



***Struggling with Arthritis Pain, Swelling, Loss of Movement? Looking for ways to stop further deterioration? Read on...***

**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

There are many kinds of arthritis, with osteoarthritis being the most common type. It is a degenerative joint disease that increases with age. Osteoarthritis attacks the joint cartilage causing you inflammation, pain, swelling, and stiffness. Cumulative years of wear-and-tear on your joints weaken the collagen support structure of your cartilage, the shock absorbing rubbery material that covers the ends of your bones.

Nutritional supplements that help your body rebuild and replace cartilage may offer you support if you suffer from osteoarthritis. Two cartilage supporting supplements in this category are Glucosamine and Chondroitin, the best-documented being Glucosamine. There is promising evidence that Glucosamine reduces joint pain and slows the progression of osteoarthritis. Because it is an amine, a natural building-block for cartilage, Glucosamine works by stimulating the cartilage to rebuild.

There are no food sources of Glucosamine, but you can take the supplement in pill form. Glucosamine takes time to be fully effective, and many people see full results after a month of taking 1,500 mg daily.

A study published in the journal *Archives of Internal Medicine* examined people with osteoarthritis over a three year time period. Researchers assessed the pain and structural improvements of over 200 people with mild to moderate osteoarthritis. Participants in the study either received 1,500 mg of Glucosamine daily or a placebo.

Researchers found that the Glucosamine slowed the progression of osteoarthritis. The group taking the supplement showed a significant reduction in pain and stiffness. On x-ray, there was no average change or narrowing of joint spaces in the knees (a sign of deterioration). In contrast, joint spaces of participants taking the placebo narrowed over the three years.

Working in a similar way, Chondroitin, a molecule that is naturally present in cartilage, also shows good evidence of reducing the pain associated with poor joint function and may even help slow down cartilage breakdown. Chondroitin gives cartilage elasticity and is believed to prevent destruction of cartilage by enzymes. The recommended dosage is 1,200 mg daily.

Osteoarthritis is a multi-factorial condition, so there are other dietary and lifestyle considerations that are important also. A diet low in meat, dairy, and eggs is helpful. Avoid the nightshade family of vegetables such as tomatoes, potatoes, peppers, and eggplant, as they tend to exacerbate osteoarthritis. Adopting a healthy lifestyle that limits alcohol intake and is smoke-free is helpful. Weight control and regular exercise also help joints function at their best. Supplementing with essential fatty acids along with a high quality multivitamin and mineral is an important part of a healthy lifestyle and good joint health.

As always when choosing a vitamin or supplement, QUALITY COUNTS and it's important to check with a pharmacist or nutrition specialist to make sure the product is right for you. I often recommend **Country Life Glucosamine Chondroitin**. With both Glucosamine and Chondroitin in one pill, this is an ideal supplement for osteoarthritis sufferers. We are offering a summer savings special on 90 count bottles for the months of June and July. **Regularly priced at \$29.99 each, if you buy two bottles, we will give you 40% off. You'll pay only \$17.99 each!** Also for the month of June all Country Life products are 25% off.

Stop in today to talk to us about all your vitamin and supplement needs!

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## Weight Loss Strategies

We all know that there is no "magic pill" that guarantees rapid weight loss without dietary changes. The key to weight loss success is making up your mind to make lifestyle changes. However, using a safe all-natural nutritional supplement can give you the boost you need to succeed with your weight loss goals.

**BIOPTRIN PLUS** is a natural weight loss product that works for nearly everybody. A product so phenomenal that just about anyone can benefit from its abilities to burn fat while preserving lean muscle mass, prevent overeating, and increasing energy.

Biopttrin Plus contains Biopttrinol™, a synergistically integrated compound that, according to the manufacturer, Mellen Medical, *"makes up for years of overeating and bingeing, years of being too tired to exercise, years of taking something out of the closet and finding it no longer fits, and years of dieting failure. You'll never say diet again!"*

Why does Biopttrin Plus work so well when most others don't? Biopttrin Plus contains 22 ingredients, including important amino acids, that work synergistically together. The principle ingredient, however, is Conjugated Linolenic Acid (CLA) which was discovered and scientifically evaluated 11 years ago in New Zealand. Its value in suppressing the appetite as well as causing foods that turn to fat to be eliminated before they are absorbed was further validated two years later in Louisiana. **Nothing else you can buy in a store contains this special formula!**

### Biopttrin Plus Contains:

**Amino Acids** - To help elevate mood, decrease appetite, reduce body fat, and use stored fat as energy.

**Glucomannan Fiber** - Expands to 50 times its own weight so you'll eat less and stay fuller, longer.

**CLA** - Decreases body fat and helps develop lean muscle.

**Guarana Seed** - Naturally increases and sustains energy.

**Garcinia Cambogia (HCA)** - Helps suppress appetite and reduces the body's ability to produce and store fat.

**Yerbe Mate Bark** - A natural appetite suppressant.

**Green Tea** - A fat burner that can regulate blood sugar.

**Chromemate Chromium** - Metabolizes glucose, normalizes blood sugars and promotes fat loss.

**Energplex Herbal Blend** - Helps metabolize fat, rid the body of toxins, stimulate the intestinal tract and aid the thyroid.

A bottle of 120 capsules is just **\$39.98** (please add \$4.95 s/h for mail and phone orders). Compare that to Alli at \$65! You can buy Biopttrin Plus without a prescription, and it comes with our **100% satisfaction guarantee.**

If after following the directions you're not happy with the results at the end of 30 days, bring back the bottle and your receipt and we will happily refund your money!

Please note, although it's all natural, Biopttrin Plus is so powerful that it may not be for everyone. Do talk to a pharmacist and read label disclosures very carefully.



## Meet the Team



### Bonnie Albright, Bookkeeper/Pharmacy Technician

Bonnie began working for Norland Avenue Pharmacy on the day we opened - February 6, 2001. Originally from Mercersburg, Bonnie serves as our bookkeeper as well as a pharmacy technician.

As if that's not enough, Bonnie also manages our great selection of greeting cards that we offer to you at 50% off everyday! She ensures that we have plenty of cards for each special occasion and holiday and that they are organized and easy to browse through to find the perfect card.

In addition to the work Bonnie does at the pharmacy, Bonnie loves to play cards, travel and collect peanut butter glasses from the '50s. She says she finds most of her peanut butter glasses at auctions and flea markets during her travels and proudly displays them in a curio cabinet at home.

Bonnie's favorite part of working at Norland Avenue Pharmacy is "meeting all the nice people." So stop in soon and say hi.

### HEALTH FUNNIES

A pharmacy major was taking a course on Dispensing. One day they were discussing the various labels affixed to prescription containers, such as "Take with Food" and "Take with Water". At the end of class the professor passed out a few sample labels.

Days later he noticed that one member of the class had stuck one of them onto his chemistry notebook. It read:

**CAUTION: May Cause Extreme Drowsiness**

## Father's Day is fast approaching... Are you ready?

*American Expedition* celebrates the spirit and passion of Modern Day Explorers (Dads) on a collection of *Functional Gifts*. It equates modern day "explorations" (fishing, hunting, camping, hiking, and bird watching) to the beauty of early American exploration and discovery.

Stop in now for a great gift for dad!

**All American Expedition Gifts 20% Off June 1<sup>st</sup> – June 14<sup>th</sup>**

*Each item attractively gift bagged FREE of charge!*

*Father's Day cards 50% off!*



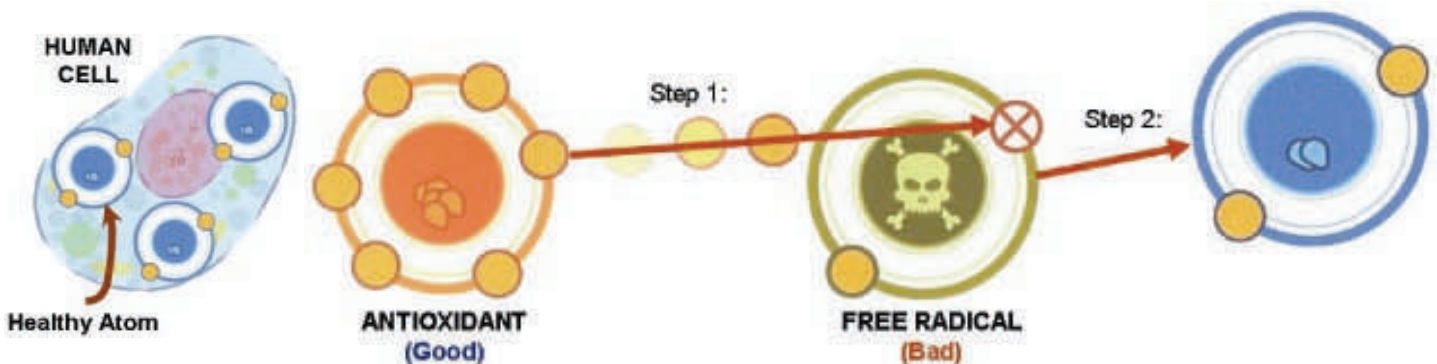
Steel travel mug shown. Coasters, thermos sets & more available!

## ANTIOXIDANTS 101

Your body's health depends on your cells' health. To slow down aging, limit illness, and prevent disease you must protect and feed your cells properly. Cells are made up of atoms. Healthy atoms have "paired" electrons. When healthy cells replicate, they make exact copies. FREE RADICALS are atoms that are missing an electron. They steal electrons from surrounding atoms and they alter or destroy cells. Cells that die or replicate in a damaged state are the cause or contribute to premature aging, sickness, and diseases such as cancer, heart disease, osteoporosis, and many others. Antioxidants give an extra electron to the free radical thus neutralizing the chain and reducing your risk of sickness, disease and premature aging. **ANTIOXIDANTS ARE CRITICAL IN MAINTAINING OPTIMAL HEALTH.**

The Pharmanex<sup>®</sup> BioPhotonic Scanner is the first to use innovative laser technology to non-invasively measure the concentration of carotenoid antioxidants in your body's tissue. The Scanner score provides a scientifically validated measurement of how your diet and supplementation program is protecting your body's cells and overall nutritional health. By consistently tracking carotenoid antioxidant levels in your body, you are equipped with the knowledge to maintain a lifestyle and nutrition program that will help boost antioxidant levels and maintain proper nutrition and optimal health.

We now have a BioPhotonic Scanner available at Norland Avenue Pharmacy and are happy to offer antioxidant scanning to all our customers for just \$10. However, after your scan and consult, if you choose to buy your supplements at the pharmacy, we will waive the \$10 fee. Stop in today to see how well your diet and supplements are working!



*The more severe the pain or illness, the more severe will be the necessary changes. These may involve breaking bad habits, or acquiring some new and better ones. - Peter McWilliams*

Please visit us online at  
[www.NorlandAvenuePharmacy.com](http://www.NorlandAvenuePharmacy.com).  
Sign up to receive the newsletter and  
other special offers via email.

### Coming in Future Issues:

- CoQ10... Why is it so vital?
- What Your Drugs are Taking from You:  
*Drug Nutrient Depletions*

*Free Seminar for Women Only*

**“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, June 23<sup>rd</sup> from 7:00—8:00 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.**

# Summer Savings Specials

## June Only

**All Country Life vitamins & supplements 25% off!**

## June & July

**Ultra CoQ10 Q-Gels 60mg 30ct** (reg \$34.98)  
**Buy Two Get 40% Off**  
**\$20.99 each**

**Glucosamine Chondroitin 90ct** (reg \$29.99)  
**Buy Two Get 40% Off**  
**\$17.99 each**



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