



"The First Not-For-Profit Community Pharmacy in America"

The Wellness Rx Newsletter



Welcoming Spring 2026

Executive Director's Message

The streams are flowing, the birds are chirping, the fly fishermen enjoy their meditative moment in the sun, gardens and property clean-up need our attention and magically the mountains turn green. Spring 2026 has arrived in the Catskills after a tough Winter and a colder than usual May.

As we entered Spring, it wasn't long before the announcement that America and Israel had declared war on Iran hit the airways. A war that continues. The sun did rise shortly thereafter, however, with the launching of Artemis 2, nearly 60 years since NASA sent the first humans to ever land on the lunar surface. The mission sent 4 astronauts on a lunar flyby, becoming the first crewed flight beyond low Earth orbit since the Apollo program. A proud moment for our country and the world.

Spring represents a universal season of renewal, a shedding of Winter's dormancy to embrace fresh growth, warmer days and new beginnings. A great opportunity to release old habits, reset intentions, to call a friend, to volunteer or to bring flowers to a loved one.

Spring is when hibernating animals awaken, seeds push through the warming Earth, barren trees sprout new greenery, robins make their nests and red roses shine in the bright sun. Spring is about hope, kindness to each other and making a difference in a fragile world.

In this Spring Newsletter, we introduce you to two Special Reports that were completed by our intern Sara Reiss. The first report "The Health Implications of Processed Foods" opens our eyes to the challenges of avoiding foods that increase your risk of chronic disease. The second report "The Health Benefits of Magnesium" shines the light on the fact that over 50% of Americans are in a Magnesium deficit status primarily due to climate change and the use of artificial fertilizers.

The Spring air also reminds us of the beautiful work of our fellow non-for-profit local organizations that work hard to make a community special and caring. This includes our impressive Phoenicia Library, Retreat Centers/Faith Communities and our beautiful organic nonprofit initiatives such as Catskill Neighbors and the Pine Hill Community Center. Together with law enforcement, our volunteer fire district, Town/County/State governments, DEC/Watershed alliances, etc. we make up a powerful force for moving forward to meet tomorrow's challenges.

A special shout out to Ulster Savings Bank for helping us secure a \$10,000 grant. This grant will help us reduce operating debt and will serve as a catalyst for our expansion and 2026 fundraising campaign.

Finally, try to watch and feel the natural world all around us whenever possible. Be present in the moment, smile and go forward to do your best work.





This tick season is shaping up to be one of the worst and longest on record primarily due to a soft winter and a strong acorn season which results in an abundant tick-carrying mice population. The following articles can help give you information and guidance on Lyme Disease. [Wellness Rx Report Lyme Disease](#). [Lyme Disease Presentation at Ulster County Comm. College](#).

The best prevention that we have found, especially for anyone in the woods or out in nature a lot is spraying your shoes, pants, shirt and hat with **Permethrin spray or lotion**. Permethrin is modeled after the natural insecticides found in the Chrysanthemum flower and is highly effective in repelling ticks of all kinds. Use the same clothing each time you go out during tick season. A permethrin spray should be effective for 6 weeks or 3 washings of the clothes. **Permethrin cannot be placed directly on the skin**. For skin protection, **Picaridin Insect Repellent** has the highest potential for up to 14 hours of protection from one application. **DEET and Essential Oil Sprays** can also be effective.

If you find a tick, try to pull it out with a tick remover or tweezers. If the tick remover recommends twisting the tick out then you stand above the tick and pull up in one motion. If you fail to remove the full tick and suspect that some body part of the tick remains, we suggest that you don't poke at the site or try to rip the remaining part out in order to prevent pushing poison from the tick into your blood system. Over time, the remaining body part will come to the surface similar to a splinter. Once the tick is removed we recommend putting clove oil or another **strong antiseptic on the bite three times a day**.

The general rule is that if you are able with confidence to remove the tick **within 48 hours**, you should be ok with nothing more than an antiseptic application. If the tick has been on the body longer than that, a health professional will generally write a prescription for doxycycline of either 200 mg. in one single dose or 100 mg. twice a day for a longer duration. For proven cases of Lyme Disease, most Lyme literate professionals will write for a thirty day supply of doxycycline since Lyme bacteria only multiply every 30 days. We strongly suggest taking doxycycline with food, watching the sun, staying hydrated and taking a probiotic daily 2-3 hours before or after taking a dose of doxycycline.

One promising product that we have found is a local product called "**Jason's Ticked Off**" which is a tincture of 11 different herbs that helps to build up and support the body's immune system, helps to fight the Lyme disease bacteria and other opportunistic co-infections and helps to detoxify harmful debris and dead bacteria.

- For tick bites that are discovered and the tick is removed within 48 hours, we recommend placing the tonic directly on the tick bite wound three times a day and then taking the tincture internally 2 times a day for 3-5 days.
- For undiagnosed Lyme disease or ticks removed after 48 hours, we suggest taking the tincture 2 times a day for 30 days with or without taking doxycycline.
- For recently diagnosed/confirmed Lyme disease, use one dropperful in 3 oz. of water or juice three times a day while taking doxycycline or another antibiotic and for at least one month after symptoms have subsided.
- If you have been diagnosed with chronic Lyme disease and **Lyme-like symptoms persist or recur**, take the tincture 2 times daily for 30 days and then once daily as part of your nutritional supplementation.
- For prevention during tick season, we suggest taking one dropperful of tincture once daily.

SOME TIPS ABOUT POISON IVY



As we enjoy spring, gardening and nature, be aware of those shiny plants that can produce poison ivy, oak or sumac. Exposure to the sap or urushiol on the plants generally comes from a direct touching of the plant or from one's gloves or planting tools. If exposed, the best immediate action is to rinse your hands and exposed areas with a special poison ivy soap or liquid (or warm soapy water) as soon as possible to remove the urushiol from your body. If you are unsuccessful in rinsing off the sap or didn't know that you were exposed, **first comes the itching, then a rash which will generally appear 1 to 3 days after exposure** if you have been exposed to urushiol in the past. If this was your first exposure, the rash could appear up to 21 days later due to the delayed hypersensitivity to the sap. **Following the red rash will be the blisters.** In general, a poison ivy, oak or sumac exposure will last for 1 to 2 weeks.

Some facts:

- Poison ivy is **spread only by direct contact with the sap or urushiol.** Generally, this spread occurs during the first couple of days when one is not aware of the exposure and spreads the sap to other parts of the body like to the face while taking a shower.
- Unlike a viral infection, **poison ivy is not spread to other parts of the body or to another person by the itching of the rash or by a breaking of the blisters** (the watery discharge is not urushiol).

Treating a poison ivy, oak or sumac exposure should start with reducing the itching.

We highly recommend using an aluminum acetate based powder like "Domeboro" that is diluted with hot water and applied directly throughout the day to all exposed areas. You could also start taking Benadryl (25 mg. dose) every 4-6 hours and use 1% hydrocortisone cream as a back-up if needed. After subsiding the itching, we recommend that you then apply Calamine Lotion with a cotton ball to all exposed areas. Let the calamine dry and then apply a second coat. For any area that has been damaged by itching, we recommend applying a third coat. If the exposure is around the eye area or private parts of the body, a course of prednisone treatment is recommended.

AMERICA'S CHANGING HEALTH CARE SYSTEM

The American health care system continues its slide especially for primary care medicine. With early retirements, burnout, a frozen number of internship positions for the training of new healthcare providers, low reimbursement for services rendered and an aging population,
we simply can't meet the demand for services needed.

For retail pharmacies, the consolidation of power has led to just three companies with their own agendas (CVS Health; Optum/United Health Care & Express Scripts/Cigna) controlling 84% of the reimbursement to pharmacies for filling prescriptions. Result: **most pharmacies lose money filling 30-50% of prescriptions each day!** This reality has now impacted the chain pharmacies hard as well with Rite Aid closing all their stores nationwide and 2,000-3,000 more chain stores will follow especially as mail order pharmacy led by Amazon grows rapidly.



SPECIAL MENTION

- Coming soon is our Wellness Rx Special Report on Herbal Teas. There will be a comprehensive guide of teas from those native to the Hudson Valley to traditional teas from around the world, helping you select which herbal tea is best for you
- Recently expired over-the-counter (OTC's) and natural products are available for free to our community. Let us know what you need & we will try to help.
- A sincere thank you to Charles Perez of Big Indian for his generous donation to our apothecary collection. A class act.

As always, with gratitude, I thank you from my heart for your continuing support and encouragement. Together, we will build a "beacon of hope" in a world that so often feels cold, uncertain and lonely.

Ed