

There are stars that light up the sky, stars that light up the big screen, and stars that light up our lives. You are our stars.

"LIGHTS, CAMERA, ACTION!"

At least that's what they say in the movies. After all is said and done and the movie is finished, the stars come out to celebrate their success at the Oscars. All nominees are given something called a SWAG bag which stands for "Stuff We All Get." This is your SWAG bag. The only difference between yours and the stars' SWAG bags is that I picked every item for health reasons and possibly, to put a smile on your face. The companies that donated the products for your bag are listed below. I hope you enjoy them and remember...

"Shoot for the moon and you'll land among the stars!"

SWAG Bag Items

Exaclair - The daily journal provided for you in the bag was donated by a woman named Karen Doherty who works with this company and has Chronic Fatigue Syndrome. I asked for daily journals so we could all keep track of appointments, especially doctor's appointments and to write questions and answers we may have for our doctors.

Informational CD - My family's idea to help others learn about CFS/ME was to create a CD full of information for patients and their friends and family and for doctors. This is the first time that anyone has had a chance to have 1 item filled with CFS/ME information. It was implemented by Dr. Kenneth Friedman, Pat and Rich LaRosa, Ted Nilson and Betty McConnell. The information provided on the CD is to help you and your physician learn more about this debilitating illness.

Skin Care Products/Make up

DuWop Lip Gloss/Eye Highlight Duet - Great hypoallergenic product for women with allergies and skin sensitivities. Rule of thumb with this product- the darker end is for your lips and the lighter end is used to highlight your brow bone and/or under your eye to open your eye area.

Blinc Mascara - Hypoallergenic Mascara that will not clump or flake, nor will it come off if you cry, shower, or go swimming. To remove; wet fingers and lashes thoroughly and lightly tug on your eye lashes. The mascara comes off in "tubes."

Jaqua - A hypoallergenic product that can tantalize your senses and provoke good feelings

SKYN Iceland - Great hypoallergenic product that soothes and protects your skin.

Smith's Rosebud Salve - Created by a general practitioner named George Smith in 1895. He wanted to have a product that calmed skin problems and inflammation (ex. Psoriasis) and to take the sting out of Poison Ivy. This product is hypoallergenic.

Relaxation Products

Demeter Blue Hawaiian and Hawaiian Surf Cologne Splashes - Reminiscent of being on a beach, soaking up the sun, and hearing the waves crash. All products are made without the chemicals you find in other scented products.

Steven Halpern's Health and Well Being CD - A special gift from Steven Halpern to you so you can relax and restore balance mentally and physically.

Lavender Sachets - Commonly used to help relax and lull you to sleep. This product is grown on a farm in Washington state and is a different scent since it is fresh lavender. Personally picked and packaged for your relaxation.

Fortune Teller Fish - Located in your envelope, this little fish is a way to symbolize the beach along with putting a smile on your face when you may need a little "pick me up."

Health Related Products

Vosges Haut-Chocolat Exotic Chocolate Bars - Perhaps it sounds a little bit odd to put chocolate in the health category, but this chocolate bar is actually good for you and tastes wonderful. Combining deep milk chocolate with goji berries (which

have more Vitamin C in them than an orange) and pink himalayan sea salt allows your body to have a boost of extra vitamin C and some antioxidants. Take notice of the instructions on the back of the box to see how Vosges describes how to eat their chocolate properly; it's very interesting!

Bloomsberry and Company - This company donated the personal consumption Emergency Chocolate Bar. We were the first to try it as it had not even been released to the public yet. Why is this so healthy? One word describes it all- ANTIOXIDANTS. Bloomsberry and Company originally started in New Zealand and after many people that had the chance to taste it began to fall head over heels in love with its natural and intensely pure flavoring. This led to many exotic and fashionable areas such as Manchester, Paris, and New York e-mailing Bloomsberry and Company to ask if they could sell it. This bar is 55% cocoa making it sweet, but not too sweet and loaded with antioxidants.

Jacknobby II - Use this little hand held massager on yourself or on someone else to help relieve sore muscles

Health Marvels - These foot pads are touted as one of the best ways to detoxify your body. Apply one pad to each foot at bed time and remove them 6-8 hours later.

AtlantiCare - Antibacterial Hand Sprays

I hope you enjoy your bag and I wish you good health and happiness.

Warm regards,

Dominique Soeldner

Disclaimer

Coupons and information were included to provide manufacturer information if you have interest. I and the New Jersey Chronic Fatigue Syndrome Association are not endorsing the use of any of these products.