spots. I created my own skin care line that offers an SPF 30 broad-spectrum moisturizer that also defends against infrared rays [IR], which represent more than half of the sun's damaging rays that reach Earth. IR emissions also come from manmade objects such as computers and cell phones. Beyond that, I wanted a product that takes advantage of our body's own circadian rhythms, using special peptides that help the body build collagen and elastin as we sleep and repair.

Using a gentle exfoliating scrub is also key, a step many people overlook; I've included it in my daily skin care routine for 30 years.

*Gerry Strauss is a freelance writer in Hamilton, NJ. Connect at [GerryStrauss@aol.com](mailto:GerryStrauss@aol.com).*



## Picture Your Future Creating a Vision Board Makes Dreams Real

by Jayne Morris

**V**ision boards, a powerful tool for transformation, comprise a collage of pictures, phrases, poems and quotes that visually represent what we would like to experience more of in life. Building one works to uncover hidden desires and inner guidance that help clarify the details of a roadmap to our future. Anyone can create one in a few hours.

The layout may be intuitive, placing pieces where feelings direct; circles within circles like a mandala; or in titled, pie-shaped segments arranged in the form of a wheel.

**Board basics:** Choose a large piece of poster board, corkboard or canvas the size of an unfolded newspaper. Gather pens, scissors, glue or pins, sticky tape and a current selfie.

Gather 10 to 20 magazines ranging from women's and men's fashion, health and fitness to hobbies, house and garden and travel, including animals representing specific character traits. Pick topics that resonate, uplift and inspire, energize or bring relaxation. Beauty salons, libraries and community centers like to clear out old issues; an alternative is to assemble images by using a computer.

**Prepare a space:** Find a quiet, relaxing spot, free of disturbances and distractions.

**Mindset magic:** Let go of ought-tos, shoulds and musts. Rest assured that feeling the desire to be good, to do good or have something good in our life means we can make it happen, even if we do not yet know how.

**Flick, snip and stick:** Have fun seeing what jumps out and catches your attention while riffling through the magazine pages. Clip and place these images in a pile, and then sort out those that feel really right.

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## healingways



# Solutions for a Sluggish Thyroid

## Keying in on Iodine

by Kathleen Barnes

It seems that a common mineral supplement that costs just pennies per day can stimulate an underactive thyroid, restore metabolism to normal levels, curb excess appetite, banish fatigue and generally improve everyone's health. Mounting scientific evidence shows that iodine may be an answer to many such health woes, especially for women.

"The thyroid acts as a throttle, the gas pedal for all metabolic functions in the human body," says Dr. Richard Shames, of San Rafael, California, author of *Thyroid Mind Power*.

If the thyroid is a driving force of human physiology, then iodine is its key fuel, says Dr. Robert Thompson, of Soldotna, Alaska, author of *What Doctors Fail to Tell You About Iodine & Your Thyroid*. "Every single cell in your body depends on thyroid hormone, and the thyroid depends on iodine for proper functioning."

"Without sufficient thyroid hormone, we have low energy, slower metabolism, lower immunity to illness and impaired repair and maintenance of bones and joints," explains Shames.

After testing thousands of patients in his practice, Thompson estimates that 90 percent of North Americans are iodine deficient, citing what he calls

"epidemic proportions" of hypothyroidism (low thyroid function) with symptoms comprising obesity, fatigue, brain fog, irregular or absent menstrual periods, hair loss and heat and cold intolerance.

### Major Culprits

**Estrogen:** Hypothyroidism is overwhelmingly a women's disease, with women five to eight times more likely to suffer from it than men, according to the American Thyroid Association.

"Estrogen inhibits the body's natural ability to absorb and utilize iodine," says Dr. Jorge Flechas, of Hendersonville, North Carolina, who specializes in thyroid disorders. "We find three periods in life when women need more iodine: at puberty and during both pregnancy and perimenopause or menopause. It's because estrogen levels tend to fluctuate wildly at those times, neutralizing the ability of iodine gained through select foods to balance thyroid and other hormones." Flechas prescribes iodine supplements for most women at all three stages of life.

**Toxic halogens:** Iodine belongs to a group of halogens that includes chlorine, bromine and fluorine, three chemicals that are both toxic to the human body and block its ability

to absorb iodine, explains Thompson.

"They're everywhere, **Nine in 10 North Americans** in our air, water and food. **may be iodine deficient.**

It's nearly impossible to avoid them," reports Shames, a longtime

~ Dr. Robert Thompson

advocate in the movement against the common practice of adding fluoride (a derivative of fluorine) and chlorine to municipal water. Fluoride is also added to many brands of toothpaste. Bromide is part of almost all commercial flour and flour products, as well as soft drinks.

Shames offers an historic insight. "Fluoride was once used to slow down an overactive thyroid, as recommended by the physicians' bible, the *Merck Manuals*. Now we're putting it in the water supply and wondering why we have a mushrooming epidemic of low thyroid incidence."

**Food:** "So-called 'iodized' salt doesn't contain much usable iodine, and neither does pink Himalayan sea salt," Shames cautions.

We've known that our soil is deficient in essential minerals such as iodine since at least 1936, when a special U.S. Senate report concluded that our soil was already severely depleted. "This simply means that when we grow produce, the plants cannot extract these vital nutrients from the soil for us—including iodine—if those nutrients aren't there in the first place," says Thompson. If anything, he adds, U.S. soils have become even more sterile in the 80 years

since the report and, "Factory farming and the use of genetically modified (GMO) crops, Roundup herbicide and synthetic chemical fertilizers have undoubtedly worsened the situation."

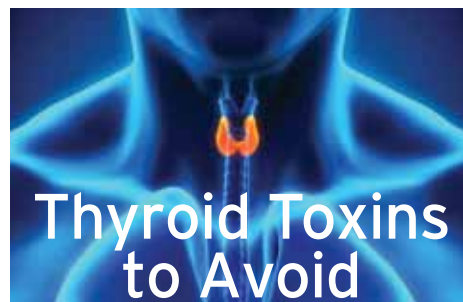
## Sources of Iodine

It's difficult to include sufficient natural iodine in our daily diet unless we follow a Japanese-style diet that includes lots of seaweed and saltwater fish, says Shames. Other food sources are shellfish, turkey, cheese, yogurt, milk, eggs, legumes, cranberries and strawberries.

There is little agreement about the optimal levels of iodine people need. The U.S. Department of Agriculture maintains that we need 150 micrograms a day, but iodine advocates are quick to point out that a person eating a typical Japanese diet (where hypothyroidism, or low thyroid activity, is rare) ingests 12.5 milligrams of iodine each day—83 times the amount recommended by the government.

Shames recommends getting an iodine lab test (available without a prescription at *CanaryClub.org*) to determine exact needs. Thompson recommends potassium iodide and sodium iodide supplements for thyroid health.

*Kathleen Barnes is author of numerous natural health books, including User's Guide to Thyroid Disorders.*



### Fluorine/fluoride

- Fluoridated toothpaste
- Unfiltered municipal drinking water
- Some bottled teas
- Teflon pans
- Mechanically deboned chicken

### Chlorine/chloride

- Virtually all municipal water
- Swimming pools, spas
- Poultry chilled in chlorinated water to kill bacteria
- Chlorine bleaches and other conventional household cleaners

### Bromine/bromide

- Flour and flour products, except those labeled "unbrominated"
- Soft drinks
- Pesticides with methyl bromide
- Plastics
- Fire retardants in children's nightwear and some furniture
- Spa disinfectants

*Source: What Doctors Fail to Tell You About Iodine & Your Thyroid, by Dr. Robert Thompson.*

**natural medicine**

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## conscious eating

# How to Reboot Your Eating Habits

Small Shifts Can Drop Pounds and Gain Health

by Judith Fertig



Our food habits are often just that—mindless, repetitious eating behaviors. Some serve us well; others, not so much. *Natural Awakenings* asked experts to serve up many doable small changes that can add up to big shifts.

According to Brian Wansink, Ph.D., the John S. Dyson professor of marketing at Cornell University and author of *Mindless Eating*, changing just one lifestyle habit can eliminate two or more pounds each week. By changing up to three habits, we may lose more weight. At a minimum, we will likely improve the quality of the food we eat overall.

### Buying Behaviors

Wansink advises that having the only food on our kitchen counter be fruit encourages healthy snacking. At work, he suggests lunching away from our desk to discourage mindless eating. At restaurants, order half-size entrees, and then add a maximum of two items, such as soup and bread, salad and side dish or an appetizer and dessert.

He recommends using a food shopping strategy to fill the cart with better food. With hunger sated first, chew on a natural gum while shopping; it discourages buying junk food. Secondly, habitually fill the front of the cart with produce. “We eat what we see,” he says.

### Food Choices

Consider starting the day with a new coffee habit. Dave Asprey, of Los Angeles, author of *The Bulletproof Diet*, uses organic coffee, brews with filtered water and blends the hot coffee with a pat of unsalted, grass-fed butter, a fat high in vitamins and omega-3 essential fatty acids, and a small spoonful of a coconut oil that doesn’t congeal at room temperature. Unlike a drive-through latte with sugar and carbohydrates, he maintains that this type of coffee, “makes you feel energized, focused and full for hours.” Asprey takes a biohacker’s approach to natural biology-based ways to maximize physical and mental performance.

New York City writer Chris Gayomali tried Asprey’s recipe for two weeks. Although it didn’t curb his appetite, he says he felt more alert and “ready for life.”

Upgrading the foods we love is also possible, says David Wann, of Golden, Colorado, author of *Simple Prosperity*. “Too often, we economize on food when we should be buying the best quality, freshest organic food we can,” he says.

Rebecca Miller, who lives near Kansas City, Missouri, took Wann’s advice and cut costs in other ways instead. To her delight, she found that the fresher, better-tasting food prompted her to eat less, but eat better. “I lost seven pounds in two weeks,” she says, “and I didn’t feel like I was on a diet.”



Eating a big salad for lunch is a habit that author Victoria Moran, host of the award-winning *Main Street Vegan* online radio show, has adopted in her New York City home. She fills a big bowl with leafy greens, in-season vegetables, avocado and a light dressing. "This will set you up for the rest of the day," says Moran.

Pam Anderson, a mainstream food blogger in Darien, Connecticut, agrees. Six years ago, she lost 50 pounds and credits having a big green salad for lunch—one of her many small food habit changes—with helping her maintain a healthy weight, despite frequently testing and sampling recipes.

### Food Thought Habits

Doing too much for other people and not enough for ourselves can make our internal voice whisper, "I need comfort," a thought that can generate overeating. In *The Perfect Recipe for Losing Weight and Eating Great*, Anderson suggests we ask ourselves what other triggers are prompting poor food habits. Upon reflection, we can prioritize emotional and physical health with planned, smaller, varied, healthy, delicious meals; it's a habit that works for her.

Elizabeth Lombardo, Ph.D., a psychologist in Lake Forest, Illinois, and bestselling author of *Better Than Perfect*, assures, "If we fall off the healthy eating wagon, it's not failure, it's data." She believes reaching for the chocolate chip cookies in the vending machine after a stressful morning should be viewed from a scientific standpoint, not via our inner finger-pointing judge.

"What are the factors that influenced our decision: stress, hunger or a desire for distraction? That's great information," says Lombardo. She proposes that we can then prepare to counter a future snack attack with handy healthy bites, a mindfulness break, a quick walk outside or other naturally healthful stress-relievers.

Changing our food habits, one at a time, can help us live better going forward.

*Judith Fertig is the author of award-winning cookbooks and blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com) from Overland Park, KS.*



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## Become a Health Coach





## Seniors, Teens and Tykes Enriching Programs Unite the Generations

by Linda Sechrist

In intergenerational programs throughout the U.S. and in Europe, thousands of “youngsters” and “elders” are building bridges that were forged naturally before family members spread out and many retirees departed for warmer climes.

Based on a U.S. adult population of 41 million people 65 years and older and 74 million youths up to the age of 17, the current generation gap is already unprecedented. By 2030, those numbers will increase to 72 million and 80 million, respectively, according to the international nonprofit Calouste Gulbenkian Foundation. Along with Generation Waking Up, Wiser Together and others, it’s working to foster better social cohesion in ways that help individuals of all ages lead richer and more rewarding lives.

### Two-Way Mentoring

Providing nurturing opportunities for individuals to look at life through the eyes of others with dissimilar experiences that have led them to different assumptions and perspectives on life can be helpful. Broadening everyone’s relationship scope to include “May-December” friendships creates the potential for the kind of life-changing possibilities

experienced by a troubled young man named Harold when he struck up a surprising friendship with a life-loving woman as old as his grandmother in the film *Harold and Maude*.

In real life, “I had the blessing of growing up in an intergenerational family,” says Yvette McGlasson, director of port revenue for the PPI Group, in Pompano, Florida. The 17-year veteran of the cruise industry is a former Holland America cruise director whose career at sea launched her into work as a director of events for age-restricted (55-plus) gated communities such as Del Webb Lake Providence, near Nashville.

“As a child, I was told I had to listen to my elders as a sign of respect. The many memorable times spent with my grandparents, my mother’s friends and a great aunt who lived to 101, soon turned my resignation into an active desire to spend time with my elders. Their experiences and wisdom were fascinating and I understood that their shared life lessons could prove invaluable to me,” says McGlasson.

The experience inspired her to develop a multigenerational “grandparents at-large” partnership with an elementary

school across the street from the Del Webb community. The school principal recognized that residents would be valuable mentors, able to fill an emotional void for the latchkey kids of working parents, plus foster a deeper appreciation for their elders among the children.

“In this paradigm of mentorship, young people are mentoring their elders and elders are mentoring young people and together, we’re co-creating something new,” says Joshua Gorman, the founder of Generation Waking Up, based in Oakland, California.

### Facilitating Connections

Since launching their first multigenerational initiative at the Shambhala Institute in 2004, partnering across age groups has been at the forefront of Juanita Brown and David Isaacs’ work as co-founders and hosts of the World Café global learning community. “We cultivate collaboration through conversations that matter in order to leverage the unique gifts of every generation in addressing humanity’s most critical issues,” says Brown.

Such conversations—in which elders and young people give up the cultural and societal norms and habits that shape so much of their thinking—offer both groups opportunities to discern the possibilities inherent in mutual insight, innovation and action.

When a young Clarissa Tufts, program coordinator and family liaison for the SelfDesign Learning Community, in British Columbia, was working on her master’s degree from the SelfDesign Graduate Institute, she sought out mentor Anne Adams, a faculty member in her 70s who worked with Tufts for 18 months. “Anne’s earliest statements, ‘I’m here to support you in being the best you can be’ and ‘I get energized by talking with young people and hearing their ideas,’ felt good and let me know that we were both benefitting from our relationship and building something together,” says Tufts.

Stimulating cooperation and collaboration among generations evokes the vibrancy, energy and productivity that occur when people cross-pollinate ideas and perspectives. It can also provide a sense of purpose, improve confidence and social skills, create solutions to societal challenges, help resolve emotional and behavioral problems and lift depression, all enhancing productive engagement in life.

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

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



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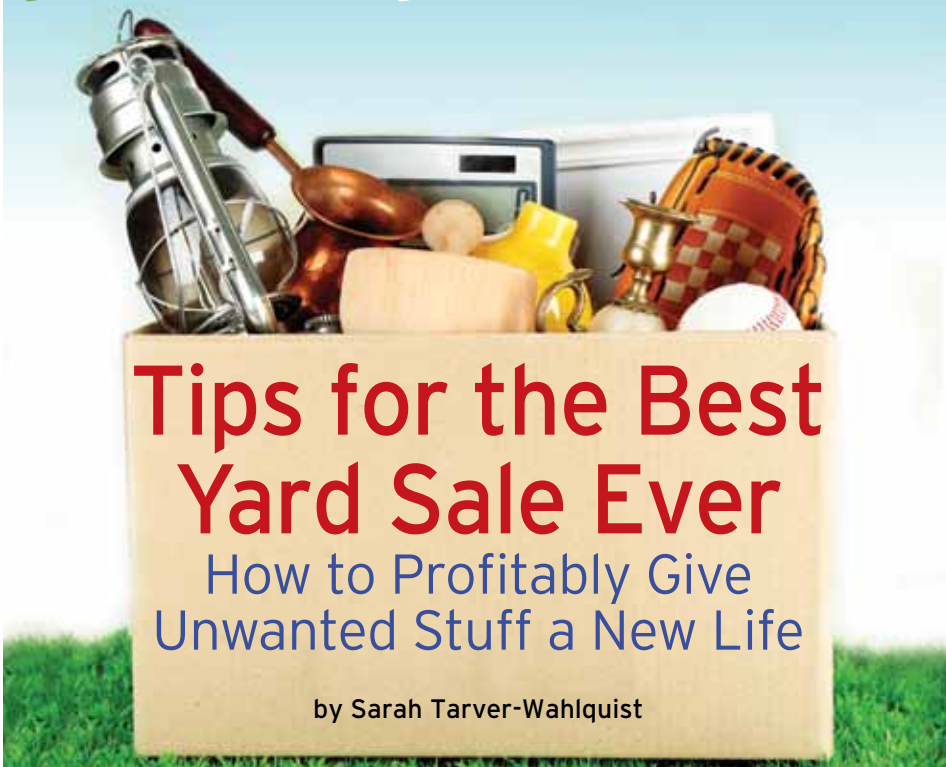
Natural Health Center, Tel: 896-4141

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**Drug Emporium, Tel: 261-0051**

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## greenliving



# Tips for the Best Yard Sale Ever

## How to Profitably Give Unwanted Stuff a New Life

by Sarah Tarver-Wahlquist

**E**ach American discards an average of 4.4 pounds of personal garbage a day according to the U.S. Environmental Protection Agency. Half of what we toss can be recycled. A yard sale can both clear out the clutter and keep reusable items in circulation.

### Assemble Merchandise

In assembling merchandise from all around the house, make it a family affair, with everyone contributing things to consider together. Before putting any item in the "keep" pile, ask: How long have I lived with this? How often did I need it? How often will I use it now and in the future?

Check with neighbors and friends to see if they want to join in a multi-family sale likely to draw more potential buyers.

### Advertise

Getting the word out is essential. Place a yard sale listing in a local newspaper, either for free or a small fee. Free online posting is available at [Craigslist.org](http://Craigslist.org) and [GarageSaleHunter.com](http://GarageSaleHunter.com). Also, post flyers (on recycled paper) seven to 10 days before the sale along busy streets in the community.

On the event day, make sure that large, bright signs in the neighborhood lead buyers to the sale. Reuse cardboard from old boxes to save money and recycle signs and flyers afterwards. Cindy Skrzynecki, of Minneapolis, who has monitored the phenomenon, notes, "Shoppers tend to equate the size of a sign with the size of a sale, so a few large, well-placed signs may draw more people to you than several smaller signs."

Skrzynecki says that holiday weekends or weekends that coincide with popular local events are excellent because, "You'll provide a fun activity for people that stay in town."

### Set Up

How items are displayed is important. Here's how to make old stuff as attractive as possible to buyers.

**The cleaner the better.** Make sure all items are presentable.

**Make items visible.** Arrange a display that's catchy and organized. Use tabletops and bookcases; even improvised surfaces can work, such as plywood atop buckets.

**Show clothing effectively.** Hangers are better than folded piles that get messy.

**Does this thing work?** Have an extension cord handy so people can test electrical devices, and provide a measuring tape for furniture and other large items. Have batteries on hand for testing items like flashlights or electronic games. Label things that don't work and price accordingly for those that know how to fix things or strip parts.

**Ensure the price is right.** All items should be clearly priced via a small sticker; buyers quickly tire of asking and sellers may not recall earlier answers. For multiple sellers, use a different colored sticker for each, remove the stickers as items sell, and use the totals from the stickers to divide profits at day's end.

**Use creative labeling.** Provide buyers with uses for odd items. Sunny Wicka, author of *Garage Sale Shopper*, says, "Sales can be made solely by suggesting a novel use." Also spark the shopper's imagination by combining art supplies—like old magazines, papers, markers, paints and knickknacks—on a table labeled "Great for Art!" or group household items, crates and blankets labeled "Going Away to College?"

**Prepare for early birds.** Yard sale pros arrive early to scour sales for the best deals. Be prepared to bargain or else make it clear that prices are fixed via a few friendly signs.

After the initial rush, consider accepting bargain offers. During the final hour, consider cutting prices in half.

## Ready, Set, Sell

Summer and early fall are good times for yard sales. Make it exceptional, a place where people will have fun and want to hang around (more browsing time often means more purchases). Play upbeat music, set up a children's play area and maybe a kids' lemonade stand as cool drinks help keep shoppers refreshed and cheerful.

Consider sharing the fruits of family hobbies such as homemade items, plant cuttings or herbs in hand-painted clay pots and cut flowers. Shoppers appreciate such personal touches.

## Arrange for the Aftermath

Arrange a charity donation pick-up beforehand to truck away leftover items. The Salvation Army and Vietnam Veterans of America regularly move still useful items into welcoming homes.

For those that enjoy throwing yard sales, consider organizing charity yard sales in the community. Engage a local place of worship, neighborhood association or school to help people recycle their old stuff while also raising funds for worthy causes.

*Sarah Tarver-Wahlquist is a frequent contributor to Green American magazine (GreenAmerica.org), from which this was adapted. For more tips, visit [YardSaleQueen.com/yardsale.htm](http://YardSaleQueen.com/yardsale.htm).*

## Where to Unload the Unsold

**Electronics Industries Alliance Environment Consumer Education Initiative**—Many organizations will refurbish and donate used electronics to charities and nonprofits that can use them. Those that recycle ancient or broken equipment can be found at [ECyclingCentral.com](http://ECyclingCentral.com).

**ExcessAccess.org**—This service matches business and household item donations with the wish lists of nonprofits that provide pick-ups.

**Goodwill Industries**—Check the yellow pages or [Goodwill.org](http://Goodwill.org) to find a nearby donation site and store; 85 percent of profits support employment services.

**The Salvation Army**—Check the yellow pages or [SalvationArmyUSA.org](http://SalvationArmyUSA.org) to find the organization's nearest donation site (by zip code) or schedule a pickup (click Ways You Can Help); 100 percent of profits from sales fund its service programs.

**Vietnam Veterans of America**—Pick-ups usually can be scheduled the same week; accepts a full range of household items for use by veterans' families ([PickUpPlease.org](http://PickUpPlease.org)).

## Get a Hair Analysis

## Get a Vitamin Test

## Get HELP!

A hair analysis and a vitamin test can help determine which nutritional supplements you should be using. Stop taking the wrong vitamins.

(337) 896-4141 Carencro Office  
(337) 356-1251 Lafayette Office  
(337) 662-3120 Sunset Office



# FACIAL FITNESS

## Exercises to Tone Your Face and Neck

by Kathleen Barnes



Gravity takes its toll as years pass, and many women find themselves bemoaning crow's feet, frown lines and turkey necks that make them look older than they feel. Experts point to the loss of "fat pads" in the cheeks, bone loss around the eye sockets and cheekbones and overall weak muscles as potential contributors to facial aging. Natural exercise programs designed to reverse these unpleasant signs of aging comprise a new fitness-for-beauty trend.

"Face and neck muscles somehow have been left out of mainstream fitness programs," observes Denver esthetician and massage therapist Grace Mosgeller, who addresses this void with her series of eight FaceFitnez audio and video exercises. "If you tone the muscles of your face and neck, the skin attached to those muscles firms and tones as well, creating a natural youthful look."

Muscular stress—the good kind—is at the core of facial fitness, says Mosgeller. She cites Wolff's Law, a well-known medical theory that bone grows and remodels in response to the tension or muscle engagement put on it. "Regular facial exercise works the muscles to correct the loss of both muscle tone and bone density and build collagen. It might be called the equivalent of push-ups, pull-ups and abdominal tucks for the face."

Carolyn Cleaves, owner of Carolyn's Facial Fitness, in Seabeck, Washington, near Seattle, a former college professor, developed a facial exercise program for herself upon detecting early signs of aging. With the help of two primary care physicians, she designed a routine that includes 28 basic exercises that target all 57 facial muscles. "As we get older, we lose the underlying layer of fat just beneath the skin, and as a result, we look old and tired," says Cleaves. She agrees that exercising the face actually helps rebuild lost bone, enlarges the muscles and also builds collagen. A study from the University of Rochester, in New York, confirms that loss of bone mass can start in women as early as age 40. It starts in men 16 to 25 years later.

Mosgeller's facial exercises work to fade wrinkles and lines and firm up sagging flesh, yielding visible results in as little as two weeks of dedicated training. She says, "Within six to nine months, it's possible to look five to 10 years younger than when you started." Her claims are verified by Dr. Carol Lipper, in Denver, who states, "I've done the exercises and they work. The trouble is compliance. It's a lot of work." She confirms that she saw improvement in her droopy eyelids after just two or three weeks of adhering to Mosgeller's workouts.

"It seems that every three months or so, I see another leap in results and a younger look," adds Cleaves of those using her program. Here are a few crucial areas to target, with just a few of these experts' recommended remedies.

### Cleaves' Crow's Feet Eliminator:

Place fingertips on top of the head, thumbs resting near the corners of the eyes. Shut eyes tightly and slide thumbs toward the temples for a count of five. Repeat 10 times.



### Mosgeller's Rx for Droopy Eyelids:

Place index finger on top of a closed eyelid, and then lift fingers up and slightly to the outside. Blink hard and hold. It's preventive, as well as curative, says Mosgeller, so those over 45 should repeat this 100 times a day, while younger individuals should repeat 20 to 50 times a day.



### Mosgeller's Frown Line Eraser:

Pull brows apart with fingers and hold for two seconds. Repeat 50 to 100 times up to six times per week. This is meant to relax and tone the muscles, not build them.

### Cleaves' Turkey Neck Buster:

Tilt the head back slightly. With palm facing the neck, grasp under the chin with a wide-open hand and slowly slide hand down to the collarbone; hold there while counting to 10. Repeat five times daily.

*Kathleen Barnes is author and publisher of many natural health books. Connect at [KathleenBarnes.com](http://KathleenBarnes.com).*



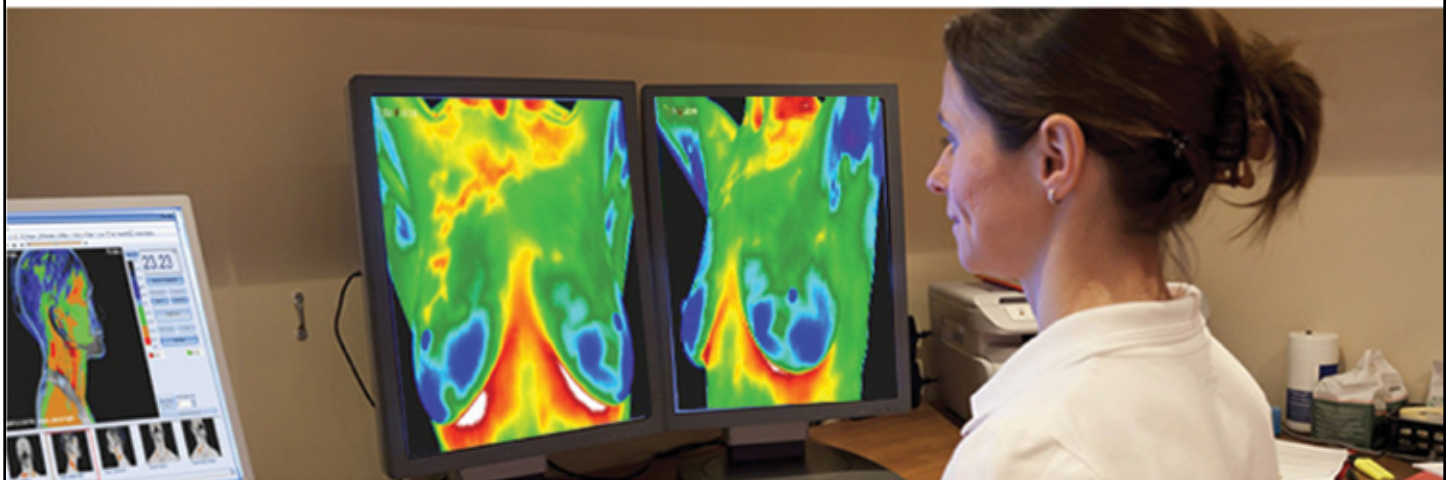
**The latest research suggests that 90% of all cancers are linked to nutrition.**

**Most patients diagnosed with breast cancer this year (2016) did a mammogram in  
2015  
2014  
2013, 2012, 2011, 2010  
but somehow they now have breast cancer in 2016**

That is because a mammogram can not tell you that you will have breast cancer next year or in two years. A mammogram is a test to tell you if you have breast cancer TODAY. A mammogram is looking for a mass or something with density and physically present today.

A thermography exam of the breast works completely different. It does not care if you have a hardened dense particle "a lump". Thermography is an infrared image of the breast that detects the ACTIVITY (the inflammation) that could lead to breast cancer. With a baseline thermography exam you can see the thermal activity of precancerous cells like fibroids and nodules that lead to breast cancer. If you can see the activity that is leading to a breast cancer you can make a change in diet and nutrition, make certain lifestyle changes, use naturopathic and nutritional supplements, exercise, and possibly prevent breast cancer.

## **Thermography Imaging of the Breast**



## I drink wheatgrass.

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

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



### 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**

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naturalpet

# Stressed-Out Pets

## Natural Ways to Calm Fear and Anxiety

by Sandra Murphy

While most American pets live on easy street, with meals, treats, exercise outings and affection provided, the good life also poses challenges—dogs and cats can get stressed.

“Basic stress is fear-based. Separation or isolation anxiety requires in-depth training,” says JennaLee Gallicchio, a certified separation anxiety trainer who uses scientific and hands-off techniques at her All Stars Dog Training, in Bedminster, New Jersey. She authors a bestselling series that was launched with *The Secret to Getting Your Dog to Do What You Want*.

A drug like Reconcile, the pet version of Prozac, looks like a quick fix, but can bring many harmful side effects. Laurel Braitman, Ph.D., of Sausalito, California, bestselling author of *Animal Madness: How Anxious Dogs, Compulsive Parrots, and Elephants in Recovery Help Us Understand Ourselves*, estimates that 70 million U.S. dogs are given the same drugs their humans use for anxiety or depression. Considering the potential dangers, such drugs should only be used briefly as a last resort with veterinary supervision to ensure the proper dosage based on age, size and temperament. There are more natural and safer alternatives.

### Common Stressors

Dogs hear sounds at four times the distance we do; cats hear even better. Thunderstorms, fireworks, traffic, TV, music and children can unnerve them. Add in a new home, baby, another pet



or anticipation of car rides associated with fear of the veterinarian and even normally mellow pets can get upset.

Irregular work hours undermine established routines. Pet or human health issues, plus household drama, add special reasons to fret.

Pets separated from their litters too early can experience anxiety as adults.

### Stress Less Strategies

“Let your dog have a space where he can retreat when he’s had enough,” advises Dr. Carol Osborne, owner of Ohio’s Chagrin Falls Veterinary Center & Pet Clinic. She recommends Bach’s Five Flower Formula, diluted chamomile essential oil or a pet-safe tincture of the Chinese herb skullcap for additional relief.

Dogs like routine. “Regular exercise helps, including two, 20-minute daily walks. A tired pet is a happy pet,” Osborne says. “Walks can eliminate stress and anxiety by 50 percent for you both.”

“Cats need exercise that mimics hunting; cats stare and plan, stalk or chase, pounce and grab,” says Marci Koski, certified by the Animal Behavior Institute and owner of Feline Behavior Solutions, in Vancouver, Washington. “An indoor cat’s prey drive can be met with interactive toys.” A place to climb or hide and a window with a view will help as will periodic playtime catching moving toys; with nothing to catch, a laser pointer’s red dots are frustrating for a



cat and a potential danger to its eyes.

“Two of my large dogs were anxious during a three-day power outage,” says Kimberly Gauthier, a dog nutrition blogger at *KeepTheTailWagging.com*, in Marysville, Washington. “I add Ewegurt, a sheep’s milk yogurt, to their food to calm them when needed.”

Clicker training rewards desired behaviors. “Ralphie, an Italian greyhound mix, was protective, but also fearful; before going outside, we’d practice sit, stay and come using a click/treat. Now he sees other dogs without reacting,” relates Katrina Wilhelm, a naturopathic physician and owner of *DrKatrinaWilhelm.com*, in Lake Oswego, Oregon. It works when someone knocks on the door, too.

Soothing music covers the sounds of storms and fireworks, counsels Lisa Spector, an award-winning concert pianist in Half Moon Bay, California,



who creates the *Through a Dog’s Ear* clinically tested music series to relieve pet anxiety, inclusive of cats. “Although many holistic animal lovers want natural stress relievers, few think of auditory options,” she says.

Getting kitty into her car-

## Signs of Pet Stress

- ✓ Aggression toward people or other animals
- ✓ Digestive problems
- ✓ Excessive barking/meowing
- ✓ Forgetful of housetraining
- ✓ Increased sleep
- ✓ Isolation
- ✓ Loss of appetite
- ✓ Pacing
- ✓ Pulling out fur

rier to go to the vet isn’t always easy. London’s Simon Tofield, animator and cartoonist for *Simon’s Cats* videos and books, suggests making the crate comfy and leaving it out so the cat gets used to it; keeping it out of reach of curious dogs at the vet’s office; and only opening it upon arrival in the exam room. His local vet staff explains more at [Tinyurl.com/CatVetProtocol](http://Tinyurl.com/CatVetProtocol).

### New View

“Stressors for dogs and cats are different. As a veterinarian, I explain situations from the animal’s perspective,” says Jennifer Quammen, with the Grants Lick Veterinary Hospital, in Butler, Kentucky. “I say, ‘From the cat’s point of view...’ As the animal advocate, I feel it’s my professional obligation.”

“We bring pets into our world and expect them to adjust. Dogs, in particular, try so hard,” says Spector. They need our attention, shared activities and most of all, our understanding.

Connect with Sandra Murphy at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.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.

# Fix Your Gut - Fix Your Health



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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
<b>RESTORE Health Program</b> Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	<b>\$340 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$2,410</b>	<b>\$493 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$4,190</b>	<b>\$562 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$5,135</b>
<b>BODY REBOUND Weight Loss Program</b> Lose weight, detox, build circulation, eat healthier	<b>\$340 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$3,185</b>	<b>\$420 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$4,615</b>	<b>\$580 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$6,445</b>
<b>CANCER WELLNESS Program</b> Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	<b>\$440 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$5,410</b>	<b>\$612 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$6,850</b>	<b>\$740 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$7,221</b>

**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

# 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.



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## Women's Libido

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



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## 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.



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## 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.

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## 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 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.

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## 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.

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## 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.

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# Natural Medicine and Nutrition Centers



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3 Days a Week - Up to 9 Treatments each Week

# Restore Your Health

## RESTORE Health Program

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### Whole Body Vibration Therapy

- improves lymphatic circulation
- improves blood circulation
- tones muscles
- burns fat with increased metabolism

### Aqua - Hydro Massage Therapy

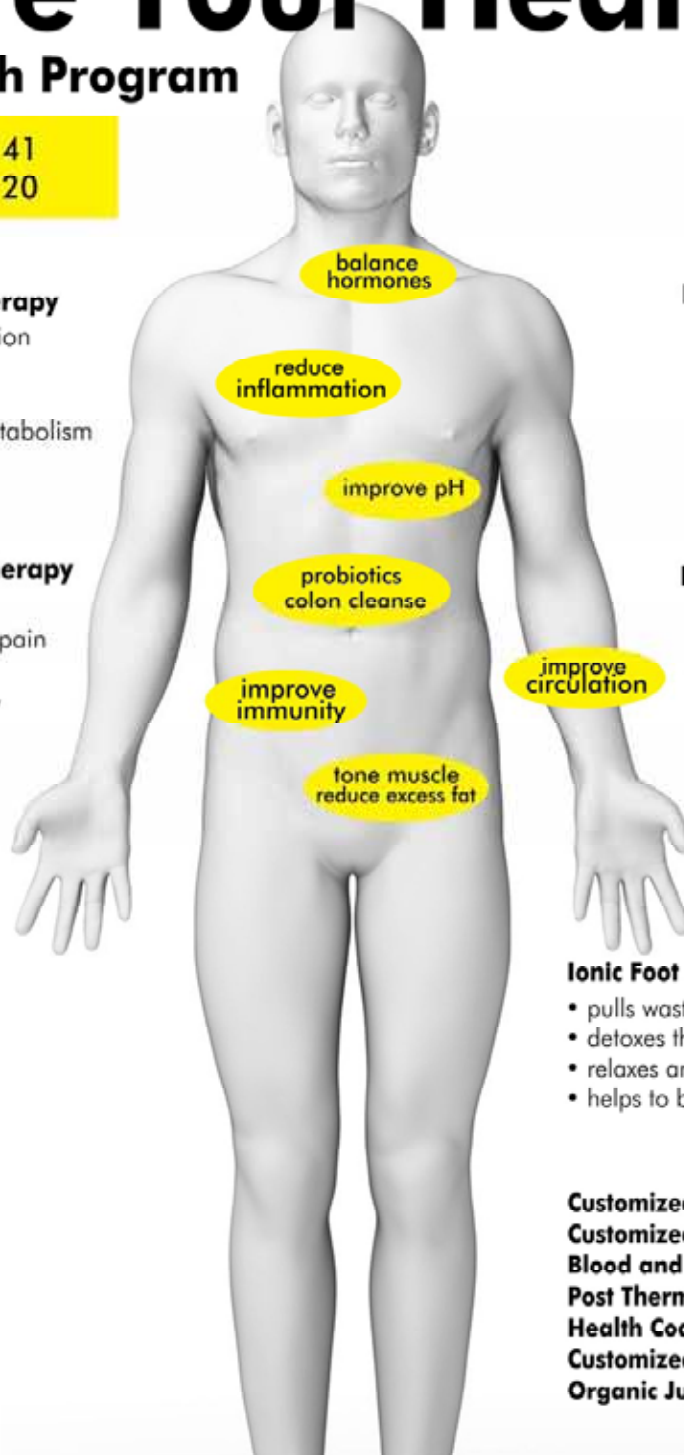
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

### Zerona Cold Laser Therapy

- reduces the size of fat cells
- destroys fat cell deposits
- improves metabolism

### Biofeedback Therapy

- improves oxygen levels
- resets and relaxes the body
- improves self-awareness
- reduces stress and anxiety



### Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

### Liquid Vitamin Hydro-Therapy

- speeds up repair of body cells
- reduces and balances pH
- destroys pathogens

### Ionic Foot Detox Therapy

- pulls waste from kidneys, lungs, colon
- detoxes the lymphatic system
- relaxes and resets the body
- helps to balance acids in the body

### Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

**6-Week RESTORE Health Program \$340** 10-Week Program: \$493 12-Week Program: \$562

## INFRARED SAUNA THERAPY

### INCREASED METABOLISM AND WEIGHT LOSS

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



### A BOOSTED IMMUNE SYSTEM

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

### DETOXIFICATION OF THE BODY

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

### RELIEF FROM PAIN

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

### RELIEF FROM STRESS

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



## AQUA MASSAGE THERAPY



### COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage

together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

### MUSCLE BENEFITS

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

### HEALTH BENEFITS

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

## WHOLE-BODY VIBRATION



### LOW IMPACT EXERCISE

Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility. Whole-body vibration research has shown an increase in serotonin levels after vibration.

## ION FOOT DETOX THERAPY



### Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our

high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

### How will it make you feel?

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each detoxification treatment. You will be able to think more clearly and have more energy. This treatment is especially beneficial to those who suffer from edema, inflammation, gout, osteoarthritis and pain.

### How does it work?

Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

## LIQUID VITAMIN THERAPY



### INFRARED EFFECTS

- Reduces and balances the acid level
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

### HYDROFUSION™

Hydrofusion™ is an exceptional technological breakthrough that creates a single blended energy from infrared heat and steam. Hydrofusion™ optimizes skin cleansing and detoxification, resulting in more balanced, hydrated skin and increased nutrient absorption from skin care products. The secret behind Hydrofusion™: infrared heats the body causing the skin to perspire. The moisture cannot vaporize in the moist steam environment, thus forming a protective layer on the body surface. This condensation layer is absorbed back into the skin, increasing oxygen supply to the blood stream and tissues leaving skin soft, supple and rejuvenated.

### CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy LEDs generates a rich variety of mood enhancing programs, leaving clients in a state of harmony and balance.

### VIBRATORY MASSAGE

The ergonomically designed bed features a patented vibratory system with adjustable rhythms. Vibration can be delicate or intense for relaxing or stimulating programs. Vibratory massage provides muscle relaxation, relief of minor aches and pains, and improves local blood circulation.

# COMMUNITY WELLNESS CENTERS



# namasté

Wellness and General Nutrition Center

Mr. Tre' Gradnigo, Center Director  
Dr. Steven T. Castille, CEO

858-B Kaliste Saloom Rd. Lafayette, LA  
(across from Fresh Pickens)

(337) 356-1251

- naturopathic supplements
- whole body vibration exercise
- cardio and walking exercise
- Zerona
- Infrared Sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- meditation
- organic juices
- health coaching
- vitamin shop
- alkaline waters
- wheatgrass products
- organic tea bar

We offer comprehensive, evidence-based nutrition and natural medicine options in weight loss, cancer wellness, circulation, inflammation, and diet. We are a holistic wellness center and all of our wellness programs, organic juices, and organic teas and nutritional supplements, are designed to work with the body's natural healing pathways.



# ONE DAY PASS

This is your one day pass to any one of our four wellness centers.

Learn all about natural health and get a :

**FOOT DETOX**  
**Whole Body Vibration**  
**Infrared Sauna Treatment**

**TEXT your name and  
ONE DAY PASS  
to (337) 424-5066**  
to schedule your one day pass. \*minimum \$35 purchase required



## BODY REBOUND Weight Loss Program

6-Week Program Only  
**\$340**

Lose weight with meal replacment shakes and BF-4 fat burners.  
Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.



## GREEN WATER BUNDLE

Drink green water and get rid of the acid!!!

Case of Greenwater \$36  
pH 9.5 Drops \$30  
Box of Frozen Wheatgrass \$30  
**GRAND TOTAL = \$96**

You Pay Only  
**\$65**



# GO NATURAL

**Thermography Exam** \$94  
**Hair Analysis** \$45  
**Vitamin Test** \$39  
**GRAND TOTAL = \$178**

You Pay Only  
**\$134**



# COMMUNITY WELLNESS CENTERS



# DHARMA

## Wellness and Fitness Center

Mr. Tre' Gradnigo, Center Director  
Dr. Steven T. Castille, CEO

166 Oak Tree Park Dr. #H, Sunset  
(across from Janise's Grocery Store)

(337) 662-3120

- VITAMIN TESTING
- kinetics and fitness training
- personal training
- Zerona
- infrared sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- massage therapy
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs

At DHARAMA Wellness Center, our number one priority is helping you protect your most precious resource, your health. Many health issues can involve numerous components, requiring multiple bodies of knowledge for proper assessment and effective treatment. To achieve optimal health, all aspects of your individuality must be considered – the physical, energetic, emotional, spiritual and genetic components that make you unique. Therefore, the well care services and treatments at DHARMA focus on customizing a comprehensive plan specifically for you, one that may integrate a variety of conventional and alternative approaches, techniques, and treatments. Our primary goal is to identify and eliminate the source of the problem, not just the symptoms, and get you back into a state of wellness and full functionality.

## Flat Stomach Zerona

6 Treatments  
Bottle of BF-4  
pH 9.5 Drops

You Pay Only  
**\$425**



## Mood Enhancer

for depression  
for anxiety  
for stress

Buy 1 Get 1 1/2 OFF



## ION FOOT DETOX

Detox your body fast!!!

4 Sessions of Ion Foot Detox only **\$120**  
4 Sessions plus Whole Body Vibration only **\$120**

Must present this coupon at the time of joining.



## RESTORE HEALTH PROGRAM

Stop Inflammation - Build Better Circulation

14 Infrared Sauna Treatments  
18 Whole Body Vibration Sessions  
12 Foot Detox Sessions  
12 Hydration Treatments  
9 Lymphatic Massages

**INDIVIDUAL FULL PRICE: \$2,410**

**6-Week  
Program Only  
\$340**



# COMMUNITY WELLNESS CENTERS



liteon

## Natural Health Center

*Powerful, Positive Healing for Life*

Dr. Steven T. Castille, CEO and Center Director

100 E. Angelle St., Carencro

(across from Super 1 Grocery Store)

(337) 896-4141

- thermography medical imaging
- clinical chemistry lab
- naturopathic doctor
- Zerona
- infrared sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- vitamin testing
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs

Natural medicine is grounded in the belief that the human body has an innate ability to heal itself and the treatments we employ simply support that process. Therefore, our initial treatments are the most minimally invasive therapies we know to be effective. This usually means starting with lifestyle and diet modifications. If those changes are enough to restore health, great! If not, we move to additional treatments that gradually become more invasive.

# GREEN SMOOTHIE CLEANSE for weight loss

Just add water and drink!

Includes the protein powder, alkaline drops, and wheatgrass

1 month supply \$69  
2 month supply \$99



# ONE DAY PASS

This is your one day pass to any one of our four wellness centers.

Learn all about natural health and get a :  
**FOOT DETOX**  
**Whole Body Vibration**  
**Infrared Sauna Treatment**

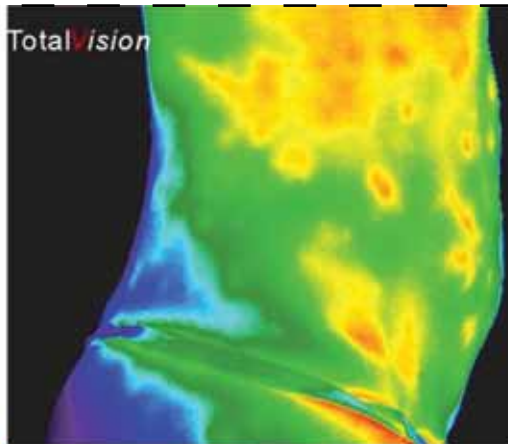
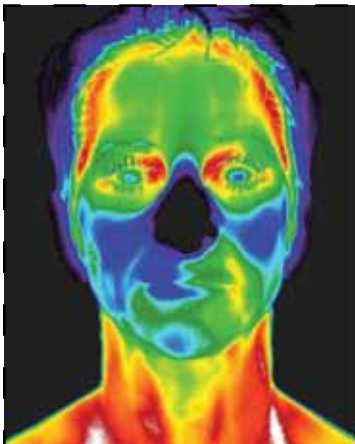
**TEXT your name and  
ONE DAY PASS  
to (337) 424-5066**

to schedule your one day pass. \*minimum \$35 purchase required

Depression  
Anxiety  
Can't Focus  
Brain Fog



**Mood Enhancer**  
can help you



Total Vision

**Get a  
Thermography  
Exam Today**

You Pay Only  
**\$94**

# COMMUNITY WELLNESS CENTERS



## caribbean Wellness Retreat and Campground

Dr. Steven T. Castille, CEO and Center Director

1077 Wisdom Rd., Opelousas

(just next door to Lucky's Casino and Truckstop)

(337) 678-1844 or (337) 678-1500

- CAMPGROUND
- SALT WATER POOL
- retreat cabins
- yoga video classes
- infrared sauna
- clubhouse and family center
- wheatgrass farm
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- organic juicing
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs
- aromatherapy

At the CARIBBEAN Wellness Retreat and Campground we focus on providing the ideal place to get away from it all. Our wellness center and vitamin shop offers the perfect opportunity to balance your body and your nutrition. Our yoga and aerobics studio is housed inside of the caribbean clubhouse and we offer more than 300 different video yoga and aerobic titles. Experience the peace and serenity of night time camping and swimming at our saltwater pool facility. When you enroll in any of our wellness programs ask about a weekend stay at the caribbean wellness retreat center.

# BODY REBOUND

## Weight Loss Program

6-Week Program Only

**\$340**

Lose weight with meal replacement shakes and BF-4 fat burners.  
Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.



# ONE DAY PASS

This is your one day pass to any one of our four wellness centers.

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**Whole Body Vibration**

**Infrared Sauna Treatment**

**TEXT your name and  
ONE DAY PASS**

to **(337) 424-5066**

to schedule your one day pass. \*minimum \$35 purchase required



## ALKALIZE YOUR BODY

Get Rid of the ACID !!!

### pH 9.5 Drops BUNDLE

pH 9.5 Drops \$30

pH 9.5 Drops \$30

pH 9.5 Drops \$30

**GRAND TOTAL = \$96**

You Pay Only

**\$59**

## RESTORE HEALTH PROGRAM

**Stop Inflammation - Build Better Circulation**

- 14 Infrared Sauna Treatments
- 18 Whole Body Vibration Sessions
- 12 Foot Detox Sessions
- 12 Hydration Treatments
- 9 Lymphatic Massages

**INDIVIDUAL FULL PRICE: \$2,410**

**6-Week  
Program Only  
\$340**





liteon

# Natural Health Center

*Powerful, Positive Healing for Life*

## Natural Remedies Guide

356-1251 Lafayette Office   896-4141 Carencro Office   662-3120 Sunset Office   678-1844 Opelousas Office

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

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

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

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

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

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

**Alzheimer's** - [Vitamin E](#), [Mood Enhancer](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#),

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

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

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

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

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





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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

which detoxes the lymphatic systems and benefits eczema.

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

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

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

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

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

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

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

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

## Flat Stomach Zerona

6 Treatments  
Bottle of BF-4  
pH 9.5 Drops

You Pay Only  
**\$425**



Manufactured for Liteon Naturals  
100 E. Angelle St.  
Carencro, LA 70520  
www.LiteonNaturals.com

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

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

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

Manufactured in an NSF GMP certified facility.  
Made in the USA

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# Adult Food-Based Multi

30 Tablets  
Dietary Supplement

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 25%
Vitamin C (as ascorbic acid)	250mg 333%	(as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	100 IU 25%	(as chromium chloride)	50mcg 42%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU 100%	Molybdenum (as sodium molybdate)	30mcg 13%
Vitamin K (as phytylanolone)	50mcg 63%	Potassium (as potassium chloride)	25mg <1%
Thiamin (as thiamine mononitrate)	10mg 667%	Vanadium (as vanadium amino acid chelate)	5mcg
Riboflavin (as riboflavin)	10mg 588%	Boron (as borax glycinate)	90mcg
Niacin (as niacinamide)	75mg 125%	Bioflavonoids (from leeches)	25mg
Vitamin B6 (as pyridoxine HCl)	10mg 500%	Rutin	10mg
Folic Acid (as cyanocobalamin)	400mcg 100%	Choline (as choline bitartrate)	10mg
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Inositol	10mg
Biotin (as biotin)	300mcg 100%	Hesperidin	10mg
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Para-aminobenzoic acid (PABA)	5mg
Calcium (as calcium citrate)	30mg 3%	Protease	1100 HUT
Iron (as ferrous bioglycinate)	5mg 28%	Amylase	100 DU
Iodine (from kelp)	100mcg 67%	Lipase	25 LU
Magnesium (as magnesium oxide)	75mg 18%	Cellulase	2CU
Zinc (as zinc citrate)	5mg 33%	Proprietary Superfood	475mg
Selenium (as selenomethionine)	25mcg 36%	Blend (apple pectin, papaya juice (fruit), spirulina, chlorella, stevia (root), barley grass, schizandra (berries), astragalus (root), nettles (leaf), carrot (root), spinach (leaf))	

\* Daily Value not established.

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

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

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

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

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

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

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

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

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

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

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

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

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

**Hiatal Hernia** - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

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

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

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NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

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

**Hyperglycemia** - see Diabetes

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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



# BODY REBOUND

## Weight Loss Program

6-Week Program Only  
**\$340**

Lose weight with meal replacement shakes and BF-4 fat burners.  
Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.





cells to produce energy and may slow brain cell death.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

## RECOMMENDED DAILY INTAKE

### VITAMINS

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

### MINERALS

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

### Note:

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

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

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# calendarofevents

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

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

## Friday May 6

**2nd Annual Big Dave's Day** – 5pm-12am. Entertainment by Corey Ledet & His Zydeco Band. Food, beverages, games and split the pot raffle. Free. Rose Thibodeaux. Cecile Rousseau Poche Memorial Park, Parks. 337-288-7210.

**Breaux Bridge Crawfish Festival** – Thru Sunday May 8. Thirty Cajun & Zydeco bands on three stages. BBCrawFest.com.

## Saturday May 7

**20th Annual Celebration of Herbs & Gardens** – 9am-4pm. Rain date is Sunday May 8. Everything for the garden enthusiast: plants, herbal products, pottery and garden art. Attend Master Gardener presentations. \$5. Marie St, Sunset. 337-662-3542.

**Flip Orley Comedian/Hypnotist** – 9:30pm. Orley delivers a hilarious stand up before unleashing his volunteers' creative imaginations. \$15. Cité des Arts, Lafayette. CitedesArts.org. 337-291-1122.

## Tuesday May 10

**LEDA 21st Annual Job Fair** – 9am. Job recruitment event connecting Louisiana employers with thousands of qualified job seekers. Free. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

## Wednesday May 11

**44th Frog Festival** – 10am. Thru 12pm. Saturday May 14. Food, carnival, musical entertainment by live bands for family fun and memories. Rayne Non-Profit Organizations. Gossen Memorial Park, 206 Frog Festival Dr, Rayne. RayneFrogFestival.com.

## Thursday May 12

**Cruisin Cajun Country Cruise** – 8am-5pm. Thru Friday 8am May 13 & 2pm Saturday May 14. Classic and muscle cars roll through Iberia, St. Martin and St. Mary parishes. Experience main street historic district, delicious food and free car shows. Car show participants \$45. Habitat for Humanity, Fisher House: Helping Military Families, National Ataxia Foundation, Wounded Warriors, Suicide Prevention. Wayne Hollier or Pam Blanchard. Super 8 Hotel, New Iberia.

337-303-3076 or 337-577-3039. CruisinCajunCountry.com.

**12th Annual Step Outside Day** – 9am-3pm. Participate in activities of fishing, archery, boating and canoeing, target and trap shooting, bird watching, water safety in the Atchafalaya. Free. US Army Corps of Engineers New Orleans District, the LA Dept. of Wildlife & Fisheries and the US Fish & Wildlife Service. Sherburne Wildlife Management Complex, 1132 Sherburne Rd, Hwy 975 Krotz Springs. 337-585-0853.

**Disney's Beauty and the Beast** – 7pm. Thru Saturday 7pm May 14. The classic story live tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. \$14 - \$16. The Angelle Hall, ULL Campus, 601 East St. Mary Blvd, Lafayette.

## Saturday May 14

**Be a Heartstarter Event** – 8-10:30am. Learn bystander CPR in a two-hour session and receive a T-shirt, a training course participation certificate, and a CPR instruction brochure. Free. Cajun Dome, 444 Cajundome Blvd, Lafayette.

**The Chitimacha Race** – 8am. Voyageur race and pro race divisions of 20 miles from New Iberia to the Chitimacha Tribal Reservation in Charenton. Races for kayaks, canoes and standup paddle boards. Tour du Teche. New Iberia's City Park and Chitimacha Tribe's boat launch, 3548 Chitimacha Trail, Charenton. TourDuTeche.com.

**The Color Run Tropicolor Tour** – 9am. An island-style vacation style 5K. Tropicolor Zone on course, a Rainbow Beach at the Finish Festival, and a limited edition participant kit. Blackham Coliseum, Johnston St, Lafayette. TheColorRun.com/locations/Lafayette/ Blackham Coliseum.

**Party in the Park** – 10:45am. A fundraising festival which incorporates music, food, arts & crafts, and fun family activities to highlight the beauty of the park. General admission \$15. The Horse Farm, 2913 Johnston St, Lafayette.

**Student Arts Expo** – 12-8pm. A showcase of student projects for public viewing. Acadiana Center for the Arts and LPSS. Cité des Arts, Lafayette. CitedesArts.org. 337-291-1122.

**Ballet Acadiana's Le Papillon Performance** – 4 & 7pm. Thru Sunday 3pm. May 15. Celebrate

Floyd Sonnier's Acadiana through ballet and music. \$10 - \$35. Grand Opera House of the South, 505 N Parkerson Ave, Crowley.

## Thursday May 19

**Cajun Heartland State Fair** – Thru Tuesday May 31. Family entertainment, food, live music and North American Midway Entertainment with super rides. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2100.

## Saturday May 21

**Muscle Walk of Lafayette** – 6am-2pm. Parc San Souci Walk to raise funds to help MDA. Super heroes live in action as participants dress as a favorite super hero. Unlimited chili from the cook-off with \$5 wristband. Parc San Souci, downtown Lafayette.

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

**The Heart of Atchafalaya Spring Fest** – 7:30pm. Butte La Rose Bream, Bass & Sac-A-Lait fishing rodeo and a jambalaya cook off. Fun jump, face painting and live music by Horace Trahan & DJ Rex. Basin Landing & Butte La Rose Fire Station. 337-349-5491.

## Thursday May 26

**5th Annual Krotz Springs Sportsmen's Heritage Festival** – 5:30pm-10pm. Thru 8:30am-7:15pm Sunday May 29. Celebrate wildlife and habitats, wetlands and woodlands that surround the Atchafalaya River with cook-offs and Cajun, Swamp Pop, and Zydeco dance music, food, and art vendors. Nall Park, 562 Front St, Krotz Springs. 337-566-3527.

## Saturday May 28

**Patriotic Community Concert** – 6:30pm. "I Love America" concert to celebrate veterans. Community Choir. First Baptist Church, 3835 I-49 South Service Rd, Opelousas.

## Monday May 30

**Annual Memorial Day Program** – 9am. A service in the Veteran's Section of Fountain Memorial Cemetery featuring Veteran Honor Guards and patriotic musical selections, by Jillian Hebert. Fountain Memorial Funeral Home & Cemetery, 1010 Pandora St, Lafayette. 337-981-7098.

## Monday May 30

**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.

# Publish a *Natural Awakenings* Magazine in Your Community

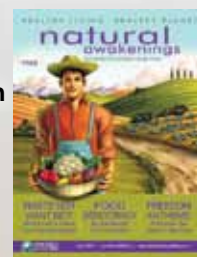
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## **Natural Awakenings publishes in over 95 markets across the U.S. and Puerto Rico**

Natural Awakenings is now expanding into new markets across the U.S. Contact us about starting a magazine in a community of your choice or acquiring an existing publication for sale highlighted in red below.

- |                                   |                                 |                                   |                                 |                                     |
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| • Huntsville, AL                  | • Orlando, FL                   | • Charlotte, NC                   | • Central OH                    | • Dallas Metroplex, TX              |
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| • Hartford, CT                    | • <b>Chicago West. Suburbs*</b> | • South NJ                        | • Pocono, PA/<br>Warren Co., NJ | • Puerto Rico                       |
| • New Haven/<br>Middlesex, CT     | • Indianapolis, IN              | • Santa Fe/Abq., NM               | • Scranton/<br>Wilkes-Barre, PA | <b>*Existing magazines for sale</b> |
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| • Daytona/Volusia/<br>Flagler, FL | • Lafayette, LA                 | • Albany, NY                      | • Charleston, SC                |                                     |
| • NW FL Emerald Coast             | • New Orleans, LA               | • Buffalo, NY                     | • Columbia, SC                  |                                     |
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Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more, visit FranchiseBusinessReview.com

# ongoing events

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

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

## sunday

**Sunday Nature Program** – 11am. Activities chosen feature a particular season or event. 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 in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled game. Free. Mike LeBlanc. North end 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](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

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

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

## monday

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

**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. Also available for children in Kindergarten-12th grade. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. [Recovery@TheBayouChurch.org](mailto:Recovery@TheBayouChurch.org).

**Yoga Class** – 6-pm. Join Sarah Trahan for yoga classes with stretching, strength building and meditation 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. Refreshments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

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

## 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](mailto:SpiritPath@cox.net).

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

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

**Type 1 Diabetes Support Group** – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tues 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. Build a network of support. 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 of 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. Free. Vermilionville, 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 information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. [Writers-GuideOfAcadiana.com](http://Writers-GuideOfAcadiana.com).

## wednesday

**La Table Francaise** – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation with other French speakers. Whiteville School House, Le Vieux

Village, 828 East Landry, Opelousas. 337-948-6263.

**Meditation in the Park** – 9:15am. Relax with Iberia Parish Wellness Program. Free. Curtis Landry Park, 2016 Jane St, New Iberia. 337-519-2864

**LEDA Networking Luncheon** – 11:30am. 1st Wed each month. Meet individuals for a buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone for introduction of their business. \$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](mailto: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](mailto: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 night time version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## 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](mailto:SpiritPath@cox.net).

## friday

**Bach Lunch** – 11am-1pm. Fridays thru April 11. Great food and great music. Lunch \$6. Lafayette Science Museum. Parc Sans Souci, 201 E Vermilion St, Lafayette. 337-291-5544. [LafayetteScienceMuseum.org](http://LafayetteScienceMuseum.org).

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

**Begnaud House Cajun Acoustic Jam Session** – 6pm. Music with locals speaking Cajun French. Fresh coffee, cool drinks, friends to share music, stories, jokes and Joi de Vivre with or without instrument. 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 local produce. Visitors enjoy music, special events and a 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.

**Lafayette Farmers and Artisans Market** – 8am-12pm. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products.. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

**New Iberia Creole Market** – 8am-1pm. 4th Sat each month. Shop for seasonal local produce, seafood, homemade jams, jellies and preserves. Enjoy 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, conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak. 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 Arould 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 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.

**Meditation in the Park** – 9:15am. Relax with the Iberia Parish Wellness Program. Free. Jeanerette City Park, Tarleton St, Jeanerette. 337-519-2864.

**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.

**Cajun Jam** – 1-3:30pm. A weekly Cajun Jam led by area musicians. Open to all skill levels. 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 Cajun-style "Grand Ole Opry" Liberty Theater.

\$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.

**Monthly Night Hike** – 8-10pm. Last Sat each month. Hike through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

## PRAYER OF PEACE

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



# 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
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

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# Diagnosed with cancer What should I do?

## natural medicine and nutrition

nutrition, naturopathic supplements, and some natural therapies may help you boost your immune system so that you can respond better to conventional treatments.

we emphasize prevention and the self-healing process through the use of natural therapies.

### Dr. Steven T. Castille

CEO and Director of the Community Wellness Centers  
integrative medicine  
naturopathic supplements

*"My goal is to help you restore your health using nutrition balancing, clinical chemistry labwork, and natural healing principles."*

Drawing on his conventional and naturopathic training, Dr. Steve practices truly integrative medicine, incorporating nutritional supplementation, prescription medication (from the patient/client's general physicians), nutrition, exercise, kinetics, mind/body exercise, and complementary therapies into his practice.

Dr. Steven T. Castille is the CEO and Director of the Community Wellness Centers. He is a clinical chemist with degrees in chemistry, engineering, and natural medicine.

## cancer wellness programs

### 4-Week Program

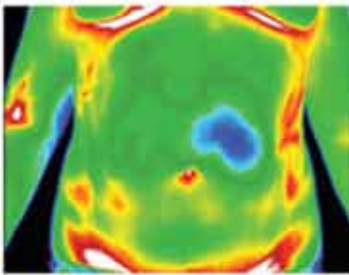
includes thermography exam, labs, doctor visit, all nutritional supplements, all organic juicing, full access to our wellness center (with a written wellness plan)

\$3,400

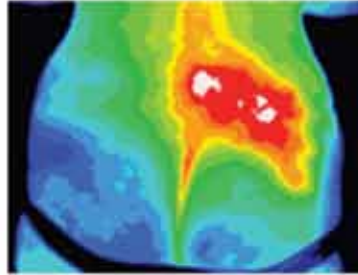
### 10-Week Program

includes everything in the 4-Week Program, a health coach, a nutrition coach, and a fitness coach. We provide all of the nutrition and cold press juicing for 10 weeks.

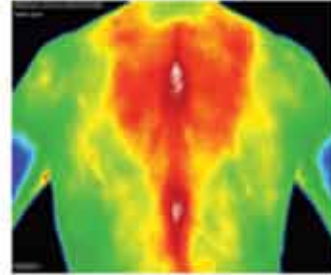
\$6,200



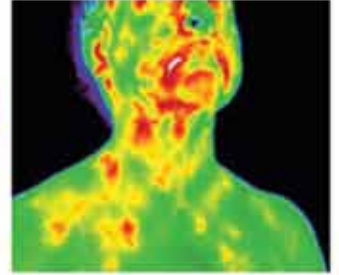
Hypothermia in the Stomach



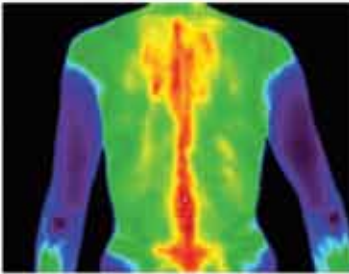
Shingles



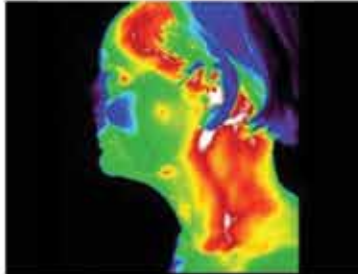
Lung Cancer



Periodontal Disease



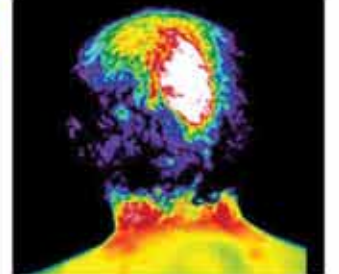
Spinal Inflammation



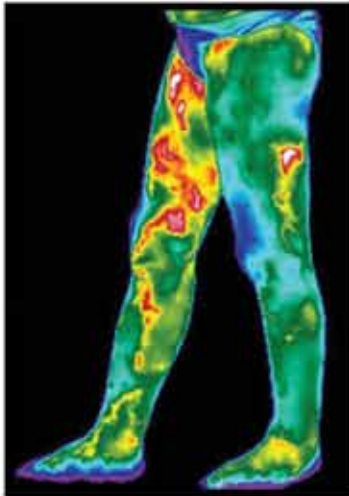
Carotid Artery Inflammation



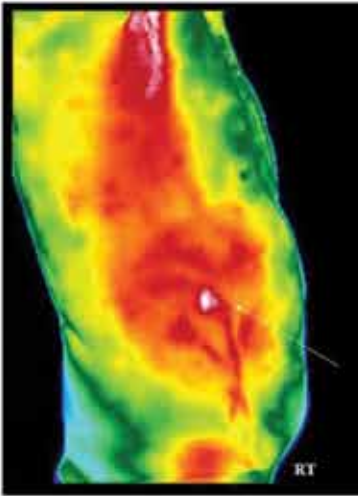
Poor Circulation Left 4th & 5th Finger



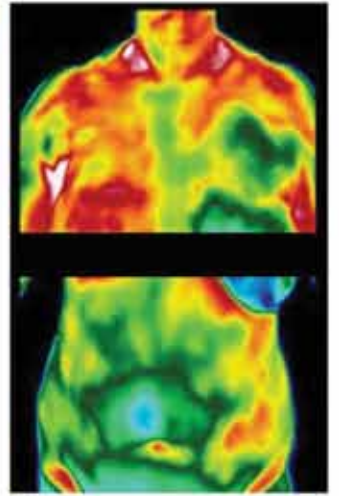
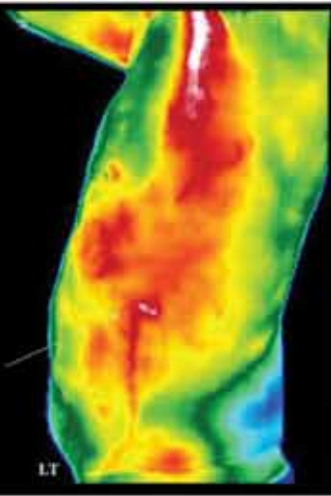
Melanoma-Scolp Cancer



Varicose Veins



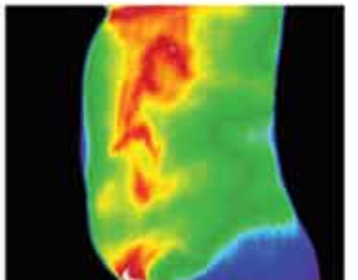
Bilateral Kidney Stones



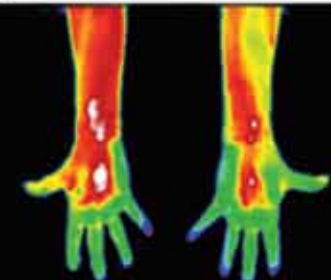
Breast Cancer



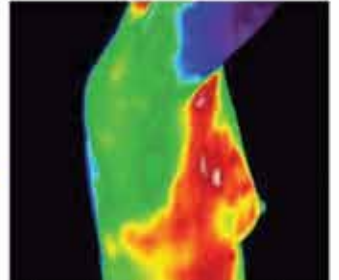
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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