

Atlanta Area in Focus as Fluoridegate Scandal Unfolds Water Fluoridation Moves Closer to Collapse

By Daniel G. Stockin, MPH

The long-controversial practice of adding fluoride chemicals to city water is under increasing scrutiny now as a series of developments are unfolding. The Fluoridegate scandal is of particular concern to Atlanta area residents, as a number of the developments are tied to Atlanta and Georgia.

For decades, dental organizations have told legislators, the media, and the public that “extensive research” has shown water fluoridation to be safe. But now reports in the media and in the scientific literature are causing people to ask questions: Can water fluoridation harm people, especially sensitive subgroups? How could fluoridation safety have been extensively researched when the *National Research Council* listed volumes of very basic research that has never been done? Could it be that fluoridation is actually not an effective cavity fighter as dental groups portrayed?

Newsweek Magazine and *WebMD* recently carried stories about possible links between fluoridated water and thyroid impairment. *Newsweek* also published a piece about a study linking fluoridation to ADHD.

In March, the *World Health Organization* published a report on harm from excessive ingestion of sugars, and in it stated that in fluoridated communities, cavities continue to persist, “especially in adults.”

Last year, the Health Minister of Israel banned water fluoridation!

A *Psychology Today* blog published last summer, written by a gerontologist, pointed out that in fluoridated states Kentucky and West Virginia, around 40% of seniors have no remaining teeth. Clearly these seniors gained no so-called cavity prevention benefit from drinking fluoridated water; they incurred only the risk and harm. Georgia is a mandatory fluoridation state. A bill has been introduced in the Georgia legislature this year to alter the mandate, but has thus far been stalled.

In its exhaustive report on fluorides, the *National Research Council of the National Academies of Science* listed kidney patients, diabetics, seniors, outdoor workers, and children as “susceptible subpopulations” that are especially vulnerable to harm from ingested fluorides. Everyone in these groups will want to pay attention to this. Atlanta has a 40% higher kidney failure rate than the national average, and outdoor workers here drink substantial amounts of city water due to hot and humid weather. Why have susceptible subgroups not been told this information?

People are speaking out on the disturbing issues coming to light, including Erin Brockovich, a nationally known environmental activist and

consumer advocate. Locally, leaders in the African American civil rights community, such as Andrew Young, Rev. Gerald Durley, and Bernice and Alveda King of Martin Luther King Jr.’s family called for a halt to fluoridation in 2011. Now a series of disturbing documents have surfaced, showing how *Atlanta’s Centers for Disease Control*, the world’s foremost promoter of fluoridation, responded to these leaders’ statements. There is actually quite solid evidence that African Americans are disproportionately harmed by water fluoridation, and this is coming out as Fluoridegate continues to unravel.

Now is the time to push to a final cessation of fluoridation. Our small nonprofit in Ellijay, just north of Atlanta, continues to work hard to collapse the fluoridation. Financial and volunteer help is especially needed. Visit our website at www.nextstagescience.org.

Daniel G. Stockin, MPH, is a career public health professional, the former manager of the EPA Western Regional Lead Training Center. He may be contacted at The Lillie Center at 706-502-4348 or by email: stockin2@yahoo.com.



members receive
10% off
all in-stock purchases
9 am-8 pm

Summer Life Fest & Member Appreciation Day

6/13/15 from 12:00-4:00

Free Natural Foods and Café Samples
Free Supplement, Health, & Beauty Aid Samples
Door Prizes • Music

Homeopathics for Menopause

By Kim Strickland, ND

About 80% of women experience some kind of menopause symptoms. Symptoms can include dramatic mood swings, depression, hot flashes, headaches, heart palpitations, panic attacks, vaginal dryness, and other unpleasant symptoms as a result of changes in female hormones. Homeopathy will significantly help a woman in peri-menopause and menopause stages and help her to a balanced hormonal, physical, mental, and emotional state in this important time of life.

The most common remedies for navigating menopause include belladonna, calcarea carbonica, glonionium, ignatia, lachesis, natricum muriaticum, pulsatilla, sepia, and sulphur. If you want to try a mixed homeopathic remedy try Newton Labs Menopause Formula. It has the above remedies plus several others in low potency. By using a mixed remedy you will not need to match your symptoms with the remedy.

The way that homeopathics work is according to the principle that like cures like. It is important that you match what you are experiencing to the remedy. I will give a brief description of each of the remedy characteristics and the type of woman who may need each remedy. You can find homeopathics in the supplement section of Life Grocery.

Belladonna has flushes of heat that are very sudden and intense. Pulsation or throbbing may be felt in the head, or any part of the body. A heavy flow of blood that feels very hot appears with some periods. Short bursts of anger can occur during headaches or in stressful situations. Migraines, blood pressure fluctuations, and a craving for lemons or lemonade are often seen when this remedy is needed.

Calcarea carbonica is generally chilly and gains weight. They are responsible, hard-working, easily fatigued, and may have strong anxiety. Night sweats and flushing may occur. Legs and feet may be stiff or cramp. They crave eggs and sweets.

Glonoinum has intense hot flashes. They have pulsations in the head. Menstrual flow may start then stop too early, followed by palpitations or headaches. There is irritability and muddled thinking. Staying in the sun too long and lying down can aggravate them.

Ignatia is a very sensitive remedy. The woman may try to hide her feelings being moody or hysterical, with lots of emotional ups and downs. Headaches, muscle spasms, and cramps occur with irregular periods. A heavy feeling in the chest, sighing, yawning, and sudden outbursts of tears or laughter may occur.

Lachesis are hypersensitive to tight clothing around the neck or waist. They are very talkative with strong emotions. There are intense hot flashes

with red or purplish flushing, palpitations, congestion, and constriction. They need physical and emotional outlets. Period may occur every 21 days. The left ovary can also be painful and swollen, and there may be prolapsed uterus. Women may be asthmatic since reaching the menopause. They generally feel worse in the mornings and can't stand the heat.

Natrum muriaticum is reserved with strong emotions being held in. There is usually deep grief from loss and disappointment. They crave salt and feel worse from the sun. There are irregular periods with backaches or migraines.

Pulsatilla has changeable moods and tends to be weepy. They get sad thinking of their children growing and leaving home. They crave desserts and butter. Irregular periods, queasy feelings, alternating heat and chills, and lack of thirst are common. They are aggravated by stuffy rooms preferring to be outdoors.

Sepia is one of the first remedies to consider for menopause. It usually exhibits indifference and irritability towards her family which is a marked change from being calm and gentle before menopause. They crave vinegar and sour foods. There is sadness and no interest in daily activities including meeting friends. There may be flooding or scanty periods. There may be no interest in sex. Hot flushes, headaches, backaches, and a feeling of pelvic organs sagging are possible. Exercise improves the mood. Think of sepia in all cases of hormonal imbalance. The menopause of sepia is typified by hair loss, irritability, hot flashes, profuse night sweats, and leaving the woman feeling overwhelmed and/or indifferent. Sepia women may have involuntary attacks of weeping, without knowing why.

Sulphur women have hot flashes and flushing in the early morning hours and throw the covers off. They may be very anxious, weep a lot, and worry excessively about health. They are often mentally active inclined toward both fastidious or messy habits and feel worse from warmth.

Resources:

<http://www.homeopathyforwomen.org/menopause.htm>
www.drhomeo.com

Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.

*The Life Line
is a bi-monthly
publication of*



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 12-7pm
Sunday	11am-6pm	Sunday 11:30am-5pm

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

Please seek the advice from your physician or other qualified health provider before utilizing any information, products, treatments, or therapies promoted in this publication. This information should not be used as medical advice, for prescription or diagnosis, as it is not a substitute for medical care or your doctor's attention.

If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
Marietta, GA 30062
770-977-9583

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heather Wilmoth
Contributors: Daniel G. Stockin, Dr. Joe Esposito, Ronnie B. Hudson, Dr. Kim Strickland, Linda Townsend

Life Grocery Store, Inc. Mission Statement

Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 Atlanta Area in Focus as Fluoridegate Scandal Unfolds Water Fluoridation Moves Closer to Collapse
- 2 Homeopathics for Menopause
- 3 Secret of Extreme Health - The Digestive System
- 4 The Calm After the Outbreak

Secret of Extreme Health - The Digestive System

By Dr. Joe Esposito, DC, BS, DCBCN, DABCO

Let's discuss the basic needs of your digestive system, or what we "in the business" call your "gut." When we say "gut," we are not referring to the beer belly that you have so lovingly created and tended for so many years. We're referring to the internal workings of your digestive system.

Having been in practice for several decades, I have found that a majority of patients have some type of digestive problem, but few are willing to talk about it. In fact, I would say 85% of my patients tell me they have digestive problems and I suspect that 15% lie! That means that everyone has some kind of digestive problem.

A good percentage of all emergency room visits are related to the digestive system. That statistic even surprised me, as I primarily think of the emergency room as a place that is set up for trauma. But when you think about it, you don't have to have a steering wheel rupture to your intestines to cause trauma to your digestive system.

The father of medicine, Hippocrates, said, "*All disease begins in the gut.*" Do you find it as unbelievable as I do that medical schools traditionally have spent nearly zero time on nutrition? Thankfully, this is turning around and gaining traction, but academia's focus on drugs and surgery has been the foundation of Western medicine. What is the cornerstone of Eastern medicine? Good digestion.

The Standard American Diet (SAD for short, isn't that ironic?) perpetrates that trauma on an incremental and exponential basis every day.

You've probably heard about the French Paradox. Their breakfast is a carbo-load event – croissants and coffee or a BOWL of hot chocolate! They eat bread and butter at every meal — and it's not even good bread – it's that pasty-white, stale stick with virtually no nutrition that tastes like a paper towel roll full of cotton! And the last part of the paradox — they eat cheese after every dinner, and we're not talking part-skim! Brie comes in double- and triple-crème!

And alcohol! French wine consumption is SIX times higher than that of Americans! And of course, you have to have an aperitif to get your appetite going, and a digestif to get your digestion going, and both of them are very high in sugar.

The French eat 50% more animal fat than Americans, 60% more cheese, and four times more pork!

So, how is it that their heart attack rate is a quarter less than ours? They claim it's the resveratrol and quercetin in their red wine, but actually, there are key factors not accounted for in the study (because they are fundamentally looking at chemical causes):

- They adhere to small portion size
- They primarily consume fresh produce and meats
- They primarily eat unprocessed foods

- They walk miles more per week than the average American
- They religiously observe vacation time

Just look at all of the ads on TV. It seems like every other ad is for some kind of drug for digestive problems. By the way, have you also listened to the potential side effects they rattle off?

It seems that in our society, it would appear that we can talk about cancer, heart disease, diabetes, osteoporosis, and even erectile dysfunction and not feel embarrassment. However, one of the most common conditions people suffer from is apparently a taboo subject to discuss out loud.

Digestive problems are not only uncomfortable, and sometimes can cause embarrassment, they also have a direct link to your overall physical and mental health. We spend billions of dollars each year to attempt to cover up the symptoms of digestive problems, but very few doctors talk about actually correcting the causes of the problem, or avoiding the things that often cause the problems. Digestive disorders can often snowball from mild discomfort all the way to cancer.

The Mechanics of Digestion

So, let's talk more about digestion and how it works.

Digestion starts when you think about food. Okay, for example, everybody think about a big, juicy lemon. In your mind, take that lemon and slice it open into quarters. I want you to take that lemon quarter, put it in your mouth and start sucking on it. Just thinking about sucking on a lemon, what happened? Your mouth started salivating. Saliva's main job is to break down carbohydrates. Cool, huh? So digestion actually starts when you think about your food. That's why it's important to actually enjoy your food. Then you swallow your food and it goes into your stomach.

Your stomach's main job is to digest proteins and break them down into amino acids. I know, you've heard this before. Your stomach has acids and digestive enzymes that dissolve the proteins into these amino acids. The amino acids then pass into your small intestine. Your pancreas produces digestive enzymes.

So now let's talk about digestive enzymes. There are actually three primary types of digestive enzymes – protease, amylase, and lipase. Their jobs are to break down the proteins, carbohydrates, and fats. This is why it is so important to take care of your pancreas. This is one of the reasons that pancreatic cancer is so deadly. It robs the body of the ability to digest food and break these proteins, carbohydrates, and fats into amino acids. If you don't have the ability to do this, you can die.

Most people think that the pancreas' main job is just to produce insulin, but it is much more than that.

Have you ever squirted liquid dishwashing detergent into a greasy pan? Have you ever watched how the detergent seems to just dissolve the grease?

That's what your gall bladder does – it dissolves the fats so you can absorb them. Your gall bladder stores bile. Bile digests fats. When you eat what I call a "big, fatty meal," your gall bladder squirts bile into this fat and dissolves it.

If you've had your gall bladder removed, it's vital that you stay away from "difficult to digest" fats such as hydrogenated oils, animal fats, trans fats, even vegetable oils. Vegetable oils — such as peanut, corn, and cottonseed oil — are very high in omega 6 fatty acids and can cause a tremendous amount of inflammation, and if not digested properly, can cause some major problems. Without a gall bladder, there is no reserve of "dish detergent" to break the fats down properly.

"Good" fats would be extra virgin organic coconut oil, macadamia nut oil, avocado oil, and oils from other nuts and seeds. The "bad" fats are the ones that are processed chemically or mechanically altered.

Then your small intestine absorbs the nutrients, passes what's left into the large intestine, and your large intestine absorbs water, packs it into fecal matter, where it then passes out of the body.

So your digestive system is a very complex mechanism.

Dr. Joe Esposito is a chiropractor, the author of Eating Right For The Health Of It!, the syndicated radio show host of HEALTH TALK ATLANTA and the director of Health Plus Wellness Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, call 770-427-7387. You can also check out Dr. Joe's website www.DrJoeEsposito.com. Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!

Life Grocery is seeking health care practitioners, energy workers, green businesses, artists, and other like minded individuals to participate in our quarterly member appreciation events. If you would like to participate in upcoming events, please send an email to info@lifegrocery.com expressing your interest.

The Calm After the Outbreak

By Linda Townsend

Now that the Disneyland measles breakout in the U.S. is fading from the media and we can breathe some relief, I would like to revisit what happened in its wake; that is to say, I would like to address the fear of greater or future outbreaks, the blaming of the unvaccinated for the outbreak, and the other *outbreaks*, like the heated arguments on social media.

First of all, the *Centers for Disease Control (CDC)* states on their website that “evidence of immunity” for measles includes being born before 1957.¹ The assumption is based on the vaccine not being available before 1963, so most people were exposed to measles in their lifetime prior to then. I was born in the middle of those times, so in that frame of thought, they would say that I may have already been exposed to measles, but I was still vaccinated when I started school so my immunity would be due to the shot statistically.

The other side of that discussion would be if nearly everyone before 1963 had contracted measles or were the fortunate one-in-ten that had been exposed, having anti-bodies but did not have symptoms, then it was highly unlikely that I would have been exposed to it because most everyone around me had immunity. Either concept may be consistent with statistics of decades before the vaccine was developed, which clearly showed a downward trend cutting the death rate of measles averaging approximately 10 per 100,000 a year before the 1920’s to less than 5 per 100,000 between 1920 and 1930 to less than 2.5 per 100,000 in the 1940’s. In the 1950’s, the measles mortality rate was an average of less than one per 100,000 and it continued this downward trend lowering even more after the vaccine was available in 1963.²

Although outbreaks have decreased to the point that a few hundred in a population of 320 million is considered “large,” being vaccinated against a disease is not absolute. The recent Disneyland measles outbreak that began in December 2014 ended with infecting 147 people, most in California. The *CDC*’s report “Measles Outbreak—California, December 2014–February 2015” published February 20, 2015 stated that among the 110 California patients, 49 (45%) were unvaccinated and of those 12 were infants too young to be vaccinated, so there were only 37 (33%) at the eligible age. There were also 47 (43%) with an unknown or undocumented vaccination status. This left 14 (13%) individuals that developed measles even though they had records of having received at least one dose of the vaccine and there was at least one of them who had received three doses. Why does anyone need more than one dose? According to the *CDC*, one dose is effective for 93% and second doses were first recommended in 1989 being 97% effective³, although some believe these percentages to be lower.

There are 22 known genotypes of measles⁴, however the U.S. population has been vaccinated for the A measles genotype only⁴; the Disneyland strain was genotype B3⁵. Although scientists stated

in defense that there are no known biological differences between viruses of different genotypes, that is not the message they give us in regards to yearly influenza vaccines. Others also have said that elevations in vaccine-induced antibodies, on which projections are based, do not guarantee real world immunization against the targeted pathogen, which is the only true measure of their effectiveness.

Community immunity sounds ideal, but the truth is measles is out there, so there most likely will be outbreaks into the U.S. now and then. Closer to home, an infant in Georgia contracted measles after traveling abroad, but there was no “outbreak” and Georgia has been considered in the clear for weeks. I urge us all to keep these U.S. outbreaks in perspective. In 2014, there was a spike of 644 U.S. cases of measles, which is about two per million. There has not been a fatality due to measles in the U.S. since 2003. Some other countries are far less fortunate even with immunizations.

The *World Health Organization (WHO)* has gathered research that suggests measles and some of its complications are more severe in individuals with Vitamin A deficiencies. As a result, *WHO* on its website recommends:

All children in developing countries diagnosed with measles should receive two doses of vitamin A supplements, given 24 hours apart. This treatment restores low vitamin A levels during measles that occur even in well-nourished children and can help prevent eye damage and blindness. Vitamin A supplements have been shown to reduce the number of deaths from measles by 50%.

Some suggest additional Vitamin C and Vitamin D as well to combat the severity of symptoms once infected and as added resistance against measles.

My husband and I chose not to vaccinate our daughter. We understand that there could be a number of complications should she ever contract measles, but in countries with good health care, higher nutritional diets, and better hygiene, these complications are significantly lower, according to statistics. Should my daughter decide to get vaccinated, I would support her decision because she is now able to intelligently question medical care professionals, research for information on the possible risks both ways, and make decisions about her own health care without being pressured against her wishes.

The blaming and shaming of the unvaccinated during the media frenzy over the Disneyland measles outbreak went viral on the Internet and invaded my life personally. People blamed me for my convictions against vaccinating my child and tried to shame me in how I was putting their children at risk. Truth? *We all are at risk!* The outbreak was not caused by the unvaccinated, but by measles that affected both the vaccinated and the unvaccinated. I have never

considered the vaccine I received to be an assurance of immunity against the measles, and now experts warn immunity can wane over time suggesting another dose of the vaccination to improve protection. Even if a person has had the measles once is no guarantee against getting them again. My sister was sick in bed diagnosed with the measles at least twice, probably different strains, within the eighteen months after she was first immunized and I am not counting the measles symptoms she had from the shot itself.

Illnesses are the fear factor we all share, but we need to make informed decisions in all aspects of health care with calm, level heads, and it is understandable if a person shifts his or her convictions after evaluating information, rather than hype, on either side of the issue.

References:

¹ <http://www.cdc.gov/measles/hcp/>

² *Vital Statistics of the United States 1937, 1938, 1943, 1944, 1949, 1960, 1967, 1976, 1987, 1992; Historical Statistics of the United States - Colonial Times to 1970 Part 1*

³ <http://www.cdc.gov/measles/vaccination.html>

⁴ Rota, P. A., Brown, K., Mankertz, A., Santibanez, S., Shulga, S., Muller, C. P., Hübschen, J. M., Siqueira, M. & Beirnes, J. & other authors (2011). *Global distribution of measles genotypes and measles molecular epidemiology. J Infect Dis 204 (Suppl 1), S514–S523.*

⁵ http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6406a5.htm?s_cid=mm6406a5_w

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.

Café Life

New Hours

as of 4-20-15

Monday-Saturday

12pm-7pm

Sunday

11:30am-5pm

Check out our new menu
coming soon!

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

May June 2015

Two Months of Super Savings

Life Savings



**All
My Kind
Organics Products**

35% off

**All Organic
Plant Protein
Products**

30% off



**Whey
Protein**

Coconut Flavor

12 oz

\$18.99



CLA

60 softgels \$13.99

90 softgels \$17.99



All Garlic Formulas

**Aged garlic extract helps support
cardiovascular health**

20% off

NEWCHAPTER®

Bone Strength

30 tabs \$14.99

60 tabs \$25.99

120 tabs \$44.99



- **Joint Vibrance Powder & Tabs**
13 oz/250 tabs. \$38.99
- **Vibrance Orange Pineapple Powder**
9 oz \$23.99
- **Vibrance Citrus Cucumber Powder**
9 oz \$23.99
- **Cholesterol Blocker**
60 tabs \$10.99



- **Men's Spectro**
- **Women's Spectro**
120 caps \$21.99
- **Once Daily**
60 vcaps \$10.99
120 vcaps \$19.99



- **Aller Ease**
16 oz \$18.99
- **VM-100 Multi**
32 oz \$28.99
- **Active 55 Multi**
32 oz \$26.99

Jarrow FORMULAS

- **Brain Boost**
60 caps \$17.99
- **Vinpocetine**
100 caps \$9.99
- **Neuro Optimizer**
120 caps \$33.99

HERBATINT®

All Hair Color Products

\$9.99



All Products

20% off

NORDIC NATURALS

All Omega 3 and Ultimate Omega Formulas

25% off



Red Beet Crystals

7 oz \$19.99



- **Turmeric Boost**
5 oz \$23.99
- **Tumeric Supreme Extra Strength**
60 vcaps \$21.99



All Curamin Products

15% off



All Products

20% off

VITANICA®

All Products

20% off



All Swirl Products

15%



All Age Defying Facial Products

20% off



June Sale

- Super Chips
- Coconut Crisps
- Large Bars
assorted sizes

May Sale

- Super Cookies
- Salad Snax
- Small Bars

20% off



- Sweet Potato Pie
- Carrot Ginger

- Mountain Berry Spinach
- Cinnamon Spiced Beet
.42 oz

\$1.19



6 oz

All Flavors

20% off



- Mint Cilantro Chili Sauce
- Spicy Mango Chili Sauce
- Tangy Tamarind Dipping Sauce

6.9 to 7.9 oz

\$2.99



- Chocolate Honey Patties
- Honey

all sizes & varieties

25% off



Bottle Tea
All Flavors

14 oz

\$1.19



3 oz

All Bars

15% off



- Seaweed Snacks
- Seaweed Rice Chips

all sizes

15% off

New Products

- Talent Gelato Pops
- Cibo Pestos
- Follow Vegan Cheese Shreds
- Hail Mary Strawberry Macarons
- Silk Soy Yogurts
- Wildwood Tofu Meatless Meatballs and Tofu Veggie Burgers
- Back to Nature Sea Salt & Pepper Crackers
- Pacific Hemp Milk
- PopIndiana Fit Popcorn **GMO free**
- Van's Gluten Free Cereals & Crackers
- Zevia Bottled No Calorie Sodas
- Feel Good Egg Rolls
- Daiya Vegan Cream Cheese
- Beanito White Bean Chips
- Herrel Hot Fudge
- Honest Fizz Zero Calorie Soda 6-pack
- Glutino Gluten Free Toaster Pastry
- Blue Diamond Almond Breeze 11 fluid ounce size
- Native Okra
- Rumian Organic Cheese
- Field Day Chili and Pasta
- Meyers Cleaning Products
- Evol Organic Burritos



Avocado Chips

- BBQ
- Chilean Lime
- Sea Salt

5 oz

Buy 1 Get 1 Free