

The healthier side dish

A couple weeks ago I nestled into one of the chairs at a small table at First Cup Café in Marcellus. I was meeting with Skaneateles resident and entrepreneur Lisa Jo Greenfield.

Even though I'm no longer covering Marcellus, Lisa was going to be there for an appointment and I was looking for any reason to drive down Route 174 so I could get a look at the fresh-water spring that flows down over the hill across from Nine Mile Creek.

Lisa and I first met at a Skaneateles Area Chamber of Commerce luncheon and though the luncheon was kind of her introduction into business, she approached me about something she wasn't selling. She told me all about her son Patrick, the young boy who is still trying to raise money so he can participate in People to People, and over the next several weeks we went back and forth about the information I needed, when we could get together so I could interview Patrick, what I could do at the *Press* to help get the word out about his mission ...

And it all worked out. I've written a story about Patrick, people have been donating, I am helping to get the word out (oh, by the way, he's still raising money and will be planning a big garage sale to help fund the trip).

But even with all Patrick has going on, this time his mom wanted to talk to me about herself. Yes, we talked at length about briefs I could get in the paper about his garage sales coming up at the end of this month and then also over Memorial Day weekend, but that wasn't the basis of why we met



for coffee.

Lisa, owner of Essential Health Solutions, wants to keep you informed about health and so she and I have worked out a schedule for her to write a monthly column called, "Look, Live, Feel Better," which ironically is the same as her Web site only it's missing the "dot com." She's not looking at promoting her business through the column, but rather give you information from a local source about how to get a little healthier.

Topics will include everything from just how pricey your health is, this week's column on page 5, to the good things certain vitamins can do for you.

A lot of this could stem from my incessant yabbering about my own medical problems. I was diagnosed with Hashimoto's Thyroiditis (man, that's a mouthful, isn't it?) back in January 2005. It was like the doctor's gift to me for getting into graduate school. What a crappy gift.

One of Lisa's hot topics is glutathione.

You don't know what that is either?

I don't feel so stupid now.

It's apparently one of those nutrients that helps with fatigue, joint pain, muscle building of some sort and, yes, the

thyroid function. This woman is a wealth of information, and she's going to share not only in this forum, but also will be holding informational conversations at Creekside Books and Coffee once she gets going here.

After finding out about my medical problems, Lisa talked more to me about this glutathione stuff, which was part of our conversation a couple weeks ago over coffee. She's going to be mad at me because I haven't ordered any of the supplements yet, and I need to know what's going on with me before I do.

Hashimoto's is a hypothyroid disorder (meaning my thyroid wasn't doing enough) and since first meeting Lisa and finding out more about glutathione and all those vitamins I'm not taking, I've finally found a doctor here who will listen to me when I say something's not working right and he's referred me to an endocrinologist in Auburn. Now we're getting somewhere! Yeah, my little butterfly-shaped gland did a flip-flop and now I've been diagnosed again with hyperthyroid disease, though we aren't sure which one yet.

I guess what I'm getting at is, even with going to the gym and watching what I eat, my body still hurts, my knees are killing me and my thyroid is all out of whack.

Maybe Lisa will have an answer to one of our questions or just be able to give us all a few hints that our doctors might not know about how to get back to basics and be a little healthier.

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