

# WELCOME TO FEELING GREAT



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## letters

Let your voice be heard

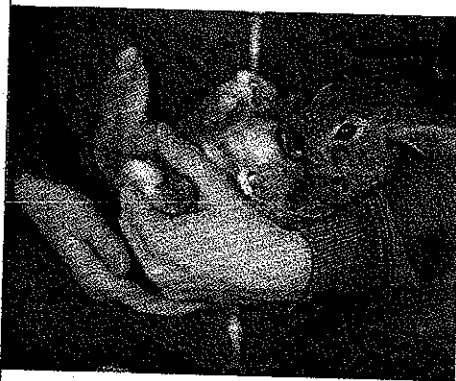
### End Jaw Pain

I was thrilled to see an article on TMJ highlighted on the cover of the May issue ("Til Death Do Us Part?"). I was, however, dismayed the article didn't mention cranial sacral therapy as a tremendously effective treatment for this jaw condition. What a surprise! I have practiced cranial sacral therapy since 1995 and have successfully treated more than 100 patients with varying degrees of TMJ and thousands with head, neck, and jaw pain. It's a shame that with the reach of your magazine, the article omitted this simple and effective modality.

AMBER WOLF  
*via email*

### Beauty Done Right

Thank you for the May article about animal testing and personal-care products ("Beauty Without Cruelty"). Many people don't realize large corpo-



rations, including Procter & Gamble, Clorox, Johnson & Johnson, Unilever, Colgate-Palmolive, S.C. Johnson, and L'Oréal, continue to test cosmetics and

household products on animals even though safe and effective alternative tests exist. PETA's extensive cruelty-free shopping guide offers a useful resource. Also, a vegan superstore called Pangea sells a great selection of cruelty-free beauty products and household cleaners that you can order at [www.veganstore.com](http://www.veganstore.com).

ELAINE SLOAN  
*via email*

### Bugged by Rosacea

I am writing regarding the "Rx: Rosacea" article in the June 2007 issue. I had rosacea for several years. When I went to the dermatologist, I was given the same information as in the article. The doctor said no one really knows what causes rosacea and gave me a prescription for antibiotics. As an "alternative medicine" buff, I refused to use the antibiotics and became determined to find out what did cause this skin condition.

My dogmatic search paid off. Clinical studies have discovered the culprit behind rosacea: a parasite called demodex mites. A Google search will take you to the various products that claim to cure you of the parasite, but believe me, it's curable. I had a severe case of rosacea and tried all the remedies you talked about. Those did not work for me. Only ridding the body of these parasites helped. Please share this information with your readers who have rosacea and desperately need this information.

CHUCK LANTZNESTER  
Stockton, California

**KEEP IN TOUCH!** We'd love to know what you think. Write to us at:  
Editor, *Alternative Medicine* magazine, 2995 Wilderness Place, Suite 205, Boulder, CO 80301. Fax: 303.440.7446 Email: [letters@alternativemedicine.com](mailto:letters@alternativemedicine.com). Letters are subject to editing for length and clarity.