

ISSUE **JUNE 2023**

34 NEWSLETTER



WATER STREET HEALTH SERVICES

Providing health care through Christian faith & guidance.

210 South Prince Street, Lancaster PA 17602 • Phone: (717) 358-2017 • Fax: (717) 393-1017

Let's talk about Shingles!

Shingles is a viral infection caused by a virus called herpes zoster, the same virus that causes chickenpox. This virus often lays dormant for many years before creating a severe and painful rash. Normally, 1.5 to 2.5 out of 1000 people will have shingles on average. However, from 2000 to 2007, there was an average of 3 cases of shingles per 1000 people. In certain areas, this number can be even higher. Shingles hides in your nerves in a dormant state until you experience a suppression of immunity. If your immune system is weakened in any way, you can potentially develop shingles if you have the virus. Someone with a strong immune system is less likely to have a severe case of shingles. Certain things can be a trigger for this virus coming out of remission and causing shingles, including:

1. Cancer and asthma drugs
2. Prednisone
3. Radiation
4. Stress
5. A poor diet
6. A lack of sleep
7. Pesticides and insecticides

In more recent years, our exposure to pesticides has increased significantly. This is causing poor immune function and increased cases of shingles. The best things to help detoxify the harmful pesticides in your body are:

- Fasting • Vitamin D • Vitamin C • Zinc • L-Lysine • Melatonin
- Cruciferous vegetables (especially radish)

Potential remedies for shingles: **1.** 50,000 IUs of vitamin D3 **2.** 200mg of zinc **3.** 1000mg 3x a day of vitamin C (you can do a non-GMO synthetic version with 500mg of a food-based vitamin C) **4.** 600mg of L-lysine (don't take with arginine and avoid nuts and seeds) **5.** 3mg of melatonin.

There is also a unique technique you can try for shingles. You can use acupressure on the opposite side (the mirror image) from where you're feeling pain. For example, let's say you have pain that radiates from your spine to the left side of your back. You would want to press and massage on the opposite side. You may need to have someone help you with this. This may help relieve the side that's in pain. You can do this several times a day for relief.

~ By Dr. Herr

PHYSICAL THERAPY

For appointments, stop by the clinic front desk or call 717-358-2017. Appointments are available from 1:00 to 4:00 pm every Wednesday.

THANK YOU FOR YOUR GIFT-IN-KIND DONATIONS!

TOTAL FOR MAY IS \$11,764.17.

WSHS medical clinic accepts all uninsured, no income and under 250% poverty income level patients. For questions, call 717-358-2017 during clinic hours of operation.

ORGANIZATIONS & EDUCATORS THAT PARTNER WITH THE CLINIC

NAAMAN CENTER: Provides individual counseling, Outpatient Treatment & group sessions for WSM guests on Wednesdays & Thursdays 12-7pm.

For admissions call: 844-888-8085

DIABETES CLASS: Jean Langenbach, RN meets every 2nd & 4th Tuesday of the month in the afternoon from 3:30-4:30pm.

For admissions call the clinic nurse line 717-358-2016

WSHS Dental Clinic has hired a full time dentist! Dr. Ross Norian began seeing patients in mid-May. We will continue to serve our patients with volunteer providers as well. Please contact the clinic to register and make an appointment.

MENTAL HEALTH COUNSELING

Individual counseling is available for WSM guests Monday through Friday. Contact the Access Center to Schedule an appointment.

PRESCRIPTION REFILL INSTRUCTIONS & MEDICINE PICK-UP
With at least 48 hours in advance, please bring your medicine bottles to WSHS during clinic hours of operation or call (717) 358-2012.

CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday evening June 5th & June 19 - 4:30-8:00pm
Monday evening July 3d & July 10 - 4:30-8:00pm
Fridays, Saturdays & Sundays

CLINIC HOURS OF OPERATION

New Donation Hours for 2023

Monday & Wednesday 9AM—12PM
Thursday 1PM—4PM

Water Street Health Services does not accept expired, opened, or damaged donated items.

Day	Medical	Dental	Registration
Mon	9AM—12PM	9AM—4PM	CLOSED
Tues	CLOSED	9AM—2PM	9AM—12PM 1PM—4PM
Wed	9AM—12PM	9AM—4PM	CLOSED
Thursday	2PM—5PM	9AM—3PM	9AM—12PM

CLINIC CLOSED ON HOLIDAYS

New Year's Day
Martin Luther King Jr.
Memorial Day
Juneteenth
Independence Day July 4th
Labor Day
Thanksgiving Day
Christmas Day