

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

The Heartbeat of Change

Compassionate
Activism Charts
a New Earth



CHIROPRACTIC CARE FOR ANIMALS

The Benefits of a
Well-Adjusted Pet

GROUND RULES FOR RUNNERS

A Guide for Running
on All Terrains

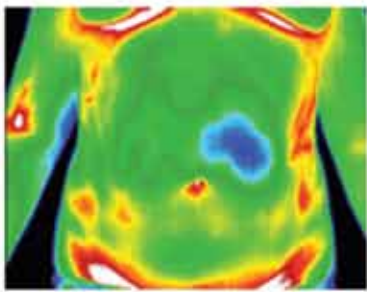
GREENHOUSE MAGIC

Eat Homegrown
Veggies Year-Round

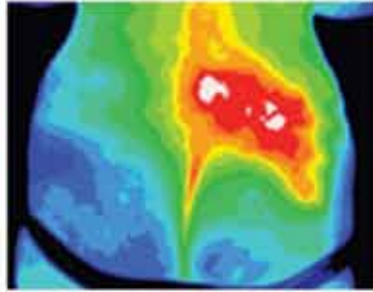


EVERY ISSUE IS
A GREEN ISSUE

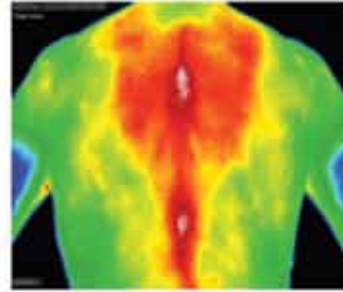
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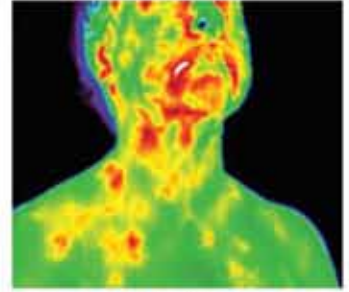
Hypothermia in the Stomach



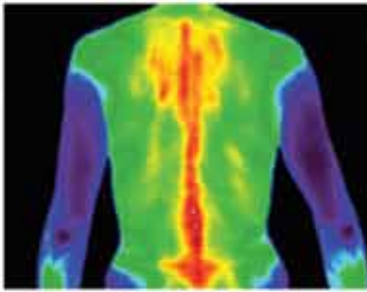
Shingles



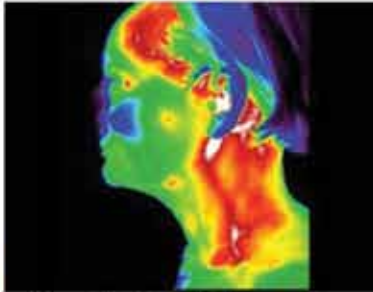
Lung Cancer



Periodontal Disease



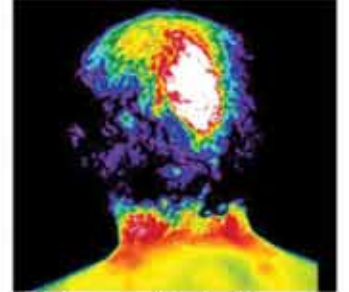
Spinal Inflammation



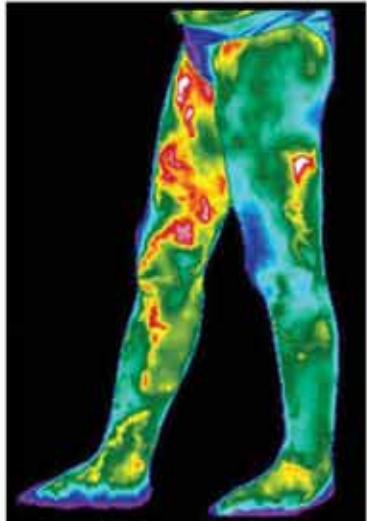
Carotid Artery Inflammation



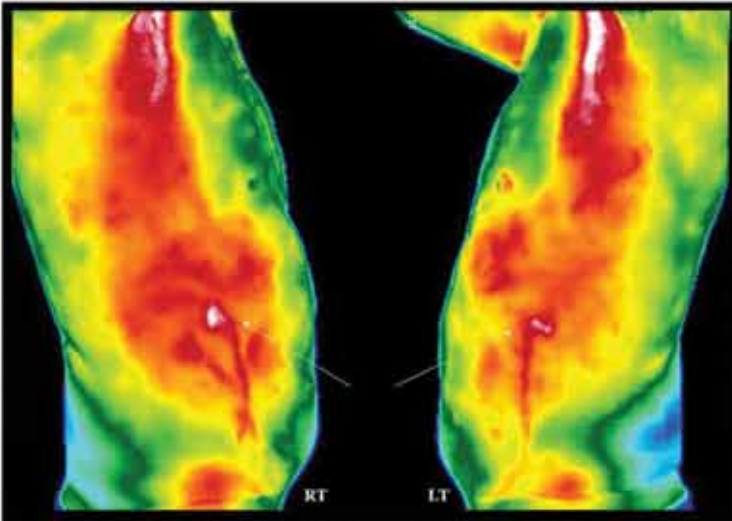
Poor Circulation Left 4th & 5th Finger



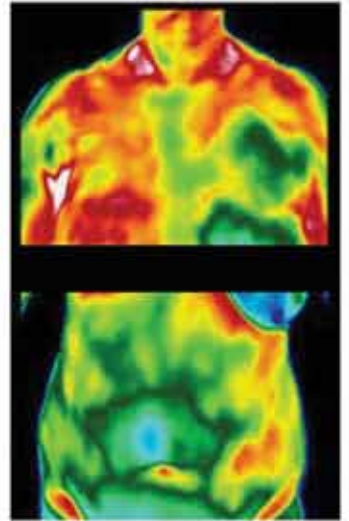
Melanoma-Scalp Cancer



Varicose Veins



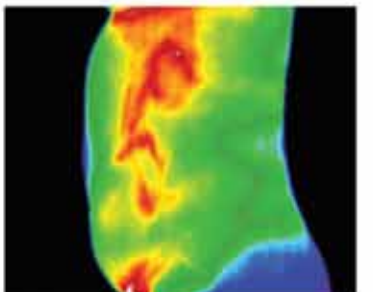
Bilateral Kidney Stones



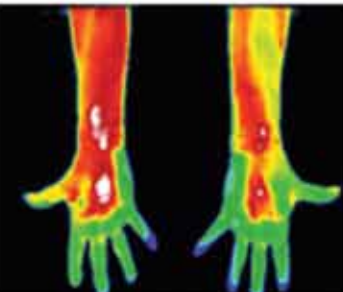
Breast Cancer



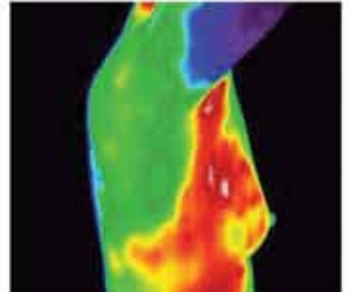
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(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



Fall is our favorite time of year with its cooler days, vibrant color changes, new outdoor adventures like camping, fall festivals and of course, outdoor family gatherings. A quote by Benjamin Franklin, "The rotten apple spoils his companion," recently got us thinking. Wouldn't it be wonderful if we could all simply move away from any rotten situation in life and pick a good alternative instead? Kind of like the satisfaction that comes in good old-fashioned apple picking.

Life brings bushels of opportunities and staying positive through the ups and downs opens us to greater possibilities for fruitage. No one wants to be around a rotten attitude which, like just one rotten apple emitting ethylene gas in a basket, can affect the prospects and outlook of others in its surroundings. The challenge is to be able to remain, or at least learn how to consistently transition back to being, a good apple that everyone wants to be around.

Then I moved on to George Bernard Shaw, who observed, "If you have an apple and I have an apple and we exchange these apples, then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas." This month our primary theme is Working Together, interestingly paired with a secondary theme of Natural Antidepressants—which speaks to the need for us all to be on ball in energetically collaborating to create the community we want, populated by people that make us feel good about life.

Have you ever regarded someone that is consistently upbeat and wearing a smile for everyone and thought, "I wish I could be like that?" For most of us, it takes conscious intention, but it's far easier when we surround ourselves with positive people whose way of life is helping those around them live happier, more productive lives.

Natural Awakenings' mission is helping people throughout our community learn how to live a happier, healthier and more fulfilling life. We know how vital it is for individuals in a community to come together to create this atmosphere of thought. May we all continuously choose to be a "good apple", expressing only goodness to those around us.

An apple a day...

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



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contents

5 Golden Keys have been hidden on the pages of this issue of Natural Awakenings Magazine. Find the keys and text your name and the page numbers to 424-5066 and win cash and prizes.



8 **newsbriefs**

12 **healthbriefs**

22 **globalbriefs**

25 **ecotip**

32 **healingways**

38 **conscioseating**

42 **wisewords**

43 **inspiration**

44 **healthykids**

46 **greenliving**

48 **fitbody**

50 **naturalpet**



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.

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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.

28 AWAKENING THE GLOBAL HEART

Compassionate Activists Unite to Write Earth's New Story
by Linda Sechrist

32 NATURAL MOOD BOOSTERS

Safe Alternatives to Antidepressants
by Kathleen Barnes

38 THE ZEN OF SLOW COOKING

Savor Your Autumn Harvest in One-Pot Dishes
by Judith Fertig

42 EPA: A MUZZLED WATCHDOG

E.G. Vallianatos Seeks to Put Bite Back into the Agency
by Randy Kambic

43 BE TRUE TO YOURSELF

It's the Secret to Belonging
by Brené Brown

44 EARLY PUBERTY

The New Normal?
by Kathleen Barnes

46 GREENHOUSE MAGIC

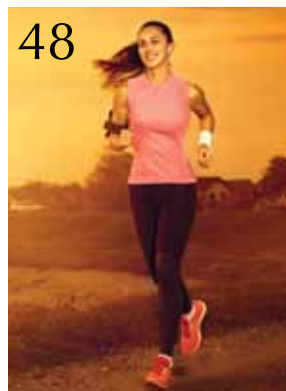
Eat Homegrown Organic Veggies Year-Round
by Avery Mack

48 GROUND RULES FOR RUNNERS

A Guide for Running on All Terrains
by April Thompson

50 ANIMAL CHIROPRACTIC

The Benefits of a Well-Adjusted Pet
by Linda Sechrist





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

Naturally Mama Now Open in Eunice



Naturally Mama is a new natural parenting store located in the great city of Eunice. Healthy, high quality, safe products for moms and babies fill the spaces. Dads- and moms-to-be can participate in educational classes offered to assist in making parenting decisions a little easier.

Naturally Mama offers natural products for moms, little ones and for the household that promote peace of mind when purchasing. Natural products include essential oils, baby carriers, household cleaners, toys, skincare, organic baby foods, nursing bras, maternity wear, teething jewelry and nursing literature.

Location: 1400 W Laurel St, Suite D, Eunice. For more information, call 337-546-4052.

The Salted Chef Personal Chef Services Now Serving Lafayette



The Salted Chef Personal Chef Services is now serving Lafayette. The Salted Chef is a meal preparation service

offering affordable and convenient meal preparation for individuals and families. Once people sign up, one of the professionally trained personal chefs will discuss specific dietary needs and nutritional goals. The next step is to set the menu and the meal preparation will begin. For those with busier schedules, ordering can be done through their website, which provides the user-friendly option to set a menu online. As an added value the personal chef prepares your meal in the comfort of your own kitchen, guaranteeing the freshest food and shortest delivery time.

Salted Chef offers a wide array of meal options to choose from including low-calorie, low-carb, vegan and vegetarian options. Some of the menu items include baked salmon, white turkey chili, chicken parmesan and Greek pasta salad, just to name a few. Each meal prepared comes with one side and a dessert. As an added convenience the Salted Chef can also accommodate one's grocery shopping needs required for the meal preparations. To schedule your appointment and get started contact the Salted Chef at the number and website listed below.



To schedule an appointment, call 800-234-5924 or visit SaltedChef.com

The International Rice Festival Coming to Crowley



The International Rice Festival, one of Louisiana's oldest and largest agriculture events, begins October 15 at 9 a.m. with a rice grading contest and lasts through October 18. This fantastic

four-day celebration brings attention to rice as a food source and gives emphasis on its significance in the world's economic picture. In addition, the festival displays cultural traditions of Cajun rice farmers across Acadiana. Aside from the socio-economic values, the festival hosts multiple attractions including two parades: the children's parade and the grand parade. Other events include a rice cooking contest, rice eating contest, farmer's banquet and the Queen's Ball. The festival also features a list of local bands and entertainment. Included in the line up are Chee WEez, Charley Rivers, Geno Delafonse, and Wayne Toups to name a few.

The International Rice Festival is fun for the entire family as it offers amusement such as a carnival, a classic car show and a 5k run/walk. For ticket information, and the event schedule contact the number listed below.

For information, call 337-783-3067 or visit RiceFestival.com.

Victory Addiction Center Offers Outpatient Services



Victory Addiction Recover Center, a drug and alcohol treatment center, is offering outpatient services. Victory Addiction Recover serves the Lafayette and surrounding

communities in the areas of substance abuse. They offer individualized treatment, focusing on the mind, body and soul. Special emphasis is given to full and complete family recovery.

Victory Addiction Recover has an intensive outpatient program, providing the benefits of their outstanding treatments with added flexibility for those with different circumstances. With convenient nighttime sessions, clients are able to continue with his or her routine and attend to their normal daily schedule while still participating in the program. Each session creates a platform for growth by combining group classes, individual sessions and family therapy, which create a comprehensive solid foundation for recovery. Some of the focal points of each session include a focus on education, relapse prevention, individual spirituality, 12-steps and several of other topics. Sessions are held three nights each week for a 12-week period.

Location: 111 Liberty Ave., Lafayette. For more information, call 855-559-9819.

WEIGHT LOSS

LOSE WEIGHT FAST

- ✓ **Burn Excess Fat & Calories**
- ✓ **Completely Natural**
- ✓ **Flatten Your Stomach**
- ✓ **Kick-Start Your Metabolism**
- ✓ **Curb Your Cravings**
- ✓ **Finally, Look Sexy Again!**

\$45



Before	After
Scale wt. 162 lbs.	Scale wt. 124 lbs.
Body Fat% 37.92 %	Body Fat% 24.36 %
Abdomen 33.5	Abdomen 27.5
Fat Mass 61.43	Fat Mass 30.2



Amber



HOW IT WORKS

BF-4 contains all of the major weight loss and fat burning ingredients: garcinia cambogia, raspberry ketone, green coffee beans, and chromium. These ingredients have been featured on the Dr. OZ show and are clinically proven to help you lose unwanted weight.

For best results use BF-4 with a low fat diet (no meat for 6 weeks), drink a minimum of 72 oz of water each day, don't skip meals, walk at least 30 mins three times a week. Use organic fiber, digestive enzyme, and our probiotic complex to clean out your colon and get your gut back on track.

www.bf4onlinestore.com

Drug Emporium
Vitamin's Plus
Lafayette
261-0051

Caribbean Retreat
Wellness Center and Campground
Opelousas
678-1844

DHARMA
Wellness Center
Sunset
662-3120

Natural Health Center
Carencro
896-4141

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.



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.

Cancer Wellness Plan

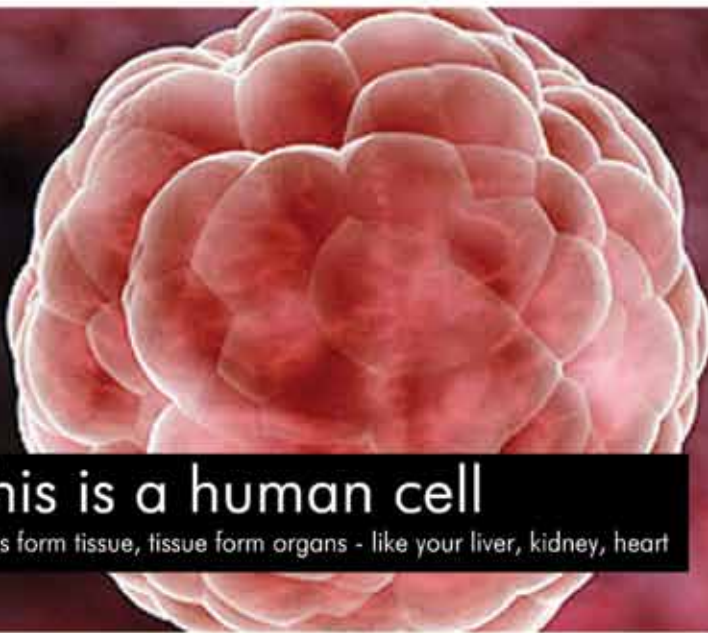
\$440

6 Week Program

Call 896-4141 to enroll or for more information.

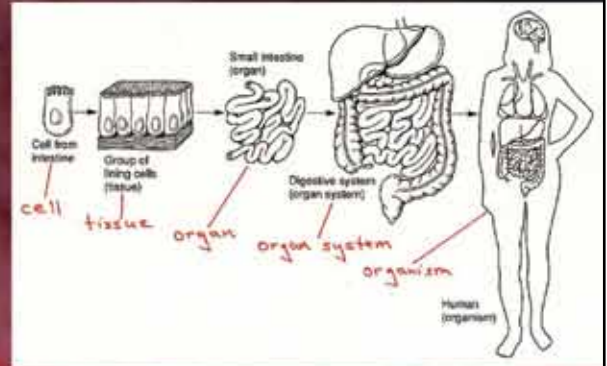
The body can heal if given the proper nutrients, at the proper time, in the proper amount.

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



living juices
12 oz organic juice
cold press juiced to order

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

\$12 per bottle
minimum order 9 bottles

Call 896-4141 to order.

Mammograms Carry Cancer Risk

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



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

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

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

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

Red/Purple Produce is Best for Our Weight and Heart



New research published in the *European Journal of Clinical Nutrition* has found the color of the fruits and vegetables we eat may affect our weight and heart health differently. The study followed 1,272 people over a three-year period, beginning in 2006 and 2008. The researchers compared their respective diets over both periods with levels of cholesterol, weight and waist circumference—all measures of obesity. The research grouped fruits and vegetables into red/purple, yellow, green, orange or white.

Among women, greater consumption of red/purple fruits and vegetables was related to lower weight and abdominal fat, lower blood sugar and reduced total cholesterol. Meanwhile, greater consumption of yellow fruits and vegetables was linked to weight gain over the same period.

Among men, the researchers found those that ate more red/purple fruits and vegetables had reduced weight and waists compared to those that ate other-colored foods over the three-year period by an average of 13 and 14 percent, respectively. Greater yellow fruit consumption was linked to lower total cholesterol levels. Green and white fruits and vegetables were associated with reduced abdominal fat gain over the three-year period.

Colon Cancer Linked to Gut Bacteria

A study from the University of Minnesota has found that two strains of virulent bacteria in the gut significantly increase the incidence of colon cancer, and a change in microbiology of the gut often coincides with colon cancer. The study tested 88 people, of which half had colon tumors.

The scientists sampled and analyzed gut bacteria within the subjects to assess their microbiomes. They found that colon cancers were linked to those with microbiomes that had increased levels of *Fusobacteria* and *Providencia* species of bacteria. The latter is considered more virulent and responsible for the production of certain enzymes that have been previously linked with colon cancer.

These two species of bacteria have also been linked with higher rates of inflammation and infection in other research. *Fusobacteria* has been found prevalent among people with ulcerative colitis. *Providencia* species include *E. coli* and *Klebsiella*, both found among urinary tract infections, throat infections and others.

Microbiological science over the past half a century has found that better food choices can bring about significant healthful changes in the body’s microbiome. These include incorporating prebiotic and fermented foods into one’s diet.



Brain-Lymphatic Discovery May Hasten Science



A study at the University of Virginia (UVA) School of Medicine has found that the brain is directly connected to the body's immune system through a previously unknown set of lymphatic vessels. The discovery furthers the understanding for medical scientists of how the brain's immune system works. While it's been known for decades that lymphatic vessels transport immune cells through the rest of the body, confirming that this also occurs within the brain has been elusive.

The discovery is attributed to Antoine Louveau, Ph.D., a postdoctoral fellow at UVA. He says, "It changes entirely the way we perceive the neuro-immune interaction. We always perceived it before as something esoteric that can't be studied, but now we can ask mechanistic questions."

According to researchers, physicians can now examine the physical connection between the immune system and the brain instead of only studying how the brain responds to immune issues; it might also improve how diseases like Alzheimer's, multiple sclerosis, autism and others are understood and treated.

Non-Natural Painkillers Double Depression Risk

A 2015 study has found that larger opioid medication doses increase the incidence of depression in a Veterans Administration study of 355 pain patients. An opioid is a pharmaceutical compound, such as morphine, that produces an analgesic effect in the nervous system.

The study, published in the *Journal of the International Association for the Study of Pain*, followed patients with low-back pain for two years. The patients were taking varying doses of opioid pain killers, rated by their morphine-equivalent dose. The researchers found that higher doses resulted in a doubling of depression incidences.

According to Dr. James Duke, author of *The Green Pharmacy*, natural herbal alternatives to painkiller drugs that are free of the side effect include meadowsweet, ginger, willow bark, clove, lavender, eucalyptus, red pepper and rosemary.



Music and Audio Books Help Kids Move Past Pain



A study published in *Pediatric Surgery International* has determined that children that listened to music or audio books experienced significantly less pain after undergoing major surgery than those that did not.

Pain scores were monitored before and after treatments. Fifty-six children, ages 9 to 14, were divided into three groups—one heard 30 minutes of songs chosen by the children from a list of popular music, another listened to audio books and the third (control) wore noise-canceling headphones. Pain scores were monitored before and after treatments.

Those that listened to the music or audio books experienced significant reductions in pain compared to the control group.



U.S. Kids Not Drinking Enough Liquids

A 2015 study from the U.S. Centers for Disease Control has found that more than half of American children are dehydrated. The research analyzed data from the 2009-2012 National Health and Nutrition Examination Survey for children 6 to 19 years old. The study also found that boys have a 76 percent greater likelihood of being dehydrated, and African-Americans were 34 percent more likely to not drink enough water compared with U.S. Caucasians.

"Dehydration accounts for hundreds of thousands of hospitalizations each year due to a number of illnesses that can lead to depletion of fluids and electrolytes from the body," says Dr. Daniel Rauch, associate professor of pediatrics at the Mount Sinai School of Medicine, in New York City.

It can be difficult for parents to gauge the level of hydration in children. Researchers from the University of Arkansas have determined that urine color provides a reliable indicator of hydration levels, with darker urine indicating increasing levels of dehydration.

Alone we can do so little;
together we can do so much.

~Helen Keller

Washday Woes: Scented Products Pollute the Air

Some scents make no sense for personal or planetary health. Using scented laundry products can release harmful—even carcinogenic—pollutants into the air, report University of Washington researchers. Their findings, published online in the journal *Air Quality, Atmosphere and Health*, show that air vented from machines using the top-selling, scented, liquid laundry detergent and dryer sheet contains hazardous chemicals.



When researchers analyzed captured gases from dryer vent fumes after participating households ran regular laundry cycles using liquid laundry detergent and a leading brand of scented dryer sheets, they found more than 25 volatile organic compounds, including seven dangerous air pollutants. Of those, two chemicals—acetaldehyde and benzene—are classified by the U.S. Environmental Protection Agency as carcinogens, with no established safe exposure level. Benzene is linked to leukemia and other blood cancers, according to the American Cancer Society, and studies have shown that acetaldehyde can cause nasal and throat cancer in animals.

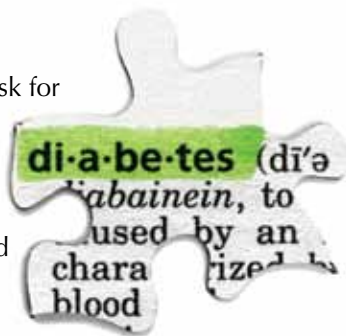
“This is an interesting source of pollution, because emissions from dryer vents are essentially unregulated,” says lead author Anne Steinemann, Ph.D., professor of civil and environmental engineering and of public affairs. “If they are coming out of a smokestack or tail pipe, they are regulated—but if they’re coming out of a dryer vent, they are not.”

The Phthalates-Diabetes Connection

What we place on our skin might increase the risk for diabetes, based on findings by researchers at Uppsala University, in Sweden. They noted a connection between phthalates found in cosmetics and plastics and the risk of seniors developing diabetes; even a modest increase in circulating blood levels of such chemicals doubled their risk.

Monica Lind, associate professor of environmental medicine at the Section for Occupational and Environmental Medicine, and Dr. Lars Lind, professor of medicine, analyzed new information from a study that involved more than 1,000 70-year-old men and women in Uppsala. The participants submitted blood samples for analysis of various environmental toxins, including several substances formed when the body breaks down phthalates. Even after adjusting for obesity, blood lipids, smoking and exercise habits, the researchers saw a definite connection between blood levels of some of the phthalates and an increased prevalence of diabetes. The Linds also found that certain phthalates were associated with disrupted insulin production in the pancreas.

Most people come into daily contact with phthalates. These chemicals are commonly used as softening agents in plastics and as carriers of fragrances in cosmetics, personal care products, air fresheners and scented candles.



VITAMIN D CURBS DEPRESSION

Low levels of vitamin D have been linked to depression, particularly among those with a history of the disorder, according to what researchers believe is the largest such investigation ever undertaken. University of Texas Southwestern Medical Center psychiatrists, working with the Cooper Center Longitudinal Study, reviewed the relevant results of nearly 12,600 participants from late 2006 to late 2010. They suggest that patients with a history of depression could benefit from a vitamin D assessment.

CAFFEINE A NO-NO FOR BABIES

New moms that are breastfeeding should abstain from caffeine, according to an interview with Dr. Ruth Lawrence published in the *Journal of Caffeine Research*, a peer-reviewed publication. Lawrence says that because infants are not able to metabolize or excrete caffeine efficiently, a breastfeeding mother’s consumption of the drug may lead to caffeine accumulation and symptoms such as wakefulness and irritability in her baby.



ABCs Keep Colon Cancer at Bay

What do Brussels sprouts, broccoli, cabbage and cauliflower have in common? According to a new study published in the *Journal of the American Dietetic Association*, these cruciferous veggies are associated with a decreased risk of colon cancer. Throw in a good measure of A's, as in apples, and people can also reduce their risk of distal colon cancer, report researchers from the Western Australian Institute for Medical Research at the University of Western Australia and Deakin University, in Victoria, Australia. The investigation examined the potential link between fruits and vegetables and three cancers in



Dentists Can Help Diagnose Gluten Sensitivity

The mouth may be one place that signs of celiac disease or gluten sensitivity are manifested, according to a recent study by researchers at Dalhousie University, in Halifax, Nova Scotia. They discovered a link between the disorder and dental enamel defects and recurrent aphthous ulcers, or canker sores, and concluded that dentists can play an important role in identifying unrecognized celiac disease. Appropriate referral and timely diagnosis can help prevent serious complications.



Breast Cancer Links to Environmental Toxins

New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp's drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects. The worst period of contamination of the base's water supply began in the late 1950s and continued for more than 30 more years.



Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the epidemiologists may be able to conclusively link industrial chemicals with an increased risk of the disease for both genders.

Source: National Disease Clusters Alliance

Breast Health Screening Questioned



October is Breast Cancer Awareness Month, and thousands of well-meaning healthcare providers will continue to recommend mammograms. However, a growing body of research suggests that X-ray mammography may not be the best screening approach, at least on an annual basis, and even the National Cancer Institute notes potential harms ranging from false results to overtreatment and radiation exposure.

A 2006 study published in the *British Journal of Radiobiology* revealed that the type of radiation used in X-ray-based screenings is more carcinogenic than previously believed. The researchers wrote, "Recent radiobiological studies have provided compelling evidence that the low-energy X-rays used in mammography are approximately four times—but possibly as much as six times—more likely to cause mutational damage than higher energy X-rays."

Peter Gøtzsche is director of the Nordic Cochrane Centre and an author of the landmark 2001 Cochrane systematic review, *Screening for Breast Cancer with Mammography*, which concludes, "Currently available reliable evidence has not shown a survival benefit of mass screening for breast cancer." In 2011, Gøtzsche stated, "It is getting more and more difficult to argue that mammography is reasonable to [use] for breast screening."

QUICK SMOOTHIE RECIPE

- 2 ripe bananas
- 1 fresh pineapple (cut)
- 1 pear
- 2 cups of hemp milk
- Optional: 1/4 cup mint leaves





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Natural Health Center

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. [Lecithin](#) 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. Lecithin to improve memory. [Food-Based Multivitamin](#) and [Multimineral. Antioxidant Complex + Selenium](#) as a powerful antioxidant to protect brain cells.

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

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

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

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



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(337) 662-3120



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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

CARENCRO: LITEON Natural Health Center 896-4141

SUNSET: DHARMA Wellness Center 662-3120

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 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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wellness center and fit club

166 H Oak Tree Park Drive, Sunset

(I-49, Exit 11, Turn Left, Across from Janise's Supermarket)

Tel: 662-3120

Nutrition Supplements that Support Your Health



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www.LiteonNaturals.com

Suggested Use: Take 1 tablet daily with a meal.

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

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

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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 magnesium ascorbate)	200mg 333%	Manganese (as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	100 IU 25%	Chromium	50mcg 42%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%	(as chromium chloride)	10mcg 13%
Vitamin K (as phytylanthone)	50mcg 63%	Molybdenum (as sodium molybdate)	25mcg <1%
Thiamin (as thiamine mononitrate)	10mg 667%	Potassium (as potassium chloride)	26 IU
Riboflavin	10mg 588%	Vanadium (as vanadium amino acid chelate)	8mcg
Niacin (as niacinamide)	25mg 125%	Boron	50mcg
Vitamin B6 (as pyridoxine HCl)	10mg 500%	(as boron glycinate)	50mcg
Folic Acid	400mcg 100%	Bioflavonoids (from lemons)	25mg
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Rutin	10mg
Biotin	300mcg 100%	Choline (as choline bitartrate)	10mg
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Inositol	10mg
Calcium (as calcium citrate)	30mg 3%	Hesperidin	10mg
Iron (as ferrous bioglycinate)	5mg 28%	Para-aminobenzoic acid (PABA)	5mg
Iodine (from kelp)	100mcg 67%	Prostate	1100HUI
Magnesium (as magnesium oxide, magnesium ascorbate)	75mg 18%	Amylase	1000U
Zinc (as zinc citrate)	5mg 33%	Lipase	25U
Selenium (as selenomethionine)	25mcg 38%	Cellulase	2CU
		Proprietary Superfood Blend (apple pectin, papaya juice (fruit), spirulina, chlorella, eleuthero (root), barley grass, schizandra (berries), astragalus (root), nettles (leaf), carrot (root), spinach (leaf))	475mg

* 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 [Wheatgrass](#) 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 tbsp 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 syntesis 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 [Wheatgrass](#) 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.

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

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cells to produce energy and may slow brain cell death.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Weight Loss - [Raspberry Ketones](#), [Green Coffee Bean Extract](#), [Wheat Tea](#) 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 [Glucosmannan](#) is an appetite suppressant. Use [Probiotic Complex](#) and [Digestive Enzyme Complex](#) to improve digestion. [Organic Fiber](#) clears the bowel and releases excess waste. [DHEA](#) inhibits enzymes that are involved in fat cell production, [DMAE](#) is an effective fat burner, [Lecithin](#) emulsifies fat so that it can be removed from the body. [L-Arginine](#) and L-Carnitine are amino acids that reduce body fat. [Vitamin B Complex](#) is needed for proper digestion.



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

RECOMMENDED DAILY INTAKE

VITAMINS

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

MINERALS

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

Note:

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

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

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



Story Glory National Festival Celebrates the Art of Storytelling

Mix public speaking, acting, comedy and music and we get the performance art of storytelling, practiced by the likes of Mark Twain and Garrison Keillor. The largest related celebration is the 43rd annual International Storytelling Festival, held from October 2 through 4 this year in Jonesborough, Tennessee.

More than 15 award-winning storytellers scheduled include Kim Weitkamp, who mixes humorous personal and family stories and original songs; Charlotte Blake Alston, who tells traditional and contemporary stories of African and African-American oral culture, accompanied by native instruments; and Andy Offutt Irwin, known for his mouth noises and the adventures of his 85-year-old Aunt Marguerite Van Camp.

Attendees can also tell stories at Story Slam! and Swappin' Ground events and workshops. Festival producer the International Storytelling Center, together with the Library of Congress and American Folklife Center, also conducts a 26-week Teller-in-Residence training program.

Storytelling is not only mentally challenging, it facilitates family and community bonding in a highly social and entertaining format.

For more information and preregistration, visit StorytellingCenter.net.

Nano No-No

EPA to Regulate Nanotechnology Pesticides

The U.S. Environmental Protection Agency (EPA) will begin to regulate new nanomaterial pesticides due to a lawsuit filed by the Center for Food Safety (CFS). In 2008, a coalition of nonprofits filed a legal petition requesting that the agency recognize the growing class of nanosilver consumer products and their risks, and regulate them as new pesticides. After the EPA failed to acknowledge the petition last December, the coalition sued the agency last March to force it to respond.

Nanotechnology manipulates materials at the atomic and molecular levels; they are so tiny they cannot be seen with an ordinary microscope and possess extraordinary mobility and unique chemical and biological properties that increase the potential for biological interaction and toxicity. There are no labeling requirements for nanoscale products.

The EPA has since agreed that nanosilver products intended to kill microorganisms qualify as pesticides, and that developers of such products must now seek EPA review and approval before the products are marketed. The agency has not committed, however, to undertake enforcement actions against currently commercialized products that haven't undergone the EPA registration process, although it has taken action against some noncompliant manufacturers.



Source: OrganicConsumers.org



Warnings Heeded New York State Bans Fracking

The Empire State has now officially banned fracking after a seven-year review process. New York Department of Environmental Conservation Commissioner Joe Martens states, "After exhaustive research and examination of the science and facts, prohibiting high-volume hydraulic fracturing is the only reasonable alternative. High-volume hydraulic fracturing poses significant adverse impacts to land, air, water, natural resources and potential significant public health impacts that cannot be adequately mitigated."

A findings statement concludes, "There are no feasible or prudent alternatives that adequately avoid or minimize adverse environmental impacts and address risks to public health from this activity." Two groups heavily involved in the campaign, New Yorkers Against Fracking and Americans Against Fracking, praised the decision.

Industry groups have threatened to sue, but the attorneys at Earthjustice (Earthjustice.org) are confident that the New York Department of Environmental Conservation's exhaustive review will withstand any legal challenges and the nonprofit pledges to stand alongside the state in case of such actions. Vermont outlawed the practice in 2012.

Source: EcoWatch.com

Fragrant Fix

Smell-Based Pheromones Offer Pesticide-Free Bug Control

Semios, a Vancouver, Canada, provider of real-time agricultural information and precision pest management tools, has been given U.S. Environmental Protection Agency approval for the first aerosol pheromone-scent products shown effective in disrupting the mating of the codling moth and oriental fruit moth by attracting males to the females' scent in spots devoid of mates. Pheromones are natural chemicals that many animals use to communicate within their species.



Unlike pesticides that kill a wide variety of insects, each pheromone targets a single pest species, leaving beneficial pollinators like bees and predators such as ladybugs unconfused and unharmed. One dispenser is hung in each acre and nothing is sprayed directly on the fruit. Pheromones don't affect any other organisms, including humans, and can be used by both organic and conventional growers.

David Knight, owner of Knight's Appleden Fruit, Ltd., in Colborne, Ontario, has used the Semios system for two seasons as part of a regulatory trial. He says, "I could see this technology becoming completely mainstream in our industry in the next five or six years."

Traditional insecticides are expensive to buy and time-consuming and labor-intensive to apply. Because they're toxic, workers can't enter the orchard for a specified number of days after spraying. Knight adds that fruit growers that rely heavily on pollinators to produce their fruit are also keenly aware of the environmental risk posed by pesticides and welcome a natural and less costly alternative; only tiny amounts are needed.

Kirk Hillier, Ph.D., a biologist at Canada's Acadia University, in Nova Scotia, who studies how insects communicate with pheromones, confirms that such scents have also been shown to be effective in both controlling a wider variety of agricultural and household pests and monitoring insects destructive to forests.

Source: Canadian Broadcasting Company



Bright Future

Upbeat Forecast for Long-Term Emissions

New data from the U.S. Department of Energy shows that overall domestic energy consumption is slowing and isn't expected to grow much over the next 25 years, despite a growing economy and population. Usage is forecast to rise 0.3 percent annually between now and 2040, or just half the expected population growth rate, and dramatically less than the 2.4 percent projections for economic growth through 2040. Greenhouse gas emissions from burning fossil fuels are expected to increase only 0.1 percent in the same period.

Thanks to a public embrace of energy efficiency, residential fuel consumption may not grow at all over the next quarter-century. With more Americans driving electric and other energy-efficient vehicles, energy use in the transportation sector will decline slightly and gasoline consumption is expected to drop more than 20 percent by 2040. Industrial energy use is expected to grow at less than 1 percent.

College students nationwide are supporting the reported progress by conducting divestment campaigns at universities, including Divest Harvard. At a recent event, alumni, including Bill McKibben, founder of 350.org, and former Colorado Senator Tim Wirth, joined students in protesting any investment of the school's huge endowment fund in fossil fuel companies.

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Corn Row

Farmers Sue GMO-Maker Over Lost Revenue



Swiss biotech giant Syngenta AG may have destroyed much of the corn export business that U.S. farmers count on. China has rejected huge shipments of U.S.-grown corn, largely because Syngenta released a GMO (genetically modified organism) version before it was approved. Consequently, \$1 billion in class action suits are being brought in federal court by farmers in three states.

The MIR162 strain of GM corn comprises only about 3 percent of U.S. crops, but it cannot be contained due to cross-breeding. The National Grain and Feed Association estimates that the Chinese refusal of U.S. corn has reduced corn prices by 11 cents per bushel, and it has asked Syngenta to stop selling the GM corn seed varieties. Syngenta was formed in 2000 by the merger of Novartis Agribusiness and Zeneca Agrochemicals.

Source: Tinyurl.com/SyngentaLawsuit

Making Strides

November 1 is Extra Mile Day

Shawn Anderson's mission is to empower 1 million people to answer the question,



“Why live a life that is unfulfilling?” He created Extra Mile Day held on November 1 to remind people that they each have the power to create positive changes in families, organizations and communities when they go the extra mile. This year, more than 400 mayors have committed to supporting the event to make an Extra Mile Day declaration.

In 2009, Anderson pedaled solo across the U.S. and interviewed 200 people that had gone the extra mile to overcome dramatic setbacks or had risked everything in order to accomplish something extraordinary. He says, “I was thrilled when 23 mayors supported the mission in that inaugural year.” His Facebook page now boasts 20,000 fans.

Submit a story at ExtraMileAmerica.org and visit [Facebook.com/ExtraMileAmerica](https://www.facebook.com/ExtraMileAmerica).

HEALTHY FAMILIES

Marriage & Wellness Retreat

Friday November 13th – Sunday November 17th

Strengthen Your Marriage – Improve Your Health

The Healthy Families Marriage and Wellness retreat is a three day retreat in which couples will attend workshops and counseling sessions based on biblical Christian principles. Also couples will be able to enjoy health and wellness classes as well as holistic therapeutic services.

Marriage Workshop Topics

- The Principle of Leave and Cleave
- The Foundation of Marriage
- Surviving the Teen Years
- Marriage and Finance

Wellness Workshop Topics

- Nutrition and Supplementation
- The Dangers of Inflammation
- Get MOVING For Life

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Wellness Services

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The flu, more accurately called influenza, is a viral infection in the respiratory system that attacks, the nose, throat, and lungs. (A stomach flu isn't caused by the influenza virus at all. Known medically as gastroenteritis, the stomach flu is caused by a variety of different viruses, resulting in diarrhea and vomiting.)

If you have all the symptoms of a cold plus a temperature of 102 degrees Fahrenheit or more, muscle aches, headache, and extreme fatigue, you most likely have the flu.

Vaccine Cover-Up Congress Fails to Respond to Centers for Disease Control Whistleblower

On July 29, Congressman Bill Posey, a Republican representing Florida's eighth district, took to the U.S. House floor to discuss possible changes in how the medical community views vaccines.



According to documents cited in Posey's testimony, Dr. William Thompson, a vaccine safety researcher for the Centers for Disease Control and Prevention (CDC), revealed to Posey that he attended a meeting in which he was directed to destroy data in the CDC's research that demonstrated a clear link between the measles, mumps and rubella vaccine and autism. Understanding the gravity of this directive, Thompson reported that he had retained copies of the documents, which he gave to Posey, along with other records that demonstrate fraud within the CDC's vaccine safety research.

Posey pleaded on the House floor, "Mr. Speaker, I believe it's our duty to ensure that the documents Dr. Thompson provided are not ignored. Therefore, I will provide them to members of Congress and the House committees upon request. Considering the nature of the whistleblower's documents, as well as the involvement of the CDC, a hearing and a thorough investigation is warranted."

As of press time, Congress had taken no action to address Posey's testimony.

To demand hearings, contact the House Oversight and Government Reform Committee Chairman, Representative Jason Chaffetz, at 202-225-7751 or OpenCongress.org/people/show/412270; or the Homeland Security and Government Operations Committee Chairman, Senator Ron Johnson, at 202-224-5323 or OpenCongress.org/people/show/412496_Ron_Johnson. Find local representatives at OpenCongress.org/people.

Tree Houses

Wildlife Thrives in Dead and Fallen Trees

Gathering winter firewood or felling dead trees may be a necessary chore, but it's best to avoid fallen or snag trees (still upright and decomposing naturally) because they are home to woodland and backyard wildlife.

Many types of birds, including woodpeckers, chickadees, bluebirds, nuthatches, owls, wrens and tree swallows and small mammals like raccoons, squirrels, opossums and porcupines use the cavities and crevices for shelter, food (in some cases, dining on congregating invertebrates like millipedes, beetles, spiders, worms and ants), mating, nesting and resting.

The U.S. Forest Service says that some 1,200 forms of flora, including mosses, lichens and fungi, rely on dead, dying or rotted-hollow trees and serve to refresh habitat by returning vital nutrients to the soil via the nitrogen cycle. Decaying logs on the forest floor also act as "nurse logs" for new seedlings.

Likewise, it's good to respect brush piles of mainly fallen limbs and sticks. "These are wonderful hiding places for squirrels, rabbits and chipmunks," reports Woodrow Nelson, a vice president with the nonprofit Arbor Day Foundation (ArborDay.org), in Lincoln, Nebraska, which serves to plant, nurture and celebrate trees.

It's best to identify existing and future snags prior to gathering firewood or timber to spare their accidental destruction. Long-dead trees are fairly easy to spot, with their bony limbs bereft of leaves. Snags-to-be require more review. Look for signs of disease or misshapen form: bracket fungi, rotting branch stubs, beetles, carpenter ants or broken main limbs.

Nelson further advises, "Proper pruning can turn around a tree's health." He encourages consulting with a local certified arborist or the foundation's Backyard Woods program.

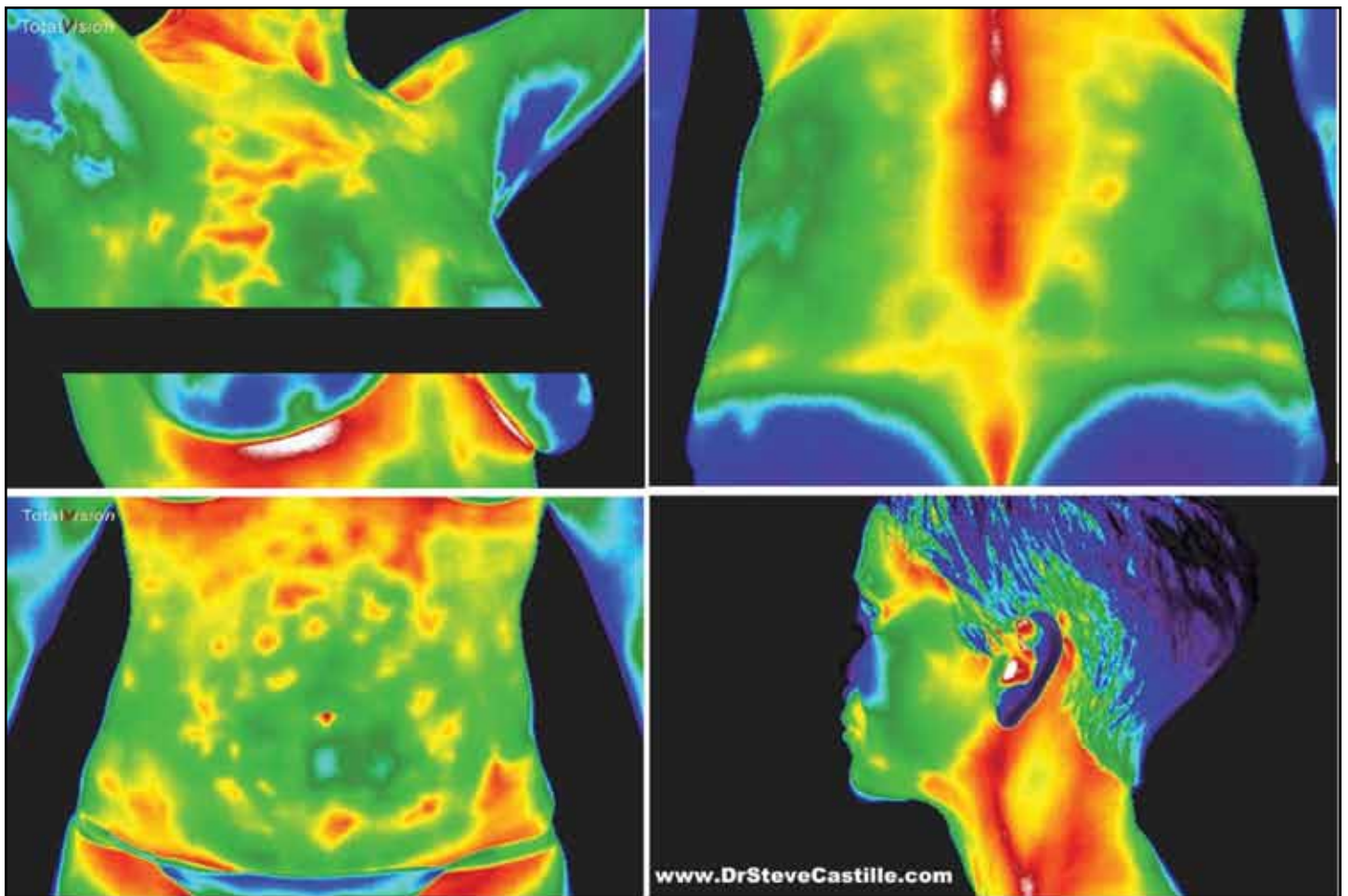
Keeping one or more snags in a yard can create wildlife refuges. According to the National Wildlife Federation (nwf.org), hardwood trees tend to make better nesting habitats, while softer woods are more suited for food foraging. As long as the wood is kept a reasonable distance from a home, termites and other pests won't find their way between the two dwellings.



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

Source: Medical News Today

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Page 43
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AWAKENING THE GLOBAL HEART

Compassionate Activists Unite to Write Earth's New Story

by Linda Sechrist

As individuals and in groups, more people today are expressing deep inner caring and compassion for fellow humans and all life on this planet by hitching their heartfelt energies to powerful actions that hold the promise of a sustainable future.

In *This Changes Everything: Capitalism vs. The Climate*, author Naomi Klein attests that the power of ferocious love is underestimated by companies and their government advocates. Suggesting that climate change be considered a framework for broader social improvements instead of a single issue, she invites “seizing the moment of discontent” to advance healing the planet and its broken economies and communities.

Stories about how ordinary people are energizing local and online communities of practice to improve inter-generational communication, eliminate monetary influence in politics and restore democracy, and support social

justice, community wealth building, independent media, sound health care and clean food and water are frequently missing from mainstream media. Pioneering efforts by activists such as Mario Tigueros, Pachamama Alliance program manager for the Game Changer Intensive; Joshua Gorman, founder of Generation Waking Up; and Cole Kleitsch, founder and director of Walking Civics, warrant widespread attention and support.

Hearts Afire

When hundreds of participants in Pachamama's Awakening the Dreamer symposium, held in cities throughout the U.S., kept asking “What's next?” Tigueros facilitated the creation of Game Changers, which explores present challenges and possibilities and ways to create a new future. He says, “We wanted to help them in awakening to their personal qualities and strengths before setting out to change the world. While engaging with others and creat-

ing a global society for all beings to flourish is a goal to strive for, we came to recognize that it takes a collective and collaborative approach within a community of practice to keep the message alive and implement what's learned in the 12-week training.”

A love for social justice prompted Tigueros to recognize the corporate capture of America's democracy. “Suggesting that symposium participants work with Move to Amend and Citizens' Climate Lobby made sense,” he explains. One is a nonpartisan coalition of organizations and individuals seeking to end corporate personhood and demand true democracy; the other empowers individuals to exercise their political power.

It takes love to inspire the youth of GenY, Generation We and the Digital Generation, all names for the Millennials, to create a new story and transform their lives and communities. Gorman is counting on his peers to help make it happen.

“We're writing a different story than the worn-out one we've been led to believe is inevitable,” he says. Some of Generation Waking Up's young leaders have formed local communities of practice that campaign to get big money out of politics, pressure universities to divest fossil fuel investments, build local and just food systems, end mass incarceration, enroll residents to go solar and inspire everyday citizens to live in more just, sustainable ways.

People have the power,
when we choose to use it,
to act on it, to dedicate
ourselves to change.

~Rebecca Solnit

“Young people have a leadership role in spearheading the change our world is calling for. Ultimately, it will only come about with every generation working together,” observes Gorman, who operates from Oakland, California. He's encouraged when Generation Waking Up members say they want to learn from older adults that spent decades struggling for positive social change.

If we are brave enough, often enough, we will fall.

When we own our stories of struggle, we can
write our own new endings.

~Brené Brown, *Rising Strong*

A deep love for the potential of civic engagement prompted Gladstone, New Jersey, resident Kleitsch's Walking Civics initiative. The intergenerational nonprofit, endorsed by the Campaign for the Civic Mission of Schools, trains military veterans and students as young as 16 as poll workers.

"I want to inspire future voters by letting them learn how to do the job competently and with integrity, and lead them to participate in democracy's most cherished act of voting," advises Kleitsch. It's currently active in several jurisdictions across the country and will scale up for 2016 and beyond.

Hearts Joining Hearts

At 15, Kelsey Juliana's love of family, friends and future generations far outweighed any trepidation she felt in acting as one of two plaintiffs in a legal strategy to protect the atmosphere, guided by Mary Christina Wood, a law professor and author of *Nature's Trust*.

Wood created the Oregon nonprofit Our Children's Trust, now operating in all 50 states and internationally, to enforce the duty of government to protect natural resources for present and future generations. It supports youth in bringing legal action in courts, administrative agencies and local legislative bodies. In local Sierra Club chapters, organizers work with facilitators to educate and empower youth to lead campaigns with town councils, legislative chambers and the courts.

Mounting research is confirming what many have long suspected—extensive media coverage of negative news can trigger stress, fear and trauma. Images & Voices of Hope (ivoh) Executive Director Mallary Tenore cares deeply about how the media can benefit the world by catalyzing change and meaningful awareness of issues such as those raised by Our Children's Trust.

"At ivoh, we believe in focusing on the world we want to live in—not only problem-solving in the world we have. We are currently helping our global community of media practitioners tell 'restorative narratives', stories that show how people and communities are making a meaningful progression from despair to resilience. Instead of focusing solely on tragedy and trauma, these narratives extend the storyline by showing signs of renewal, recovery and restoration," explains Tenore.

On-Task Learning Curve

James Maskell wishes every media outlet would cover the doctors and health professionals that are applying the "functional/integrative/root cause" approaches to health care. Formerly a vendor of supplements to health professionals, Maskell has morphed his focus to found the Evolution of Medicine Functional Forum, a monthly educational Web show for health professionals and industry insiders.

After becoming captivated by functional medicine at a trade show,

he developed this fresh, high-tech concept that combines the latest health news, functional medicine research, practice developments and health technologies in a mixed-media format. Offered free on YouTube, it combines interviews, TED-style talks, videos and audience interaction.

"With health politics raising more questions than answers and with technology changing the healthcare landscape, there's never been a more ripe time for health innovation and accelerating a shift toward what works for most doctors," remarks Maskell, who also recently collaborated with the Institute for Functional Medicine to live-stream Genomics and Functional Medicine, the most cutting-edge clinical Functional Forum to date.

Andrew Brandeis, a licensed naturopathic doctor in San Francisco, developed a challenging new skill set in creating the easy-to-use, mobile Share Practice app, launched 18 months ago and now also available on the Internet. It's already used by 15,000 doctors nationwide to rate and review the effectiveness of drugs, herbs and supplements. They also ask questions and receive quick feedback about patient treatments.

Brandeis sees an even bigger future opportunity. "As we spot trends and see what is working where and why, we can direct research dollars. There are all kinds of off-label uses for drugs, herbs and supplements that we'll support when we see that 10,000 doctors are using them in the same way for the same thing," says Brandeis, who enjoys the meaningfulness of this collective contribution.

Gery Juleff, of Hopewell, New Jersey, reinvented himself and his career to serve a greater good. Seeking to inspire change through intelligent discussion

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The only ethical decision is to take responsibility
for our own existence and that of our children.

~Bill Mollison, *Permaculture: A Designer's Manual*

on environmental issues he founded and hosts the Green Radio Hour broadcast on *GreenHourRadio.com*. He was formerly a member of the British Foreign Service, serving for 25 years as a diplomat, mostly in Africa and Brazil.

In Juleff's last London foreign office assignment, he dealt with policies on climate change, renewable energy technology and energy security. "My love of Africa, the continent likely to be affected the most by climate change, quickened my sense of needing to do whatever I could to limit any negative effects," he says. Even though he was innocent about the scope of such an undertaking, "When the station owner suggested I use my knowledge to host a radio show, I said yes."

In *What Then Must We Do? Straight Talk About the Next American Revolution*, economist and co-founder of the Democracy Collaborative Gar Alperovitz provides many examples of successful community wealth building. He's been part of a team partnering with others in cities that include Cleveland, Ohio; Jackson, Mississippi; Rochester, New York; and Washington, D.C. As co-chair of The Next System Project, he's dealing with the bigger picture of long-term systemic change.

"The economics of sustainability focus on partnerships with local assets like universities, hospitals and cultural institutions to facilitate broad-based economic security for the entire community," says Alperovitz. He's deeply committed to the concept of an ecologically sustainable society, where problem-solving activities nurture democracy.

Waking Up

This small sampling of individuals whose actions are affirming their heart's directives is not random and signals a larger movement. It represents author Anodea Judith's explanation for the evolution of our human journey, captured in the title and essence of her book *Waking the Global Heart: Humanity's Rite of Passage from the Love of Power to the Power of Love*.

James O'Dea, author of *The Conscious Activist*, says, "As we evolve, we recognize that it's the heart which holds the great key to our collective healing, to real civility, the courage to face our own shadow and true progress."

Linda Sechrist is a senior staff writer for Natural Awakenings. Visit *ItsAllAboutWe.com* for the recorded interviews.

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Common Dreams

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Functional Forum

FunctionalForum.com

Generation Waking Up

GenerationWakingUp.org

Green Hour Radio

GreenHourRadio.com

Images and Voices of Hope

ivoh.org

James O'Dea

JamesODea.com

Naomi Klein

NaomiKlein.org

Nature's Trust/The Children's

Climate Crusade

BillMoyers.com/episode/full-show-climate-crusade

Pachamama Alliance

Pachamama.org

The Next System Project

TheNextSystem.org

Transition United States

TransitionUS.org

Walking Civics

WalkingCivics.com

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A fever typically signals that your body is fighting off a bacterial or viral infection. To combat the intruders, your white blood cells release chemicals to raise your body temperature, turning your body into an inhospitable habitat for the infection.



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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.



NATURAL MOOD BOOSTERS

Safe Alternatives to Antidepressants

by Kathleen Barnes

Sadness darkens the world of the 16 percent of Americans diagnosed with clinical depression and the untold millions more that try to cope without a formal diagnosis, according to a University of Colorado study published in *Clinical Therapeutics*.

Just as daunting, an estimated 30 million Americans take prescription antidepressant drugs for premenstrual discomfort, chronic pain and anxiety, as well as depression, according to Dr. James Gordon, a clinical professor of psychiatry at the Georgetown University School of Medicine. He founded and directs the Center for Mind-Body Medicine, in Washington, D.C., and is the renowned author of *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression*.

While conventional medicine offers a smorgasbord of antidepressants, many are ineffective or produce harmful side effects. One University of Pennsylvania study published in the *Journal of the American Medical Association* found scant evidence that they benefit people with mild to moderate depression because the drugs work no better than a placebo in at least 80 percent of cases.

Side effects of traditional antidepressants included nausea, headaches, weight gain, insomnia, sexual dysfunction, agitation, irritability, anxiety and even violent behavior and suicidal thoughts, according to the University of Colorado research involving more than 40,000 patients. It further showed that nearly 70 percent of patients stop taking the prescription drugs within three months, largely because of intolerable reactions.

Some safer and healthier alternatives exist. "We know that depression is more a symptom than a diagnosis," says Dr. Hyla Cass, author of numerous related books, including *Natural Highs*. "It's a sign of imbalance in biochemistry,

caused by any number of factors that we can determine and often correct using the right approach."

Effective Supplements

Curcumin, the rhizome of the turmeric plant that gives curry powder its distinctive yellow color, addresses both the symptoms of depression and its underlying causes, says Ajay Goel, Ph.D., director of the Baylor Center for Gastrointestinal Research, in the Dallas/Fort Worth area. A recent study by Goel in *Phytotherapy Research* showed that this natural spice helps generate new, properly functioning brain cells that manufacture mood-elevating neurotransmitters.

Along with being as effective as Prozac (fluoxetine) without the side effects, curcumin can neutralize the suicidal thoughts and violent behavior sometimes displayed in people with major depression taking prescription antidepressants. "We also know that prescription antidepressants become less effective the longer you take them," says Goel. "Curcumin doesn't lose its effectiveness over time."

Rhodiola rosea, the well-researched root of an Arctic plant, has brought relief even to some of Cass' severely depressed patients. Cass points to its ability to help balance stress hormones and stimulate production of the feel-good brain chemical serotonin, much like the claims of prescription drugs, but without any known side effects. A new study published in *Phytomedicine* confirms that rhodiola is at least as effective as the prescription antidepressant Zoloft (sertraline) in fighting major depression.

Cass also recommends 5-HTP (5-hydroxytryptophan), an extract of the seeds of an African shrub that produces the critical serotonin with no negative side effects. A recent Indian study from the Postgraduate Institute of Medical Sciences comparing the effects of 5-HTP and Prozac confirms that "5-HTP definitely has antidepressant effects in patients with depression."

A Holistic Approach

An integrative approach that emphasizes physical activity and a meditation or other spiritual practice can be highly effective in treating all levels of depression, according to Gordon. "It's a way to get unstuck, to help us move through and beyond depression and other difficulties in our lives," he says.

Exercise triggers rises in mood at least equal to those generated by antidepressant prescription drugs, according to new Duke University research published in the *Journal of the American Medical Association*. People that are depressed often don't want to move, Gordon comments. "Start with what you can do. Walking a couple of blocks a day is a good beginning."

He notes, "I teach specific meditation techniques such as slow, deep, soft-belly breathing and mindful walking and eating. All have been shown to decrease levels of anxiety and stress, enhance mood and optimism, and promote greater emotional stability and more reliable judgment."

A healthful diet emphasizing vegetables, fruit and healthy fats; strong support from friends and family; creative activities; and connecting with a higher power comprise Gordon's integrative prescription for a happy life.

Kathleen Barnes is author of numerous natural health books, including Food Is Medicine. Connect at KathleenBarnes.com.

ORGANIC FRUITS & GREENS BLEND

All cells need a supply of oxygen and nutrients, and cancer cells are no exception. Without their own blood supply to nourish them, tumours cannot grow larger than the size of a grain of sugar.

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Source: Cancer Research UK

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- acidic tissue and fluids to survive in
- a low oxygen environment
- stagnant lymph can feed cancer cells

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Organic Beet Powder		
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Organic Tomato Powder		
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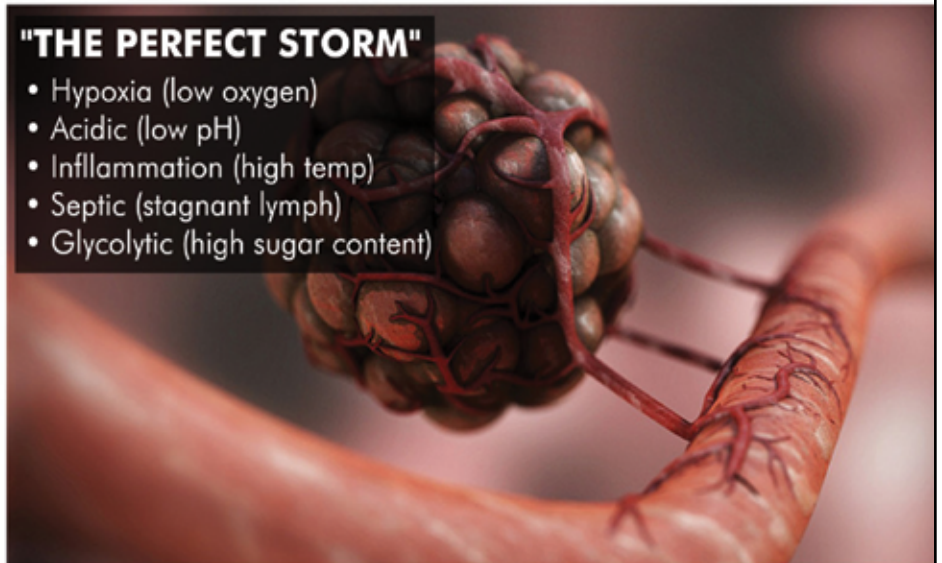
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Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

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photo by Stephen Blancett

The Zen of Slow Cooking

Savor Your Autumn Harvest in One-Pot Dishes

by Judith Fertig

Autumn's shorter days remind us how precious time is, especially when we can spend the hours with good friends and loved ones. That's why Chicago mothers and bloggers Meg Barnhart and Jane McKay decided to try slow cooking with a Zen approach in creating family meals. With the time they save in food preparation—especially when one recipe can yield an extra

lunch or dinner—they free up moments for both family interaction and their own spiritual practices.

"Slow cooking with the sacred intention of slowing down creates a sense of peace and calm after a full day of work and school," says Barnhart. Once she transitioned to this kind of meal planning and preparation on a regular basis, she realized that it allows her to

be more attentive to her family's needs while a healthy, tasty dinner basically cooks itself. With extra time for meditation and yoga in her daily life, she realizes increased clarity and focus for other interests and demands.

McKay enjoys the creative challenge of making family-pleasing, whole food recipes and converting conventionally cooked recipes for use with a slow cooker. "I especially love the bounty of the autumn harvest, which includes seasonal picks from our family's urban garden," she says. She's found that root vegetables, squash, pumpkin, leeks, mushrooms, leafy greens, Brussels sprouts, apples, pears and nuts all translate well to lower temperature cooking for a longer period.

Whether it's a quick preparation that allows for other activities or a more contemplative, mindful endeavor that can be relaxing in itself, the recipes on the pair's website, *TheZenOfSlowCooking.com*, are highly suited for busy people.

Slow Cooking 101

Slow cookers have come a long way since they were first introduced in the 1970s. Today, they come in all shapes and sizes, with inserts, timers and a wide range of settings. Barnhart and McKay recommend the five-to-six-quart size with a removable insert as the most practical. Food cooks in the insert, which can be washed and dried separately, so there's no need to put the entire slow cooker in the sink to clean up afterwards.

Because the slow cooker's low temperature is about 200° F and the



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- Congestive Heart Failure

heat is indirect, the appliance uses less liquid than conventional cooking. Many of Barnhart and McKay's easier recipes simply require putting the ingredients in the slow cooker, selecting the temperature, replacing the lid and turning the appliance on.

Fresh garnishes, such as the roasted pumpkin seeds or fried sage leaves for the Butternut Squash Soup, make a crisper contrast to the softer texture of slow-cooked foods, notes McKay.

Dishes like Sweet and Spicy Apples can be made the day before; leftovers taste delicious for breakfast with a dollop of yogurt. Barnhart and McKay

October is Vegetarian

Awareness Month

funding cooking classes for adults with developmental disabilities.

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

Jesus came in peace to a world of strife. He came in hope to a world of despair. He came with light to a world of darkness. He came with life for you and me.

make their own Sweet & Spicy Ground Spice Blend, available on their website, with proceeds



Put the vegetables into the slow cooker with the garlic and stir in the olive oil and oregano. Layer the mushrooms on top of the vegetable mixture, followed by a layer of onions. Next, sprinkle the blue cheese crumbles on top.

Pour the broth over the vegetables and cheese mixture, and lay the sliced potatoes on top. Season the potatoes with salt and freshly cracked black pepper. Cover and cook on high for 3 hours or on low for 6 hours.

Mindful Fall Recipes



photos by Stephen Blance

Butternut Squash Soup

Yields: 6 servings
Prep Time: 5-10 minutes

5-6 cups butternut squash, diced
1/2 cup or 1 carrot, chopped
1 cup or 1 small bunch scallions or spring onions, chopped
8 whole sage leaves, fresh (or 1 Tbsp dried)
1 Tbsp rosemary, fresh (or 1/2 Tbsp dried)
3 cups vegetable or chicken broth
1 cup organic dairy or non-dairy milk

Suggested toppings:
Slices of freshly toasted bread, drizzled with olive oil and cubed
1/3 cup roasted pumpkin seeds
8 additional fresh sage leaves, fried
4 slices of lean bacon or tempeh, crispy and crumbled

Place the squash, carrot, scallions, sage leaves, rosemary, chicken broth and milk into the slow cooker. Cover and cook on high setting for 3 hours or low for 6 hours. Then, blend using an immersion blender until smooth and leave covered until ready to serve. Make the toppings available to sprinkle and stir.

Root Vegetable Gratin with Mushrooms and Blue Cheese

Yields: 6 servings
Prep Time: 15 minutes

1 cup or 2 medium parsnips, diced to 1/2 inch
2 cups or 3 medium carrots, diced to 1/2 inch
1 cup or 2 medium turnips, diced to 1/2 inch
6 oz Brussels sprouts, trimmed and quartered
1/2 cup vegetable or chicken broth
4 cloves garlic, minced
1/4 cup organic olive oil
1 Tbsp dried oregano
8 oz sliced Portabella mushrooms
1 large onion, sliced into half moons
6 oz blue cheese, crumbled, or vegan cheese
4 large potatoes, peeled and cut into 1/3-inch slices
Black pepper to taste



Millet and Miso Stuffed Acorn Squash with Sriracha Dressing

Yields: 4 servings
Prep Time: 15 minutes

Coconut or organic olive oil
2 acorn squash, halved and deseeded
1 cup millet or quinoa
1/2 can garbanzo beans
1/2 cup raisins
1 tsp garlic powder
1/2 tsp black pepper
3 Tbsp fresh chives, snipped
1/4 cup lemon juice
2 Tbsp white miso paste
Olive oil
4 Tbsp pine nuts, toasted

Dressing:
2 tsp Sriracha sauce
1 Tbsp lime juice
1/4 cup plain or coconut milk yogurt

10 Benefits of Joining a Book Club



1. Community

"It provides an opportunity to be alternately silly and serious. I'm exposed to reading material that I might otherwise pass over, and I get to learn about others' experiences and how they have opted to look at the world as a result of those experiences. We generally park our worries at the doorstep at meetings and it becomes a refuge from whatever is a stressor in the rest of my life." – Pat Butler

2. Intellectual stimulation

"The book club keeps me in touch with the world. It's easy to get so busy in our own lives that our personal learning stagnates. The club makes sure I am aware of current books and authors. By reading about life in different cultures and societies, my understanding of the world has been enormously enhanced. I am then forced to view myself and my lifestyle with new eyes." – Sheila Malloch

3. New books and new people

"I've benefitted in so many ways from being a member of this book club, both intellectually and personally. One of the unexpected delights is that I'm exposed to types of literature and life viewpoints I wouldn't

have encountered otherwise. It has helped me grow." – Sara Street

4. A break from everyday life

"Books and book clubs can pull you up out of your world when life gets tough. Joining a book club is both an escape and a journey into something rich and wonderful, sometimes when you really need it. It's a safe place to exchange and challenge ideas." – Christine Biggar

5. The freedom to be honest

"The book club has given me the freedom to say I don't like a book. I don't always even finish what I'm reading! It's been a strange pleasure to read a book and have the confidence to say I don't like it and then talk about why that is. When someone else talks about a specific aspect of the book they appreciated, it helps me understand what I didn't like." – Martha McGloin

6. Friendship

"Friendship, caring, laughs, honesty, the opportunity to share ideas and thoughts without feeling foolish or inhibited. The book club allows me to share an evening with very bright, knowledgeable and articulate women." – Elizabeth Gordon

7. Self-expression

"It's a cherished opportunity for self-expression. A chance to engage both the head and the heart with women I trust and admire. It's an evening like no other in my life – one that gives me intellectual stimulation, emotional sustenance and great laughs. Plus food and wine!" – Emily Eayrs Babiak

8. Lifetime connections

"When I first joined the group, I didn't realize that the bond of friendship would develop that way that it has over the years." – Patty Staite

9. Spending time with other women

"My book club provides me the opportunity to connect with other women that I don't get anywhere else. It's the contemporary version of my mom's bridge club." – Lynn O'Neill

10. A welcome place for strangers

"At my first book club meeting, I didn't know a single person in the room. Fifteen years later, I have seen their children grow up, and parents (and in some cases, spouses) pass away. I know these women will be by my side, no matter what life brings me." – Beth Pollock

The Natural Awakenings and KOLA Academy Book Club meet every Monday, Wednesday, Thursday, and Saturday. Call 896-4141 for more information on times, location, or to join. You can also text your name, address, and "BOOK CLUB" to 424-5066 for more information.

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EPA: A Muzzled Watchdog

E.G. Vallianatos Seeks to Put Bite Back into the Agency

by Randy Kambic

E.G. Vallianatos firmly believes that the U.S. Environmental Protection Agency (EPA) is failing to adequately protect us. His deeply rooted conviction springs from 25 years of working for the agency.

His latest book, *Poison Spring: The Secret History of Pollution and the EPA*, co-authored with environmental journalist McKay Jenkins, chronicles what he attests are numerous cases of lack of enforcement, corruption and misuse of science and public trust that have transformed it into a “polluter’s protection agency.” He especially documents the dangers of chemicals that enter our air, soil and water every day that are either approved—or sometimes ignored—by the agency.

He’s the author of four previous books, including *Harvest of Devastation* and *This Land is Their Land: How Corporate Farms Threaten the World*, and blogs for *The Huffington Post*. Vallianatos, who transitioned from championing integrity from inside the EPA in 2004, recommends ways to change how the agency operates. Key needs include improved site selection for garbage dumps, oil refineries and manufacturers; and strong support for organic, sustainable and small-scale farming.

Of the many cases you cite of the EPA failing to curb industry wrongdoing, which one most compellingly signals the problem?

It has to do with laboratories that test for human health and environmental effects of chemicals used by farmers and drug



photo by Sonia Stump

manufacturers. Adrian Gross, at the EPA, accidentally discovered the greatest fraud [in this field], committed by a massive laboratory outside Chicago named Industrial Bio-Test that was confirmed by inspector colleagues at the Food and Drug Administration and eventually the EPA. It was being paid by the industry to test their chemicals, and instead of doing an honest accounting of chemicals registered with and approved by the government, they would fix the numbers to secure approval for the drugs or chemicals.

The EPA shut down this laboratory in 1983, yet continues to outsource much of its responsibilities. Despite this and other illegal and criminal activities, the government still allows the chemical industry to test its own chemicals. It casts tremendous doubt on the reliability and credibility of the process. It’s the Achilles heel of the regulatory system. Science has been the greatest victim of this manipulation. Industry should be forbidden to test its own products and we need to establish truly independent laboratories.

In *Poison Spring*, what do you mean by, “Women have long been getting the brunt of global pollution”?

In 1977, a former colleague testified to Congress on the discovery of DDT and other chemicals in mother’s milk. Today, we find it includes many more widely used chemicals such as Monsanto’s herbicide glyphosate. Breast milk has been contaminated by what mothers eat, breathe and drink. Even beyond milk, they have no option not to pass

on what’s in their bodies to their newborn. We have forced women to put the next generation at risk. If anyone wants to know the biggest factor on why the healthcare system is failing, this is it.

Fracking is the latest crisis of which the EPA is, in your words, “once again looking the other way.” How can we halt it?

Fracking sends tremendous volumes of water mixed with more than 100 toxic chemicals deep into the Earth using intense pressure, smashing bedrock and other sediments to release gas and perhaps petroleum. Fracking not only contaminates groundwater, escaping methane gas is entering the atmosphere and warming the planet. It also causes lots of earthquakes. People can demand a ban of fracking in their neighborhoods. States and communities are beginning to do so.

Is it possible that the EPA can become truly independent, and how can we move forward together toward integrity?

As more people are affected by the way industry is poisoning our environment, they’ll face the reality that we need the EPA to be much more strongly protective and isolated from the political corruption that’s been tying its hands.

I love that the EPA employs many vitally important and capable scientists. Criticisms stem from its overall corruption by the political system. We need to have a Supreme Court-like EPA with an overall administrator appointing deputies, people with integrity that are open-minded as to what must be done if this country is to be healthy.

Randy Kambic is a freelance writer and editor in Southwest Florida who regularly contributes to Natural Awakenings.

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BE TRUE TO YOURSELF

It's the Secret to Belonging

by Brené Brown

Contrary to what most of us think, belonging is not fitting in. In fact, fitting in is the greatest barrier to belonging. Fitting in, I've discovered during more than a decade of research, is assessing situations and groups of people, then twisting yourself into a human pretzel in order to get them to let you hang out with them. Belonging is something else entirely—it's showing up and letting yourself be seen and known as you really are—love of gourd painting, intense fear of public speaking and all.

Many of us suffer from this split between who we are and who we present to the world in order to be accepted. (Take it from me: I'm an expert fitter-inner!) But we're not letting ourselves be known, and this kind of incongruent living is soul-sucking.

In my research, I've interviewed a lot of people who never fit in, who are what you might call "different": scientists, artists, thinkers. If you drop down deep into their work and who they are, there is a tremendous amount of self-acceptance. Some of them have to scrap for it, like the rest of us, but most are like a neurophysicist I met who essentially told me, "My parents didn't care that I wasn't on the football

team, and my parents didn't care that I was awkward and geeky. I was in a group of kids at school who translated books into the Klingon language and my parents were like, 'Awesome!' They took me to the *Star Trek* convention."

He got his sense of belonging from his parents' sense of belonging, and even if we don't get that from Mom and Dad, we have to create it for ourselves as adults—or we will always feel as if we're standing outside of the big human party.

The truth is: Belonging starts with self-acceptance. Your level of belonging, in fact, can never be greater than your level of self-acceptance, because believing that you're enough is what gives you the courage to be authentic, vulnerable and imperfect. When we don't have that, we shape-shift and turn into chameleons; we hustle for the worthiness we already possess.

Brené Brown, Ph.D., a licensed master social worker and research professor at the University of Houston Graduate College of Social Work, has spent 13 years studying vulnerability, courage, worthiness and shame. This essay is from her book, The Gifts of Imperfection, used with permission.

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EARLY PUBERTY

The New Normal?

by Kathleen Barnes



21st-century girls are reaching puberty at dramatically earlier ages than their mothers and grandmothers.

Many American girls today are experiencing budding breasts and pubic hair before they are 7 years old, according to the government's National Health and Nutrition Examination Survey. The threshold age has been steadily falling for decades, with the most dramatic decrease between 1997 and 2011.

A pivotal 2011 study from the University of Cincinnati showed that U.S. Caucasian girls on average entered puberty at 9.7 years old, three to four months younger than the average age reported by University of North Carolina scientists 14 years earlier and much younger than data from the 1960s. Girls of other ethnicities are also entering puberty at earlier ages, but at less dramatic rates.

A 2009 Danish study also showed that their country's girls were developing breasts a full year earlier than those born 15 years earlier.

Burgers, Fries and Sodas to Blame

The rise in childhood obesity is the major culprit in today's lower ages of puberty, according to the 2011 study's lead researcher, Dr. Frank Biro, director of adolescent medicine at Cincinnati Children's Hospital Medical Center. He explains, "Body mass index [BMI] is the overwhelmingly predominant factor in the age at which a girl reaches puberty. It's become more important than race or ethnicity. Heavy white girls and heavy black girls are all maturing earlier."

Science has long shown that fat tissue produces hormones, including estrogen, that can accelerate the process of puberty, especially early breast development, according to Dr. Louise Greenspan and Julianna Dearthoff, Ph.D., authors of *The New Puberty*. Greenspan specializes in pediatric endocrinology at San Francisco's Kaiser Permanente Hospital; Dearthoff is a clinical psychologist researching pubertal development at the University of California, Berkeley. They cite one foundational study from the 1980s that showed for every BMI point increase, the age of first menstruation dropped by about one month.

Toxic Soup

Ubiquitous hormone-disrupting chemicals are undoubtedly a culprit in the early puberty epidemic, says Doctor of Naturopathy Michael Murray, of Phoenix, Arizona, who publishes widely on the topic of natural medicine.

Endocrine disruptors that trigger the body to produce excess amounts of estrogen include chemicals in clothing, especially children's sleepwear, furniture and carpets, anything plastic, personal care products, cleaning solvents, glues, dry cleaning chemicals, pesticides, herbicides and non-organic meat and milk. Collectively, they trigger puberty before its natural time. "There's certainly a link between these persistent pollutants and obesity," Murray observes.

Antibiotics contained in commercial meat and dairy products may be a

greater risk than the added hormones, says Greenspan. "Chronic, low-dose antibiotic exposure could affect the body's microbiome [the microorganism colony in the digestive tract], which can lead to obesity and may also influence puberty."

The Stress Monster

"Considerable research now supports the notion that excessive stress early in life can affect the timing of puberty," says Greenspan. Stressors can range from sexual or child abuse to stressful family relationships, low emotional investment on the part of parents or a depressed mother.

"Girls that grow up in homes without their biological fathers are twice as likely to experience early menarche as girls that grow up with both parents," advises Dearthoff.

Biro points out that stress is associated with higher levels of cortisol and obesity. Cortisol, the stress hormone, has been directly related to belly fat in numerous studies.

Added Risks

"Early puberty also increases social risks," says Dearthoff. "Girls that develop ahead of their peers have more anxiety, a higher incidence of depression, poorer body image and more eating disorders."

Research from St. Thomas' Hospital, in London, reports that reaching puberty early may also increase risks for diabetes and breast cancer later in life, says Biro, the latter "possibly due to greater lifetime exposure to female hormones and the susceptibility of rapidly developing breast tissue to environmental toxins." Framingham Heart Study results published in the *Journal of Clinical Endocrinology & Metabolism* support

12 Foods to Buy Organic

The Environmental Working Group reports that these foods are the most heavily contaminated with pesticides, so look for organic versions and prioritize them on the family grocery list.

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet bell peppers
9. Cucumbers
10. Cherry tomatoes
11. Snap peas (imported)
12. Potatoes

earlier studies that found menstruating before age 12 may contribute to a 23 percent greater risk of developing heart disease and 28 percent higher risk of dying from heart attack or stroke.

Parental Strategies

These experts all agree that a clean diet is one of the most powerful strategies to protect young girls. Murray recommends reviewing the Environmental Working Group's list at Tinyurl.com/EWGDirtDozen. He says, "If you buy these foods organic, you'll both avoid hormone-disrupting pesticides and herbicides and give children the protection of antioxidants that can help protect against other toxins."

Kathleen Barnes is author of numerous natural health books, including Food Is Medicine. Connect at Kathleen Barnes.com.

Signs to Watch for in Boys

Scant information exists charting puberty trends in boys, although medical researcher Dr. Frank Biro's findings show that unlike overweight girls, some obese boys tend to reach puberty later than average.

Professionals at the Nationwide Children's Hospital, in Columbus, Ohio, suggest talking with a doctor if

a boy starts experiencing any of the following before reaching age 9:

- ✓ Growth of testicles or penis
- ✓ Growth of pubic, underarm or facial hair
- ✓ Rapid height changes
- ✓ Voice deepening
- ✓ Acne
- ✓ Adult body odor

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Whole-wheat bread



Lentils



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Oatmeal



Raspberries



Peas



Broccoli



Apples



Almonds



Barley

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

greenliving



Greenhouse Magic

Eat Homegrown Organic Veggies Year-Round

by Avery Mack

Much of America's supermarket produce is expected to ripen in trucks, stores or at home after traveling many hundreds of miles from field to table. During the past six years, as Americans' hunger for fresher, better-tasting food has deepened, the number of home gardens has risen by 8 percent, to 113 million. That's more than one for every three people.

Organic gardeners and others find that adding a greenhouse provides just-picked fruit and vegetables at their natural peak of ripeness and significantly extends the growing season. Pre-planted seeds and seedlings flourish in the protected environment and provide robust plants for an outdoor garden. Many vegetables, especially greens, can provide multiple harvests in the greenhouse well into the colder months.

Explore Fresh Horizons

"Greenhouse gardens are a constant experiment," says Roger Marshall, author of *The Greenhouse Gardener's Manual*, in Jamestown, Rhode Island. "I grew olive trees from seed, but they were sterile, so I had to buy propagated trees.

Like my fig tree, everything will eventually outgrow the space allotted for it."

The plants get nothing unless you provide it, adds Marshall. His two, 300-square-foot greenhouses use 100 gallons of water every three days, some collected in 55-gallon rain barrels. During winters, the unheated greenhouse protects leafy greens and root crops. Hydroponic lettuce and herbs share the propane-heated greenhouse with figs, lemon grass, ginger, galangal and nine citrus trees. He opines there's nothing like fresh Key lime pie in January.

In Alstead, New Hampshire, Celeste Longacre, author of *Celeste's Garden Delights*, uses her home greenhouse to give seedlings a head start on spring. She and her husband, Bob, grow nearly all the vegetables they'll use for the year in the resulting backyard garden, noting that New Hampshire ranks number three for locavore support according to the national *StrollingOfTheHeifers.com/locavoreindex*. She recommends, "Start small, with a plant or two, and then make one change a week toward greater self-sustainable living."

Success Tips

A greenhouse that creates a warm environment for plants during cold weather may also overheat. "Air circulation is vital; vents and fans are necessary to maintain the right temperature," advises Longacre, explaining that plants can't breathe in a damp house. She suggests, "Water only when absolutely necessary and at the soil line, not on the leaves. In hot climates, use shade cloth on the top and sides of the greenhouse."

There are destructive insects and beneficial insects, Longacre says. "Aphids will kill a crop. Ladybugs can eat 50 aphids a day, plus mites and larva. After the aphids are gone, ladybugs like parsley, dill and geraniums for lunch. That will keep them around in case aphids return." Ladybugs can be ordered online; stick to local species.

Some plants, like tomatoes, eggplant or winter fruits, need pollination that can be applied by hand, but it's time-consuming. An easier solution is to use vibrating trays to shake pollen loose and fans that distribute it from plant-to-plant.

Southern Climes, Too

Even in warmer climates, a greenhouse has benefits. In Orlando, Florida,

sisters Katherine and Jessica Grandey make good use of a 200-square-foot greenhouse of vertical aeroponic towers. No soil or additional watering is used because plant roots receive a nutrient solution. The small space provides the same amount of greens as a one-acre plot of land while using a tenth of the water, maturing from seed to table-ready produce in five to seven weeks.

The siblings donate a portion of their chemical-free crop to GrowGreen-4Women, a nonprofit group that supports cancer patients.

Benefits Beyond Veggies

In Norwalk, Iowa, Master Gardener Richard Schreiber, membership director for the Hobby Greenhouse Association, collects succulents and cacti. He keeps his 500-square-foot greenhouse at 50 degrees during chilly months.

"After experiments and mistakes, hobbyists find what works best for them. The resultant mix often includes both flowering and fruiting plants," says Master Gardener Tom Karasek, the association's president,

Change from yard

shoes to greenhouse

shoes to avoid cross-contamination.



in Longview, Washington. "All greenhouses have microclimates for more or less light or humidity and cooler or warmer temperatures."

For added value, greenhouse gardens act as insulation when situated on a rooftop to reduce heating and cooling costs, plus divert rainwater from drainage systems; the latter being especially valuable in urban zones.

Whatever its size or scope, greenhouse gardening also shelters a sense of community. As gardeners trade vegetables for a fisherman's excess catch or as a thank-you for the loan of tools, they share both lively fare and their love of discovery.

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

Creative Greenhouses

by Avery Mack

Greenhouses can be elaborate or simple, bought or homemade from recycled storm windows and architectural scrap, designed with peaked roofs, hoops or geodesic domes. Some are set on a raised platform to stay above snow and flood levels. Kits at home improvement stores come in many sizes; Ikea even has a mini-greenhouse suitable for a windowsill. Sustainable passive solar models are the latest twist. Add a hammock or lounge chair for a tranquil getaway spot.

A whimsical greenhouse built on a platform allows for deep Canadian snows. Recycled 1800s windows comprise both walls and roof with colorfully painted decorations safeguarding

birds as they fly nearby (Tinyurl.com/Window-Greenhouse).

Built in 1936, the art deco-styled Jewel Box, in St. Louis, Missouri, is an outstanding example of greenhouse design, with more than 15,000 square feet of vertical glass and five stair-stepped roofs. Horizontal metal surfaces prevent weather damage (Tinyurl.com/JewelBoxGreenhouse).

Washington State Environmental Chemist David Stone built a greenhouse using Ferrock, a carbon-negative material he invented as a cement substitute. Inside it, winter temperatures remain at 60 degrees, even though it's near the Canadian border (Tinyurl.com/Eco-Greenhouse).



photo courtesy of Roger Marshall

In Mesa, Arizona, a swimming pool is home to tilapia and chickens, wheat and grapes, tomatoes and sweet potatoes. The closed-loop aquaponic farm is an almost entirely self-sustaining ecosystem (Tinyurl.com/PoolGreenhouse).

For more ideas, visit Tinyurl.com/Building-Greenhouses and Tinyurl.com/SalvageGreenhouses.

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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Ground Rules for RUNNERS

A Guide for Running on All Terrains

by April Thompson

Many fitness-seekers run because it's so simple and adaptable. Running can be done in groups, pairs or alone, with little equipment, skill or planning needed. Anyone can run virtually anytime, anywhere—an indoor treadmill, scenic trail, beach or sidewalk. But all surfaces are not created equal. Recently, opponents of running on hard surfaces such as concrete or asphalt claim they are more apt to cause injuries or pain than dirt or grass.

According to body-movement researcher Daniel Ferris, Ph.D., director of the Human Neuromechanics Laboratory at the University of Michigan's School of Kinesiology, no evidence currently supports the theory that running on harder surfaces leads to more injuries. "However, we see a difference in the injury types," he reports, noting that it's likely related to differences in how people strike their feet on different surfaces, thus delivering a different stress load to the rest of the body. Running on hard surfaces is more often correlated with issues like plantar fasciitis and Achilles tendon injuries; softer surfaces are more often linked with soft-tissue injuries such as knee problems.

According to Michael Sandler, a running coach and author who has developed a variety of helpful resources on mindful running (*MindfulRunning.org*), being present is paramount to safer running on varied surfaces. "Enjoy music while running, but you have to be

tuned in to your surroundings, too," says Sandler, currently based near New York City. "Sometimes runners get injured when changing footwear or surfaces without being aware of how that affects their running. You're more likely to move faster on cement, than on grass; each surface dictates a different stride."

Some softer surfaces such as grass, trails and sand tend to be more uneven, which can lead to trips, falls and related injuries and require more exertion. In a recent University of Michigan study, walkers expended up to 25 percent more energy on an uneven surface than on a smooth one, while runners experienced no difference in exertion levels. This benefits those that may be walking for weight loss, accelerating calorie burn.

Helpful Change-Ups

Ferris recommends that runners and walkers mix up terrains to recruit different muscle groups and make them work in new ways. As a result, a strong inland runner may struggle to complete a run on a beach, which draws more upon the calf muscles. Whether it's a change of surface or training shoe, Ferris cautions to ease into it, rather than making an abrupt shift.

Gail Fuller, a 10-time marathoner and certified running coach in Silver Spring, Maryland, believes that variety is the spice of running. "I love to switch it up; I get bored easily. I'll run on trails

We are like water flowing downstream: Water moves differently when interacting with rock and sand. If we're present when running on different surfaces, we can move more effortlessly and float along with the surface, rather than fight with it.

one day, tracks the next," says Fuller, an asthmatic who took up running 13 years ago to mitigate its effects.

Fuller encourages new runners, even those with preexisting conditions, to consider different types of runs. "I recently coached a woman working toward her first 5K in Baltimore. She said she had bad knees and only felt comfortable running on a treadmill," relates Fuller. "We've slowly worked in trail runs and hill work to the point where she now enjoys training on hills to get strong for a race."

However, Fuller ultimately tells runners to follow their body's intuition regarding training. "I dislike treadmills, so I don't use them. If you don't like something, even if another seasoned runner recommends it, don't do it," she counsels, recalling her own unhappy event runs on Venice Beach sand and a New Jersey boardwalk. "Your body will tell you what it needs."

Being conscious of the mind-body connection can deepen the benefits of running and other workouts—mentally, physically and spiritually—according to Sakyong Mipham Rinpoche, worldwide leader of the Shambhala Buddhist tradition, nine-time marathoner and author of *Running with the Mind of Meditation*. "Instead of spacing out [during] exercise, say, 'I'm going to be present and relate to my breathing and movement,'" he counsels. "That's healthy for the mind and the body."

Whatever's beneath their feet, mindful runners can discover the joys of physical and mental synchronization.

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

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naturalpet



Animal Chiropractic

The Benefits of a Well-Adjusted Pet

by Linda Sechrist

Although pet owners may consider animal chiropractic services as a modern-day phenomenon, it's been around since the early 1920s. Proof resides at the Palmer College of Chiropractic library in a report describing an equine chiropractic adjustment course created by B. J. Palmer, who expanded on the work of his father, D.D. Palmer, the founder of chiropractic. It also houses the doctor of chiropractic veterinary diploma issued to graduates. Today, the American Veterinary Chiropractic Association (AVCA) is the primary national source of credentials in a field of medicine that treats horses, dogs, cats, cattle, pigs, sheep, goats, elephants, birds and reptiles.

Human and animal chiropractic medicine deals with describing the relationship between the spinal column and nervous system, as well as its crucial role in maintaining overall health. This methodology for animals is especially helpful for enhancing performance—in breeding, training and grooming dogs to conform to the specifications of American Kennel Club dog shows and/or agility competitions—and for horses that compete as jumpers, distance race horses or barrel racers.

Exactng Practicum

Doctor of Veterinary Medicine Bob Willard, in the Dallas/Fort Worth area, is certified to perform spinal adjustments and

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acupuncture on animals. Having practiced equine sports medicine since 1982, Willard elected in 2005 to extend his education with 200 hours of classroom and laboratory training according to the standard of the International Veterinary Chiropractic Association.

Willard had been a skeptic prior to his personal experience. "To help me deal with a compound fracture, my wife dragged me to see a chiropractor. After reaping the physical benefits, I was naturally curious to learn more. Today, I treat the majority of my patients with chiropractic and acupuncture before using conventional treatments," advises Willard, who emphasizes that he finds these complementary therapies useful in preventing injuries. At one of the barns Willard works with, nearly every performance horse gets an adjustment every 30 days, because the owners can spot subtle differences long before a potential injury occurs.

In North America, laws and regulations governing animal chiropractic differ by state. American Veterinary Medicine Association guidelines recommend that a veterinarian should examine an animal and establish a preliminary diagnosis before initiating any alternative treatment. In some locations, a veterinarian must supervise treatments by an animal chiropractor that's not also a vet.

Doctor of Chiropractic Donna Gigliotti, who practices at Macungie Animal Hospital, in Macungie, Pennsylvania, has been treating animals in collaboration with local veterinarians since 1997. She regularly lectures on the benefits and combines techniques such as neurofascial release, which affects the joints, muscles, ligaments and brain. This type of therapy is highly effective in treating genetic predispositions such as canine intervertebral disc disease, which can occur in any dog, but most particularly the dachshund, Lhasa apso and Shih Tzu. Selected for a genetic form of dwarfism, these breeds have discs prone to this age-related form of degeneration.

October is National Chiropractic Health Month.

To help delay such related impacts, Gigliotti teaches owners to work with their pet to train them to perform balance exercises that develop the core muscles which hold the spine firmly in place. "I don't want to repeatedly see a dog for the same issues when it's possible for the animal to maintain the adjustment with the owner's help," notes Gigliotti, who is among a few doctors that have completed advanced neurology training for animals at the Healing Oasis Wellness Center, in Sturtevant, Wisconsin.

"Animal chiropractic techniques can also help with symptoms such as lameness, skin problems, bladder and bowel irregularities, sight and hearing loss, breathing difficulties, food and environmental allergies and gait abnormalities," advises Doctor of Chiropractic Sherry Bresnahan. Licensed in the care of humans and animals, she holds AVCA certification and applies her extensive postgraduate training at Crystal Lake Veterinary Hospital, in Crystal Lake, Illinois.

Owner Alert

"A pet's biggest asset is an observant owner. No one knows their constant companion better," says Bresnahan. "It's why vets hear statements such as, 'My cat's meow is off,' or, 'My dog is acting lethargic,' or 'My pet's eyes seem dull.' In performance animals like horses, it's generally the rider that spots something that's off."

She explains that although she doesn't need to apply any more chiropractic pressure on animals than she uses on people, it is necessary to stand on bales of hay to place the upper body and hands at the correct angle when making an adjustment on a horse or rodeo bull.

Chiropractors that specialize in treating animals are adept at reading the body language of nearly any creature, which can speak volumes about their health challenges.

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

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Thursday October 8

13th Annual Atchafalaya Catfish Festival – Thru Sat Oct 10. Choose from fried, courtbouillon, grilled, and blackened catfish. Enjoy live music, food, and entertainment for the family. Melville Civic Center, 1105 First St, Melville.

Louisiana Cattle Festival – Thru Sun Oct 11. Features two parades, music on three stages, food and contests. Free. Downtown, Abbeville. Phone: 337-652-0646 or 337-652-2292.

Friday October 9

Festivals Acadiens et Creoles – Thru Sun Oct 11. Keep Cajun and Creole culture alive with music, food, and good times. Free. Girard Park, 500 Girard Park Dr, Lafayette. FestivalsAcadiens.com.

World Championship Gumbo Cook-Off – Thru Sat Oct 11. Cajun Creole food festival, Cajun music, 5k run, and gumbo competition. Free. Boulogny Plaza, New Iberia. 337-364-1836. IberiaChamber.org.

Saturday October 10

Tour des Atakapas – 8am. Festivals Acadiens et Creoles and TRAIL presents a 3, 5 and 7 mile run with a finishing party at the pavilion in Girard Park. \$65. Geaux Run, 906 Harding St, Lafayette. 337-706-8763.

3rd Annual Breast Cancer Awareness Ride – 9am. Begin at the City of Opelousas Tourist Center to Cash Magic in Eunice, Vidrine's Café in Church Point, Café Josephine in Sunset, and Kings Truck Stop in Port Barre then to Silver Slipper in Arnaudville. Proceeds to benefit Susan G. Komen. \$20. City of Opelousas Tourist Center, 828 E Landry St, Opelousas.

Festival de la Grande Église – 9am-8pm. A celebration of the Catholic faith in southwest Louisiana with tours of the church and cultural events. St. Landry Catholic Church, 1020 N. Main Street, Opelousas.

Sunday October 11

Cardinal Fun Festival – 9am. Enjoy a family fun day of games, a silent auction, raffle baskets, jambalaya cook-off, color run, talent show, music, and food. Free. St. Ignatius Catholic School, 180 Church St, Grand Coteau.

Wednesday October 14

RAA 25th Annual Gumbo Cook-off – 5pm. Teams compete wearing Hollywood blockbuster costumes while preparing and serving gumbo. Complimentary beverages by Home Bank and Coca Cola. Music by Geno Delafosse & French Rockin' Boogie. \$10. Realtor Association of Acadiana. Proceeds benefit Bridge Ministry of Acadiana, Faith House, and Rebuilding Together Acadiana. Parc International, 200 Garfield St, Lafayette.

Indian Mounds Along Bayou Teche Talk – 6-8pm. Celebrate Archaeology month with a presentation by ULL professor and archaeologist Dr. Mark Rees. Adult audience. Free. Jeanerette Museum, 500 Main St, Jeanerette. 337-276-4408, JeaneretteMuseum.com.

Thursday October 15

79th International Rice Festival – Thru Sat Oct 17. Carnival rides, parades, live entertainment on 2 stages and food booths at one of Louisiana's oldest and largest agricultural festivals. Free. Historic downtown Crowley. RiceFestival.com.

Saturday October 17

7-Mile Plus Yard Sale – 7am-4pm. Shop antiques, crafts, art, treasures and food throughout the town. 1510 Courtableau Hwy. 93 Arnaudville to Henderson. 337-754-7724, 337-754-5316 or 337-501-6022.

Bayou Round Up – 10am-6pm. A showcase of music, food and culture of Louisiana combined with hot rods, custom cars, artists and vendors. \$10; free under 12; UL Students \$5/student ID. Blackham Coliseum Lafayette. BayouRoundup.com.

Boudin Cook-Off – 10am-4pm. 25 boudin makers sample the best boudin in Louisiana. Enjoy family friendly entertainment and games. Free. Parc Sans Souci, 201 E Vermilion St, Lafayette. 337-993-2207. BoudinCookoff.com.

Jeanerette Live – 10am-10pm. Live music, food, shopping, cake walk and kids activities on Main Street. Geno Delafosse and French Rockin' Boogie provide live music. Jeanerette Main St-Minnieville Blvd to Bracey St, Jeanerette. 337-276-4164. JeaneretteLive.com.

Louisiana Comic Con – 10am-6pm. Thru Sun Oct 18. An event to bring together diverse guests, vendors, artists, and fan groups, in an affordable, family environment. \$15 /day or \$25/weekend:

Children 8 & under \$5/day. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. LouisianaComicCon.com.

Experience Louisiana Festival – 11am. Experience the sights, sounds, tastes and culture of Louisiana by visiting festival villages. Festival location throughout LSUE campus, area around the community. LSU Eunice, 2048 Johnson Hwy, Eunice.

Tailgating Cook-off – 11am-1pm. An old fashion Cajun tailgating cook-off with a rag ball tournament, car show, live silent auction, fais-do-do, kid's games and arts & crafts. Loreauville Park, 601 Ed Broussard Rd, Loreauville. 337-577-3852.

Shake Your Trail Feather Festival – 11:30am-6pm. Concert performances to raise funds to create projects and maintain facilities along the Bayou Teche Paddle Trail. Free. Festival pins \$5. Patti Holland. Parc des Ponts, Breaux Bridge. 337-277-4645. TecheProject.org.

The Pink Tea Just for Me! – 2pm. A Celebration of life, honoring those affected by breast cancer. Wear your finest hat for high tea. Free. Progressive Community Outreach Center 125 Gallien Street Lafayette.

New Iberia Downtown Art Walk – 4-7pm. Local artists gather in the downtown area to showcase their work. Shadows-on-the-Teche, 317 East Main St, to Railroad Ave, then to A&E and NILA Gallery on W St. Peter St, New Iberia. 337-369-2330.

Sunday October 18

Iberia Beneath the Balconies – 2pm. A series of theatrical presentations and musical performances on select balconies along Main Street. Enjoy lunch, shopping and music by the Berry classics in downtown before the shows. Shadows-on-the-Teche, 317 E Main St, New Iberia. 337-364-1603.

St. Martinville Creole Farmers Markets Chariot Parade – 6pm. Children make chariots out of cardboard boxes and pull the lighted chariot in competition, for trophies and prizes. Historic Square, St. Martinville.

Thursday October 22

Moon Festival at Epiphany Day School – 5:30-7pm. Family Halloween fun, an a-maze-ing labyrinth, carnival games, prizes, book fair, spooky stories, photo-op spot and a giant pumpkin raffle. Wear family appropriate costumes, no scary masks. Epiphany Day School, 120 Jefferson St, New Iberia. 337-364-6841. EDS-NI.com/

Saturday October 24

4th Annual Sweet Dough Pie Festival – 9am-3pm. Celebrate the unique culture and history of Grand Coteau with a sweet dough pie contest, live music, and complimentary tours of St. Charles Borromeo Church and St. Ignatius School. Browse through vendors. St. Charles Church of Borromeo, 174 Church St, Grand Coteau.

Aviation Fun Day – 9am. An educational view of the daily operations of a commercial airport. Games and prizes for the children and a tour of the airfield. Children ages 5-12. Free. Lafayette Regional Airport, 200 Terminal Dr, Lafayette.

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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

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ongoing events

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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

Networking on Purpose – 11:30am. A networking meeting held on the first Monday of the month to include a roaming mic and a few speakers open to the public. \$20 includes a buffet lunch. Debby Ryan. Deano's, 305 Bertrand Dr, Lafayette. 337-962-0947. TheQueenOfNetworking.com

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. Refresh-

ments available. Free, \$5 suggested donation for curating costs. Vermillionville 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 Recreation 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. Vermillionville, 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.

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 featuring 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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- Hudson County, NJ
- Mercer County, NJ
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Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more, visit FranchiseBusinessReview.com

inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

BRAIN

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

SKIN

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

CARDIOVASCULAR

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

KIDNEYS

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

BONES

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

MUSCLE

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

BREAST

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

Source: Journal of Clinical Oncology

LIVER

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

THYROID

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

LUNGS

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

GI TRACT

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



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

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Specialty Vitamins and Supplements

Whey Protein (Vanilla)

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



.....\$45.00

Organic Fiber

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



.....\$35.00

pH 9.5 Drops

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



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



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

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

.....\$30.00

Garcinia Cambogia

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



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

.....\$35.00

WheTea Ab Fat Burner

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



.....\$20.00

Mood Enhancer

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



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

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

Women's Hormone Balance



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

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

.....\$35.00

Phase 2 Starch Complex



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

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

.....\$35.00

Digestive Enzyme Complex



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

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

BF-4 Weight Loss



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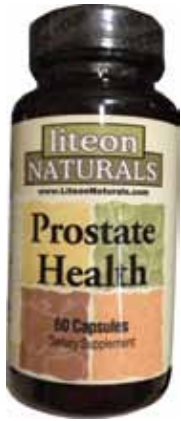


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Prostate Health



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**

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Pricing and Rate Sheet

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

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

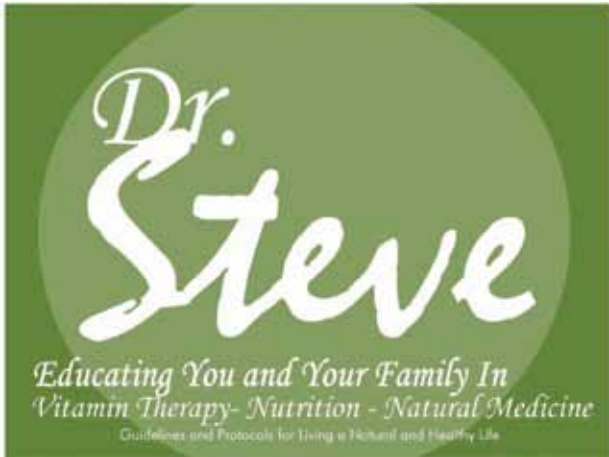
SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated.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

Last Updated: 11/30/14

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.

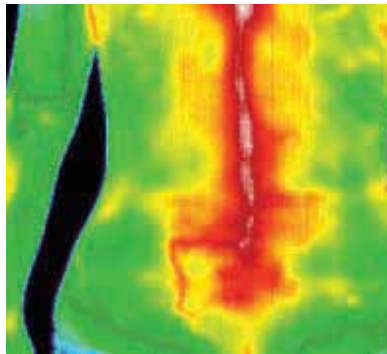
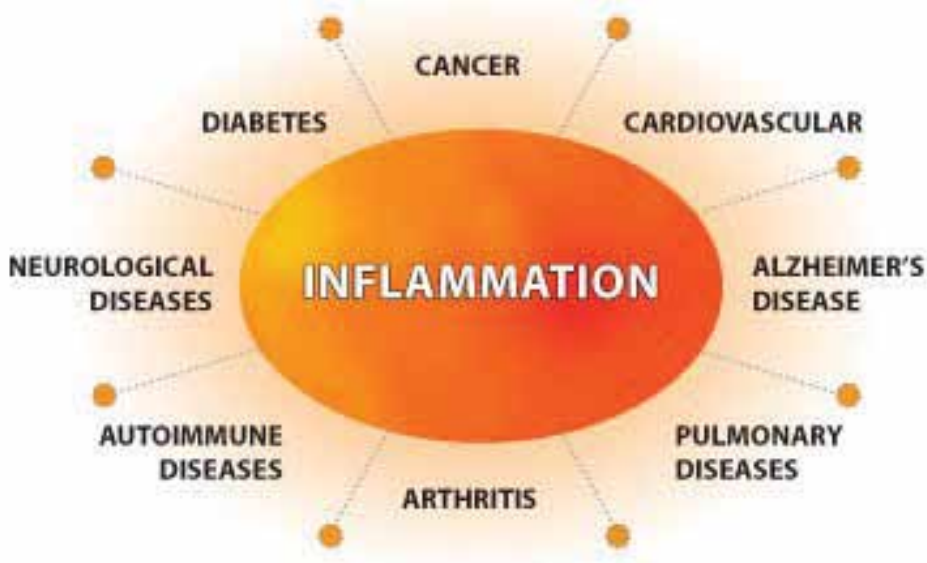
Is Naturopathy for Me?

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
- Naturopathic Health Care
- Zerona Fat Reduction
- Whole Foods Nutrition
- Hydro Massage Therapy
- Infrared Sauna Therapy
- Whole Body Vibration Therapy
- Nutrient Hydration Therapy
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- Vitamin Therapy
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Whole Body Vibration Therapy

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

Aqua - Hydro Massage Therapy

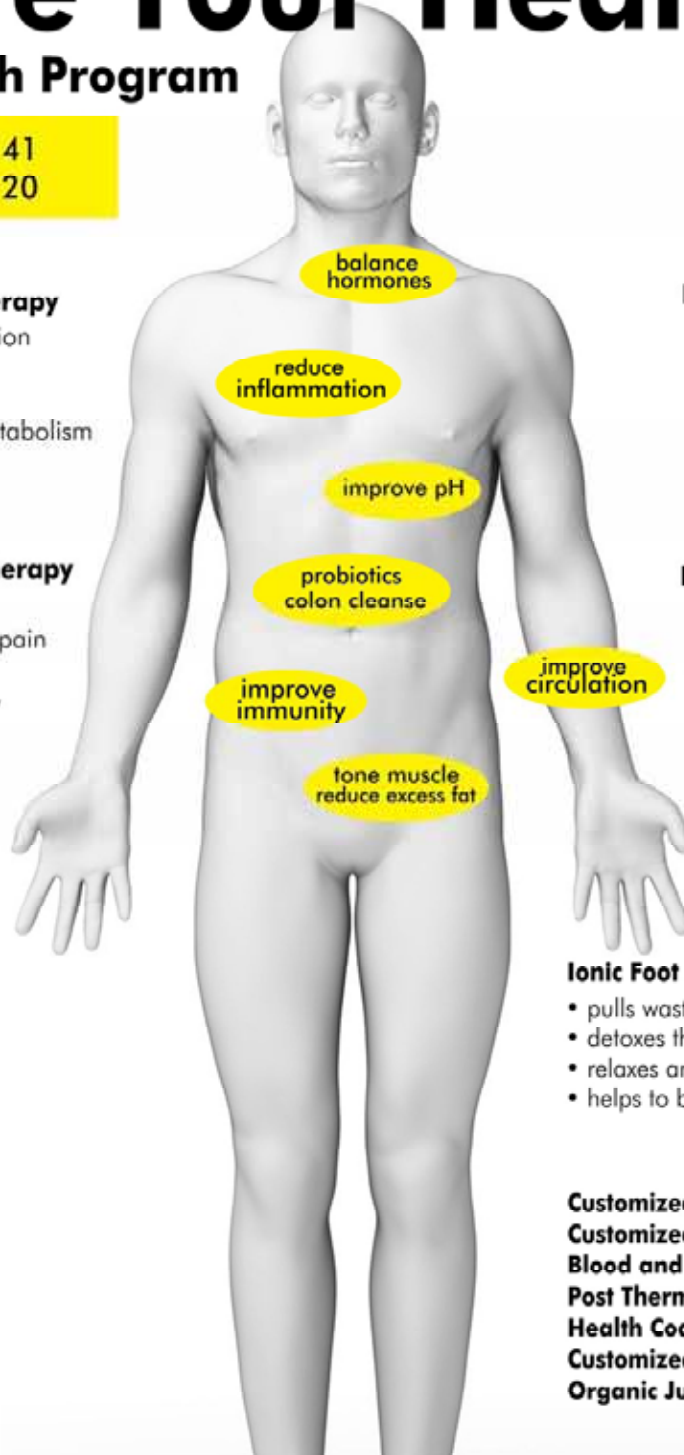
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

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

Biofeedback Therapy

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



Infrared Sauna Therapy

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

Liquid Vitamin Hydro-Therapy

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

Ionic Foot Detox Therapy

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

Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

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

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

INFRARED SAUNA THERAPY

INCREASED METABOLISM AND WEIGHT LOSS

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



A BOOSTED IMMUNE SYSTEM

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

DETOXIFICATION OF THE BODY

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

RELIEF FROM PAIN

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

RELIEF FROM STRESS

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



AQUA MASSAGE THERAPY



COMBINATION OF HEAT AND MASSAGE

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

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

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

WHOLE-BODY VIBRATION



LOW IMPACT EXERCISE

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

ION FOOT DETOX THERAPY



Ion Detoxification Therapy

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

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

How will it make you feel?

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

How does it work?

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

LIQUID VITAMIN THERAPY



INFRARED EFFECTS

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

HYDROFUSION™

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

CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy 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.

TOXINS AND WASTE CAUSE THE BODY TO GET SICK

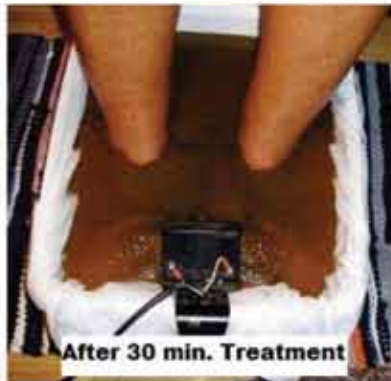
Buy 1 Get 1 1/2 OFF

Single Session \$45

2 Foot Detox Sessions \$80

4 Foot Detox Sessions \$145

Offer Ends 11/15/15



Ionic Detox Foot Spa

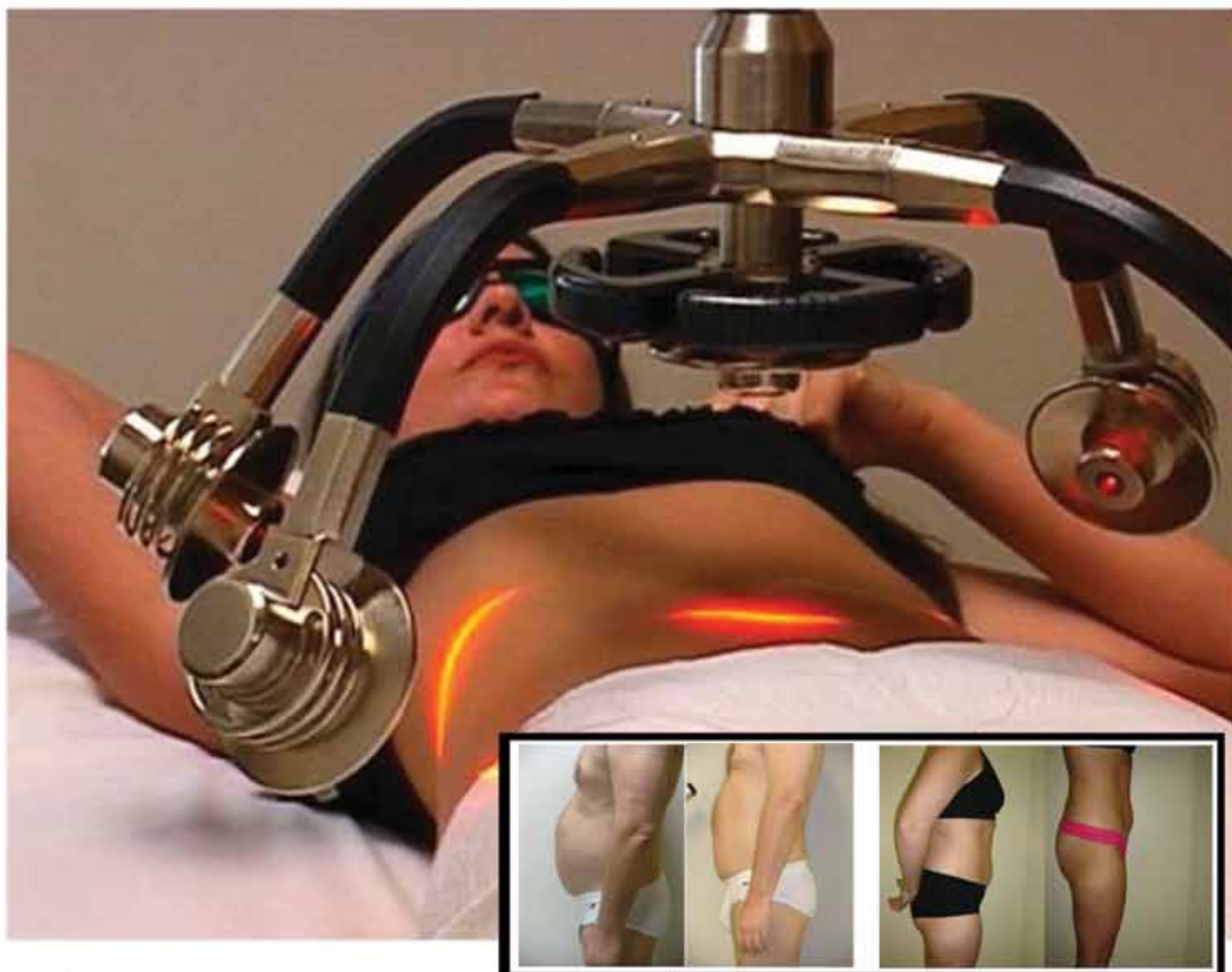
- Reduces pain
- Enhances body detoxification
- Deactivates yeast, fungus and viruses
- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

To schedule your first appointment

678-1844
OPELOUSAS OFFICE

896-4141
CARENCRO OFFICE

662-3120
SUNSET OFFICE



Zerona Laser Treatments

Remove unwanted fat from your body with Zerona laser treatment.

Treatment with the Zerona laser is easy, painless, and carefree. Each session takes less than an hour; the low-level laser is used for a total of 40 minutes. The laser is applied to the targeted area, which is generally a combination of the waist, hips, and thighs, for 20 minutes. The patient then turns over and the very same treatment is applied to the opposite side. The minimum suggested treatment period is two weeks, with three full sessions each week.

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Enroll or for more information
Text **ZERONA**
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