

BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.



JUL 2020

BEWARE: Tick Season

While everyone is concerned about COVID, we want to remind you that it's tick season. Pennsylvania has one of the highest cases of Lyme disease in the country. Here's what you should know.

What is Lyme disease? Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected black-legged ticks.

What are the symptoms of Lyme disease? Early symptoms (three to 30 days after tick bite) include:

- fever
- fatigue
- headache
- muscle aches
- joint pain
- skin rash that looks like a bull's eye (occurs in approximately 70-80% of infected persons)
- other general symptoms may occur in the absence of rash

How is Lyme disease treated? When detected early, Lyme disease can be treated with antibiotics. People treated with appropriate antibiotics in the early stages of Lyme disease usually recover rapidly and completely. Left untreated, the disease can spread to the joints, heart and nervous system.

What is the best way to guard against ticks? There are many different options when it comes to tick repellents.

Permethrin: Permethrin products containing 0.5% concentration can be used to treat boots, clothing, and camping gear. Clothing or items you've sprayed with permethrin lose their ability to kill ticks after about six weeks or six washes. Alternatively, you can buy permethrin-treated clothing and gear. Do not use permethrin products directly on your skin.

DEET & Picaridin: The most common repellents contain DEET. The amount

of DEET in products varies, but the recommended concentration for maximum effectiveness is 20-30%. Applying this product can repel ticks for about eight hours. Formulas with 30% concentrations or lower can be used with caution on children ages two months or older. Do not combine DEET with a sunscreen product. Picaridin is a good alternative for DEET because it contains fewer toxicities, is less oily on skin, and protects you against ticks for about 12 hours.

Essential Oils: If you prefer to use a more natural product, repellents containing citronella, cedar, or geranium oil are your best choice (see page 3). However, this option is only estimated to give you about two hours of protection time. Make sure to reapply frequently.

Quick Tips:

1. Always carefully follow the product label instructions and only reapply insect repellent as directed.
2. Warmer weather means more of your skin may be exposed and at risk for picking up ticks.
3. One option is to treat the clothing you are wearing with permethrin and use products that are safe for your exposed skin like DEET or Picaridin.
4. Try to wear higher light-colored socks when possible.
5. Shower within 2 hours of being outdoors and complete your daily tick check.

How do I remove a tick from my body? The CDC recommends these steps to remove a tick:

1. Use fine-tipped tweezers to grasp

the tick as close to the skin's surface as possible. (Or use a product like the Tick Tornado available at the pharmacy for \$2.63.)

2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.



3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

What if I find a tick? The Tick Research Lab of Pennsylvania is continuing to offer Free Basic Panel Tick Testing through funds received from the PA Department of Health. If you find a tick attached, don't panic! Submit your tick to their lab for testing. Find out more at www.ticklab.org/test-my-tick

As always, stop by or call if you have questions!

“We will get through this by seeing every challenge as an opportunity to better serve others. It starts with accepting that the world is bigger than what’s right in front of us.”

– Bernadette Smith

The Best Medicine

The COVID pandemic is a sign of the time... it’s like being 16 again. Gas is cheap, and I’m grounded.

Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I’m putting a cockroach in the bathroom!

I’ve been saying “mucho” to my Spanish friend a lot more often lately. It means a lot to him.

events

Essential Oils Book & LDN Webinar

Educating our community is a large part of our mission, and we miss seeing all of you at our monthly seminars, classes, and workshops. We continue to look for ways to communicate and educate even in these unusual times.

Although we do not feel like we should host an essential oils blending class right now, we are providing you with the opportunity to sign up and receive a Blending Booklet, which contains 12 new recipes, formulated by Sharon Smith, for you to try at home. The **“Powerful Herbs” blending booklet** will take a closer look at four essential oils that come from the herbs basil, marjoram, oregano, and thyme. If you would like to receive this blending booklet, please **register online by July 20th** as if registering for an event. The booklets will be available for you to pick up at the store on July 24th or after.

We would also like to continue to share with you the life changing outcomes our patients are seeing after taking Low Dose Naltrexone (LDN). Approved in the 1980s to treat opioid and alcohol addiction at a 50+mg dose, Naltrexone has been found to modulate the immune system and help provide pain relief when reduced to doses ranging from 0.5mg to 9.0mg daily. **Patients suffering from autoimmune diseases, chronic pain, mental health challenges, and inflammation are all excited about this inexpensive medication!**

If you would like to find out more about Low Dose Naltrexone, how it works, and whether it might be good for you, please join Dr. Wayne for his **LDN Webinar on Thursday, July 30th, at 7pm**. Use the link below to register to attend the event. *****Please be sure to provide your email address in the additional information section of the form so that we can get you the webinar details.**

To register to receive the blending booklet or to attend the LDN webinar, please visit <https://www.norlandrx.com/events.html>.

ARE YOU READY TO EXERCISE PAIN FREE?



Restrictions are beginning to lift and golf courses, tennis courses and parks are opening back up. That means a quick 18 holes or a few hoops are on your horizon. But it also means you may be knocking a little rust off those joints.

INCREDIWEAR CAN HELP

Biblical Health Tip

Becoming Free of Worrying



Are you an excessive worrier? Perhaps you subconsciously think that if you “worry enough” you can prevent bad things from happening. But the fact is, worrying can affect the body in ways that may surprise you. When worrying becomes excessive, it can lead to feelings of high anxiety and even cause you to be physically ill.

Chronic worrying affects your daily life so much that it interferes with your appetite, lifestyle habits, relationships, sleep, and job performance. Many people who worry excessively are so anxiety-ridden that they seek relief in harmful lifestyle habits such as overeating, smoking, or using alcohol and drugs.

The Bible has a simple cure for overcoming worrying...

1 Peter 5:7 – *Cast all your anxiety on Him, because He cares for you.*

Of course, to trust God to this extent means you need to develop a relationship with Him through prayer, obedience, and worship.

Featured Non-Profit

A portion of our sales for the month of July will be donated to...

Project Big Love

This annual event aims to distribute a new pair of sneakers to any child who needs them... and much more.

For more information visit www.projectbiglove.org.

Meet the Team: Holly Strine

Holly joined our team as a pharmacy technician in 2012 after working for her father's business for 11 years. She has recently taken on the role of Health Coach, assisting patients in our free RxSync program. She works closely with patients to help ensure positive outcomes through medication monitoring and monthly interactions. Holly lives with her son in Chambersburg. Family is super important to her, and we are so glad she is part of our family here at Norland. Holly will greet you with a smile and help you with whatever you may need!



Child Safe Bug Spray Recipe

Place the following oils in a four ounce spray bottle with one tablespoon of vegetable glycerin, then top off with Witch Hazel and shake well. Safe for children six months and older. Shelf life of two-three months or five-six if stored in the refrigerator.

10 drops of Lavender Oil: an insecticidal that has been used as a bug repellent for many centuries. It was often used in the past to protect clothes and linens from the infestation of moths and other insects. Lavender is known for helping to prevent bites, and it's also known for its soothing properties if a sting or bite does occur.

15 drops of Cedarwood Oil: affects numerous insects in different ways. It's specifically known to be toxic to fleas, ticks, and mosquitoes, which are some of the most common pests we want to get rid of. However, many insects beyond these are also repelled by the natural odor of the oil.

12 drops of Citronella Oil: popularly used as an insect repellent. In fact, the Environmental Protection Agency (EPA) classifies it as a "bio pesticide with a non-toxic mode of action." It can be found in dozens of registered pesticide products such as lotions, sprays, and candles.

12 drops of Geranium Oil: another oil that is especially known to repel fleas and ticks and is also considered to be child safe at the correct dilution.

Homeopathic Option for Allergies

In an effort to help you be healthy and stay healthy, we carry a line of homeopathic medicines from Boiron. Homeopathy derives from the Greek words homeo, meaning "similar," and pathos, meaning "suffering." Homeopathy operates on a "like cures like" principle. This means that a patient suffering from symptoms can be treated by micro-doses of a substance capable of producing similar symptoms in a healthy person. Homeopathic medicines stimulate the body's physiological reactions that restore health, with a very low risk of side effects due to the use of micro-doses.

An example of how homeopathic medicines work is the similarity of symptoms between a bee sting and a rash. A bee sting swells and itches. If similar symptoms appear from perhaps hives, a rash, or even another insect bite, the homeopathic medicine most appropriate to treat these symptoms is actually made from a tiny amount of a bee. Instead of masking symptoms, the medicine sends the body a signal to help it rebalance and heal.

There are many benefits to homeopathic medicine:

Natural—The active ingredients in homeopathic medicines are diluted plants, animals, and minerals that relieve the same symptoms they cause at full strength.

Scope of Use—Similar to other over-the-counter (OTC) medicines, homeopathic medicines can be used to relieve symptoms of a wide range of acute health conditions such as allergies, coughs, colds, flu, stress, arthritis pain, muscle pain, and teething.

Safety—Homeopathy has been used for more than 200 years, building a remarkable safety record and generating a great body of knowledge. There are no known side effects, no interactions with conventional medications or herbal remedies, no contraindications with pre-existing conditions, and no masking of symptoms.

Forms—Homeopathic medicines are available in a variety of dosage forms such as gels, ointments, creams, syrups, eye drops, and suppositories.

If you or a loved one suffers from allergies, Boiron offers **RhinAllergy** and **RhinAllergy Kids**. These product can help temporarily relieve one or more of the following symptoms:

- itchy and watery eyes,
- sneezing,
- runny nose, and
- itchy throat and nose.



A box of 60 quick-dissolving tablets is just \$14.56. At the onset of symptoms, dissolve two tablets under the tongue every 15 minutes for one hour. Then, dissolve two tablets under the tongue three times a day until symptoms are relieved. For children 2-6 years of age, dissolve two tablets in one tablespoon of water for easier intake. Follow the direction above.

If you are interested in learning more about our line of homeopathic medicines, please stop in and ask. There is more than one way to feel better!



B 50%
O Off
G Essential
O Oil
 Dpt.
 7/16-
 7/31

Mark Your Calendar

- July 3 Open 8am-1pm
- July 4 Closed for Independence Day
- July 16-31 Buy One Get One 50% Off Entire Essential Oil Department
- July 20 Deadline for Blending Book RSVP (see page two)
- July 30 LDN Webinar (see page two)

We continue to pray for your health and safety.

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"Let your gentleness be evident to all."
 - Philippians 4:5



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