

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

**TRUE
WEALTH**
Living a Life You
Love is Real Affluence

Redefining
RICH
Creating a Deeper Life

Sharing Our
BOUNTY
Food Drives Need
Healthy Donations





liteon

Natural Health Center

Powerful, Positive Healing for Life

BACK to BASICS Health Program \$164

One month supply of GENESIS Wheatgrass
Vitamin Test
Breast Cancer Thermography Screening
Review of Thermography and Vitamin Test Results

* Mr. Ted Giorgio, OBNHC, Certified Natural Health Consultant and Nutritional Health Practitioner

SAUNA & Whole Body Vibration

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

Water Massage Therapy

2 Sessions Water Massage Therapy: \$70
4 Sessions Water Massage Therapy: \$120
8 Sessions Water Massage Therapy: \$190

CANCER Wellness Program \$440

The CURE TO CANCER is prevention. The BEST OPTION if diagnosed with cancer is restoring normal circulation, inflammation, nutrition, elimination, and pH. Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation.

\$440 6-Week Program

18 Infrared Sauna*
18 Whole Body Vibration*
3 Red Light Therapy with Zerona*
12 Foot Detox*
12 Antioxidant Treatments*
15 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
9 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$5,410

\$612 10-Week Program

27 Infrared Sauna*
24 Whole Body Vibration*
9 Red Light Therapy with Zerona*
21 Foot Detox*
20 Antioxidant Therapy*
20 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$6,850

DERMOSONIC Cellulite Reduction

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

Doctor Visit and Office Consultation

General Question and Office Consultation: \$120
General Question, Labwork, and Imaging: \$260

* Dr. Steven T. Castille, BS, MS, DNM, Doctorate in Natural Medicine and Integrative Medicine Practitioner

RESTORE Health Program \$340

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
12 Foot Detox & 2 Inversion Therapy*
12 Hydration Therapy*
9 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
6 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$2,410

\$493 10-Week Program

20 Infrared Sauna*
24 Whole Body Vibration*
18 Foot Detox & 4 Inversion Therapy*
17 Hydration Therapy*
12 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
9 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$4,190

Thermography Medical Imaging

Breast Cancer Screening: \$60
Full Body Thermography Exam: \$94
Full Body Exam with Full Labs: \$325

Zerona Laser Lipo Treatment

6 Zerona Treatments: \$675
12 Zerona Treatments: \$850
18 Zerona Treatments: \$1100

Infrared Body Wrap

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

Ionic Foot Detox

1 Session Ionic Foot Detox: \$45
2 Sessions Ionic Foot Detox: \$80
4 Sessions Ionic Foot Detox: \$150

Massage Therapy

1 Massage Therapy Session: \$69
2 Massage Therapy Sessions: \$125

BODY REBOUND Weight Loss Program

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
6 Foot Detox*
9 Body Wraps*
9 SlimPOD Slimming*
1 Vitamin Test & 1 Thermogram*
4 Sessions with Personal Trainer*
2 Inversion Therapy*
9 pH Acid Testing & Body Comp*
Nutrition Program & Nutritional Supplements*

INDIVIDUAL FULL PRICE: \$3,634

\$580 12-Week Program

24 Infrared Sauna*
25 Whole Body Vibration*
12 Foot Detox*
20 Body Wraps*
18 SlimPOD Slimming*
1 Vitamin Test & 1 Thermogram*
4 Sessions with Personal Trainer*
2 Inversion Therapy*
12 pH Acid Testing & Body Comp*
14 DERMOSONIC Cellulite Treatments*
3 ZERONA Cold Laser Lipo*
Nutrition Program & Nutritional Supplements*

INDIVIDUAL FULL PRICE: \$6,945

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.

Natural Health Center
Carencro

896-4141
or dial 347-4141

DHARMA Wellness Center
Sunset

662-3120
or dial 534-1110

Caribbean Wellness Center
Opelousas

678-1844
or dial 678-1500

Wellness Center Membership

This plan is designed for individuals whose lifestyles center around good health and disease/pain prevention. This membership program offers access to all three of our wellness centers year-round. It includes massage therapy, gym membership, medical spa services, salt water pool and campground access, annual bloodwork, complimentary guest passes for friends or family. *12-Month Enrollment Required*

\$69/mo BASIC Membership

- 2 Weeks Per Month*
- 2 Infrared Sauna*
 - 2 Whole Body Vibration*
 - 2 Foot Detox*
 - 1 Hydration Therapy*
 - 1 Water/Lymphatic Massage*
 - 2 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$310

\$89/mo VIP Membership

- 4 Weeks Per Month*
- 4 Infrared Sauna*
 - 4 Whole Body Vibration*
 - 4 Foot Detox & 2 Inversion Therapy*
 - 2 Hydration Therapy*
 - 2 Water/Lymphatic Massage*
 - 1 Thermography Exam Annually
 - 1 Vitamin Test every six months

INDIVIDUAL FULL PRICE: \$814

the
BEST
2015
BEST VALUE

*** Become a member today. You pay only \$69. Registration + \$69 for the first month membership plus tax.

What is a RESTORE Health Program?

The RESTORE Health Program uses holistic therapy, bodywork, vitamin therapy, and integrative medicine to help restore your body's health. Inflammation, poor diet and nutrition, poor circulation, and inadequate detoxification all work to create cancer, heart disease, immune disorders, and many of the other health conditions we face today.

What is Integrative Medicine?

Integrative medicine means taking a holistic approach when seeking treatment for imbalances and choosing to live a more balanced lifestyle. What primarily distinguishes integrative medicine apart from alternative medicine, complementary medicine, and traditional medicine is that physical health is not necessarily the main focus. Instead we seek balance of mind, body, and spirit as a whole.

All of our programs are based on published peer-reviewed research in complementary and natural medicine. We only use evidence-based instruction.

Nutrition

Nutrition is the primary focus of our business. Whether it's eating a proper diet specific to your disease, using nutritional supplements, or a combination of both. Nutrition is the only way to properly heal the body.

Vitamins and minerals are used in every biological and chemical process in your body. Vitamins and minerals build cells, cells build tissue, tissue form organs, organs for organ systems, and organ systems form the human body.

The body is self-healing and self-regulating.

Inflammation is the root cause for almost every major disease we know today (cancer, diabetes, heart attack and stroke, etc.). Our programs and services focus primarily on restoring normal acid/alkaline balance, minimizing inflammation, proper diet-nutrition-hydration-elimination.

We have a clinically licensed laboratory for urine, blood, and fluid sampling and testing. We have a medical thermography imaging lab.

a wellness center with a medical spa

FRIENDS and FAMILY Wellness Program

\$340 4-Week Program

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 8 Foot Detox*
- 6 Hydration Therapy*
- 6 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,184

EACH ADDITIONAL PERSON \$205 4-Week Program

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 8 Foot Detox*
- 6 Hydration Therapy*
- 6 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,184

TWO - PEOPLE Wellness Program

\$580 6-Week Program

- 28 Infrared Sauna*
- 36 Whole Body Vibration*
- 24 Foot Detox*
- 24 Hydration Therapy*
- 18 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms*
- 12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$5,630

\$1100 10-Week Program

- 40 Infrared Sauna*
- 48 Whole Body Vibration*
- 36 Foot Detox*
- 34 Hydration Therapy*
- 24 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms*
- 18 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$9,002

Caribbean RETREAT and Wellness Center

\$365 6-Day Program

1 Person / 6 Days with Complite Included

- 6 Infrared Sauna*
- 6 Whole Body Vibration*
- 6 Foot Detox*
- 4 Hydration Therapy*
- 2 Water/Lymphatic Massage*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,410

\$510 6-Day Program

2 People / 6 Days with Complite Included

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 12 Foot Detox*
- 8 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 4 Thermograms*
- 12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$4,820

\$260 2-Day Program

2 People / 2 Days with Complite Included

- 4 Infrared Sauna*
- 4 Whole Body Vibration*
- 4 Foot Detox*
- 4 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 2 Thermograms*
- 4 pH Acid Testing & Body Comp*

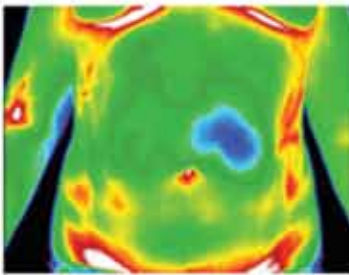
INDIVIDUAL FULL PRICE: \$1,600



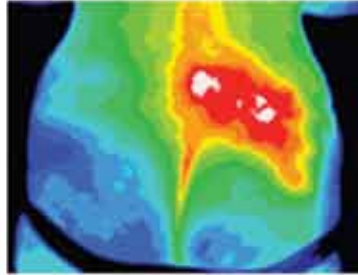
If you think a
Wellness Program is expensive
Try **Cancer, Depression, Stroke, Diabetes, or Congestive Heart Failure**

YOUR BODY - YOUR CHOICE

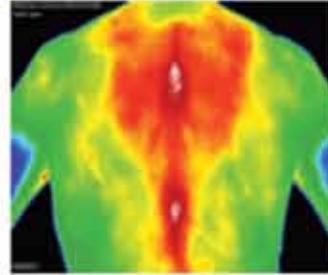
The BEST way to prevent disease is to maintain your health with a wellness program.



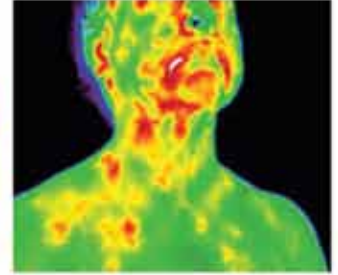
Hypothermia in the Stomach



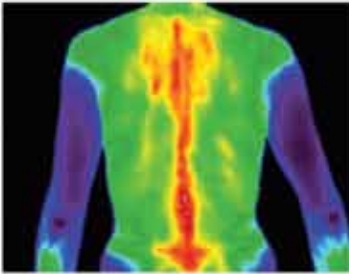
Shingles



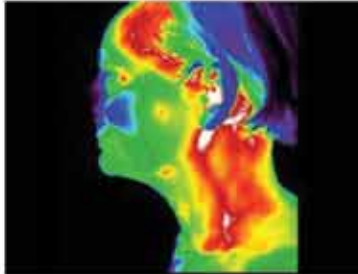
Lung Cancer



Periodontal Disease



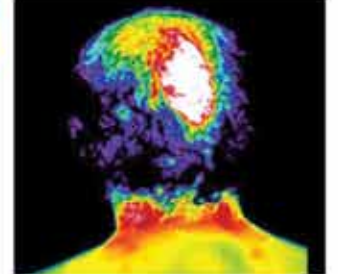
Spinal Inflammation



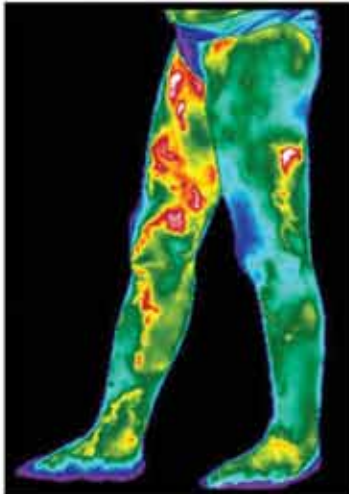
Carotid Artery Inflammation



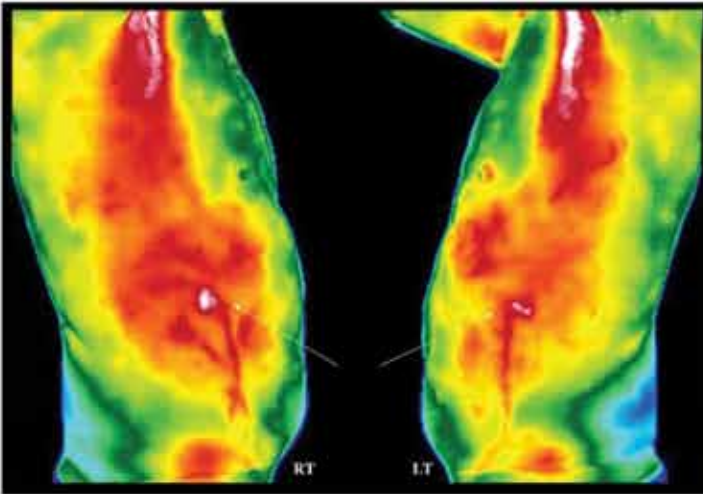
Poor Circulation Left 4th & 5th Finger



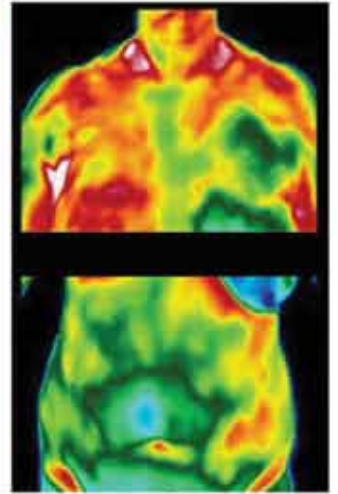
Melanoma-Scolp Cancer



Varicose Veins



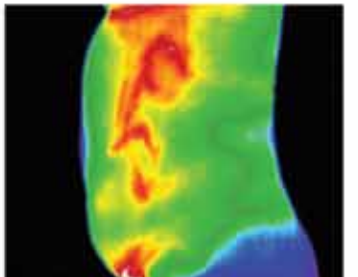
Bilateral Kidney Stones



Breast Cancer



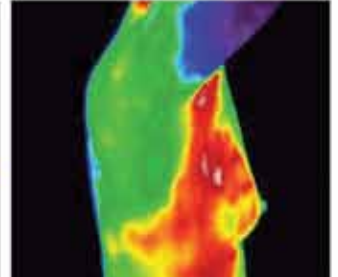
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

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

Vitamin Testing ^{\$39}

(Takes only 15 minutes for a full screening)

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

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

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

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

publisher's letter



This month, we feature true wealth and beauty in *Natural Awakenings*. What, you may ask, "does managing money have to do with my health?" Let us explain.

When you think of health, you most likely think of someone in good physical shape who eats well and looks great. For us at *Natural Awakenings*, being healthy means so much more than good physical health. It means being

in balance. For example, have you ever known a person who was in great physical shape but suffering from relationship and financial problems? If so, that person was most likely suffering from stress, anxiety or depression stemming from his/her personal issues. Even though that person looked healthy, there were most likely things happening within the body that caused major health issues. Stress and anxiety trigger many medical problems such as high blood pressure, mental fatigue, digestive issues, depression and even stroke or heart attack. If certain aspects of a person's life are in disarray, this can cause a person to be uneasy, which can lead to disease.

For this reason, *Natural Awakenings Acadiana* has built its foundation on four core pillars of health. Each month we touch on aspects of mental, conscious living, spiritual and physical health. If these four aspects of a person's life are stable and healthy, that person can live a more balanced life.

The holiday season is here and it is a fine time to take stock of all we have to be thankful for and all that we wish to embrace going forward. Let's create or update our plan of action toward realizing a life of ever more fulfilling purpose and satisfaction. It is a wonderful thing if we can do good in the world by offering our unique gifts, talents, and love, and in turn we know they return resources and people in our lives that we desire. We hope that you too create a life of balance and pass that gift on to your family and friends.

This month we celebrate how to live our lives with passion and purpose. What more is there? Please join us on a journey of possibilities.

Father God, we bring all our hurt, wrongs and hardships to You in prayer. Thank You for laying Your hand upon our lives to heal our suffering and that of our friends, family, and neighbors. Amen

Namaste: we honor the spirit in you, which is also in us.



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

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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. Deadline for ads: the 10th of the month.

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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

www.NAacadiana.com

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

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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

The Acadiana Center of the Arts Offers Teaching Artists Program

The Acadiana Center for the Arts is offering a unique way to get young people involved and interested in the arts. The Teaching Artists Program provides the opportunity for students to experience a broad range of art forms and innovative arts activities in a classroom environment within the comforts of their own school classrooms. Class topics include music, movement, creative writing, visual arts and folk life, just to name a few. To ensure the quality of each session, classes are designed and presented by a local, professional artist. The quality of each educational session is directly related to the high caliber and expertise of the teaching artists.



For information or to schedule a Teaching Artist Program, call 337-233-7060

Newk's Eatery Now Open in Lafayette

Founded in 2004 as a national restaurant chain, Newk's Eatery has found its way to Acadiana. With a trend-setting vision and a true passion for delivering flavorful food experiences, Newk's Eatery has quickly become one of the fastest growing fast casual restaurants of the time. They offer rigorous selections of fresh ingredients and combine them with meticulous handcrafting to develop traditional and non-traditional meals in an open kitchen environment.



Newk's Eatery prides itself on a diverse menu that hosts a wide range of culinary spectaculars such as fresh tossed salads, California-style pizzas, hot toasted sandwiches and made-from-scratch soups and desserts. They also offer a 600-calorie menu delivering fantastic flavors for those that are more health conscious. The low calorie menu includes items like specialty soups, uniquely blended salads and tasty sandwich options. Newk's also offers convenient Grab-n-Go meals. The Grab-n-Go Cooler includes items for immediate pick-up including Newk's yummy chicken salad, pimiento cheese, soup and pasta salad. As Acadiana grows, so does the landscape and we welcome Newk's to Cajun Country.

Location: 4243 Ambassador Caffery Pkwy, Ste 110, Lafayette. For information, call 337-983-7004 or visit Newks.com.

The Fuller Center For Housing: Rebuilding New Iberia



The Fuller Center for Housing is working to rebuild houses for those in need in New Iberia. The Fuller Center is an international, Christian nonprofit organization that works hand-in-hand with homeowners to build, rebuild and renovate houses for families in need. A recent study of

New Iberia has assessed the community and discovered a need for affordable housing, including the housing requirements for special needs groups. These groups include the homeless, handicapped, disabled, the elderly, single parent families and military veterans. The study showed a calculated need for 3,500 affordable housing units throughout the parish.

Through the Fuller Center for Housing program, volunteers assist in the building and/or renovating process. The organization offers easy payment options for families, allowing them to pay on terms in which they can afford, with no interest charged or profit made. The Fuller Center for Housing of New Iberia has turned its focus to the "west end area" of New Iberia. In this area many homes of neglect have been torn down and left as vacant lots, which can lead to higher crime rates and a less favorable community in which to live. As a result, this has also had an impact on residential development, thus causing a shortage of homes. The Full Center For Housing is committed to seeing the revitalization of this area, and aims to improve the overall quality of life for the citizens of New Iberia.

Location: 519 LaSalle St., New Iberia. For information, call 337-849-8455

GLC Ranch is Now Offering Grass Fed Lamb and Pork



GLC Ranch, located in historic Abbeville, is now raising grass-fed lamb and pork. Founded in 2006, GLC Ranch has been offering some of the highest quality grass-fed beef in the industry. After several years of successfully raising and herding cattle, the growing demand

for truly organic, grass-fed livestock has led them to expand their farming repertoire to lamb and pork. In addition to providing great meat, GLC Ranch prides itself in being green friendly and is committed to the environmental programs recommended by the United States Department of Agriculture-Natural Resources Conservation Service, and as a result they have been awarded with several Conservation Cooperator Awards for outstanding accomplishments in the conservation of soil, water and related natural resources.

GLC ranch has developed low impact practices, such as working their livestock on horseback, providing for decreased noise levels and gentler handling, resulting in a low stress and low pressure environment for the animals. These methods guarantee that livestock will yield tender, flavorful cuts of meat rich with consistent marbling and phenomenal texture. GLC Ranch not only raises livestock, but people can also order cuts of meat directly from them.

Location: GLC Ranch 6108 Loreauville Rd., New Iberia. For information or to place an order, call 337-519-7848.

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INDIVIDUAL FULL PRICE: \$310

\$89/mo VIP Membership

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\$20 per client

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 4 Week 8 Week 12 Week
* services only no supps included

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- Hydro-Dermo Hydration (30 minutes) = 600 calories burned
- Infrared Body Wrap (60 minutes) = 900 calories burned
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healthbriefs

Having Gratitude Yields More Happiness than Having Things

Two studies from Baylor University have confirmed that materialism can lead to feeling less satisfied with life, while a sense of gratitude reverses some of the negative effects of the pursuit of things.

The research, led by Professor James Roberts, Ph.D., included questionnaires sent to 246 marketing students from another university, focusing on happiness and satisfaction with a 15-minute survey that included a 15-point materialism scale. The study found that individuals that focused on achieving material goals were less satisfied with their lives, less happy and had lower self-esteem. Meanwhile, the study found that grateful students found more meaning in their lives and felt a greater sense of satisfaction.

"Individuals high in gratitude showed less of a relationship between materialism and its negative affect. Additionally, individuals high in materialism showed decreased life satisfaction when either gratitude or positive affect was low," note the researchers.



Animal Friends Soothe Autistic Children



According to the Centers for Disease Control, autism spectrum disorder (ASD) now affects about 1 in every 68 children in the U.S., up from 1 in 150 in 2000. This includes 1 in 42 boys and 1 in 189 girls. Contact with animals may help ameliorate this troubling trend. A recent study of 114 children between 5 and 12 years old has found that autistic children having greater

contact with animals have less anxiety related to social situations.

The research was led by Marguerite O'Haire, Ph.D., from the Center for the Human-Animal Bond at the College of Veterinary Medicine of Purdue University, in West Lafayette, Indiana. Colleagues from the School of Psychology at the University of Queensland, in Brisbane, Australia, also participated in the study.

The researchers divided the 114 children into 38 groups of three. Each group had one ASD child and two children without ASD. Skin conductance, which provides an objective way for researchers to gauge social anxiety, was measured among the children as they read silently and aloud. As expected, skin conductance was significantly higher among the ASD children as they read aloud in front of their peers. In successive sessions, when researchers introduced pet guinea pigs for the children to pet prior to their readings, the ASD children's skin conductance levels dropped significantly.

"Previous studies suggest that in the presence of companion animals, children with autism spectrum disorders function better socially," says James Griffin, Ph.D., of the Child Development and Behavior Branch of the U.S. National Institutes of Health. "This study provides physiological evidence that the proximity of animals eases the stress that children with autism may experience in social situations."

Formaldehyde Found in GMO Soybeans

Researchers from the International Center for Integrative Systems, in Cambridge, Massachusetts, have determined that genetically modified (GM/GMO) soybean plants accumulate the carcinogen formaldehyde.

The researchers utilized a scientific method called CytoSolve to analyze 6,497 diverse laboratory studies conducted by 184 scientific institutions in 23 countries worldwide. The study data showed that GMO soybeans significantly accumulate formaldehyde, a class-one carcinogen.

The research also found that genetic modification forces a depletion of glutathione among the plants, which weakens their immune system. This contrasts with the proposals put forth by the GM industry that GMO soybean plants are stronger, allowing them to endure environmental hardships better than non-GMO soybean plants.

The research was led by V.A. Shiva Ayyadurai, Ph.D., a biologist trained at the Massachusetts Institute of Technology, and published in the peer-reviewed journal *Agricultural Sciences*. "The results demand immediate testing, along with rigorous scientific standards to assure such testing is objective and replicable. It's unbelievable such standards for testing don't already exist. The safety of our food supply demands that science delivers such modern scientific standards for approval of GMOs," states Ayyadurai.

Former Environmental Protection Agency Senior Scientist Ray Seidler, Ph.D., comments about the study, "The discovery reported by Ayyadurai reveals a new molecular paradigm associated with genetic engineering that will require research to discover why the extent of formaldehyde and glutathione concentrations are altered, and what other chemicals relevant to human and animal health are affected. We need the kinds of standards Ayyadurai demands to conduct such research."



Antidepressants in Pregnancy Raises Risk of Hypertension in Kids



In a large study published in the *Journal of the American Medical Association*, researchers from participating universities found mothers that take antidepressant drugs during pregnancy face the risk of heart issues for their children.

The researchers tested 3,789,330 pregnant women between 2000 and 2010. Of these, 128,950 took at least one prescription for antidepressants during their pregnancy. High blood pressure among children of mothers that didn't take antidepressants was about 21 percent. Children that were exposed to selective serotonin reuptake inhibitor (SSRI) antidepressant drugs during pregnancy experienced high blood pressure in 31.5 percent of the cases. Those that were exposed to non-SSRI antidepressants experienced high blood pressure 29 percent of the time.

This represents a 50 percent increased risk of hypertension for babies of mothers that take SSRIs during pregnancy and a 40 percent increased risk for children exposed to non-SSRIs.

In their conclusion, the researchers note, "Evidence from publicly insured pregnant women studied may be consistent with a potential increased risk of persistent pulmonary hypertension of the newborn associated with maternal use of selective serotonin reuptake inhibitors in late pregnancy."

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Servings Per Container: 62.5

Amount Per Serving	% Daily Value
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Papain	600,000 USP
Bromelain	720 GDU
Trypsin	8,000 USP
Chymotrypsin	250 USP
Rutin	400mg
White Willow Bark (15% salicin)	100mg
Turmeric root	100mg
* Daily Value not established	
Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.	

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Ingrown Nails Linked to Over-Trimming

A study from the UK's University of Nottingham published in the journal *Physical Biology* has found that over-trimming nails can lead to structural changes to the shape of the nail that increase the risk of ingrown nails and other nail conditions. The risk was more prevalent in larger nails, such as large toenails and thumbnails.



The researchers furthered a hypothesis called the theory of nail plate adhesion that links the nail's healthy growth to the side-to-side curvatures of the nail plate. The researchers identified that when this nail plate adhesion becomes weakened through trimming, it can

result in one of three potential nail conditions: spoon-shaped or pincer-shaped nails, or ingrown nails.

The paper noted deficiencies among many nail salons regarding these potential conditions. While they may be reversed over time with careful maintenance, prevention is the best medicine, according to the researchers.

Cloves Inhibit Cancer Growth



Research from China has determined that cloves (*Syzygium aromaticum*) inhibit the growth of several cancers. Researchers tested an extract of whole cloves against several types of human cancer cells, including those of

ovarian, cervical, liver, colon, breast and pancreatic cancers.

Published in the journal *Oncology Research*, the test used an incubation system that simulated the ability of these cancer cells to grow within the body. The researchers found that the clove extract stopped such development. The active constituents they identified within the clove extracts include oleanolic acid and eugenol. "Clove extract may represent a novel therapeutic herb for cancer treatment, and oleanolic acid is one of the components responsible for part of its anti-tumor activity," the researchers commented.

Cloves, one of the oldest medicinal spices, have been used in Traditional Chinese Medicine for many centuries.

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.

DHARMA Wellness 662-3120

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
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- Chemical Sensitivities
- Fertility Problems
- Irritable Bowel Syndrome

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2. LUNGS

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3. LYMPH

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4. COLON

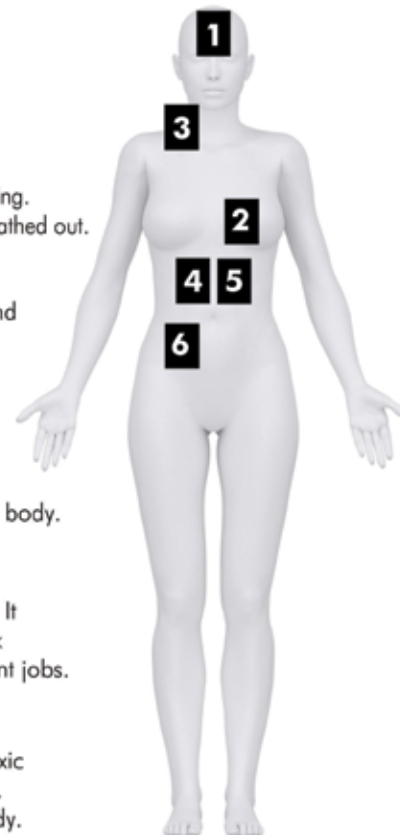
Absorbs nutrients and carries waste out of the body.

5. LIVER

The main detox organ. It works around the clock doing over 500 different jobs.

6. KIDNEYS

Filter metabolic and toxic waste out of the blood. Regulate pH of the body.



HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

We are more bacteria than we are human. Mounting research has suggested that the bacteria living in our digestive tract play a significant role in our overall health. Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.

DEPRESSION

More than a third of depression sufferers have "leaky gut," or permeability of the gut lining that allows bacterium to seep out into the bloodstream.

ANXIETY

Prebiotics can have anti-anxiety and antidepressant effects. Consuming beneficial bacteria can also positively change the way the brain responds to the environment.

SCHIZOPHRENIA

Studies in mice have linked a lack of normal gut bacteria with changes in brain development, but the genetics of the disorder are complex and not fully understood.

AUTISM

Autism often co-occurs with gastrointestinal issues like leaky gut or irritable bowel syndrome.

PARKINSON'S DISEASE

People suffering from this disease have different gut bacteria than healthy people.

OBESITY & DIABETES

A number of studies have linked instability in the gut microbiome to obesity and obesity-related health problems.

CROHN'S DISEASE

Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

COLON CANCER

Sugar-loving microbes in the gut — along with the carbs that feed them — can fuel colon cancer. High carb-diets may even be contributing to the rise of colon cancer.

ULCERATIVE COLITIS

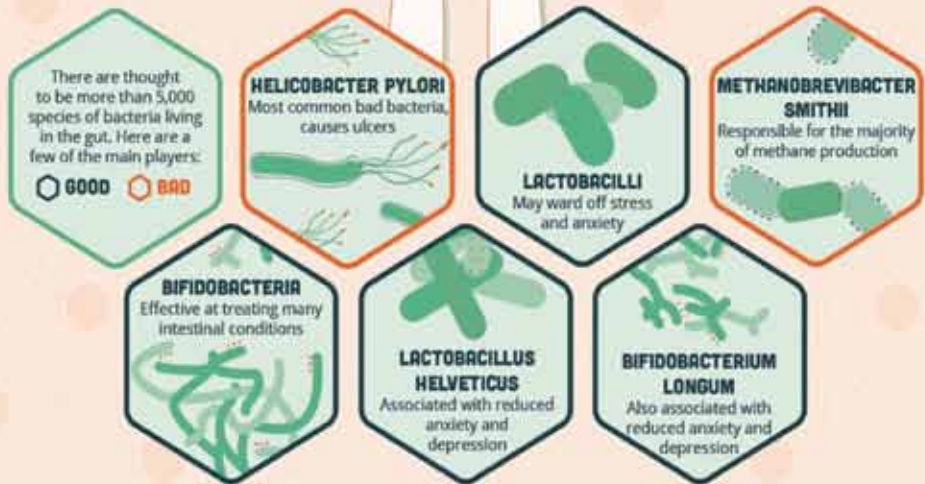
Imbalances in gut flora may be a main factor in both the onset and continuing symptoms of ulcerative colitis.

RHEUMATOID ARTHRITIS

Studies have found a link between low levels of certain good gut bacteria, high levels of unhealthy *Prevotella copri* bacteria, and autoimmune joint disease.

IRRITABLE BOWEL SYNDROME

There is a definitive link between IBS and an overgrowth of bacteria in the small intestines.



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pH 5.5 Acidic Body and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs 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.

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Health coaches
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Organic juicing
Nutrition programs
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Whey protein smoothies
Weight loss programs
Zerona**

\$39 / month

12 Infrared Sauna*
12 Whole Body Vibration*
12 Foot Detox*
6 Hydration Therapy*
6 Water/Lymphatic Massage*
1 Vitamin Test
12 Month Supply of Wheatgrass
2 Thermograms*
6 pH Acid Testing & Body Comp*

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The Top 5 Nutrients for Prostate Health



November is National Prostate Cancer Awareness month and it is vital that both men and women learn more about how to promote prostate health. According to the Mayo Clinic, prostate cancer is the most common type of cancer found in American men, other than skin cancer. The percentage increases in African American men who are diagnosed with twice the risk of prostate cancer compared to white men. The good news is that the five year survival rate, for all stages of prostate cancer, is 99%. All men should begin receiving annual prostate exams by the age of 50.

So, what exactly is the prostate gland and why is prostate health important? The prostate gland, a key part of the male reproductive system, is linked closely with the urinary system. It is a small gland that secretes much of the liquid portion of semen. The prostate is located just beneath the bladder, where urine is stored, and

in front of the rectum. It encircles, like a donut, a section of the urethra.

Symptoms of An Enlarged Prostate:

Enlargement of the prostate gland (known as benign prostatic hyperplasia or BPH) is very common in older men. BPH affects 40 percent of men in their 50s and 90 percent of men in their 80s. If the enlarged gland begins to press upon the urethra and to interfere with urination, then treatment may be needed. Symptoms of an enlarged prostate may include:

- A weak or slow urinary stream
- A feeling of incomplete bladder emptying
- Difficulty starting urination
- Frequent, straining and urgency to urinate
- Getting up frequently at night to urinate
- A urinary stream that starts and stops
- Continued dribbling of urine
- Returning to urinate again minutes after finishing

The Top 5 Nutrients For Prostate Health:

According to Dr. Rudi Moerck, chemist, "There are things you can do with your diet, and there are things you should do, generally, as a male that can help mitigate this problem."

There are several natural prostate herbs and/or nutrients that are prized for being fighters that can help benign prostatic hyperplasia(BPH).

Saw Palmetto- is a small palm tree that grows in coastal areas of the American southeast, parts of Africa, and southern Europe. Numerous studies indicate that an oily compound, in saw palmetto berries, relieves the annoying discomforts of a mild to moderately enlarged prostate (BPH). Although the herb doesn't actually reduce the actual size of the prostate, it does appear to prevent it from getting any larger.

Nettle Root - may relieve some of the early symptoms of BPH, including nighttime urination and residual urine. It is believed that nettle root contains properties that inhibit the action of sex hormones, which are thought to stimulate the growth of prostate tissue, but more research is needed.

Lycopene - is a member of the carotenoid family and is the pigment that gives tomatoes their brilliant red color. Medical researchers believe that lycopene may aid in the prevention of prostate cancer as well as some other cancers. Lycopene is a potent antioxidant that appears to also harbor anti-cancer effects.

Zinc- Zinc has been shown to help shrink an enlarged prostate. In addition, zinc is instrumental in making sex and thyroid hormones and it is also important for proper immune system function.

Green Tea- The primary catechin EGCG, in green tea, appears to inhibit the growth of prostate cancer cells.

Source: Cancer Centers of America

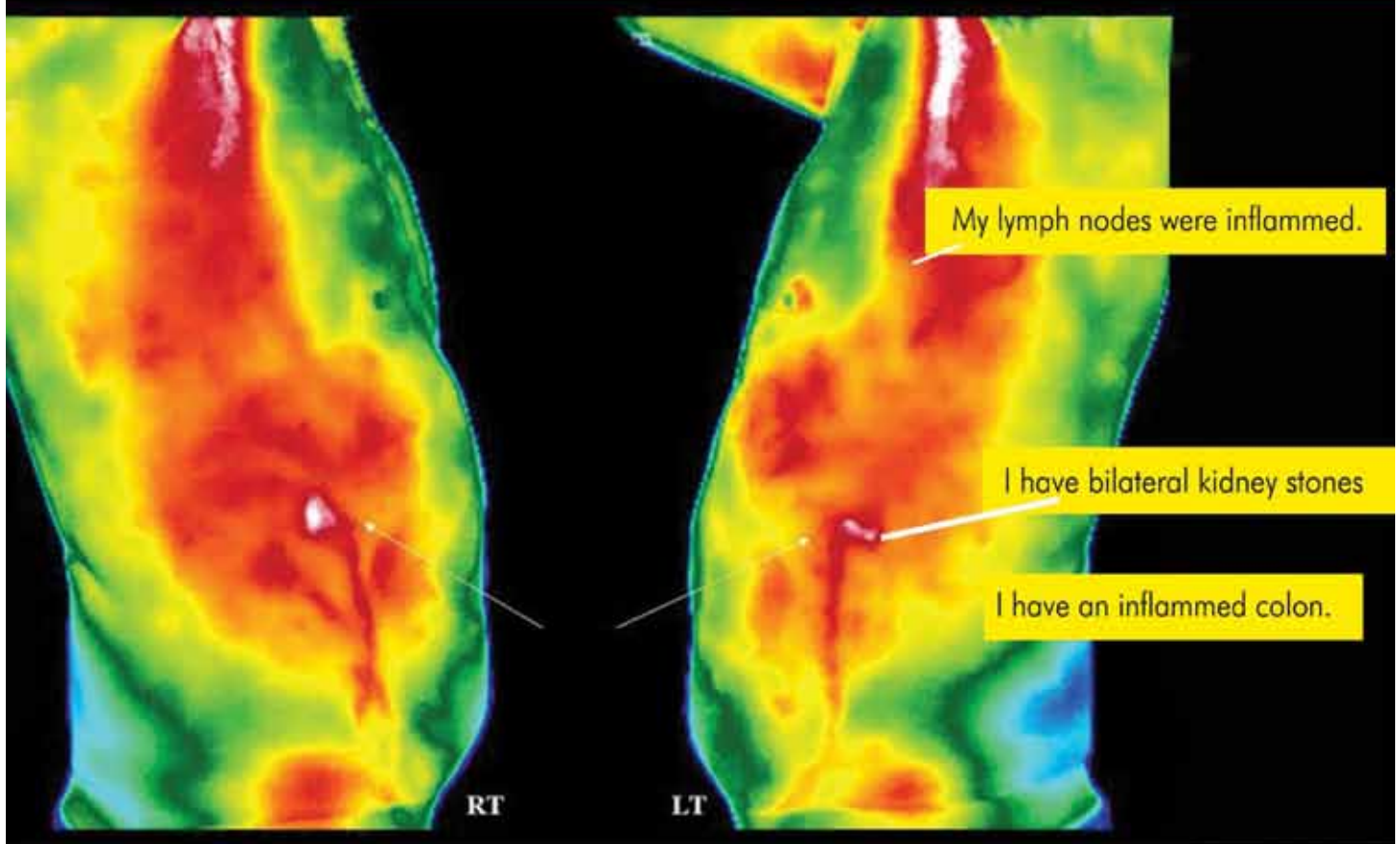


Dr. Steven Castille is a biochemist, doctor of natural medicine, and publisher of Natural Awakenings magazine. Connect at Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141.

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

Sky Kings

Agricultural Drones May Boost Sustainability



Beginning November 15, farmers will be able to implement flying drones to perform important tasks in their fields. That's when changes in Federal Aviation Administration regulations will loosen many of the current restrictions on this new technology.

Advocates believe the devices can improve precision agriculture management that uses GPS and data collection

to boost crop yields and profits while aiding water conservation. For the first time, the drones will be operated legally during an entire growing season, allowing companies to test their business models and technologies together. This boost in crop intelligence should make farms more efficient and help smaller operations compete with well-funded big agribusiness conglomerates whose fields are typically rife with genetically modified (GMO) crops.

"This is the first year we'll actually be able to see, by the time the growing season is over, the impact on the farmer and the impact of the quality of the grapes," says David Baeza, whose precision agriculture startup Vine Rangers uses drones and ground robots to gather data on vineyard crops. "The biggest thing to watch is what's going to happen to giants like Monsanto. How you define this market is changing, and the incumbents are in for a battle."

Source: Fortune magazine

Recycling Revolution

Global Rise Bolsters Sustainability

On November 15, thousands of events in communities nationwide will celebrate America Recycles Day (*AmericaRecyclesDay.org*). A program run by national nonprofit Keep America Beautiful since 2006, the event is dedicated to promoting recycling in the U.S. via special material collection drives and educational activities.

Materials available to groups include advice on setting up collectibles stations and customizable templates for promoting activities to increase recycling awareness, commitment and local action. There's plenty of room to grow: The U.S. Environmental Protection Agency estimates that the amount of waste that the average citizen composts or recycles has increased from 17 percent in 1990 to 33 percent today.

Some other countries have been conducting their own national programs longer. For the 19th year, Australia will celebrate a weeklong National Recycling Week (*RecyclingWeek.PlanetArk.org*) in November. More than 90 percent of Aussies feel it's the right thing to do.

Recycle Now (*RecycleNow.com*), England's national program, supported and funded by the government and implemented by 90 percent of municipalities, conducts its annual weeklong program in June. Organizers contend that six out of 10 citizens now describe themselves as committed recyclers, compared to fewer than half when the campaign launched in 2004. Germany also celebrates recycling for two days in June; many other countries do so in July.



Monsanto Pushback

More Countries Ban Toxic Roundup

Countries are gradually banning the use of Monsanto Roundup herbicide around the world as a danger to the environment and human health, and Bermuda is one of the latest to join the ranks. These moves come soon after a recently published metastudy conducted by the World Health Organization International Agency for Research on Cancer published in *The Lancet Oncology* determined that glyphosate, the main ingredient in Roundup, is probably carcinogenic to humans.

Colombia stopped using Roundup to kill illegal coca plants. France banned the sale to homeowners, and Germany is poised to do the same. A group of 30,000 Argentine physicians are calling for a ban there, where it's blamed for boosting birth defects and cancer. Others, including the Brazilian federal prosecutor, are demanding that Roundup's active ingredient, glyphosate, be pulled off the shelves.

In the U.S., the Institute for Responsible Technology (IRT) is assisting efforts in cities, counties and school systems to enact immediate bans of glyphosate-based sprays. IRT is also calling for schools to measure the amount of glyphosate residues in school meals and to take steps to eliminate them if found.

Source: EcoWatch



Solving Hunger

France Tackles Food Waste with New Law

French supermarkets will be banned from throwing away or destroying unsold food and must instead donate it to charities or for animal feed under a law set to crack down on food waste. Supermarkets will also be barred from deliberately spoiling unsold food so it cannot be eaten. Larger stores will have to sign contracts with charities by July 2016 or face

penalties. The law will also introduce an education program about food waste in schools and businesses, and follows a measure enacted last February to remove best-before dates on fresh foods.

The Gars’pilleurs, an action group founded in Lyon, warns that simply obliging supermarket giants to pass unsold food to charities could give a “false and dangerous idea of a magic solution” to food waste, failing to address the core issues of overproduction in the food industry and wastage in food distribution chains.

Source: The Guardian

Smiley Faces

Shared Laughter Creates Happier Workers

Researchers Nale Lehmann-Willenbrock and Joseph A. Allen have written in the *Journal of Applied Psychology* about their research into the effect of group humor on workers by studying the behavioral patterns of 54 real-world teams from two businesses. Humor and laughter were examined and each interaction was coded, based on recordings made at meetings. Performance ratings were collected immediately afterward and also several years later.

Results showed that levity can reduce body pain and stress and help with relaxation. Cognitively, it bolsters creativity, memory and problem-solving ability. Humor reduces anxiety, elevates mood and increases self-esteem, hope, optimism and energy. In terms of society, it attracts connections, promotes bonding and altruism and leads to happier partnerships.

The researchers also found, “At the team level, humor patterns [but not humor or laughter alone] positively related to team performance, both immediately and two years later.” The positive aftereffects of humor on team performance include question-asking, proposals of innovative ideas, new people speaking up and kudos given for jobs well done or problems solved.

Source: mnn.com



Eco-CEO

Pay Tied to Sustainability

While sustainability is often categorized as a long-term strategy to mitigate both corporate reputational and financial risk, a small but growing number of companies are beginning to tie environmental goals to executive compensation. That means leaders of participating firms now must weigh operational variables such as greenhouse gas emissions against short-term financial outcomes.

In a report published by Sustainability and the sustainability nonprofit Ceres, 24 percent of the 613 largest publicly traded companies have now tied sustainability to executive compensation, up from 15 percent in 2012. “At the end of the day, people are motivated by their pocketbooks,” says Veena Ramani, Ceres senior director of corporate programs. “I think investors have come to recognize that if you want companies to take this stuff seriously, you’re going to have to link it to people’s compensation.”

The shift is part of a broader push to tie corporate social responsibility areas such as environmental, social and governance metrics, as well as labor and local community impacts, to core business models.

Source: GreenBiz.com

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Green Thanksgiving

A Soulful Celebration of Body, Mind and Spirit



Making the most of the original spirit and intention of the season's holiday of gratitude feeds mind, body and spirit. Consider these happy and healthy choices.

Turkey: Free-range and organic gobblers are less likely to carry diseases and contain synthetic additives. Heritage turkeys are raised outdoors, freely roam pastures, are genetically diverse and eat the varied diet that nature intended (*SustainableTable.org*).

Spare a bird: Turkey alternatives include fun, seasonal staples such as vegetable lasagna, butternut ravioli and acorn squash filled with onions, beans and dried fruits.

Beverages: Serving locally made apple cider, beer or wine supports local farmers and businesses, plus avoids the carbon footprint that distant choices incur in transport.

Festive preparations: Refrain from using Styrofoam, as it isn't recyclable and can emit chemicals when meeting up with hot turkey; use washable cloth napkins instead of paper brands that go to the incinerator or landfill; and ask guests to bring a container to take leftovers home to avoid food waste.

Get kids involved: *Tinyurl.com/GreenThanksgivingTips* suggests giving children construction paper that can be made into decorations and recycled later. Baker's clay, a mixture of flour, salt and water, can also be molded into creative pieces.

Revive the traditional atmosphere: The first Thanksgiving was a communal affair, so invite neighbors to join family members. Besides enhancing friendships, their proximity reduces auto emissions by keeping them off the road or encouraging shorter trips.

Honor peace and brotherhood across all races and ethnicities by sharing with guests the essence of the first successful summer harvest by pilgrims in 1621. According to *Listening to America*, by Stuart Berg Flexner, members of the Native American Wampanoags were also invited to the celebration because the tribe had taught them to plant native Indian corn, a key to recovery after their first difficult winter. Perhaps read a passage from the *Iroquois Thanksgiving Prayer*, encouraging us to "return to our mother, the Earth, which sustains us." Visit *Tinyurl.com/IroquoisThanksgiving*.



photo courtesy of 350.org

Invest Wisely

Support the Pivotal Paris Climate Change Conference

As part of its Off + On initiative and ongoing efforts to get governments and businesses worldwide to address climate change and switch to renewable energy sources, *350.org* and affiliated organizations will spearhead a number of events in the host city and internationally surrounding the 2015 United Nations Climate Change Conference, in Paris, from November 30 to December 11.

Bill McKibben and May Boeve, co-founders of *350.org*, encourage everyone to particularly follow November 28 and 29 events working to influence summit participants and spread news of their stance through social media. Volunteers are encouraged to travel to Paris to help ask all attending government officials, politicians and business leaders to pledge to work toward divesting state and local government and university pension and endowment funds of all fossil fuel stock holdings.

In addition, individual investors are urged to direct their financial advisors to eliminate fossil fuel stock holdings and switch to alternative energy companies. Graduates and college students can promote a movement to pressure their alma maters to similarly shift investments. More than 300 institutions worldwide have already made such commitments, including the Rockefeller Brothers Fund, Norwegian Sovereign Wealth Fund, University of Glasgow, World Council of Churches, the California Public University System and Syracuse University.

For more information on how to take action, donate and join in, visit *350.org*.

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More than just a fad at your local juice bar, wheatgrass juice is a centuries-old remedy to a variety of ailments. Credited as one of nature's best medicines. Try chasing your wheatgrass with an orange wedge and you're good to go! Or, simply add wheatgrass to your typical green juice recipe for an extra kick.

If you don't own a juicer, you can purchase a wheatgrass shot at the Natural Health Center in Carencro, DHARMA Wellness Center in Sunset, or Caribbean Wellness Center in Opelousas. Consumed as a liquid, just 2 oz. of wheatgrass juice boasts the nutritional equivalent of five pounds of raw organic vegetables.

Not only is it jam-packed with nutrients, 20% of its total calories stems from pure protein. Not like your typical protein, this kind is in the form of polypeptides, a simpler, shorter chain of amino acids the body more efficiently uses in the blood stream and tissues.

The benefits don't stop there. Read on for the top 10 benefits of wheatgrass juice...

1. Healing: Wheatgrass contains over 90 minerals, as well as vitamins A, B-complex, C, E, I, and K. It's also rich in protein and contains 17 amino acids.

2. Digestion: Wheatgrass contains 30 digestive enzymes, and thereby aids in the body's digestive process.

3. Obesity: Wheatgrass stimulates the thyroid gland, which is essential to regulate metabolism and calcium levels.

4. Blood: Wheatgrass contains up to 70% 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.

5. Detox: The high amount of chlorophyll 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.

6. Tissues: Liquid chlorophyll is able to refine and renew cell tissues.

7. Anti-Cancer: As mentioned, the anti-bacterial properties in wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. In congruence, chlorophyll protects against carcinogens better than any other food. Studies show wheatgrass reduces carcinogen absorption as it strengthens cells, neutralizes toxins, and detoxifies major organs like the liver. It brings your body to a more alkalized state – an essential part of combatting disease and illness.

8. Skin: The properties in wheatgrass are proven miracles to the skin.

Internal Effects: Since wheatgrass allows the body to detoxify, the skin is less prone to breakouts. Wheatgrass is packed with antioxidants, which neutralizes free radicals – a major preventative step toward premature aging of the skin and skin cells. And, since wheatgrass promotes a balanced alkaline state, skin becomes clear and bright. Some studies even show that drinking wheatgrass for prolonged periods of time helps fade scars and stretch marks.

External Effects: When wheatgrass is applied directly to the skin's surface, it can fight harmful bacteria for a thorough cleanse. It also soothes itchiness, skin inflammation due to sunburns and rashes, as well as creates the foundation for a great facial mask or scalp treatment.

9. Hair: Due to the antibacterial properties in wheatgrass juice, it makes the perfect ingredient to a DIY shampoo or conditioner. Massage 6 ounces into your scalp and allow it to sit for 15 minutes. This strategy is proven to eliminate dandruff and other issues that take place at the follicle.

10. Magnesium: The high levels of magnesium found in wheatgrass assists a variety of biological functions, such as muscle and nerve activity, energy expenditure, protein and fat digestion, and more.

Brave a shot of wheatgrass. Your body will thank you.

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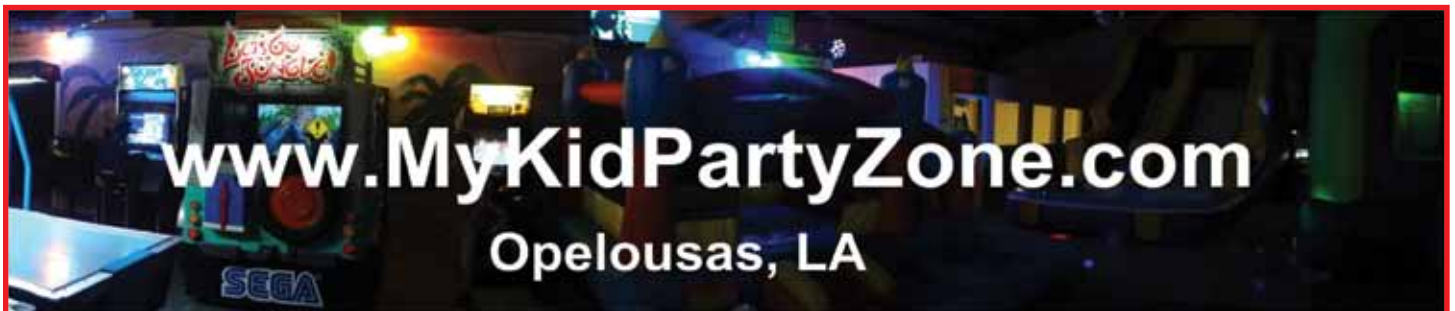
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BENEFITS OF GREEN WATERS

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.

Vitamin Deficiencies

Can be the reason you are sick

BIOTIN DEFICIENCY

Signs and symptoms of deficiency include anxiety; depression; memory problems; tingling or numbness in the feet; hair loss; irregular heartbeat; seizures; impaired sugar and fat metabolism; thin and/or weak nails; skin disorders including rash and/or infant cradle cap.

CALCIUM DEFICIENCY

Signs and symptoms of deficiency include premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; leg cramps; and white streaks or bands across multiple fingernails.

CHROMIUM DEFICIENCY

Signs and symptoms of deficiency include muscle weakness; fatigue; impaired glucose tolerance; type 2 diabetes; heart disease including high blood pressure, high cholesterol and triglyceride levels, irregular heartbeat, chest pain, and with severe deficiency, heart failure.

COENZYME Q DEFICIENCY

Signs and symptoms of deficiency include impaired glucose tolerance (or impaired carbohydrate metabolism); muscle weakness; fatigue; high blood pressure; chest pain; irregular heartbeat, and with severe deficiency, heart failure.

COPPER DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; osteoporosis; joint problems; hypothyroidism; loss of pigment (color) in the hair and skin; irregular heartbeat; and high cholesterol levels.

IODINE/IODIDE DEFICIENCY

Signs and symptoms of deficiency include depression; fatigue; disorders of carbohydrate metabolism; goiter and hypothyroidism (fatigue, weakness, weight gain) and even hyperthyroidism (weight loss, irregular heartbeat, appetite changes); thin nails; thinning and/or loss of outer third of eyebrow; and hair loss.

Deficiency During Pregnancy: Fetal development can be affected with consequent irreversible brain damage and mental retardation.

IRON DEFICIENCY

Signs and symptoms of deficiency include anemia; rapid heart rate; restless legs syndrome; fatigue; headaches; dizziness; cold intolerance; depression; hair loss; red, dry, and cracked lips; difficulty concentrating; learning difficulties and lower IQ in children; Attention Deficit Hyperactivity Disorder (ADHD); multiple nail disorders including abnormally shaped nails, ridged or spoon-shaped nails, brittle nails, soft nails, pale fingernail beds, and thin/weak nails. **Excessive intake of iron can be toxic.**

MAGNESIUM DEFICIENCY

Signs and symptoms of deficiency include migraine headaches; restless legs syndrome; brittle nails; chronic fatigue; anxiety; depression; preeclampsia; premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; muscle cramps; refractory hypokalemia; insomnia; irregular heartbeat; high blood pressure; fibromyalgia; seizures; asthma; carbohydrate cravings (e.g. sugar and chocolate); and type 2 diabetes.

OMEGA 3 (EPA + DHA) DEFICIENCY

Signs and symptoms of deficiency include hyperkeratosis or a goosebump-like appearance of the skin; psoriasis; dry scaly or itchy skin; brittle hair and nails; poor concentration; depression; anxiety; attention deficit hyperactivity disorder (ADHD); bipolar disorder; schizophrenia; joint pain; and lack of physical endurance.

VITAMIN A DEFICIENCY

Signs and symptoms of deficiency include dry eyes; night blindness (or difficulty seeing at night); Bitot's spots; dry, scaly, and rough skin; hyperkeratosis or a goosebump-like appearance of the skin; decreased immunity; and frequent viral infections.

Excessive intake of vitamin A from animal sources can be toxic.

VITAMIN C DEFICIENCY

Signs and symptoms of deficiency include anemia; easy bruising and bleeding (e.g. bleeding gums); scurvy; chronic fatigue; poor wound healing; increased susceptibility to stress and/or infections; and anxiety and/or depression.

VITAMIN D DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; hyperparathyroidism; depression and/or anxiety; seasonal affective disorder; bipolar disorder; premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD); insomnia; autoimmune disease; and and inflammatory disease.

VITAMIN E DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; lack of muscle coordination (may affect speech, eye movements, ability to swallow, walking, picking up objects, and other voluntary movements); muscle weakness; and weakened immune function.

VITAMIN K DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; blood clotting disorders including excessive bruising and bleeding (e.g. bleeding gums, heavy menstrual bleeding, and frequent nose bleeds). **Individuals who take blood thinning medications should not take vitamin K.**

VITAMIN B1 (THIAMIN) DEFICIENCY

Signs and symptoms of deficiency include fatigue; irritability and depression; neurological disorders including loss of muscle coordination, numbness and/or tingling of the hands and/or feet; dementia; and with advanced deficiency, congestive heart failure, Beriberi, and Wernicke-Korsakoff syndrome.

VITAMIN B6 DEFICIENCY

Signs and symptoms of deficiency include anemia; fatigue; insomnia; eczema; premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD); irritability, and depression; confusion; morning sickness during pregnancy; carpal tunnel syndrome; dry, cracked, red lips; inflammation of the tongue; ulcers at the corners of the mouth; numbness or tingling of the hands and/or feet; weakened immune function; disorders of carbohydrate metabolism; and even seizures.

VITAMIN B9 (FOLIC ACID) DEFICIENCY

Signs and symptoms of deficiency include red, dry, cracked lips; anemia; inflammatory disease; and cardiovascular disease.

Deficiency During Pregnancy: Neural tube defects including spina bifida.

VITAMIN B12 DEFICIENCY

Signs and symptoms of deficiency include anemia; insomnia; fatigue; neurological disorders including loss of muscle coordination, numbness or tingling of the hands and/or feet, and difficulty walking; memory loss or dementia; ringing in the ears; psychosis, anxiety; depression; irritability; cardiovascular disease; and elevated blood concentrations of homocysteine.

TRYPTOPHAN

Signs and symptoms of inadequate tryptophan intake may include psychiatric disorders including depression, anxiety, irritability, impatience, impulsiveness, and/or bipolar disorder; insomnia; inability to concentrate; weight gain; overeating; carbohydrate cravings; and slow growth in infants and children.

ZINC DEFICIENCY

Signs and symptoms of deficiency include weak nails; white streaks or spots on the nails; skin lesions that resemble acne; rashes; hair loss; poor wound healing; diarrhea; irritability; anxiety; depression; loss of taste and appetite; impaired immune function; osteoporosis; growth failure in children; hypothyroidism; chronic fatigue; and night blindness.

ORAL CONTRACEPTIVES

Oral contraceptives (i.e., birth control) may increase the risk of multiple deficiencies including vitamins B2, B6, B9, B12, vitamin C and E and the minerals magnesium, selenium, and zinc.

DHARMA Wellness Center

Vitamin Test Call: 662-3120



Choose Lasting Wealth

“Imagine an economy in which life is valued more than money and power resides with ordinary people that care about one another, their community and their natural environment,” says David Korten, Ph.D., the co-founder of Positive Futures Network and author of *Change the Story, Change the Future: A Living Economy for a Living Earth*.

“When we choose real wealth,” says Korten, of Bainbridge Island, Washington, “we can have exciting hobbies and adventures; work that challenges and stimulates us; and spiritual connection with a universe that’s infinitely larger than a stock portfolio. Instead of more stuff in our already-stuffed lives, we can have fewer things, but better things of higher quality—fewer visits to the doctor and more visits to museums and friends’ houses.”

Step One: Taking Inventory of Our Stuff

Suze Orman, owner of the Suze Orman Financial Group, in Emeryville, California, and the bestselling author of *The Courage to Be Rich: Creating a Life of Material and Spiritual Abundance*, ponders whether having stuff is worth it and

suggests we take an inventory of what we own. “Think about the value of each object—what it cost you when you bought it, what it’s worth in dollars today, and what it’s worth in an Earthly, material representation of who you are now,” she says.

Orman suggests that we go through every closet and cupboard and recycle or throw away items that no longer serve us well, and then reconnect with items we cannot part with, such as family mementos. “Think of these items so precious to you and how little, in fact, they cost you,” she says. In this way we define for ourselves the true meaning of worth, and it’s never about the stuff. Once we have a handle on what we own, it’s time to turn to what we want and how we can get there.

Step Two: Re-Evaluating Life Goals

Just as we would do a personal financial assessment before we make plans to achieve financial goals, a life audit helps us determine our priorities for living happily and productively. Ximena Vengoechea, a design researcher for Twitter, Inc., in San Francisco, recently did this using 100 sticky notes during one dedicated afternoon. She wrote a single wish, one thing she’d like to do, on each note.

During this “spring cleaning for the soul,” as she calls it, Vengoechea reaffirmed her thirst for learning and adventure. Taking it a step further, she analyzed how she spent her time and how often she saw the people most important to her,

How we spend our days is, of course, how we spend our lives.

~Annie Dillard



TRUE WEALTH

Living a Life We Love is Real Affluence

by Judith Fertig

Traditional economics has us thinking in opposites—in terms of assets and liabilities. We consider the value of the material things we’ve accumulated: We add up our assets, which may include stocks, bonds, real estate, bank accounts and retirement savings. Then we subtract what we owe: Our liabilities may include a home mortgage, credit card debt, insurance premiums and student and vehicle loans. The balance is deemed our net worth. Figured this way, our net worth changes every minute and can sometimes shift dramatically.

There is a better way to assess our wealth, because we are overlooking, dismissing or squandering valuable resources and benefits such as time, personal health, spiritual well-being, social connections or community in order to buy temporal things that will only depreciate over time.

Golden, Colorado, author David Wann explores this theme in his book *Simple Prosperity: Finding Real Wealth in a Sustainable Lifestyle*. He remarks, “The U.S. may be on top when it comes to spending, but we also lead the world in debt per capita, children in poverty, percent of people in prison, obesity and infant mortality.” In fact, the U.S. has recently been ranked 42nd among countries in longevity—right below Guam and just above Albania.

“So where is all the spending really getting us?” he asks. “We need to be getting more value out of each dollar, each hour, each spoonful of food, each square foot of house and each gallon of gas. The secret of success at the local, national and global scale is not really a secret; it’s in plain sight, and it’s called moderation.”

mapping the data as pie charts. She discovered that most of her time was spent in work-related activities and not enough in adventure or seeing the people she loved. Drawing it up in the visual medium of charts helped her identify her life goals and see the changes she needed to make. Doubtless, we can all find better ways to utilize our assets.

Our Time

Arianna Huffington, of New York City, founder of *The Huffington Post*, knows firsthand about having so many demands on our time that days feel rushed, which can increase our stress and negatively impact our productivity. She says, “On the flip side, the feeling of having enough time, or even surplus time, is called ‘time affluence’. Although it may be hard to believe, it’s actually possible to achieve.” Huffington recommends simple steps like getting enough sleep and putting time limits on work and online activities.

Belinda Munoz, a social change activist in San Francisco who blogs at *TheHalfwayPoint.net*, observes, “Time is neutral. We either use it wisely or waste it, so the onus is on us to make it an asset.” Munoz can both let go of stress and be more productive when she blocks out day parts. “When I focus, I shut out interruptions, stop feeling rushed and get my work done with ease,” she says.

Our Health

One high-impact way to support personal health is to value food more, maintains Wann. “We need to spend more of our household budget for food, not less,” he says. “By rearranging both our household and national expenditures, we should give a higher priority to fresh, healthy food and a lower priority to electronic gadgets, shopping, cars, lawns and even vacations. Our overall expenses don’t have to go up, they just need to be realigned with our changing values. By choosing higher quality food and supporting better ways of growing it, we also begin to reshape the American culture,” he says.

Our Community

The community, rather than the stock market, is the better source of real wealth—both personal and global—maintains Korten. “Your community economy is part of the glue that binds people together. It’s the key to physical and mental health and happiness.” Giving less control over our financial well-being to Wall Street and more to Main Street will help us think in terms of livelihoods, instead of mere jobs. For Korten, this equates to not only how we make money to live, but also how we live—valuing our homes, communities and natural environment.

Priceless social capital comes from investing our time and money in local communities. Korten observes how, when freely and wisely spent, these efforts can lower crime rates, make schools more productive and help economies function better. Korten cites Oakland, California’s Well-Being in Business Lab, which works with the Greater Good Science Center at the University of California, Berkeley, to provide



Finding and doing what “lights us up” will bring us abundance.

~David Howitt

local communities with a research-based model for prosperity. In socially abundant communities and nations, individuals don’t have to earn as much money to be comfortable, because their quality of life is partly provided by the strength of social bonds.

Heeding the Call to Change

Finding and doing what “lights us up” will bring us abundance, claims David Howitt in *Heed Your Call*. The Portland, Oregon, Meriwether Group entrepreneur who consults for consumer companies, maintains that finding our heroic purpose (that heart-centered thing we feel we were meant to do) is the first step toward true wealth. Howitt says the secret is in one small word—and. Instead of choosing either/or, our world expands with “and”. He urges us to integrate the intuitive and analytic parts of ourselves: “poet and professional, prophet and profit, soul and success.”

It’s not just about philanthropy, but truly making your community and your world a better place through your work, he observes. “You’re doing good in the world, and when you live that way, money follows you.”

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

Conducting a Life Audit

by Ximena Vengoechea

Here’s one approach to doing a life audit in order to both discern more keenly what’s important and figure out how to allocate resources better to make those things happen.

Step 1: Take a few hours and 100 sticky notes. Write a wish—something you’d like to do or have happen in your life—on each one. Arrange them on a flat surface.

Step 2: See what patterns evolve. Rearrange the notes by themes or categories, such as family, physical health, adventure, profession, giving back and skills. Those that contain the most notes indicate the realm of your most powerful wishes.

Step 3: Evaluate your time. Take stock of a typical day, week and month to analyze how you are spending it.

Step 4: Prioritize. Some wishes need to be fulfilled every day or soon, while long-term wishes aim for “someday”.

Step 5: Make a plan. Just as with a smart financial strategy, which typically involves investing money over time, you can now allocate your time to make your wish list happen.

For more details, visit Tinyurl.com/ExampleOfLifeAudit.

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Grateful for EVERYTHING

Create an Attitude of Gratitude All Day Long

The secret to happiness and finding the enduring joy we all seek is Thanksgiving—the simple act of continually giving thanks. To realize wonderful positive outcomes, up to and including seeming miracles, do one thing: Show gratitude all day long. Seeing everything in a new light, through a refreshing prism of love and appreciation, imparts a deep inner well of peace, calm and joy, making us feel more alive.

We can feel that way every day, in every aspect of life, awaking each morning excited to create the day ahead and enthusiastic about each moment and then falling asleep at night embracing a profound feeling of gratitude for all the good we know and have. Happiness is contagious and becomes an upward spiral of joy naturally shared with others.

Start today by launching a daily gratitude journal. This single action, the simplest and quickest way to get results, will foster a habit geared to change everything forever. It fills up our love tank, sparks success and benefits everyone. To embrace better relationships, health, clarity, life and tangible and intangible wealth:

- Set a daily time for journal writing.
- Pick a handful of things that prompt gratitude that day. Perhaps begin with people that support you in some way. Everything counts, from expressions of beauty to basic conveniences. Eventually the daily list will grow, generating the joy of gratitude at ever-higher levels.
- It's important to write with love and joy, because such feelings create your

world. Even if something's a work in progress, like encouraging steps in a relationship, focus on what makes you feel good and want more of and you'll start seeing more evidence of them.

■ Elaborate in detail about a particular thing that earns extra gratitude. This carries more benefits from intense feelings than creating a list. When we see how blessed we are with what we already have, it creates more of what we are grateful for, generating an endless cycle of gratitude.

■ Take notice of the surprises and little miracles that occur, and be sure to make note of them to evoke an even stronger level of awe and gratitude.

Robert Emmons, Ph.D., of the University of California-Davis, a leading authority in researching the science of gratitude and its impact on well-being, instructs his study participants, "Be aware of your feelings and how you 'relish' and 'savor' this gift in your imagination. Take the time to be especially aware of the depth of your gratitude." In other words, don't hurry through this exercise like a to-do list.

An all-day-long attitude of gratitude ramps up our awareness of life's pleasures. It takes an already good life to a whole new zone of zest.

Mary Lynn Ziemer is a master of Advanced Life Concepts, certified life and business coach, motivational speaker and author, with more than 30 years as an entrepreneur and corporate executive at two Fortune 100 companies. Connect at LivingAJoyfulLifeNow.com.

20 Best Foods for FIBER



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

But few people are getting enough.

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

—Dr. Steven T. Castille

Natural Facial Essentials

Few Skincare Product Labels Tell the Whole Story

by Linda Sechrist



At age 25, Paula Begoun, author of *The Original Beauty Bible* and other bestselling books on skincare, makeup and hair care, read her first label on a skincare product she was using. Although she'd tried many different products to control her acne and eczema since age 11, she hadn't thought about the contents, which was partially why she was distraught to discover that acetone (nail polish remover) was the fourth ingredient listed.

That moment became the inspiration for Begoun's lifetime devotion to skincare research and education and customer advocacy. Today, as founder of the Seattle-based Paula's Choice Skincare, she continues to help women understand when product claims are misleading or factual.

Buyer Be Aware

One of Begoun's core conclusions is that the terms organic and all natural are largely responsible for fueling the misconception that all synthetic ingredients in cosmetics are automatically bad and that all organic or natural ingredients are automatically good. She further notes that many products labeled organic and

The skin, your protective organ, is meant to be "worn" for life. It is not a luxury, but a necessity to take the best possible care of it.

~Charlene Handel

natural include synthetic chemicals, meaning that the term organic doesn't apply to the entire formula. Fragrances are common synthetic ingredients, as is the triethanolamine that's often used to adjust the pH or as an emulsifying agent to convert acid to a salt, or stearate, as the base for a cleanser.

To help consumers avoid overpaying for skincare products which may

not be as natural or organic as touted, Begoun encourages skepticism regarding marketing messages. She suggests that an important key is to choose the best formulation for an individual's skin type and specific skin concerns.

"There are no U.S. Food and Drug Agency-approved standards for the organic labeling of skincare products sold in salons and spas or over-the-counter. The cosmetics industry hasn't agreed on one set of standards either. U.S. Department of Agriculture certification is cost-prohibitive for most small cosmetic companies that use clean, certified organic ingredients, so some uncertified organic products exist and it's wise to read labels," explains Elina Fedotova, founder of the nonprofit Association of Holistic Skin Care Practitioners. She counsels that we Google

any unfamiliar ingredient to learn if it's toxic or safe.

Fedotova, a cosmetic chemist and aesthetician who makes her professional skincare line, Elina Organics, by hand in a laboratory, compares the difference between salon and commercial products to fine dining versus fast food. "Salon products are made in far smaller quantities than mass-produced brands and offer higher concentrations of ingredients. They are generally shipped directly to the salon and have a higher turnover rate. Because they don't have to be stored for indeterminate periods or endure warehouse temperatures, they are fresher and more potent," she says.

Although a facial can easily be performed at home with salon or commercial products, Fedotova, who owns spas in Chicago and Kalamazoo, Michigan, recommends having a professional facial every four to five weeks. Charlene Handel, a certified holistic esthetician, holistic skin care educator and owner of Skin Fitness Etc., in Carlsbad, California, agrees.

Sequenced Steps

Handel chooses treatments that penetrate and nourish the layer of skin below the epidermis, the outermost layer, consisting of mostly dead cells, with 100 percent holistic (edible) products and freshly brewed organic tea compresses. "Without a gentle exfoliation, the first step in any effective facial, not even skincare formulas with penetration enhancers, can nourish the lower layer of live cells. One key nourishment among others is vitamin C, an antioxidant which brightens, protects against sun damage and promotes collagen production," advises Handel.

She explains that skin cells produced in the deepest layer gradually push their way to the epidermis every 30 days and die. Dead cells can pile up unevenly and give the skin's surface a dry, rough, dull appearance. As we age, cell turnover time increases to 45 or 60 days, which is why gentle sloughing is necessary. This can be done at home three times a week with a honey mask.

Another form of exfoliation performed in a salon uses a diamond-tipped, crystal-free microdermabrasion

machine to gently buff away the surface layer of skin.

An additional option is a light glycolic acid and beta hydroxy acid treatment. This can be purchased over the counter or prepared at home using organic papaya (glycolic) and pineapple (beta hydroxyl) for more even skin tone. These treatments, sometimes referred to as acid peels, can be applied to the face for no more than 10 to 15 minutes, typically every two to four weeks or every few months.

Treatment serums, moisturizing lotions and eye and neck creams are all elements of a complete facial. The simplest sequence of application is layering from the lightest to heaviest—eye cream, serum and moisturizer. Give them a minute or two to absorb. No facial is complete without a sunscreen with zinc oxide or titanium dioxide, applied last.

Linda Sechrist is a Natural Awakenings senior staff writer.

DIY Facial Treats



Elina DIY Facial

Dry complexion: Cleanse the skin with a mix of baking soda and coconut oil. Gently scrub on and rinse off.

Oily complexion: Cleanse the skin using a mixture of yogurt and baking soda. Gently scrub on and rinse off.

Refresh the skin after cleansing with distilled rose water or herbal tea, adding in a few drops each of lemon juice and a favorite essential oil. For dry skin, choose chamomile tea; for oily skin, go with burdock root tea and juniper berry essential oil.

Exfoliate the skin with a gentle, healthy alternative to chemical peels by massaging with organic papaya; its enzymes help dissolve dead cells. It also infuses skin with beta carotene and other beauty nutrients.

After rinsing skin, apply a mashed banana mask, which benefits all complexions by nourishing and moisturizing the skin. It's also high in anti-inflammatory vitamin B₆.

Remove the banana with a wet wash cloth, and then apply a favorite moisturizer. Dry skin does well with coconut oil. For very dry skin, use shea butter or sesame oil.

Use a zinc oxide-based natural sunblock, especially after a facial, because the skin is more sensitive to ultraviolet rays after exfoliation. Eating foods rich in antioxidants helps prevent sun damage.

Source: Courtesy of Elina Fedotova

Fruit Smoothie Mask

Prep time: 15 minutes

Increase sun protection with this antioxidant- and resveratrol-rich soothing smoothie mask. Use fresh, organic ingredients.

6 medium strawberries
12 red grapes
½ banana
1 Tbsp honey

Combine first three ingredients in a standard or bullet blender until mixture becomes creamy. Remove and put in a bowl. Gently fold honey into mixture.

Cleanse face.

Apply mask to skin, preferably with a fan brush, and lightly massage with fingertips for two minutes. Allow to sit on skin for 20 minutes.

Remove mask with warm water.

Follow with organic toner per skin type.

Source: Courtesy of Charlene Handel

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Sharing Our Bounty Food Drives Need Healthy Donations

by Avery Mack

What's on the table can help lower risks of stroke, heart attack, cancer and diabetes, according to the American Heart Association. Not all families are able to afford the healthiest foods, but fatty, high-sugar options can be avoided. The most-needed donations are nonperishable and high in protein, but low in sodium, sugar and fats.

Give the best, most affordable products, according to these tips and the food drive's guidelines. Organic and non-GMO (genetically modified) foods are welcome. Note that not all pantries can store fresh produce, glass containers or personal hygiene items.

"Pantries rely on informed community support," explains Jim Byrnes, director of Pennsylvania's Nazareth Area Food Bank. "Area churches, schools and businesses keep us supplied. We'll help 300 families this year, compared to 100 in 2006, balancing nutrition with practical needs."

California's San Diego Food Bank feeds better choices to 370,000 people each month, including military families, seniors and children. Such community efforts change lives.

Please be generous at the holidays and year-round.

Meat: Tinned tuna, chicken and salmon store easily for use in salads or casseroles, on a sandwich and in whole wheat pasta, brown rice or low-fat stir fries. Avoid the bisphenol-A (BPA) associated with cans and plastic containers. Instead choose BPA-free pouch packaging and cans with BPA-free liners (see Tinyurl.com/BPAFreeCannedFood).

Soup and Stew: Containing meat and veggies, soups and stews provide filling, hearty comfort foods.

Vegetables: Yams and whole-berry cranberry sauce turn dinner into a holiday feast. Add color to the plate with mixed veggies. Lentils, pinto, black and kidney beans in stew, chili or salad provide fiber, calcium, zinc and iron. Spices add zing. Tomatoes, sauce and salsa add flavor; choose glass jar products only in order to be BPA-free, due to the acidic effect on cans.

Pasta, Rice and Grain: In Kansas City, Missouri, Katie Thomas, owner of Crazy Daisy Cleaning, regularly organizes food drives. She says, "Pasta and sauce make a variety of dishes and extend the number of meals." Whole grain pasta, brown or wild rice, quinoa and couscous are better choices than

Search for a generic food item at CalorieCount.com to see how brand-name products rank in nutritional value.

white pasta. Bulgur provides nearly 75 percent of a day's fiber requirement when added to soup or salad.

Cereal: Steel-cut or rolled oats, farina (Cream of Wheat) and grits are low-calorie and nutritious options for a warm start to the day. All can be found as organic; farina in whole wheat or white wheat that is certified kosher. Cold cereals should list whole grains as the first ingredient and be high in fiber and low in sugar, like organic Oat O's.

Snacks: Unsalted nuts, full of fiber, protein and vitamins, are highly prized at food pantries. Packed in juice, fruit cups make a healthy treat. Dried fruit and sunflower seeds are another favorite. Low-salt, low-sugar peanut or sunflower butter packs protein. Honey is a healthy sweetener.

Collecting Party: "A group of us collected and donated 600 pounds of food for babies, pets and adults to Extended Hands Food Bank," says Dee Power, in Fountain Hills, Arizona. For babies, include food without added sugar or salt and single-grain cereal.

Alternative Giving: Especially popular during the December holidays, the Los Angeles Regional Food Bank offers prepacked bags to grocery store patrons, paid for at checkout. Customers can see what's included and the food bank picks them up. (Tip: Cash donations allow lower cost bulk purchases with no need to transport or sort items.)

Non-Food: Make sure the food pantry has storage space before donating wet or dry food for cats and dogs and birdseed; baby wipes, shampoo and soap; and adult soap, deodorant, shaving supplies, toothpaste, shampoo and toilet paper. "A \$5,000 grant gave us added storage space," says Byrnes.

The bottom line is what food pantries need is much the same as what's found in any healthy home pantry—comfortibles rich in flavor, vitamins and fiber and free of unhealthy additives. Please be generous year-round, sharing well beyond the holidays.

Connect with the freelance writer via AveryMack@mindspring.com.

Kristen Bell on Planet-Friendly Living

Eco-Activist Actress Takes Steps that Make a Difference

by Gerry Strauss

From *Veronica Mars* to *Forgetting Sarah Marshall*, her face is unmistakable. Thanks to the worldwide popularity of *Frozen*, her voice is now unforgettable, as well. Kristen Bell, though, believes the greatest contribution she can make is embodying an eco-friendly lifestyle together with her husband, actor Dax Shepard, and their two daughters, finding ways to help the planet survive and thrive for generations to come.



S. Bakley/Shutterstock.com

to be a conduit to support causes I believe in. People don't have to listen... but when they do, helpful things happen.

My approach is to spotlight an issue while also shedding light on a solution. I particularly like talking about childhood malnutrition and telling people about *ThisBarSavesLives* (*ThisBarSavesLives.com*),

which donates a life-saving nutritional packet to a child in need every time we buy this organic, gluten-free snack bar. I love their motto, "We eat together."

What Earth-friendly actions do you and your family embrace in day-to-day living?

Our fun time revolves around being active outdoors. We love hiking as a family, walking a mile to dinner or biking along the river. We often go exploring and make up outdoor games such as: How far can you jump? How far can I throw this? and Let's race! The kids like to get dirty and my husband and I like to breathe fresh air at the end of a workday. We have a garden where the girls and I are learning about growing and caring for edible plants and how to cook what we grow. Our thumbs aren't very green just yet but we are trying.

As PETA's "Sexiest Vegetarian Celebrities" of 2013, why are you and Dax convinced that healthy vibrancy doesn't rely on eating meat?

I have been a vegetarian since I was 11. I have never wanted to eat meat, even before I knew the positive environmental effects of a vegetarian diet. People need to be conscious of what they are eating. Most edible supermarket items aren't real food. I like knowing where my meal comes from and who handles it. It makes both my mind and body feel better.

How did the animated film *Frozen* enable you to reach a larger young audience than ever before?

My goal with the character Anna was to play an imperfect princess, giving voice to the heroine I had been searching for when I was young: Someone who was awkward, clumsy, optimistic, too talkative, caring and didn't have perfect posture. I wanted girls that feel like they don't always fit in to have a fearless heroine to identify with. I want to be a real-life Anna, someone who doesn't apologize for her flaws and stands up for herself and others because she's strong.

Thanks to *Frozen*, I have been invited to do more projects that reach young people. I hope to extend my voice as a trustworthy source supporting projects that can benefit them.

You are passionate about the universal need for water conservation. What steps has your own family taken to be water-conscious?

Living in California and dealing with drought firsthand teaches about water conservation by necessity. We carefully consider how the food we eat directly impacts water use; we all understand that producing meat and dairy is water intensive. Replacing our lawn with AstroTurf cut our household water bill dramatically. We never run water from the tap when we are brushing our teeth, and always 'let it mellow if it's yellow', that is, flush selectively. We even reuse the water used to sterilize baby bottles to water houseplants.

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

Which core beliefs catalyze your passion for consciously stewarding the environment?

I wholeheartedly believe: Every problem has a solution. We are all global citizens. Kindness is always in fashion. We have to laugh at ourselves. There is strength in forgiveness. Honesty without tact is cruelty. No one can make me feel inferior without my consent. Ultimately, we are responsible for one another and for the creatures and places around us.

I felt good about caring for the world around me before I had kids, but now I also derive a ton of self-esteem from being a good example for them.

How has celebrity supported your role in speaking out on behalf of your favorite causes?

I have the rare gift of a public platform, which is amazing to me, since I felt so small and unheard as a child. Social media can be a megaphone, so I use it

Janet M.

New Iberia, LA

I drink wheatgrass.

"Both the human immune system and the plant immune system are fundamentally the same. The more nutrients we absorb, the healthier our body's heal and grow."



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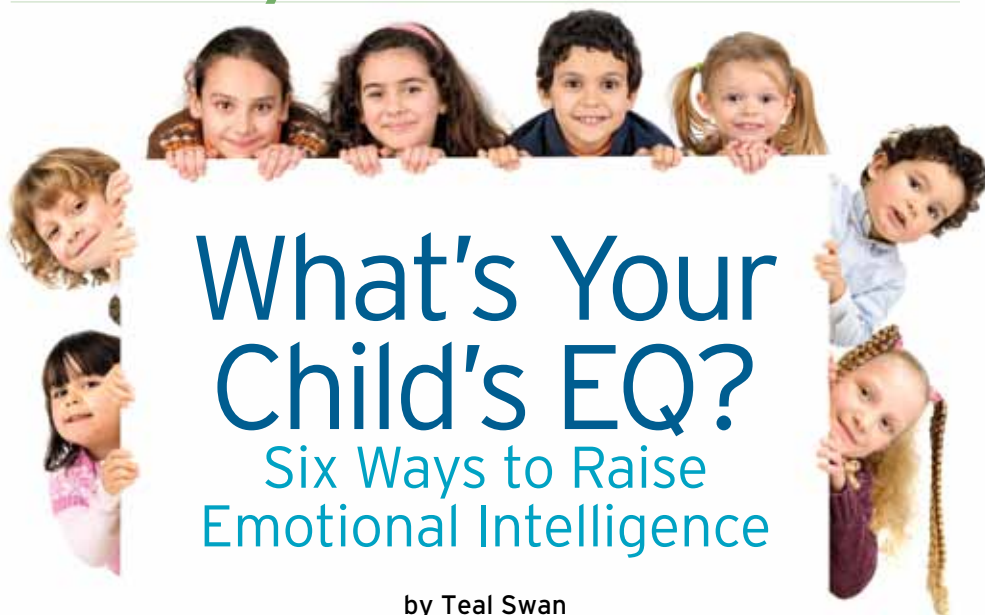
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What's Your Child's EQ?

Six Ways to Raise Emotional Intelligence

by Teal Swan

Much of our identity is shaped in childhood by key events and the emotions and perspectives we associate with them.

All Emotions Count

Emotional intelligence, sometimes referred to as EQ, is often overlooked as a skill set in today's world. The recent animated film *Inside Out* calls attention to effective ways of addressing a child's journey by embracing and better understanding their emotions; particularly those that don't feel positive.

A recent study by the London School of Economics Centre for Economic Performance found that a child's emotional health is far more important in determining future happiness than factors such as academic success or wealth. Parents can help ensure a healthy emotional upbringing by avoiding making three mistakes.

Disapproval of a child's emotions: This involves being critical of a child's displays of negative emotion and reprimanding or punishing the child for expressing them.

Dismissing a child's emotions: This comes across as regarding a child's emotions as unimportant, either through ignoring their emotions, or worse, trivializing them.

Offering little relevant guidance: While parents may empathize, they don't set limits on behavior or assist

each child in understanding and coping with their emotions.

Recipe for a High EQ

Parents can successfully form deeper connections with their kids by recognizing, respecting and acknowledging their emotional range, rather than telling kids they should feel a certain way. Telling someone how they should or shouldn't feel only teaches them to distrust themselves and that there's something wrong with them. As a communication aid, *Inside Out* may speak best to older children, because younger viewers may get the erroneous impression that emotions can control them, rather than that they can control their own emotional reactions.

The recipe for healthy bonding and emotional development is for all parties to model how they value the importance of each other's feelings and respectfully listen for the feelings behind the words. In opening ourselves to being understood, we open ourselves to understanding others. Good parenting involves emotion. Good relationships involve emotion. The bottom line is that emotions matter.

We all struggle with negative emotions from time to time, and the way we address and deal with them influences our emotional health. The goal is to develop a trustworthy emotional connection with the other person that is important to us, which enhances intimacy and the effectiveness of the

relationship in accomplishing good. Using this six-part process of helpful concrete steps applies equally to the children and adults in our lives.

- Become aware of the other person's emotions.
- Care about the other person by seeing their emotions as valid and important.
- Listen empathetically to better understand the way they feel, allowing them to feel safe to be vulnerable without fear of judgment. Seek to understand, rather than to agree or redirect.
- Acknowledge and validate their feelings. We don't need to validate that the thoughts they have about their emotions are correct; instead, simply let them know that it's valid to feel the way that they do. For example, if a friend says, "I feel useless," we could validate them by saying, "I can see how you might feel that way."
- Allow the person to experience their emotions fully before moving toward any kind of improvement. We cannot impose our idea of when they should be ready or able to feel differently. This is when


we practice unconditional presence and unconditional love. We are there as support, without trying to fix them or anything else. Don't be offended if they don't accept support that's offered at this time. A benevolent power is inherent in offering love that exists regardless of what someone does or does not do with it.

- Help the other person to strategize ways to manage the reactions they might be having to their emotions after—and only after—their feelings have been validated, acknowledged and fully felt. This is when we can assert new ways of looking at a situation that may improve the way another person is feeling. This is when advice may be offered.

When done successfully, this process can transform a conflict encountered in a relationship into solid gold.

Teal Swan is the author of Shadows Before Dawn: Finding the Light of Self-Love Through Your Darkest Times, on how healing hidden wounds reveals our authentic selves (TealSwan.com). Inside Out will be released next month on DVD.

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Dangers in the Cosmetic Bag

Choose Safe and Healthy Natural Beauty Aids

by Kathleen Barnes

We all want to look and feel beautiful, often enhancing our best features with assistance from cosmetics. Yet many of us may not be aware of the toxic ingredients contained in products we're using.

"When the Federal Food, Drug, and Cosmetic Act was passed 77 years ago, it contained 112 pages of standards for food and drugs, and only one page for cosmetics," says Connie Engel, Ph.D., science and education manager at the Breast Cancer Fund and its Campaign for Safe Cosmetics, in San Francisco.

While most cosmetic ingredients must be listed on product labels, sometimes their names are hard to recognize, many are toxic and some of the most dangerous ones may not even be listed. Labeled toxins commonly found in cosmetics include endocrine disruptors that can affect our developmental, reproductive, neurological and immune systems. Here are just a few:

Polytetrafluoroethylene (PTFE), also known as Teflon, is found in foundation, pressed powder, loose powder, bronzer, blush, eye shadow and mascara. It can even enhance the toxicity of other chemicals, according to Danish research published in the *International Journal of Andrology*, and due to its fluorine base, can disrupt iodine absorption, contributing to breast disease including cancer.

Butylated hydroxyanisole (BHA) and its cousin, hydroxytoluene (BHT),

are common preservatives found in lip products, liquid makeup and moisturizers that the European Commission on Endocrine Disruption cites as interfering with hormone function. They've also been shown to cause kidney damage, according to research from Spain's Universidad Autónoma de Madrid.

Formaldehyde in many forms, including quaternium-15, coal tar, benzene and mineral oils that are prohibited in the European Union and Japan, are classified as carcinogens by the International Agency for Research on Cancer.

These examples represent the tip of the iceberg of toxic chemicals of concern commonly used in cosmetics. They further range from allergens and substances that cause non-cancerous and cancerous tumors and organ toxicity to developmental and reproductive impairment, miscarriage and bioaccumulation leading to toxic overload when not excreted.

Fragrances don't have to be included in label ingredient lists, constituting another major concern, explains Engel. "Most cosmetics, even eye shadow, contain fragrance, and those fragrances can contain several dozen unlabeled ingredients, including hormone-disrupting phthalates."

The European Union is the authoritative source on all of these issues. Based on its CosIng (cosmetic ingredients) database accessed via ec.europa.eu/consumers/cosmetics/cosing, it has

banned scores of toxic chemicals from makeup sold in EU countries.

Safe and Healthy Alternatives

Fortunately, safe alternatives are available to enhance our natural beauty. "Become an educated consumer and read the list of ingredients," advises Janice Cox, the Medford, Oregon, author of *Natural Beauty at Home*. "Fewer ingredients and organic components mean safer products."

Better yet, we can make our own more natural beauty aids. "One advantage of making your own is that you're in control. You know yourself and your skin and sensitivities," says Cox. DIY products are easy if intense color isn't a requirement. "The color many people want is hard to produce with kitchen ingredients," Cox explains. "You can make clear mascara and eyebrow tamer with castor oil. It's easy to make lip balms and maybe get a little color by adding berry juice or beet root powder."

For those that want the look of high-quality makeup without toxins, other good alternatives come into play, says Hollywood makeup artist Lina Hanson, author of *Eco-Beautiful*. "I had been working in the industry for several years before I discovered the toxic ingredients in makeup; I was shocked," she says. Equally unsettling, "I also learned that many of the ingredients allowed in the U.S. are banned in the European Union because of their toxicity."

That knowledge launched Hanson's quest to create safe, organic, beauty-enhancing products for women, celebrities and everyday people alike. "So many people these days pay close attention to what they put in their bodies, but not everyone is as careful about what they put on their bodies," she says. "I want people to understand that you don't have to sacrifice beauty in going green."

Hanson warns against so-called "natural" cosmetics that abuse the term and may include harmful preservatives and synthetic ingredients. She assures, "Any product labeled 'USDA certified organic' contains 100 percent organic ingredients." Her book mentions numerous brands she recommends.



Beauty Bonus Tip

Healthy, moisturized skin is essential to natural beauty, many experts agree, noting that younger women need to unclog pores to prevent acne. They don't need much moisturizing, but skin generally becomes drier with age, making good moisturizers important. Cox recommends jojoba oil to effect glowing skin. Hanson likes coconut oil, although she recommends rubbing it in, removing make-up and then taking it off with a hot, wet towel.

The Campaign for Safe Cosmetics (SafeCosmetics.org) has created a helpful app for iPhone and Android users at ThinkDirtyApp.com. Simply download it and scan a store item's barcode to immediately access information on the product's toxic ingredients, along with recommendations for healthier alternatives.

Kathleen Barnes is the author of many natural health books, including Food Is Medicine. Connect at [Kathleen Barnes.com](http://KathleenBarnes.com).



DIY Island Lip Gloss

1 tsp grated beeswax
1 tsp grated cocoa butter
1 tsp coconut oil
1 tsp macadamia or other nut oil
1 tsp light sesame oil
1/8 tsp vitamin E oil

Choose organic ingredients when possible. Melt ingredients together in a double boiler or microwave. Add a pinch of beetroot powder for color. Stir well until all are mixed. Store in a small, clean container.

Recipe courtesy of Janice Cox, EcoBeauty

Toxic Ingredients to Avoid

- Benzophenone
- Butylated compounds, including BHA, BHT
- Carbon black
- Ethanolamine compounds including DEA, MEA, TEA
- Formaldehyde-releasing preservatives (quaternium-15, imidazolidinyl urea)
- Heavy metals, including lead (may not be labeled)
- Phthalates
- PTFE (Teflon)
- Silica
- Talc
- Titanium dioxide
- Triclosan

Source: Campaign for Safe Cosmetics

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Detoxifying Foot Bath

It all starts when you put your feet in the water. But it doesn't stop when you take your feet out.

The detoxifying foot bath produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins. This allows for the release of these toxins through the 4,000 pores in the feet. Your body will continue to detoxify for up to 48 hours after treatment.

Water is of particular importance to the functional performance of the body. Water makes up about two thirds of the body's weight, and it is used as a solvent in which chemical reactions take place— as a solvent for waste matter which passes out of the body in a solution; for transporting substances around the body (water is a major part of blood and lymph); and as a means of keeping cool. In the 1930 s Dr. Royal Rife conducted research which concluded that certain electrical frequencies could prevent the development of disease, while other electrical frequencies can completely destroy certain viruses, bacteria and other pathogens.

How does it Work?

The foot spa contains water, a saline solution and an electro-magnetic device called an "array." You place your feet in the bath of lukewarm water that has a small amount of salt added, in the form of a solution, which aids the conductivity of the water. When the system is switched on, the array immersed in water creates a series of positive and negative ions – electrons. The body will absorb the electrons and a natural rebalancing of the cells in the body will take place.

While you are relaxing, the water will immediately start to change color as millions of ions enter your body and begin to neutralize tissue acid wastes. The color change and sediment you see in the water is produced by the ionization interaction of the current flow—the metal in the array and the toxins in the water and body. Negative and positive ions attract toxins and are released from the body via osmosis. This has a very effective way of cleansing the body from toxins. The benefits of the detoxifying foot bath are detoxification, stimulation and balancing of the body's energy meridians, and ATP production. ATP has natural body chemicals that extract energy from your food and makes it available for numerous physiologic functions in the body. You will feel great, sleep better and have more energy. If nothing else works you get a relaxing foot bath.



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Barre Your Way to Better Fitness

Ballet-Inspired Workouts Create Long and Lean Muscles

by Lynda Bassett

Imagine having a ballerina's physique, grace, strength and flexibility. That's the potential of barre.

"Barre is a combination of ballet, yoga and Pilates principles. We use small, isometric movements to temporarily fatigue muscles and make them long and lean. The so-called fatigue is what causes muscles to shake, and therefore, change," explains Nadia Yokarini-Kotsonis, a certified barre instructor at Physique Fitness Studio, in Grove City, Ohio. Students use a ballet barre to support themselves while doing the exercises.

Yokarini-Kotsonis is among many former dancers that have embraced barre fitness. Trained in ballet, tap, contemporary and traditional dance in Athens, Greece, she discovered barre when she moved to the U.S. "I fell in love with how challenging it was and the effects and changes I saw in my body. I got certified a year later and have been teaching ever since. I'm still in love

with practicing it, no matter how tired I might be beforehand," she says.

Rather than a cardiovascular regimen, "Barre is good for developing core strength. You gain overall flexibility, muscle strength, improved posture and range of motion," says Lisa Juliet, West Coast regional director of the teacher certification program (*Barre Certification.com*).

Not Just for Dancers

While barre has had some U.S. presence since the 1950s, "It's having a resurgence now," says Charlene Causey, a certified natural health professional and ballet body barre instructor in Pueblo, Colorado.

Newfound interest began on both coasts and is quickly becoming a Midwest mainstay, according to Yokarini-Kotsonis, who says it's one of the most popular classes she teaches, and other studios are following suit. She remarks, "Everyone wants to offer barre, and

everyone wants to come to a class and see what it's about."

"Seniors love it because barre helps improve their balance. It's also perfect for people working to overcome injuries," says Juliet. She notes that while women are predominant in classes, the tide is turning a bit toward more gender equity. "Men that enter classes as skeptical come out sweating." One recently earned his barre teaching certificate.

Benefits of Barre

"What makes this workout brilliant is that the classes are designed to fit the goals and ability levels of all participants. Each set of exercises provides options ranging from the beginner to the more advanced barre enthusiast. Effective, yet safe, low-impact techniques provide ongoing challenges," says Causey.

Those that regularly practice realize many positive effects. "Your body becomes long and lean, similar to a ballet dancer's. You learn to stand tall and become stronger with each class," says Yokarini-Kotsonis. However, don't expect it to be easy. "Even when you do it every day, you'll still find it extremely challenging," she adds.

Most teachers individualize modifications for beginners. "I tell my students to do what they can. There's no judgment here," says Causey.

Many yoga teachers offer barre classes as a beneficial complement to other sports and activities such as running. "It supplements your other endeavors," notes Causey. Today's barre classes feature bare feet and typical workout wear, specialized equipment and props, contemporary music and of course, the ballet barre. The whole experience is highly positive and upbeat, says Causey.

Most fitness experts would agree that it's good to add variety to workouts, and trying something new adds spice to the mix. Plus, for those that keep at it, says Yokarini-Kotsonis, "Barre can be the fastest results-oriented program you can undergo. Expect to see a change in your body in a month if you attend three to four classes a week."

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



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naturalpet



Choosing the Perfect Pet

Not Just Any Dog or Cat Will Do

by Sandra Murphy

The old line, "He followed me home, can we keep him?" used to get a kid a dog or cat of his own. In today's homes, it's not that easy. Choosing a pet is a personal choice not to be taken lightly nor made on another person's behalf. A surprise pet is a bad idea.

Rather than gift a pet during the holidays or at any other time, give a coupon to be redeemed after extensive and careful consideration. Involve the whole family in listing pros and cons, deal breakers and must-haves. Lifestyle adjustments by everyone are to be expected, but pets shouldn't make all the sacrifices. Available time and space, daily routines and costs all matter in determining the perfect pet.

Temperament

Account Coordinator for z11 Communications, public speaker and author Michael Holtz, of Knoxville, Tennessee, admits he would've fallen in love with any dog. His wife, Sarah, searched to find the one that would work best for them. Based on past experience, Sarah knew that she didn't want a herding, massive, shedding or miniature pet. She was drawn to Labrador types and found Marley, a golden/basset mix rescue that moved in as Michael was undergoing cancer treatment.

"She's calm, playful and wants to be near, but doesn't smother, is stubborn, yet trainable, and mostly obedient," Sarah says. "Plus, she's content to nap or go on three-mile walks. Walking Marley helped Michael's recovery after surgery. She was good with just sniffing the green off of a blade of grass until he was ready to head home."

Size

Small dogs and those that need extensive grooming were

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on Melinda Carver's no-adopt list. "I read books, visited websites, shelters, adopt-a-thons and rescue groups," she says. "As a single person with a full-time job, I wanted a dog that would fit with my work, volunteer and exercise schedules." Riley, a bloodhound/Lab mix, fit the bill.

Shelter workers can project how large a dog will get when fully grown, as well as their temperament and other breed traits. Carver was cautioned that Riley was an active animal, needed long walks and would ultimately top 100 pounds. Now age 11, he's a companionable 135 pounds. "I was surprised at how easy it was to change my routine to accommodate playtime, mile-long walks and training. He's laid back and gentle for his size," comments Carver, a blog talk radio show host in Parma, Ohio.

Danielle Nay, an expat from the UK, researched for two years before choosing Freeway, her neighbor-friendly low-chen. He's a mid-size dog, big enough to be a manly companion, but the right size for a high-rise apartment. "When his humans are busy, Freeway flings his own ball down the hall and then runs after it," she says.

Not Quite Perfect

The perfect pet doesn't have to be perfect in looks or health. Dorie Herman, of Jersey City, New Jersey, a graphic designer

When a dog or cat won't do, try something in a tank—freshwater fish, lizards or hamsters.

for Martha Stewart Living, in New York City, is the human behind Chloe Kardoggian, a Chihuahua and puppy mill rescue, age 11, which she describes as "three pounds, two teeth, one giant tongue and an Instagram sensation." Due to poor nutrition, mill dogs often lose their teeth as young adults, causing their tongues to hang out. She advocates for older dogs and an adopt/

don't buy policy. "With senior animals, you know what you're getting. They have personality," says Herman. "With my work schedule, I wanted an older pet, small and piddle-pad trained."

Take Two

Herbert Palmer, of Morris Plains, New Jersey, now with Green the Grid Group, worked for a moving company when three kittens showed up near the loading dock. A co-worker took one. Not in the market for a cat, much less two, Palmer tried to find them good, safe homes. After five days, he realized, Lucky and Day had a home—with him. "Sometimes we adopt them. Many times they adopt us," he confides.

Falling in love doesn't depend solely on what looks good on paper. Everyone deserves to find their "heart" pet—when that first exchanged look proclaims, "He's mine."

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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Thursday November 5

30th Annual Port Barre Cracklin Festival –5-10pm. Thru 10:30am-6pm Sun Nov 8. Enjoy food, Cajun, Zydeco and Swamp pop music, carnival rides, arts and crafts, and a beauty pageant. \$5. Port Barre Lions Club. Veterans Park, 504 Saizan Ave, Port Barre. 337-585-6673.

I Love You, You're Perfect, Now Change –7:30 p.m. Thru Sunday November 8 –3pm. A musical comedy by Joe DiPietro and Jimmy Roberts. The Iberia Performing Arts League (IPAL). Sliman Theater, 129 E Main St, New Iberia. 337-364-6114. IpalTheater.com.

Festival of Words 2015 –Thru Saturday November 7. Literary readings by authors, creative writing workshops and interact with authors on a community stage including open mics, and drive-by poetry. Patrice Melnick. Grand Coteau and surrounding area. 337-254-9695. FestivalOfWords.org.

Friday November 6

23rd Annual Holy Ghost Creole Festival Bazaar – 10am-10pm. Thru Sunday Nov 8. Live Creole/Zydeco music, Creole food favorites, Gospel choir concert, a 5K run, a parade, raffles and games. Free. Holy Ghost Catholic Church, 788 N Union St, Opelousas. 337-942-2732.

Frank's International 4th Annual Chili Cook-off – 11am-1pm. Prizes awarded for best chili and exotic categories for spirit and costumes. \$5. United Way of Acadiana. Blackham Coliseum, 2330 Johnston St, Lafayette.

17th Annual Step-N-Strut Trail Ride – Thru Sunday Nov 8. Celebrate Creole culture with good music, food, and great company. Enjoy camp style cooking, local vendors and Zydeco dances. Zydeco Park, 437 Zydeco Rd, Plaisance. 337-351-6491.

Saturday November 7

Jungle Gardens 5K – 8am-5pm. A race on the paved road throughout the gardens. Entrants get a full day pass. Jaryd Lane performs. St. Jude children's research hospital. Jungle Gardens, Hwy 329, Avery Island. 337-993-9377. JungleGardens5k.com.

Insane Inflatable 5K –8:30-1:30pm. A wild 5K obstacle course of inflatables. Evangeline Downs Grounds, 2235 Creswell Ln Ext, Opelousas. 337-594-3000.

Shadows Civil War Encampment – 9am-5pm. Thru Sunday November 8. Re-enactors demonstrate the life of soldiers during the Civil War. Shadows-on-the-Teche, 317 E Main St, New Iberia. 337-369-6446. ShadowsOnTheTeche.org.

Great Chili Challenge – 10am-2pm. Family fun includes arts & craft booths, activities, silent auction, open car & truck show and music. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-365-9303. IberiaPregnancyCenter.com.

Hero Celebration – 10am. Recognize, honor and show our appreciation for veterans. Food, games, fun jumps and hay rides. Northside Assembly of God, 809 E Northern Ave, Crowley. 337-783-3620.

Stories on the Steps –10am-12:30pm. Local authors and storytellers in a two and a half hour storytelling marathon. Iberia Parish Library and the Friends of the Library. Main Library, 445 E Main St, New Iberia. 337-364-7024. IberiaLibrary.org.

2nd Annual St. Joseph Church Bayou Boogie Fest –4pm. Live music by Nik L Beer Band, Sweet Cecilia and The Forest Huval Band. Free. St. Joseph Church, St. Joseph Church, 2250 Cecilia Senior High School Hwy, Breaux Bridge.

Sunday November 8

17th Annual Bark In The Park –12-5pm. Learn the importance of pet spaying and neutering, micro-chipping and vaccinating. Free. Acadiana Animal Aid. Girard Park, 500 Girard Park Dr, Lafayette.

Monday November 9

CASA of SoLA 4th Annual High School Basketball Jamboree – 5pm. Thru Thurs Nov 12. A total of 36 high school basketball teams compete for a championship. \$5. Court Appointed Special Advocates of South Louisiana. Earl K. Long Gym, 500 E St Mary Blvd, Lafayette.

Wednesday November 11

Veterans Day Memorial Ceremony – 6-8pm. Honor veterans with proclamations, a 21 gun salute, a flag raising and prayer service. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Oil Center After Hours Concert Series –5:30pm. Enjoy a great concert. Free. Heymann Memorial Park, 700 Girard Park Dr, Lafayette.

Thursday November 12

Winter Hummingbirds by Dave Patton –5:30pm. Dave Patton teaches about the Ruby-throated hummingbirds that leave for Central and South America and which species migrate to the Gulf Coast. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette.

Saturday November 14

Atchafalaya Basin Festival – 9am. Live music and family fun include a car & truck show, cook-off, arts and crafts, live and silent auction, food and football game on a large screen. Henry Guidry Memorial Park Amy, Henderson. 337-205-2443. BasinFestival.com.

Holiday Shoppe – 10am-3pm. A craft and vendor holiday fair with 60 vendors, food trucks, vendor giveaways, sweets and entertainment. Cyr Gates Community Center, New Iberia City Park, 300 Parkview Dr, New Iberia. 337-577-2117.

Southern Soul Food Showdown – 10am-5pm. A finger licking family oriented food festival with refreshments. Mon Ami, Grand Marais, 7304 E Hwy 90, Jeanerette. 337 365-8185.

Seeds to Success Seed Scatter Fundraiser – 1pm. A grand prize give away, silent auction, bake sale, and activities for the kids. \$10/seed. Benefit for housing and life skills of former foster care youth. Optimist Club, 202 Optimist Rd, Lafayette.

Sunday Nov 15, 2015

Chili & Gumbo Cook-off – 3:30pm. Enjoy great chili and gumbo, live music, fun jumps and games. Operation Christmas Child. The Bayou Church, 2234 Kaliste Saloom, Lafayette.

Thursday November 19

Winter Holiday Market – 5-8pm. Seasonal Market. Bayou Carlin Cove Boat Landing and Pavilion, 605 S Railroad St, Delcambre. 800-884-6120 ext 7. DelcambreMarket.org.

Friday November 20

El Festival Espanol de Nueva Iberia – 6-9pm. Thru Sunday November 22. Celebrate Spanish roots with the "Running of the Bulls" 5K and 1 mile fun run, re-enactment Spanish arrival on Bayou Teche, paella and tapas cook-off, arts and crafts, Spanish family genealogy and exhibits. Boulogny Plaza/Steamboat Pavilion, 102 W Main St, New Iberia. 337-349-7343.

Saturday November 21

Hospice of Acadiana's Gigantic Garage Sale – 8am-4pm. Household items, toys, sporting goods and jewelry for sale. Presented by Acadiana Advocate. \$5. Hospice of Acadiana's indigent patient fund. Lafayette Event Center, 4607 Johnston St, Lafayette. 337-232-1234.

Run Live Oak for Hearts of Hope –9am. Run or Walk 1k, 3k or 10 k on a beautiful trail. \$30. Hearts of Hope. Live Oak Plantation, 22134 Live Oak Rd, Abbeville. RunLiveOak.com.

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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 or 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.

monday

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

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

Adult Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recre-

ation Center, 1919 Eraste Landry Rd, Lafayette.

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.

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.

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.

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.

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

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

Lafayette Farmers & Artisans Market – 4-7pm. Thru November 25. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products. Parc Sans Souci, Downtown Lafayette. MarketattheHorseFarm.com.

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.

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

thursday

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

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

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

friday

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

Downtown Alive 5:30-8:30pm. Thru November 25. A favorite Friday night live music tradition of dance with food and beverage concessions. Free. Downtown, Lafayette. DowntownLafayette.org.

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. See Wednesday listing. 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 Arnauld 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.

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

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

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

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

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

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.

Group Music Class – 5-8pm. Cajun fiddle, slow jam, band lab and Cajun band lab classes are Monday thru Thursday respectively starting in June. All ages and abilities. \$20/wk -\$60-\$80/mo. Mitch Reed. The Front Room, 1301 Avenue A, Scott. 337-258-2333.



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I feel much more energetic, my thoughts are extremely clear, and my entire body feels more in balance. Natural Awakenings Detoxified Iodine is the only change in my daily routine over the last 45 days. The way I feel today is better than at any point in my life that I can remember.

~ James

I've been taking this product for over a year and no single supplement, diet or approach (I have tried lots) has had as great an impact as this. I have my energy back, my metabolism is back on track and my mind is clear and the depression has lifted. I love this product and wish more people knew about it. I think many of us are deficient in iodine and it can bring balance to the body. Thank you, thank you Natural Awakenings for offering it!

~ Pamela

Proper iodine supplementation with a high-quality product like *Natural Awakenings Detoxified Iodine* can prevent harm by protecting the thyroid and other endocrine glands and restoring proper hormone production.

A Few Drops Can Change Your Life!



You could **feel better, lose weight or increase energy and mental clarity** with a few drops of *Natural Awakenings DETOXIFIED IODINE* daily in water or topically on the skin.

The supplementation of iodine, an essential component of the thyroid, has been reported to give relief from:

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The Hidden Deficiency

Having the proper amount of iodine in our system at all times is critical to overall health, yet the *American Journal of Clinical Nutrition* finds that iodine deficiency is increasing drastically in light of an increasingly anemic national diet of unpronounceable additives and secret, unlabeled ingredients. This deficit now affects nearly three-quarters of the population.

Causes of Iodine Deficiency

	Radiation Almost everyone is routinely exposed to iodine-depleting radiation
	Low-Sodium Diets Overuse of zero-nutrient salt substitutes in foods leads to iodine depletion
	Iodized Table Salt Iodized salt may slowly lose its iodine content by exposure to air
	Bromine A toxic chemical found in baked goods overrides iodine's ability to aid thyroid
	Iodine-Depleted Soil Poor farming techniques have led to declined levels of iodine in soil

A Growing Epidemic

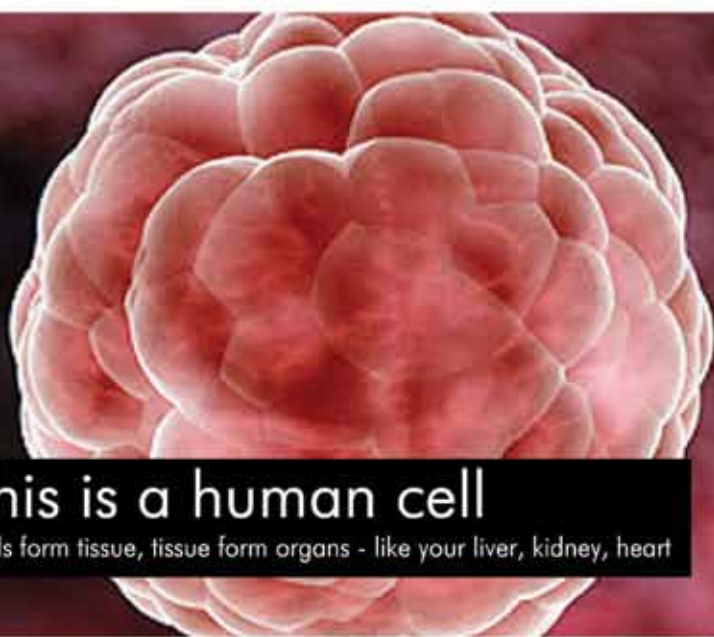
Symptoms range from extreme fatigue and weight gain to depression, carpal tunnel syndrome, high blood pressure, fibrocystic breasts and skin and hair problems. This lack of essential iodine can also cause infertility, joint pain, heart disease and stroke. Low iodine levels also have been associated with breast and thyroid cancers; and in children, intellectual disability, deafness, attention deficient hyperactivity disorder (ADHD) and impaired growth, according to studies by Boston University and the French National Academy of Medicine.

What to Do

The easy solution is taking the right kind of iodine in the right dosage to rebalance thyroid function and restore health to the whole body.

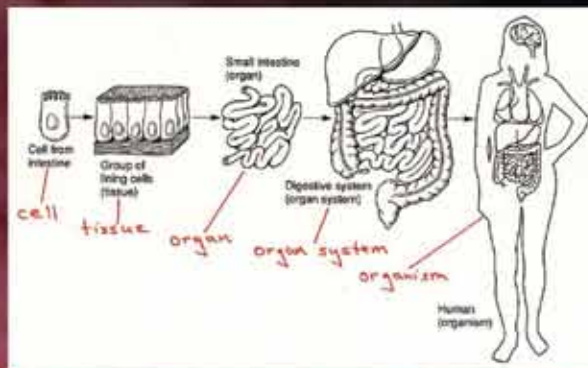
The body can heal if given the proper nutrients, at the proper time, in the proper amount.

living juices - organic juices from raw vegetables and fruit. Living juices feed the cells in the body. They rebuild and repair the body.



This is a human cell

cells form tissue, tissue form organs - like your liver, kidney, heart



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"we juice your order the day you order and pick it up"

\$12 per bottle
minimum order 9 bottles

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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.



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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.



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pH 9.5 Drops

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



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



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

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

.....\$30.00

Garcinia Cambogia

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



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

.....\$35.00

WheTea Ab Fat Burner

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



.....\$20.00

Mood Enhancer

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



memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00

Women's Hormone Balance



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

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

.....\$35.00

Phase 2 Starch Complex



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

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

.....\$35.00

Digestive Enzyme Complex



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

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

BF-4 Weight Loss



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

Manglier Tea mong-lee-AY

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



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

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

.....\$24.00

Raspberry Ketone Drops



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

.....\$30.00

Natural Medicine and Nutrition Centers



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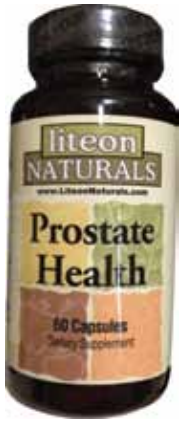


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Prostate Health



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

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

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

Melatonin



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

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

Maca



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

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

Rhodiola



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

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

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

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

Pain & Inflammation Enzyme



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

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

Cal-Mag-Zinc with Vitamin D



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

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

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

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

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

Shark Cartilage



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

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

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

The Cancer Wellness Program

cancer must be healed at the cell level



The human body is self
healing and self balancing

Cancer is created at the cell level.
Cancer must be treated at the cell level.

A cell creates tissue and tissue creates the organ.

Cancer Wellness Plan

\$440
6 Week Program



The tree of life begins with basic nutrients

Our bodies require vital
nutrients to function at
their optimal levels.

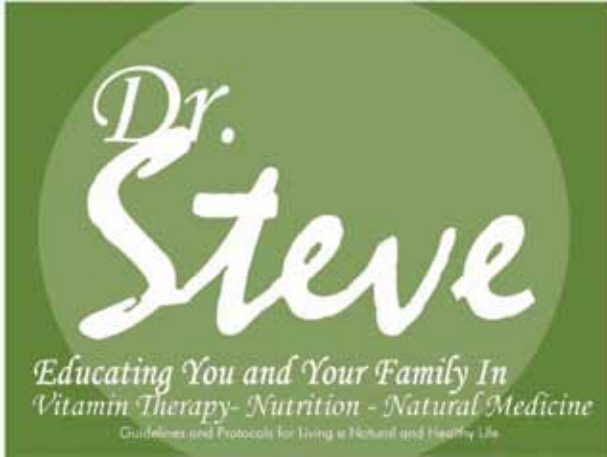
Living juices are raw,
organic fresh vegetables,
fruit, and spices that will
give you the most essential
nutrients your body needs.

Call 896-4141 to enroll or for more information.

Naturopathic Doctors

Natural Medicine

“finding the root cause”



DR. STEVEN T. CASTILLE, BSc, Ms, DNM
integrative medicine

Biochemist, Doctorate in Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

Naturopathy is a form of alternative or complementary medicine.

This practice is based on the notion that the body has the intrinsic ability to heal itself with the proper support and guidance, and naturopaths utilize modern and traditional medical practices to achieve this goal. It is practiced in the United States, Great Britain, New Zealand, Australia and Germany. Naturopaths can be found working in hospitals, medical offices, holistic health centers, and many other settings.

The Basics of Naturopathy

In naturopathy, allowing nature to heal the body is a primary basis of this form of alternative medicine. Naturopathic doctors pledge first to “do no harm,” and seek to find the root cause of illness rather than to simply treat symptoms.

Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health.

Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

on curing illness, naturopathy relies on treatment and lifestyle changes that may prevent the occurrence of disease in the first place. Naturopaths evaluate genetic predisposition to disease, family history and other risk factors that may make a patient more vulnerable to illness. Specific lifestyle changes to support optimal health and the prevention of disease are then prescribed.

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

Other medical providers such as chiropractors, osteopaths, dentists and nurses may undergo some naturopathic training in various holistic therapies, but these programs are generally limited and not subject to accreditation or licensing.

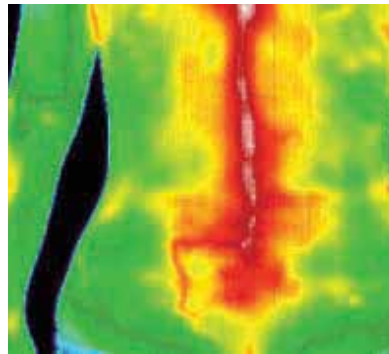
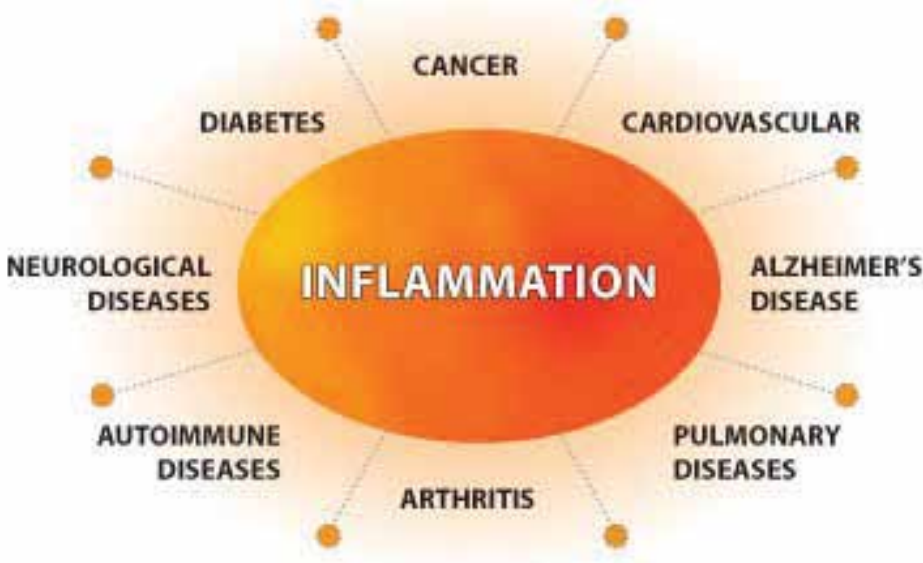
Is Naturopathy for Me?

Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine for consumers seeking comprehensive holistic treatment.

What Can I Expect?

When seeing a naturopath, patients can expect to undergo an extensive medical interview and perhaps some basic examination. A naturopathic doctor may prescribe homeopathic remedies, vitamin therapies, holistic therapies, herbal remedies, dietary and lifestyle changes, and a variety of laboratory tests. During the course of treatment, naturopathic doctors may utilize acupuncture, infrared heat therapy, whole body vibration, pH saliva and urine testing, chelation therapy, blood and hair analysis, hydrotherapy, massage or joint manipulation, colonic irrigation, as well as other forms of natural medicine and healing. While some naturopathic doctors may serve as the primary medical provider for a minority of patients, most consumers will maintain their relationship with their medical doctor and simply see a naturopathic doctor as a complement to their mainstream medical treatment.

the natural path



- Natural Medicine
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Powerful, Positive Healing for Life

Natural Remedies Guide

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



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[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. [Manglic 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

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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](#).

LITEON Natural Nutritionl Supplements available at

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www.NaturalHealthCentersOnline.com

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Carencro, LA 70520
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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.

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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%	Manganese (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	10mg 588%	Boron (as borax glycinate)	90mcg
Niacin (as niacinamide)	75mg 125%	Bioflavonoids (from leucos)	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	300mcg 100%	Hesperidin	10mg
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Para-aminobenzoic acid (PABA)	5mg
Calcium (as calcium citrate)	30mg 3%	Protease	1100HU
Iron (as ferrous bisglycinate)	5mg 28%	Amylase	100DU
Iodine (from kelp)	100mcg 67%	Lipase	20LU
Magnesium (as magnesium oxide, magnesium ascorbate)	75mg 18%	Cellulase	20CU
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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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. [Glucosamine](#) 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

LITEON Natural Nutrition Supplements available at



Natural Health Center
Powerful, Positive Healing for Life
100 E. Angelle St., Carencro
(I-49, Exit 4, Across from the New SUPER 1 Store)
Tel: 896-4141 or 347-4141
Nutrition Supplements that Support Your Health



www.NaturalHealthCentersOnline.com



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-Lisine](#) 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.

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The publishers of *Natural Awakenings Magazine* nor the Natural Health Center or DHARMA Wellness Center does not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

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

CARENCRO: LITEON Natural Health Center 896-4141

SUNSET: DHARMA Wellness Center 662-3120

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

Whole Body Vibration Therapy

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

Aqua - Hydro Massage Therapy

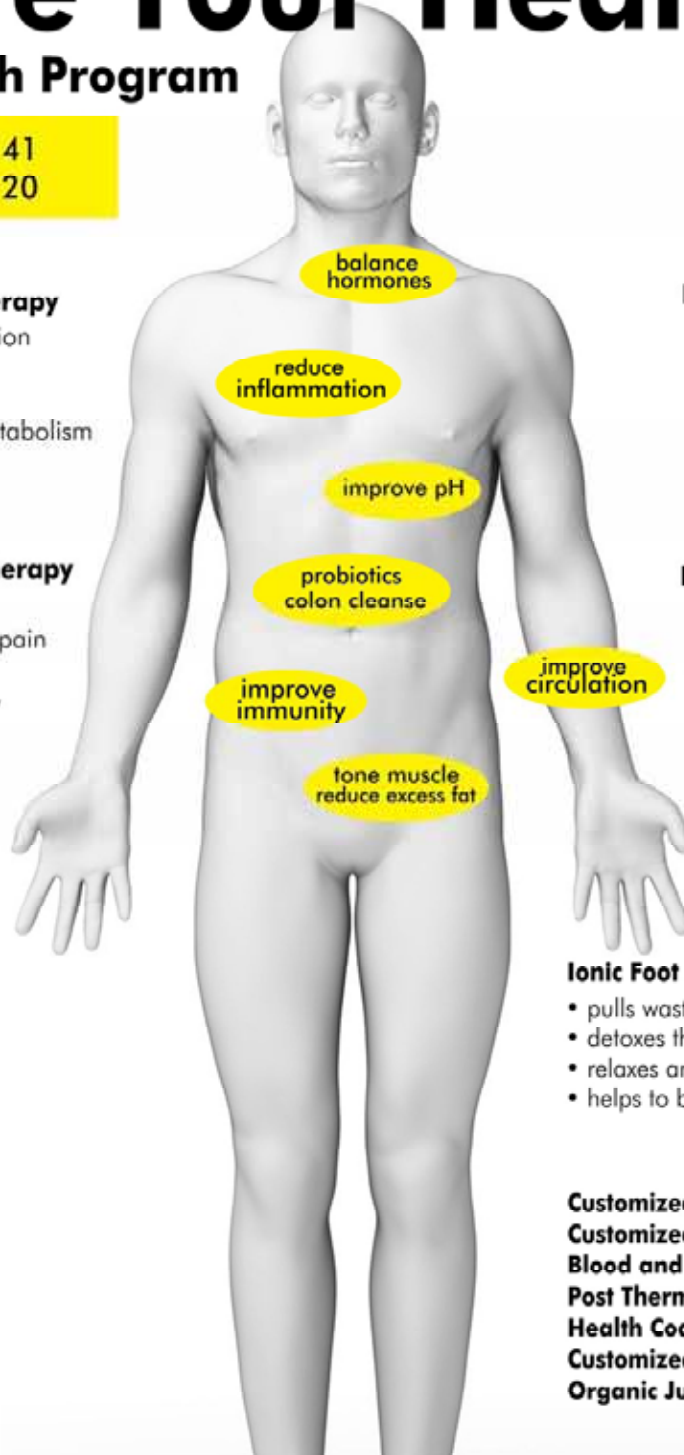
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

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 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.

Zerona Laser FAT lipo (for a flat stomach) HEALTH BENEFITS



WHAT IS ZERONA ?

Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

What is the action mechanism behind Zerona?

The 635 nm wavelength of the Zerona is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream.

Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage.

How long has Zerona been in use?

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S.

How long will results last?

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.



\$675

6 Treatments

\$850

12 Treatments



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

Zerona

1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

12 Treatments \$850
9 Treatments \$675

Carencro Office: (337) 896-4141

WEIGHT LOSS

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



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

\$45

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

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Vitamin's Plus
Lafayette
261-0051

Caribbean Retreat
Wellness Center and Campground
Opelousas
678-1844

DHARMA
Wellness Center
Sunset
662-3120

Natural Health Center
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896-4141