



# Amazing Secret to a Healthy Heart

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 is a vital coenzyme in your body that researchers and doctors worldwide say holds the secret to a healthy heart—Coenzyme Q10 (or CoQ10).

Why is CoQ10 so vital? Coenzymes are the enzymes' helpers. CoQ10's job is to move electrons around to produce ATP, which...

- Provides fuel for your body's energy requirements
- Fuels muscle contraction (very important for your heart)
- Ignites the production of billions of immune cells
- Energizes liver and kidney cells
- Propels the repair of worn-out parts and damaged cells

Without CoQ10 there is no ATP. Without ATP your body would simply stop functioning. Additionally, CoQ10...

- Recharges the antioxidant properties of vitamin E (very important for fighting disease-causing free-radicals)
- Has been shown to help prevent breast cancer
- Stabilizes blood sugar levels
- Helps prevent periodontal disease.

CoQ10 is vital for cell respiration (the cells' ability to "breathe"). *This is especially important in your heart.* Without oxygen, your heart cells die, your cardiac muscle is destroyed, and the muscle fibers are replaced with non-functional connective tissue. *With enough damage, your heart will fail.* The more CoQ10 available to heart muscle cells, the longer they can "hold their breath." When circulation is restored and cells are re-oxygenated, a salvage process occurs and damage is circumvented.

Additionally, studies are indicating that CoQ10 can significantly help patients with breast cancer. And research discloses that CoQ10 can prevent or reverse periodontal

disease (and conversely, a deficiency of CoQ10 has been linked to periodontal disease).

You begin your life with plenty of this vital coenzyme. However, as you age, production levels decrease. Without supplementation—either from food or through CoQ10 supplements—your cells become energy-starved.

Since it's very difficult to get enough CoQ10 from food, I recommend supplementing with it in Q-Gel form. I'm not alone in making this recommendation:

*"Nothing I've ever found comes close to CoQ10's success rate... If I could recommend only one health secret, this (CoQ10) is it!"* - Dr. Stephen Sinatra, M.D., Founder and Director of the New England Heart Center.

*"I've been recommending CoQ10 for decades... for individuals with any type of heart or liver problem. The list of benefits attributed to this one nutrient is just like the Energizer Bunny—it goes on, and on, and on."* - Dr. David Williams, writing in *Alternatives for the Health-Conscious Individual*.

*"...I believe CoQ10 should be part of the nutritional regimen for anyone with not only heart disease, but chronic fatigue, cancer, depression, or gum disease (those with other symptoms can benefit as well)."* - Dr. Sherry Rogers, writing in *Total Health in Today's World*.

I recommend **Country Life's CoQ10 Q-Gels**. This delivery system provides 100% dissolution and is up to 300% more effective than other forms of CoQ10. A 30-count bottle is just \$34.98.

I'm so sure you'll love it, *I give you my 100% money back guarantee!* If you're not completely satisfied, bring in your empty bottle with your original receipt for a full refund.



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## This Valentine's Day Protect Your Heart and More!

Fish oil contains high levels of Omega-3 fatty acids. The two main Omega-3s are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Research indicates that EPA helps maintain a healthy heart and circulatory system, enhance joint flexibility, controls inflammation, and promotes healthy immune function. DHA supports learning and memory, promotes positive mood and well being, as well as protects the brain, eyes, and nervous system. Anyone who wants to protect their heart and brain, deal with arthritis, or maintain a positive immune system should be taking Omega-3s.

Omega-3 fatty acids play an important role in promoting heart health. The benefits include reduced triglycerides, increased good cholesterol, decreased risk of irregular heart beats which can lead to sudden cardiac death, improved blood vessel function, and lower blood pressure. Cardiovascular disease and its various forms still rank as America's number onecrippler and killer.

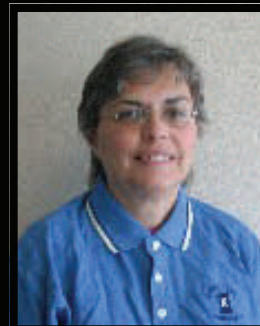
So check your fish oil dosage. The American Heart Association recommends 2-4 grams of EPA and DHA daily for individuals with elevated triglycerides, and 1 gram of EPA and DHA daily for individuals with risk factors for heart disease. To achieve 1-4 grams of EPA and DHA daily requires taking 2-8 soft gels of a concentrated fish oil supplement yielding 650 mg of EPA and 450 mg of DHA per serving. Read the label so you know exactly how much of these Omega-3 fatty acids you are getting. To satisfy minimum intake required for heart health maintenance, international experts recommend 500 mg of EPA and DHA.

There are so many positives to taking Omega-3s why wouldn't you want to take them? And right now we are making it even easier. We are offering **20% off Ultimate Omega** from Nordic Naturals. The regular price for a bottle of 60 lemon flavored soft-gels is only **\$27.95, and you receive the 20%**

**off for the entire month of February.** One serving of this product provides you with the international recommendations of EPA and DHA. Nordic Naturals is a superior brand of fish oil because they guarantee freshness, purity, truth in labeling, and no fishy smell or taste. We in turn recommend all the Nordic Natural products with complete confidence. Stock up now while the savings last.



## Meet the Team



### Karen Carmack, Customer Service

After being a customer of the pharmacy for many years, Karen decided to join us as a part-time Customer Service Representative in August of 2008. Prior to joining our team Karen worked for the United States Postal Service for over 24 years.

Most days you'll find Karen at the store running the registers and helping customers as they come through the pharmacy or drive-thru. She is also able to tell you about any sales or specials we might be having as well as sign you up for upcoming seminars.

Karen lives in Chambersburg with her husband Donald. In her free time, she enjoys counted cross stitch, painting on small wood objects, and camping (especially at Myrtle Beach). Be sure to say hi the next time you see her behind the counter!

### HEALTH FUNNIES

#### Good Things About Getting Older:

- You can eat dinner at 4:00 p.m. and usually at a discounted price!
- Your investment in health insurance is finally beginning to pay off.
- Your secrets are safe with friends, because they either can't hear you whisper them or can't remember them anyway.
- Your eyes won't get much worse.
- There's nothing left to learn the hard way.



**20% Off**

Bring this coupon in for  
20% off beautiful, framed  
poems for that special  
someone.

Regularly \$14.98

Expires  
2/28/09

Norland Avenue  
  
Pharmacy, LLC

## Valentine's Day Gifts with a Personal Touch

Ever wish you could write your loved ones the perfect poem to let them know how you truly feel but realize that "Roses are red..." isn't going to cut it?

We have some amazing poems, beautifully written for that special someone (sweetheart, wife, husband, mother, and more!). Each poem is printed on parchment paper and comes with your choice of a high quality frame for display.

We think these poems are the perfect Valentine's Day gift, so we're offering this coupon for 20% off during the month of February. Don't forget our greeting cards are 50% off, and we offer free gift wrapping!

## Everything You Wanted to Know About Hormone Replacement but were Too Tired, Hot, and Irritated to Ask—PART 1

Maybe you've heard all the buzz on Oprah or other shows about Bio-Identical Hormone Replacement Therapy (BHRT) and are now more confused than ever. Maybe your doctor hasn't been as helpful as you would like. Maybe you're just too tired, hot, and irritated to figure it all out on your own.

We have one message for you: **You are not alone!** Many of our patients are facing the same difficult symptoms and questions. At Norland Avenue Pharmacy, we want to partner with you to find answers and solutions to your unique situation. Our pharmacist and compounding specialist, Charles Hill has been trained in developing Bio-Identical Hormone Replacement treatment programs and is focused on working with you AND your doctor to determine what is best for you.

So, what is the first question that our patients typically ask: **What is the difference between synthetic hormones and bio-identical hormones?** Synthetic Hormones (i.e. Premarin, Prempro, etc.) are derived from horse urine. These hormones may be effective but are not identical to the hormones that a woman's body produces. On the other hand, Bio-Identical Hormones have the *same exact molecular structure* as those made in the human body. These hormones are created using yam or soy plants to produce the same physiological responses as endogenous hormones (hormones naturally found in your body).

**Why don't the drug manufacturers make bio-identical hormones?** *Drug manufacturers can not patent and make money off of a substance that is the same molecular structure as is found in nature.* Typically they will add to the molecular structure something unique in order to patent and sell the drug. Therefore, these big manufacturers are not developing Bio-Identical Hormones but are instead creating synthetic hormones for mass production.

**Interested in finding out more about BHRT but don't want to wait for the next article? Join us for our FREE seminar on Monday, February 9th at the pharmacy from 7:00-8:00 pm. Seating is limited so reserve your spot today! (717) 217-6790**

*Our remedies oft in ourselves do lie. - William Shakespeare*

Love our newsletter and think your friends  
will too? Have them visit our web site or call  
us at 717-217-6790 to sign up today!

[www.NorlandAvenuePharmacy.com](http://www.NorlandAvenuePharmacy.com)

### Coming in Future Issues:

- The Importance of Antioxidants
- Why Everyone Needs a Multi-Vitamin

# FREE BIO-IDENTICAL HORMONE REPLACEMENT THERAPY SEMINAR

Monday, February 9th • 7 - 8 p.m. • Norland Avenue Pharmacy

You Probably Want to Join Us If:

## You're Experiencing Symptoms Such As:

- Hot flashes
- Hair loss
- Dry skin
- Sleep disruption
- Night sweats
- Anxiety
- Vaginal dryness
- PMS
- Irritability
- Memory loss
- Depression
- Nervousness
- Diminished sex drive
- Painful intercourse
- Urinary incontinence
- Heart palpitations

## You're Taking Any of These:

- Premarin
- Prempro
- Premphase
- Provera
- Depo-Provera



**AS SEEN  
ON  
OPRAH!**

## Pharmacist and Compounding Specialist Charles Hill will cover:

- How to control hormonal irregularities and symptoms (like PMS) *without* birth control pills.
- About the hormone link to some depression and why anti-depressants may not be the 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.
- How weight gain may be explained.

**Seating is limited, so reserve your spot now: (717) 217-6790.**

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