



At Last - Vitamins that Protect Your Kids Like None Other I've Ever Seen!

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

Parents: do you want to provide your children with the ultimate protection against colds and flu this school year?

Unfortunately, most children get 3-4 colds plus a dose of the flu each year! Most of it comes from contact with other children at school or daycare. They come home and share those bugs with the rest of the family and many times, you may have to watch the bug progress until the entire family has been affected. Then all you can do is pray that it doesn't start over again!

Sound familiar? It doesn't have to be that way for your family this year! **HAKUNA MATATA** Children's Vitamins are laboratory tested to provide your child with protection unrivaled by any other children's vitamin/mineral combination.

concentrates of fresh fruits and vegetables - something else those cheaper versions lack.

In an independent laboratory test of 127 different brands of children's vitamins/minerals, **HAKUNA MATATA** came out ahead of all other recognized brands. Not only do the 60mg of Vitamin C and 30 IU of Vitamin E provide more potency (cheaper versions have as little as 15mg of Vitamin C and 15 IU of Vitamin E), they provide the all-day protection that others don't.

*"I run a daycare center out of my home, which means my family and I are exposed to a number of illnesses on a regular basis. After reading about **HAKUNA MATATA**, I started giving it to my daughter twice a day in October of 2007. I feel that not only has it decreased the duration of cold and flu symptoms, it has also helped prevent illness altogether. I now recommend **HAKUNA MATATA** to the parents of all my daycare kids, and anyone else with kids for that matter. Thanks!"*

- Lonnie Houser, Chambersburg

So, for healthier children and a healthier family pick up **HAKUNA MATATA** today. A bottle of 60 capsules is just \$11.98, and your satisfaction is guaranteed 100%. If you're not happy with the results after 30 days, bring the bottle back with your receipt for a full refund!

Each chewable tablet contains the right assortment of vitamins and minerals synergistically balanced to **help ward off infections**. And they're designed to help protect your kids **all day long**, whereas cheaper versions protect them only through the morning and early afternoon. No wonder kids succumb to everyone else's viruses.

HAKUNA MATATA also provides additional immune system building with whole food con-

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Flavoring Medications Can Help You Save Money & Eliminate Frustrations

Charles Hill, R.Ph.

What option do you have as a parent when your child can't (or won't) take a prescribed medication? Many children fight so hard NOT to take their medicine that once the battle is over, you are often left wondering how much (or how little) the child actually ingested into their system.

Not only is this very frustrating and stressful, but it can also become expensive. If the battle continues, it often results in treatment failure – meaning your child may remain ill longer than necessary and require repeat treatments.

You're not alone in your struggles. A recent survey of pediatricians found only 50% of their patients would readily take medications with an unpleasant flavor. The good news is that your problem-solving pharmacists at Norland Avenue Pharmacy have a way to raise that rate to as much as 90%.

How is this possible? In a recent study involving our flavoring system, the reasons included: a pleasant taste, the child's active involvement in the process of choosing a flavor, and the lack of a struggle when administering the medication.

At Norland Avenue Pharmacy, we use a system called Flavors[®] available exclusively to members of the Professional Compounding Centers of America (PCCA). With this system, we not only change the flavor of your child's medicine, but also suppress bitterness, enhance sweetness, smell, and texture, all of which are part of the complex process we simply call "taste".

Because unpleasant taste isn't the only obstacle to our younger patients' medication needs, Norland Avenue Pharmacy's compounding pharmacists can also help by suggesting unique dosage forms, alternative routes of administration, and creative solutions to overcome such obstacles. As a member of the PCCA, Norland Avenue Pharmacy, LLC, has many solutions at our disposal so we can respond to various pediatric problems. We will work with you and your child's physician to help you feel confident that the needs of your child are being met in the best possible way.



Meet the Team



Matt Hanson, Inventory Specialist & Pharmacist Assistant

Matt graduated from Shippensburg University in December of 2005 and likes to keep us all on our toes. Well-informed and knowledgeable, Matt wears many hats. Often times you'll find him assisting customers with their insurance questions.

You'll also find Matt at the drop-off counter taking your prescriptions and entering new customers into the computer system. Matt's other responsibilities include maintaining and recording all drug inventories.

During his free time, Matt enjoys playing and watching sports, spending time with friends, and reading. Matt's three favorite things about working at the pharmacy: helping people, the friendly environment, and the fact that each day offers new challenges.

HEALTH FUNNIES

The first time father, beside himself with excitement over the birth of his son, was determined to follow all the rules to a T.

"So tell me, nurse," he asked as his new family headed out the hospital door, "what time should we wake the little guy in the morning?"

**August 1st - 30th
20% Off All Gifts**

Stop in today, before it's too late!



**ADD/ADHD is Not a *Ritalin* Deficiency!
It's a *Nutrition* Deficiency, and *you can fight it.***

Attention Deficit Disorder affects over 3.5 million children in the U.S. and has become our country's most widespread behavioral problem, affecting between 4-7% of our population (adults included).

Current treatments of ADD/ADHD are central nervous system stimulants, like methylphenidate (Ritalin), Concerta, Focalin, and Adderall. All of these can produce a wide variety of side effects, including: "Ritalin rebound," loss of appetite and weight loss, insomnia, headaches, stomachaches, drowsiness, potential liver damage, facial tics and melancholy. *The long-term effects can be even more devastating.*

Dr. James F. Balch, M.D., writing in his famous book *Prescription for Nutritional Healing* says, "It is best to think of the diet as feeding the brain rather than the stomach. Many researchers believe that if the contributors are removed from the diets of the patients and the right nutritional supplements are added, **numerous symptoms often disappear** and medications used to treat ADD/ADHD can often be eliminated."

We have found a natural supplement that takes these concepts and combines them with other well-researched nutrients - a supplement that goes far beyond our expectations. It's called **ATTEND**, and it has over 70 natural ingredients combined specifically to address the root causes of ADD/ADHD symptoms and correct them.

ATTEND is just \$39.99 for one month's supply. For more information on ADD/ADHD or ATTEND, please stop by the pharmacy or give us a call!

*We worry about what a child will become tomorrow,
yet we forget that he is someone today.*

- Stacia Tauscher

Please visit us online at
www.NorlandAvenuePharmacy.com.
Sign up to receive the newsletter and
other special offers via email.

Coming in Future Issues:

- Best Food Sources for Antioxidants
- Non-Prescription Pain Relief
- Mood Swings, Hot Flashes, Weight Gain:
What are your options?

FREE

**CHILDREN'S HEALTH
SEMINAR**

Monday, August 18th, 7:00 - 8:00 p.m.

Norland Avenue Pharmacy

Tara M. Kahnert, MAEd, NED Life Health Living Coach (and full-time mom of three) and Wayne Myers, Pharm., D., will cover

- What you should do to keep your children healthy;
- What you should be feeding your kids;
- What you should be avoiding;
- What supplements you should be giving your kids;
- How you should be addressing health concerns;
- *And much more!*

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

August Specials

**NORDIC[®]
NATURALS** 

Pure and Great Tasting Omega Oils

All Nordic Naturals products **20% off!**



**30% Off All In-Stock
Donna Sharp Purses!**

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