



CoQ10—Why is it so vital?

A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201

Coenzyme Q10 (CoQ10) is crucial to every cell in your body. Why? It helps you produce the energy and stamina you need to live. Unfortunately, **no matter how good you eat or how much you exercise, as you get older your body produces less and less of this critical substance.**

So one important reason why CoQ10 is essential is that it boosts your energy level to help you deal with the day to day demands of life. But, the benefits don't stop there. Here are some other benefits of CoQ10 that make it vital to your health:

Maintains Heart Health - CoQ10 will help strengthen your cardiovascular system and maintain and balance the critical energy level needed in your most vital muscle.

Fights Free Radicals - CoQ10 acts as an antioxidant to help you fight free radicals and helps recharge other antioxidant nutrients to their active states, keeping them working for you.

Reduces Signs of Aging - CoQ10 helps you feel more alert and responsive and fights signs of premature aging!

Helps Maintain Normal Blood Pressure Levels - Research indicates that maintaining proper levels of CoQ10 can help you maintain normal blood pressure levels. CoQ10 also promotes healthy blood circulation and a more efficient heart.

Boosts Immune System - CoQ10 helps build a health immune system by fighting free radicals.

Supports Nervous System - By promoting an active mind and supplying you with energy, CoQ10 will help support your nervous system.

The reasons CoQ10 is vital, and why we recommend it to everyone, go on and on, including:

- **Maintains Healthy Gums**
- **Helps Stabilize Blood Sugar Levels**
- **Supports Muscle Recovery**
- **Promotes Normalization of Weight**

To be honest, we often actually refrain from listing all the reasons why CoQ10 is so important. Why? Because of the old saying, if it sounds too good to be true, it probably is. This is one instance where that saying is totally false. Dr. Stephen Sinatra, Founder and Director of the New England Heart Center said,

“Nothing I’ve ever found comes close to CoQ10’s success rate... If I could recommend only one health secret, this is it!”

For the month of July, we are offering a twin-pack special on Country Life Ultra CoQ10 Q-Gels 60 mg 30 count bottles. Regularly each bottle would be priced \$34.98. But, **if you buy two or more bottles in July, we will give you a 40% discount. You will pay only \$20.99 for each bottle!**

As always, we only recommend what we believe will work for you. So, we are offering our **money back guarantee**. If you are unhappy with your results after 30 days, bring your bottle and original receipt back to us for a full refund!

Tails on the Trail Dog Walk

Norland Avenue Pharmacy was recently fortunate enough to participate in the third annual Tails on the Trail dog walk at Henninger Field, a joint effort between the Cumberland Valley Animal Shelter and the Chambersburg Recreation Department. It was a hot day, but the dogs

didn't seem to mind! Funds raised during the walk were split between the Animal Shelter and the Recreation Department, both good local causes, and we're glad we could participate.

Throughout the day, we were able to share our ability to compound pet medications with those in attendance. If your pet refuses to take medications when needed, we may be able to help you too. Bring your pet's prescription to the pharmacy or give us a call. We can either add a different flavor to the medication or even change the format (i.e. make a liquid instead of a pill) to make it easier to get your pet to take the medicine.

We will also gladly work with your veterinarian if needed! Stop by and ask us for more information.

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What are your drugs taking from you?

Drug Nutrient Depletion

Many people rely on the benefits of prescription medications to help with various ailments; however, these meds are doing more in your body than just solving your problems. Though they may be effective, many prescription medications are also depleting your body of important nutrients. This can lead to some of the various common side effects of the medications.

Antibiotics: They are known for killing bacteria and helping you feel better, but along with the bacteria making you sick, *Lactobacillus Acidophilus* (a strain that lives in your gut and helps with digestion) and other “helpful” bacteria are also killed. When taking an antibiotic we recommend that you take a probiotic to replenish the helpful bacteria.

Cholesterol: Medications known as the “statins” have been shown to reduce levels of CoQ10 in the body. This can cause periodontal problems such as gingivitis and also lead to a weakened immune system. CoQ10 is used throughout your body and is important in proper heart and liver function. Several other medications may deplete the body of CoQ10 such as diabetic medications glipizide and glyburide, and blood pressure medications hydrochlorothiazide and metoprolol.

Depression: Prozac, Zoloft, and Lexapro can cause a deficiency in melatonin. Melatonin is responsible for your sleep/wake cycle and a shortage can cause problems sleeping. These medications also can cause your protein and amino acids levels to be low leading to increased susceptibility to infection, impaired wound healing, muscle and weight loss, and deterioration in skin and hair condition.

Acid Reflux: Prilosec, Prevacid, Nexium, and Protonix are taken to ease the pain of “heartburn” but also can lower your body’s level of vitamin B₁₂ with long-term usage. A deficiency of vitamin B₁₂ is characterized by irritability, weakness, numbness, anemia, loss of appetite, headache, personality changes, and confusion.

Blood Pressure: Lisinopril can deplete the body of iron leading to a loss of appetite, a lost sense of taste, skin changes, and increased chance of infection. **Metoprolol** can cause low melatonin levels which may lead to sleeping problems. **Hydrochlorothiazide and furosemide** can lower levels of magnesium and potassium in your system and the effects may be a loss of appetite, nausea, drowsiness, excessive thirst, irrational behavior, fatigue, and muscle pain or weakness. **Furosemide** may also deplete the body of vitamin B₁, vitamin B₆, and vitamin C leading to weakness, fatigue, anorexia, constipation, memory loss, confusion, depression, insomnia, bruising, fever, anemia, emotional changes, swollen and bleeding gums, lethargy, jaundice, increased susceptibility to infections, slow wound healing, and swelling of the lower limbs.

These nutrient deficiencies can be corrected by proper supplementation. This may be the solution to avoiding side-effects while still being able to benefit from your prescription medications. Stop in and talk to our knowledgeable staff to determine what supplements are right for you.

Meet the Team



Robin College, Pharmacy Technician

Robin is a full-time pharmacy technician for Norland Avenue. She completed her pharmacy tech training at Penn Foster and is known for her steady consistent work.

Robin has been working at the pharmacy since June of 2001. She is originally from Chambersburg and currently resides there with her husband, Rodney. She has two children and one grandson, of whom she is very proud. If you haven’t guessed it, she is Wayne’s sister.

In her free time, Robin enjoys camping and spending time with her grandson. She also volunteers her time serving at Five Forks Brethren in Christ Church in Waynesboro.

Robin’s favorite part of working at the pharmacy? “I really enjoy learning new things, so learning how to compound custom medications has been very interesting. I think it’s great that we can meet an individual’s specific needs with a custom compounded medication.”

Make sure you say hi the next time you see her at the pharmacy.

HEALTH FUNNIES

“Yeah, Doc, what’s the news?” asked Sam when his doctor called with his test results.

“I have some bad news and some really bad news,” said the doctor. “The bad news is that you only have 24 hours to live.”

“Oh, my,” gasped Fred as he dropped to his knees. “What could be worse news than that?”

“I couldn’t get a hold of you yesterday.”

July Gift Special

20% off All Wind Chimes

Regularly Priced from \$23.98 - \$86.98

On Sale for Only \$19.18 - \$69.58

Ring in Summer with Beautiful New Wind Chimes!



FINALLY— *REAL* Help for Arthritis Sufferers!

If you or someone close to you wants to relieve arthritis pain on contact, read on! Our top recommendation is a wonderful topical ointment called **PENETRAN PLUS**. Why? *Because it works.*

Dr. Julian Whitaker noted in *Health & Wellness* that PENETRAN takes advantage of the outstanding analgesic and healing properties of nitrogen compounds called *quaternary amines*. These quaternary amines are the primary agent for most inject-able anesthetics such as lidocaine and novocaine. **PENETRAN PLUS** also adds the power of **MSM** to PENETRAN. According to Dr. Stanley Jacobs of the Oregon Health Sciences University, “**patients widely report that sore, stiff or inflamed joints respond remarkably to MSM, as do bursitis and rheumatoid arthritis.**”

Essentially, it is an **excellent pain blocker** - especially for arthritis. It is so good that **we have been guaranteeing and will continue to guarantee your 100% satisfaction or your money back!** If you are not completely satisfied with PENETRAN PLUS after using it as directed for 30 days, just return the tube with your original receipt, and we will happily refund your money.

Transdermal Technologies, Inc., the manufacturer of **PENETRAN PLUS**, maintains that you can not only block out pain, but you can also get a **longer range reduction of swelling and elimination of inflammation nodes** that have built up over a period of time. Simply follow this regimen: Apply once in the morning and once before going to bed over a sustained period of two to four weeks.

“I struggled with arthritis pain for a number of years, never quite finding the relief I sought. I tried other arthritis medication, such as Capzasin HP, but the pain did not subside. In December of 2007, Norland Avenue Pharmacy introduced me to PENETRAN PLUS. A few short months later, the pain had diminished! I now use PENETRAN PLUS whenever my arthritis acts up. I would recommend this product to everyone who suffers from arthritis, fibromyalgia, or any type of joint pain! Thanks!” - Nancy Hartle

Give **PENETRAN PLUS** a try - it's just **\$14.98** for a 2.5 ounce tube. Remember, we personally guarantee your 100% satisfaction or your money back! All you have to lose is the pain. Please let us know how it works for you the next time you stop in.

To preserve health is a moral and religious duty, for health is the basis for all social virtues. We can no longer be useful when we are not well.
- Samuel Johnson

Please visit us online at
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Sign up to receive this newsletter and
other special offers via email.

Coming in Future Issues:

- Children's Vitamins—What to Look For
- ADHD is NOT a Ritalin Deficiency!

ANTIOXIDANT TESTING

You've probably heard that antioxidants are a vital part of staying young and healthy. You've been told that antioxidants fight free radicals that cause premature aging and disease. *But how do you know if your diet and supplement regimen is providing enough antioxidants to your body?*

We now have a BioPhotonic Scanner available at Norland Avenue Pharmacy and are happy to offer antioxidant testing to all our customers for just \$10 per scan. However, we feel it's so important to know if your diet and supplements are working, we are offering a **DISCOUNT DAY!**

**Come in WEDNESDAY, JULY 23rd
and have your
ANTIOXIDANT TESTING
done at 1/2 PRICE,
JUST \$5 PER SCAN!**

*Stop in to see how well your diet and
supplements are working!*

Summer Savings Specials

July Only

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

Nordic Naturals
Cod Liver Soft Gels 90 ct (reg \$19.95)
15% Off - \$16.96 each



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