



Why Do You Have Allergies?

Dr. Wayne Myers, Pharm., D.

A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201

About 40% of Americans suffer from some sort of allergies. And they're particularly bad during spring and fall, when pollens and molds are high. **But allergies aren't just about a runny nose, itchy eyes, and scratchy throat. In fact, allergies are caused by a reaction in your immune system.**

When most people think about allergies, they think of sneezing, congestion, and itchy eyes caused by pollen. When in fact, allergies can be caused by just about any substance that you inhale, swallow, or that touches your skin.

Your body's immune system is designed to attack harmful substances like bacteria and viruses. *But with allergies, your body launches an assault far beyond what is called for on substances such as pollen, mold, dust mites, pet dander, and even medications and insect sting venom.* Immunity is helpful protection against a substance. On the other hand, **an allergy is harmful hypersensitivity to that substance.**

Already extremely common, allergies are on the rise. Not only do allergies cause a range of annoying symptoms, they can aggravate or trigger other conditions such as asthma, sinusitis, and ear infections. But they don't stop there.

Allergies can cause different skin-related symptoms (such as hives, eczema, and rashes); some types of allergies can lead to gastrointestinal problems; and assorted allergy-related symptoms (such as fatigue, headaches, loss of smell, and sleep disturbances).

Many people begin by treating their allergies with over-the-counter (OTC) drugs. The big drug companies would like you to believe that suppressing your symptoms with their synthetic drugs is your best recourse against allergies. **But, you don't have to take dangerous drugs to suppress your symptoms. Natural remedies can do the job better and without side-effects.**

The secret weapon against allergies that we recommend is **NATURAL D-HIST** which contains the most effective

natural allergy-fighters known to man (and in the correct proportions):

- **Quercetin:** anti-inflammatory and histamine-blocker, its effect on allergies is unmatched by any other natural substance.
- **Vitamin C:** proven over many years to significantly lower symptoms of allergies, colds, asthma and bronchitis.
- **Stinging Nettle:** creates an antihistamine effect.
- **Bromelain:** reduces inflammation by inhibiting kinin formation (which causes the swelling and pain).
- **N-Acetyl-Cysteine (NAC):** breaks down the viscosity of mucous better than any other natural substance.

This all-natural allergy-fighter is the most powerful approach to fighting allergies we've ever found. **NATURAL D-HIST works so well that we will refund your money if it doesn't meet your expectations.** Just bring back your empty bottle with the original receipt, and we will happily refund your money. How many big drug companies will give you that guarantee?

NATURAL D-HIST (120 caps) \$34.98
(please add \$4.95 s&h to phone/mail orders)



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IRRITABLE BOWEL SYNDROME (IBS) ABDOMINAL PAIN, BLOATING, GAS, DIARRHEA, CONSTIPATION

Need help? You're not alone.

Irritable Bowel Syndrome (IBS) affects nearly 50 million Americans, or almost one in five! This challenging, painful condition begins before the age of 35 for most people and is twice as common in women as men. Although genetics and heredity play a part, no one knows the exact cause of IBS.

The primary symptoms of IBS are **abdominal pain and bowel dysfunction, including gas, diarrhea or constipation, discomfort, bloating, and nausea.** Certain behaviors will typically worsen IBS, including eating big meals; taking large doses of medications; and consuming wheat, milk products, chocolate, caffeine, and alcohol. Stress is also an aggravator. Untreated, IBS can have profound negative effects on the whole body.

For those impacted, medical solutions can be discouraging. Few prescription drugs exist, and what is available can have serious side effects. *So, what can you do?*

- **Chew** – Proper chewing is the first step toward good digestion.
- **Eat Right** – Avoid “trigger foods” and drink plenty of water. Eliminate or reduce refined carbohydrates and sugars.
- **Avoid Caffeine** – Caffeine is a central nervous system stimulant and will add stress to your whole body.
- **Steer Clear of Antacids** – If you're eating right, you won't have an excess acid problem, so taking antacids won't bring relief.
- **Exercise** – Exercise can help a myriad of problems, it can even tone your intestines.
- **Take a Probiotic** – The balance of good bacteria in your body is essential for everyone (even if you don't have IBS). *Did you know that 80% of your immune system is located in your digestive system?* Taking a probiotic supplement daily will help to build the good bacteria in your intestines. Stop in the pharmacy and ask us for more information.
- **Consider Iberogast** – Iberogast is a liquid herbal remedy that is used to treat IBS, Gastroesophageal Reflux Disease (GERD), and Nonulcer Dyspepsia (NUD). We have found this product improves digestion and helps relieve symptoms like bloating, cramps, upper abdominal pain, pressure or heaviness after eating, and heartburn. Iberogast contains digestive stimulating substances known as glucosinolates and cucurbitacins from clown's mustard (*Iberis amara*) in a base of liquid extracts of eight other herbs. This combination provides the maximum benefit to the entire intestinal tract and all without any known side effects or drug interactions. And, the liquid format makes it easy for the entire family to use, including children.

Iberogast is available now at Norland Avenue Pharmacy: 3.4 fluid ounces for \$39.95. The standard dosage for adults is 20 drops three times daily taken before or at meals with liquid (warm water is recommended).



You Are What You Eat.

Norland Avenue Pharmacy is proud to offer a **FREE** seminar on

The Power of Digestion

Guest speaker Tracy Kreider, C.N.C., will cover Digestion 101:

- How do we digest our food?
- What are enzymes?
- Is there such a thing as good bacteria?
- Fiber?
- Do I eat enough?
- What is my body really telling me?

Please join us on **Wednesday, April 8th from 6:30-8 p.m.** The seminar is free, but seating is limited. Call today to reserve your spot!

(717) 217-6790

HEALTH FUNNIES

An expectant mother was being rushed to the hospital, but didn't quite make it. She gave birth to her baby on the hospital lawn.

Later, the father received a bill, listing "Delivery Room Fee: \$500."

He wrote the hospital and reminded them the baby was born on the front lawn. A week passed, and a corrected bill arrived:

"Greens Fee: \$200."

The friend who holds your hand and says the wrong thing is made of dearer stuff than the one who stays away.

- Barbara Kingsolver

Perfect for Easter

Our Gift Shoppe has a wide variety of inspirational bracelets at very reasonable prices! Styles include silver, gold, beaded, bangles, stretch, and many more.

A suitable gift to celebrate Easter! Perfect size for baskets! Stop by today for the best selection.



Easter Blessings For You: May God's joy fill you... His hope refresh you... and the gift of eternal life in Jesus bring you every reason to rejoice on Easter and everyday! Happy Easter!

In observance of Good Friday, Norland Avenue Pharmacy will close at 3:00 p.m. on Friday, April 10th—the hour of Christ's death.

COMPOUNDING



Charles Hill, R. Ph.

At the Norland Avenue Compounding Center we look for solutions for you. This month we'll look at some unique formulas we've used for hemorrhoid sufferers. Hemorrhoids are small veins that become enlarged and swollen around the rectum and anus. The rectum is the final or lowest part of the large bowel, and is surrounded by a circle of muscle that stretches and then tightens to force the solid waste products of digestion (feces or bowel movement) down and out through the anus, the small opening through which the solid waste passes out of the body. Veins around the rectum and anus often swell and become inflamed, develop small blood clots, and cause minor bleeding.

The two major types of hemorrhoids are external and internal. External hemorrhoids develop under the skin, just outside the opening of the anus. They may cause pain and itch, especially during a bowel movement, and they are often tender to the touch. Internal hemorrhoids are found further up, inside the rectum and while these hemorrhoids are often not painful, they can be pushed out through the anus (prolapsed). If that happens, they can become quite painful.

In our Compounding Center, we're able to make a nifedipine/lidocaine gel some area physicians have found useful in treating painful hemorrhoids. In addition to this, a unique suppository mold, "The Rectal Rocket" was designed for the hemorrhoid patient so that part of the suppository is inserted into the rectum to treat internal hemorrhoids, while the larger flared end of the suppository remains on the outside to treat external hemorrhoids.

These are just two examples of the many ways we're able to provide unique solutions to your individual healthcare needs. If you would like more information on solutions from our Compounding Center, please stop by or give us a call.

CORNER



We recommend cleansing quarterly. Pick up your second quarter cleanse today!

Coming up: May is National Arthritis and High Blood Pressure Education Month!

www.NorlandAvenuePharmacy.com

“Suffer from Mood Swings? PMS? Hot Flashes? Think You’re Just Getting Older? Think Again...”



Find out how hormone balance issues affect you at this FREE seminar presented by registered pharmacist Charles Hill. At the seminar on Monday, April 20th from 7-8 p.m. at Norland Avenue Pharmacy, you’ll learn:

- How to control hormonal irregularities and associated symptoms (like PMS) *without* birth control pills.
- About the hormone link to some depressions and why anti-depressants may not be the complete solution.
- Why Bio-Identical Hormone Replacement Therapy (BHRT) may be an option for those at risk for cancer and heart disease.
- How hormones can be tested and which option may be preferable for your situation.
- *And much more!*

The seminar is FREE, but seating is limited, so reserve your spot now: (717) 217-6790.

APRIL SPECIAL

Stop in during April to receive 20% off ALL

Nordic Naturals supplements!

For optimal health and longevity, you need EFAs daily. Nordic Naturals offers pharmaceutical grade, doctor recommended Omega-3 fish oils from Norway.

We recommend Nordic Naturals because they are proven in purity, freshness, and taste. Stop by and ask Tracie, our nutrition specialist, for help picking out the right fish oil for you!



NORDIC NATURALS
Pure and Great Tasting Omega Oils

Return Service Requested

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