January 2010

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Life inside the gas industry bull’s eye

by Barb Jarmoska
Freshlife Founder

How shall I begin, and what do I hope to accomplish in this issue of Options? I grieve over what is coming our way, and yet hate to be a messenger of fear and foreboding. I know the significant impact alarm and anxiety has on human health; but I also know that ignorance is, at best, short-lived bliss, and the limited window of time for action on this topic is this very moment. If my

Photo courtesy of W. VA Surface Owners’ Rights Organization, www.wvsoro.org

Ariel view of a Marcellus well.

(Continued on page 4)
I'll be honest with you. I had no desire to work on this issue of *Options*. This topic is painful. This town is home to my family, my four precious, delicate children. My children deserve to live in a place where the water and air are clean and safe. If that's not going to be the case, I want to stick my head right in the sand. The stress of motherhood is enough.

Instead, I choose the watchdog path again. I’m standing right next to Freshlife Founder Barb Jarmoska and saying “I won’t go down without a fight.” We hope you’ll join us.

There's been a whole lot of misinformation regarding gas-well drilling in this area. The drilling companies are savvy. They know that the economy here is as bad as anywhere else, if not worse. They know the state unemployment rates. It's no secret that things aren't getting better here as quickly as we need them to.

So they ride into town in their shiny trucks. They quietly offer enormous land leasing contracts to families who need money as much as any family ever has. It’s locked and loaded before they even approach the legalities, before the families have had a chance to research anything more than how much debt they can pay off, and consider that they might eventually be able to retire. I know those families. They signed without knowing what they were signing. They didn’t know what was at stake.

Now it all surfaces in the news, and let’s be honest, the news puts a shine on anything that makes it look like the economy is going to pick up. Things aren’t what they appear. That shine isn’t going to last.

Have you seen the Haliburton trucks parked at the local hotels? Know what that means? The work isn’t going to the locally unemployed. These drilling companies are raking in the dough and bringing THEIR employees along for the ride. Yeah, there may be a local contract here or there, but that whole hundred years of work deal you’ve heard? What’s the saying about something sounding too good to be true?

It’s the same for the real estate market, and any other promise you might be banking on. If it sounds to be good to be true, it probably isn’t.

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life is to make a difference or someday leave a legacy, it will be in the arena of natural health and well-being. And thus, I will tell you what I know is true.

A major upswing in production of natural gas took place in 2005 when Congress and the Bush Administration exempted the gas industry from the Safe Drinking Water Act and many of our primary environmental protection laws.

The gas industry, for several years focused in the Barnett shale underlying Texas, has now painted a bulls-eye on Pennsylvania. I promise, you will be affected. We live, work, and play atop the Marcellus shale, a geological formation that sprawls across more than half of Pennsylvania, including Lycoming and surrounding counties. The Marcellus is now viewed as one of the world’s leading reservoirs of recoverable natural gas.

 Interesting that the operative word here is “recoverable,” for in the aisles of Freshlife, we speak often of recovery. We think of recovery as something good, as what you do after an accident or illness. In this case, the recovery of natural gas brings with it an avalanche of never-before-seen challenges and threats to our health, and the health of our air and our water.

Natural gas enjoys the undeserved reputation of being the best fossil fuel. The industry has spent millions on successful advertising and lobbying campaigns, promoting gas as clean burning. This belief hides the fact that the new form of drilling, pioneered by Halliburton, is incredibly harmful to our environment and threatens to permanently contaminate a huge amount of the country’s water supply, create drastic air pollution conditions, and despoil vast tracts of land. Despite overwhelming evidence of contamination, mismanagement and corruption, the general public remains largely unaware of the extreme effect the drilling may have on their lives. Only when we peel away the layers of gas industry PR can the truth be understood.

The ravaging of rural Pennsylvania

Fragmenting the forests

W

hen it comes to breaking the vast stretches of Pennsylvania’s beloved woodlands, Robert M. Pennell, of the PA Council of Trout Unlimited, writes, ”They call it the ‘Pennsylvania Wilds,’ over 6 million acres of relatively unspoiled forests and mountains in 12 northern Pennsylvania counties. More than 2 million of those acres are public land, an area equivalent in size to Yellowstone National Park. We would hope that the underlying purpose of creating the Pennsylvania Wilds was for the preservation of what already exists there; unbroken forested areas, pristine mountain streams, serenity, and the ability to view an incredible array of stars in the sky on a clear night. These forested areas are seeing a proliferation of new roads being built, the water flow of streams is being siphoned off and occasionally polluted, and the starry skies are being blotted out by the lights from around-the-clock activity on natural gas drilling sites.

I was personally devastated to learn that Jacoby Mountain, the state forestland above my property and home to Jacoby Falls, has been leased for gas drilling.

At a public meeting held here in October, representative Garth Everett was questioned about the destruction of the forest. His began his response with this statement, “It all depends on what your definition of a forest is.” Everett went on to explain, that once a gas well is drilled and the truck traffic subsides, the well pad access roads would allow snowmobiles and ATVs to visit many forested areas where previously the only choice had been to walk. Is it just me, or might you also believe that the essence of the majesty and magic of the forest is the very fact that access is denied except to living creatures who enter unassisted by a motor? I plan to remember Everett’s answer on election day.
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- Reishi, maitake and shiitake mushrooms to support immune function and healthy cell growth.
The process of removing natural gas from deep within the geographical strata is known as hydraulic fracturing, and requires water in amounts that are impossible to comprehend. In hydrofracking, water is mixed with sand and toxic chemicals and forced, often more than a mile, down a drilled well at extremely high pressure to create or expand fractures, releasing gas trapped in rock.

A single gas well requires anywhere from 2 to 5 million gallons of water per frack, and wells have to be fracked approximately every 5 years to restimulate production. To say that Lycoming County will be home to 10,000 gas wells over the next several years may be a conservative estimate. Gas industry officials have claimed their goal is to drill one well per each 20 acres, which is closer to 40,000 wells. However, if we use the conservative 10 thousand (wells) multiplied by 9 million (gallons of water for multiple fracks), we get a total of 90,000,000,000. I imagine that may be a number you cannot even read quickly, much less comprehend. Now try to imagine what the removal of 90 billion gallons of water will do to our rivers and streams and aquifers. You can't, and unfortunately neither can those in charge of issuing the permits to the gas companies now seeking permission to pump that water into their wells.

Water problems don't end with issues about where the water will come from. The next challenge is what to do with the water after it is used to frack the well. Up to 50% of the water that is forced into the well returns to the surface, contaminated with toxic fracking chemicals, radioactive compounds, salt and heavy metals that were picked up thousands of feet underground. This toxic frack water is temporarily impounded onsite in a frack pond. These large open pits of toxic water, equal in size to a football field, pose a hazard to wildlife and humans alike. In addition to carcinogenic chemicals and metals, frack water is loaded with salt, up to 50 times that found in ocean water. Repeated problems with leaks and overflow during heavy rains have been reported. When transported, spills and other unintended releases are inevitable industrial accidents. Clandestine dumping is widely suspected and has been reported. The mud left at the base of the pond must be compressed and disposed of. Recently, the Lycoming County landfill refused to accept a load of frack pond mud due to its dangerously high levels of radioactivity. I wonder where that “hot” mud ended up. The landfill engineer I posed that question to replied, “At another landfill where the credit card being flashed was what mattered.” Such high water use also creates traffic and air pollution, as hundreds of truckloads of water are transported to and from the drill site. Treatment of this toxic water must occur, and regulations over what to do with the eventual discharge back into the environment are being debated.

Water problems are also not isolated to the water used by the industry. The clean water in our aquifers and wells is at risk as mishaps occur or frack water and gas migrates. A PA Department of Environmental Protection document notes 66 cases where private and public water supplies have been contaminated, explosions have occurred and people have been evacuated from their homes. For example, a July 2009 report notes that here in Lycoming County, methane gas leaking from a well impacted multiple private drinking water supplies and two tributaries to Lycoming Creek, forced one resident to evacuate her home, and required the closure of access roads near the well. The suspected cause of the leak was a casing failure. For true horror stories on what can happen when methane gas leaks into drinking water, just type “Dimock PA” into your computer's search engine.
Air pollution could be the greatest environmental and health risk to come from gas exploration. Methane, the principal component of natural gas and a known greenhouse gas, is up to 25 times more potent than CO2. If only 2% of the gas in transit leaks from the pipelines, the effect on climate change would be equal to that of burning coal. In fact, a 3-5% leakage is normal, and up to 20% is known to happen. The natural gas industry also vents off and leaks massive amounts of Volatile Organic Compounds, many of which are toxic carcinogens. VOCs can cause blood disorders and to impact the central nervous and reproductive systems.

Radon gas is a familiar term to many people, and the second leading cause of lung cancer. The highest known concentration of Radium 226, the source of radon gas, has been found in the Marcellus shale. The closer you live to a gas well, the greater the concentration of these compounds will be in the air you breathe. You will not see or smell these chemicals and toxins, but they will be there. If you have any doubt, look at a gas well photo taken with infrared cameras. Very soon, we will all be living very close to numerous gas wells. To know what is in store for our air, we can look to Texas, where recent history speaks for itself. In Dish, Texas, a town that has experienced a flurry of gas well activity, there has been a recent die-off of trees, livestock have died of mysterious causes, and humans are developing a range of unusual medical problems. Dish, Texas residents have limited choices for relocation, as real estate values have hit rock bottom due to media exposure of their air and other pollution woes.
To understand how such environmental devastation is permitted, you need only to follow the money. The technology that makes drilling miles below the earth possible, though faulty and untested long-term, comes at a time when PA residents and the state government are much in need of the revenue that gas promises to bring. The economy has tanked. Unemployment has soared. People are hurting. I cannot fault a family farmer, struggling to hold onto his land and pay his debts, for signing a gas lease that promises an instant return, better than he could expect to make raising corn and soybeans. State and local governments are looking to fill their coffers with land leases, permitting fees and tax revenues. Ray Walker, vice president of Range Resources Marcellus Shale Division, a company currently holding gas rights to 1.4 million acres of PA land, summed it up best, “It's always about capitalism and making money.”

But even the gas industry's significant financial potential has a huge downside. Just as no one is talking about the long-term health consequences, no one seems to be talking about the long-term financial losses. Facts and figures regarding financial gain depend on the yardstick used to measure that increase. Ithaca College Professor John Schwartz (jwschwar@ithaca.edu) completed such a study for our Marcellus shale neighbor to the north. In a report entitled “What’s At Risk?” Schwartz projected the 20-year loss in actual revenue that the gas industry will bring to New York State. He focused on 6 areas in the farming and tourism segments. According to Schwartz’s calculations the net LOSS in state revenue after 2 decades of gas industry invasion would be $370 billion dollars. An electronic copy of Schwartz’s report is available from Freshlife upon request.

In addition to farming and tourism, there are other unknown and seldom mentioned potential losses. What does a nearby gas well do to real estate values? Where will the money to clean up spills and abandoned well sites come from? How many private drinking water supplies will be contaminated, and who will help those affected to pay the legal costs involved in recouping their losses? What does it cost to bring life back to a dead stream or creek? What happens to water tables and aquifers or the concentration of toxins in larger rivers whose tributaries are permitted by DEP to supply millions of gallons of water to hundreds of wells? What about medical bills? Are we so naive as to think the most vulnerable of our citizens, children and the elderly, will somehow escape the health consequences of increased environmental pollutants? What is the cost to educate just one child diagnosed with autism, or to treat one with a brain tumor? Can that which we treasure most ever be measured in dollars and cents? What is, after all, the value of a day spent hiking in a forest, bathing in a mountain stream and sleeping under the stars?
There are 4 steps that are always in place whenever reform and social change occurs. First, a problem must affect a large number of people. Second, a large number must express concern. Third, those in power must be made to recognize the problem; and finally, actions must be actively launched. Welcome to step #2. We are all facing a problem of enormous proportions that is just beginning to come onto the personal radar screens of PA residents. If you cared enough to read this article, welcome to awareness. Are you ready to express concern? I sure hope so.

A grassroots group of area residents known as the Responsible Drilling Alliance (RDA) www.responsible-drillingalliance.org is dedicated to understanding the implications of gas exploration and advocating for a sustainable relationship with it. As a member of RDA's Board of Directors, I invite each and every one of you to join us. We seek members with the widest possible concerns, interests and ideologies. We welcome parents and grandparents, hunters, fishermen, farmers, hikers, teachers, truckers, those who have leased their land to a gas company, and those who refused. Membership is free, although contributions are much needed and deeply appreciated. By becoming a member, you will be kept up to date via email regarding the latest news, accidents, regulations, meetings, and public notices concerning the gas industry. You will know how to express concern, to speak up, to write letters, to vote. Your voice will be added to that of hundreds of other PA residents, helping those in power to recognize the truth of the challenges we face.

Gas companies have very fat wallets. In 2009, the industry spent nearly 2 million dollars to influence lawmakers, and their investment paid off in a big way. Governor Rendell and legislators, smoozed by gas company money, defeated a proposed severance tax on extracted gas, ignored the need for stricter environmental regulations, and leased vast acres of our state forestlands for drilling.

Apathy and cynicism claim that we the people can never hope to compete with gas industry money and back room political maneuvering. This claim is true, but ignores the source of our power - our voice and our vote. We cannot succeed without a massive testimony of numbers and one united voice too loud to ignore. Please join the Responsible Drilling Alliance, and help to stem the tide of the toxic tsunami poised at our collective doorstep.
“Help! I’m sitting down and I don’t want to get up.” There is an energy crisis among Americans today that has nothing to do with a dependence on foreign oil or drilling for natural gas. This type of energy is also referred to as vitality, chi, life force, liveliness, and zest. Unfortunately, too many Americans have too little of it. Are you one of them?

Simply stated, anyone who has too little energy has too much stress. From a physiological standpoint, it makes absolutely no difference what type of stress you experience. The stress can come in any form. It may be physical stress, such as a condition that produces chronic pain. Emotional stress can be due to grief, the burden of an ill family member, or unhealthy relationships. Mental stress comes from financial worries, a fast-paced job, the pressure of deadlines and other work/school/home challenges. Environmental stress affects us all, as we live in an increasingly toxic world.

The human body has a built-in mechanism to deal with stress. Known as the flight or fight response, the cascade of hormones secreted in response to stress is supposed to be cyclical, because life’s stressors should be situational and temporary. Our anatomy and physiology is not equipped to handle the kind of excessive, daily, relentless stress many people face.

When stress from any source is more than your adrenal glands can handle, there is not a single aspect of your life and health that remains unaffected. The condition, nicknamed “burnout” and officially known as Adrenal Fatigue Syndrome, is a distinct set of symptoms that includes behaviors and feelings we all have at one time or another. However, if you experience a significant number of the warning signs in the box on the right on a daily basis, you may be suffering from some degree of adrenal fatigue.

Left untreated, low adrenal function can lead to more serious health challenges. Therefore, if you experience several of these symptoms on a frequent basis, it would be wise to assess your levels of adrenal hormones with a saliva test known as the Adrenal Stress Index (ASI).

Your adrenal glands do not secrete steroid hormones at a constant level throughout the day. This cycle is called the circadian rhythm. The ASI test determines the rhythm of your adrenal hormones and reveals imbalances. If
out of sync, hormone patterns influence many functions in your body, including:

- **Energy Production.** Abnormal adrenal function can alter the ability of cells to use glucose for fuel and produce energy for activities of daily living.

- **Muscle and joint function.** Abnormal adrenal rhythms are known to compromise tissue healing which can lead to muscle and joint breakdown and chronic pain.

- **Bone health.** Stress is the enemy of bones, and adrenal rhythms determine how well the body can build new bone. When cortisol is elevated, a person is more prone to the osteoporotic process. This situation is heightened in postmenopausal women.

- **Immune Health.** Immune system trafficking follows the cortisol cycle. When adrenal hormones are imbalanced, immune function is adversely affected.

- **Sleep quality.** The inability to enter regenerative, REM sleep reduces mental vitality and vigor and can induce depression. Adrenal hormone levels directly affect sleep.

- **Skin regeneration.** Human skin regenerates mostly during the night. When night cortisol is elevated, less skin regeneration takes place.

- **Thyroid function.** The amount of cortisol at the cellular level controls thyroid hormone production. Very often, low thyroid symptoms such as fatigue and low body temperature are due to adrenal hormone imbalances.

- **Grain intolerance.** About 12 – 18% of the U.S. population suffers from intolerance to gluten. Because chronic gut inflammation often goes undiagnosed as a source of adrenal hormone imbalances, the ASI panel checks for this sensitivity.

The Adrenal Stress Index requires 4 saliva samples, collected throughout the day under real life conditions. The test is non-invasive and can be performed wherever you are. All equipment and instructions are provided. The cost of the test is $145. Results provide valuable information that can help to assess your body’s function in the 8 areas above.

Freshlife is able to offer this test because of our partnership with licensed healthcare providers. In order to access an Adrenal Stress Index test, you need to speak with one of the Freshlife Wellness Coaches. Although appointments are not always necessary, they are advised. Please phone 570-322-8280 to set up a convenient time to meet so we can explain the necessary steps involved. There is no charge for this appointment, and it will help to assure the accuracy of your lab work.

When lab analysis is complete, a Wellness Coach will sit down with you to review the results.

If adrenal imbalances are present, we will help you to understand the lab’s recommendations for customized nutritional programs and preventive lifestyle measures. If the imbalances are severe, we will refer you to a licensed medical professional for comprehensive intervention strategies.

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So, the dermatologist says you have rosacea. What is it, how did you get it, and where do you go from here? Rosacea is a chronic skin disorder that most often affects the forehead, nose, cheekbones and chin. Groups of capillaries close to the surface of the skin become dilated, resulting in blotchy red areas with small bumps, and sometimes pimples. The skin tissue can swell and thicken, and may be tender and sensitive to the touch. The redness often comes and goes, but can eventually become permanent if blood vessels under the skin remain dilated.

There are several varieties of the condition, and the exact cause is unknown; but both hereditary and environmental factors play a role. The condition is much more common in women between the ages of 30 and 60, and seems to be linked to both stress and hormone fluctuations. Thus, rosacea often appears at menopause. Those with fair or light skin who blush easily are also more prone to develop rosacea. A family history of the condition increases the risk. It is interesting to note that an overgrowth of dermodex folliculorum mites is a common denominator among rosacea sufferers. These mites occur on everyone’s skin, but with rosacea, the mites often thrive and overpopulate, increasing the intensity of symptoms.

Rosacea traditionally carried something of a social stigma, as it was commonly (but incorrectly) thought to be caused by alcohol abuse, a myth compounded by the actor W.C. Fields, who had rosacea and often played the part of a heavy drinker. Excessive alcohol intake worsens rosacea, but it does not cause the condition.

Traditional medicine often recommends long-term antibiotics, and most dermatologists also prescribe topical remedies that may contain benzyl alcohol, propylene glycol, and/or mineral oil. Natural medicine believes these topical ingredients can be irritants to rosacea and may work in the short term, but can actually cause the condition to worsen with extended use. The downside of long-term antibiotic use is well known, as the risk of yeast proliferation, immune-suppression, digestive disturbances and other health challenges increases over time. Natural medicine offers choices, many of which have proven effective in reducing the redness and inflammation common to rosacea.

Begin with rosacea’s link to stress and hormone fluctuations, and evaluate both these issues in your life, striving to bring balance where needed. Not an easy task, I know, but make the changes you deserve!

Lifestyle changes are essential. One such lifestyle change is to reduce or eliminate common triggers that increase blood flow to the surface of the skin and thereby exacerbate the symptoms of rosacea. It is wise to avoid hot foods and beverages and spicy foods. Stay out of saunas and hot tubs, and moderate the temperature of your showers and baths.

A whole foods eating plan is essential. Steer clear of refined sugars and starches in your diet and adhere to choices like fresh fruit, vegetables, and lots of wild-caught, cold-water fish. All nutritional supplement programs begin with a good, natural multi-vitamin/mineral. Choose a formula with a 75 to 100 mg B-complex. In lab experiments, vitamin B-2 was particularly important in inhibiting the skin mites common to rosacea. Evening primrose, borage and flax oil are all excellent sources of essential fatty acids needed to nourish troubled skin and help to reduce inflammation. The most potent skin health formula available at Freshlife is known as Herpanicine. Developed and tested by Dr. Wayne Diamond, this supplement encourages detoxification of both skin and blood, supports the nervous system, promotes healthy immune response, and balances body chemistry. Pycnogenol, the extract of the French maritime pine tree, is a powerful antioxidant that moderates the inflammatory responses by reducing histamine production. It also stabilizes the capillary system to reduce redness.

Since the sun is a strong trigger for many rosacea sufferers, a good nonirritating sunscreen is essential. Choose a good physical barrier sunscreen that relies on the reflective properties of zinc oxide or titanium dioxide to protect the skin. I recommend Badger or Caribbean Solutions sunscreens, available all year long at Freshlife.

Some other products that have provided relief for Freshlife customers can also be found on our shelves. Rosacea Cream, developed by Barb Jarmoska, the owner and founder of Freshlife, is one such item. It is made right here at the store with a blend of aloe vera, MSM, vitamin E and essential oils in a base of detox lotion. Another good choice is the Pycnogenol line by Derma-e. There is a cleanser, a toner, a redness-reducing serum, and a moisturizing crème and gel. These are all fragrance-free and help reduce blotchiness, flare-ups and discomfort.

If you combine the supplements, lifestyle recommendations and add in the skincare treatments, your rosacea symptoms will most surely improve and that mirror will once again assure you of your beauty—both inside and out.
Superstars of optimal wellness

Hi - ho silver!

by Erin Roush
Director of Wellness Services

Type “colloidal silver” into your favorite Internet search engine, and you will read claims ranging so widely from quack to cure that you are sure to end up befuddled. The FDA and CDC claim that silver has no application and can cause serious side effects, the worst of which is a condition known as argyria, where the tissues and organs turn permanently gray.

Other science points to silver’s diverse and effective applications in human health, with more than 3,000 studies to back up that position.

Why is it the official government stance is one of opposition to the medicinal application of ionic and colloidal silver? Could it have anything to do with silver’s potential to boost immune function and aid the body in its defense against viruses, bacteria, and pathogens of all types? What if silver were proven as effective as a vaccine in helping to ward off H1N1, also known as swine flu? Like any natural substance, be it animal, vegetable or mineral – there is no patent available on silver. The pharmaceutical industry depends on patents, which give a company legal ownership and therefore exclusive distribution rights to a product. In short, no patent = no money, at least not the big bucks that big Pharma is used to. Silver remains in the gray area, fending off gray accusations.

There’s plenty of sound science to back up silver’s remarkable ability to assist the body’s immune defenses. In short, liquid silver works. Liquid silver in parts per million (ppm) less than 30,000 carries NO RISK of making you look like the guy known as “Gray Man” who appeared on Oprah last year. Liquid silver is odorless, tasteless and colorless, making it one of the easiest of all natural medicines to offer to children. Liquid silver can be used topically for any skin challenge, including: burns, cuts, wounds, insect bites, acne, boils, etc. Silver can be sprayed in the ears and sinuses when antibiotic activity is warranted. Silver can be used as a mouthwash and gargle for gum problems, sore throats, canker sores, etc. And of course, silver can be taken internally for a host of reasons, all of which have to do with playing “host” to unwanted pathogens of all kinds.

When choosing liquid silver for its diverse health benefits, be aware that the dosing instructions will vary depending on the application. The Freshlife Wellness Coaches can offer you specific dosing suggestions for maintenance, immune-building, long-term immune support, or short-term immune support. In any case, when ingesting liquid silver we always recommend doing so on an empty stomach and holding under the tongue for 30 seconds prior to swallowing. If the benefits you seek from silver involve gastrointestinal distress, liquid silver may be mixed, 1:1, with whole leaf aloe vera juice or gel and swallowed without holding under the tongue. Please request a copy of complete instructions for the many uses of silver.

Silver is such a popular and effective anti-bacterial and anti-viral remedy that we have long offered it in a wide variety of sizes and applications. From a nasal spray and dropper bottle to the big 8-oz. size – you’ll find a delivery system for every remedy. With the challenges of this flu season, we have also decided to offer liquid silver in bulk. You may return your original bottle for a refill at significant savings.

Be sure your medicine cabinet is stocked with liquid colloidal-ionic silver. Trust the brands on Freshlife’s shelves – and embrace your best health this cold and flu season.
New Year’s deals at Freshlife

Whole Food Multis
Men’s & Women’s
90 capsules $29.60 reg. $37.60
60 tablets $26.95 reg. $32.95

Hand & Body Moisture Therapy
* Tangerine
* Lavender
* Fragrance Free
$7.25 reg. $9.60

Clean Well
All-Natural Hand Sanitizer
Kid Safe!
6 oz.
Alcohol free
$5.99 reg. $7.99
$2.59 reg. $3.49

Thyroid Support
60 capsules $9.95 reg. $11.95

ReNew Life

Diet Start Cleanse
Weight Loss Cleanse
Fat Flush Program,
14-Day, 2-Part Program
$23.95 reg. $29.95

Rapid Cleanse
Fast 7-Day Total Body
& Colon Cleanse
$23.25 reg. $28.95

* Promotes using stored fat for energy
* Helps the body increase lean body mass
* Ideal for weight loss
* Helps the body eliminate toxins
* Fat Flush Cleanse Formula
* Herbal Cleanse Supplement

* Fast, effective total body cleanse formula
* Soy-free, gluten-free
* Great 7-day pre-diet cleanse
* 8 grams soluble dietary fiber
* 3-part advanced herbal cleanse formula
* Designed for healthy, fast body cleansing
COMPLETE Total-Body Support from America’s #1 Cleansing Company

As the makers of America’s best, most effective cleansing formulas, ReNew Life offers a cleanse to fit every lifestyle. Whether you want a powerful cleansing experience in less time, or you simply want a total-body cleanse that helps you ‘go green,’ you’ll find just what you need to help you on your path to vibrant health and energy.

Total Body RAPID Cleanse™
Complete 7-day Cleansing & Metabolic Jumpstart Program*
- Simple, fast & effective
- Deep-cleansing herbs & fiber
- Supports the body’s 7 channels of elimination*
- Helps restore vibrant health & energy*
- All natural ingredients
- No fillers or binders

Organic Total Body Cleanse™
100% Organic Total-body Internal Cleanse*
- Simple 2-week, 3-part program
- Total-body cleanse & liver support*
- Helps eliminate toxins & restore health*
- Ideal for those with daily elimination*
- All natural ingredients
- No fillers or binders

Available at Freshlife.

For more information, call 1-800-830-1800 or visit www.renewlife.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.