



Norland Avenue Pharmacy, Compounding Center & Gift Shoppe

WHEN YOU WANT TO BE HEALTHY AND STAY HEALTHY.

Celebrate Heart Health Month

It's a lovely sentiment to give heart-shaped valentines and candies to friends and loved ones through the first half of February. Hearts are indeed an appropriate symbol for the month that celebrates Heart Health. *With heart disease the leading cause of death and disability among North Americans, there is no better time to learn how to prevent cardiovascular illness.*

The heart is a powerful muscle, about the size of your fist. It is responsible for pumping blood to the entire body. In a healthy adult, the body contains about 2 gallons (5 liters) of blood that is circulated over and over through the body. The blood moves from the heart, into arteries, capillaries, and veins before returning to the heart. The entire cycle takes about 60 seconds, during which time the blood carries oxygen and nutrients to all the cells in the body.

Get Moving

To keep this muscle hardy and strong, it needs to be stimulated, just like other muscles in our bodies do. Physical inactivity is a major risk factor for cardiovascular disease, and most adults are not physically active enough to gain

any benefits. Visit www.NorlandAvenuePharmacy.com, click on the Health Assessments tab, and take our Fitness Assessment to see how well you are doing.

An Ounce of Prevention

Know your blood pressure. If it is hard for your heart to move blood through your body, your heart works harder, and your blood pressure will rise. People with high blood pressure often have no symptoms, so have your blood pressure checked every year. If you have high blood pressure, your doctor may suggest you make some lifestyle changes, such as eating less and exercising more.

Smart Supplements

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.



Since February is American Heart Health Month we are offering a great special on Country Life's Ultra COQ10. While supplies last, you can get a 60 count bottle of Ultra CoQ10 for just \$39.98 (regularly \$59.99). That is a two month supply for an unbelievable price.



Dr. Wayne Myers,
Pharm., D.

Pharmacist Tip of the Month!

Wash Your Hands

This is something you have probably heard your whole life. Disease is easily spread from touch, whether from person to person or object to person. Giardia is the number one germ that is transferred from touching something infected. Once you have Giardia, you can get very ill.

In addition, germs can be passed from your pet that has been rolling in the grass or something dropping on a dirty floor - just allow your imagination to roam if you dare. Washing your hands is a quick, easy way to reduce the spread of germs.

In this Issue:

- Celebrate Heart Health Month Pg 1
- Pharmacist Tip of the Month Pg 1
- How to Make Nutrition Affordable & Easy.. Pg 2
- Red Yeast Rice Health Benefits..... Pg 2
- Male Menopause?..... Pg 2
- Compounding Corner: Winter Therapies Pg 3
- FREE Cholesterol Seminar Back

Got Lunch?

Cindy Weidman



The most affordable health foods often come from home. When you eat grocery food prepared at home, you can easily choose whole foods, watch sugar and salt levels, and get enough protein and other nutrition, compared to eating at a restaurant. When you're going to work or running errands, try to take along nutritious carry-out snacks and mini-meals-to-go like fruit, carrot sticks, yogurt cups, a sandwich, or leftovers from last night's supper.

At Norland Avenue Pharmacy, we have snacks and mini-meals on hand to help you avoid buying junk food, fast food, or empty calories (with so little nutrition for your money).

The Norland staff has taste tested and collected four flavors of yummy soups with lots of healthy (and zero junk) ingredients, generous fiber and protein, and affordable prices (\$1.59-\$2.19). These individually-sized soup cups can be hot and ready to eat in 5-8 minutes using the hot water and

a spoon from our store's front register. Our wild Alaskan salmon stew or salad is a treat whether eaten hot or cold.

The refrigerator case has cheese sticks, milk, chocolate milk, and Silk chocolate soy milk as well as fresh fruit. The food aisle offers tuna and crackers, nuts, seeds, and turkey jerky. We stock protein snacks and mini-meals so you don't have to go away hungry!

If you're interested in scheduling a consultation (\$20) with our health educator Cindy Weidman to discuss how to maximize the amount of nutrition you get for your food dollar—whether at home, at work, or out and about—stop by or give us a call (717-217-6790).

“The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.” - Anthony Robbins

Red Yeast Rice Health Benefits

Red yeast rice is made by fermenting a type of yeast called *Monascus purpureus* over red rice. In Chinese medicine, red yeast rice is used to promote blood circulation and aid digestive problems. The dietary supplement has also been used traditionally for bruised muscles, hangovers, indigestion, and colic in infants.

Recent research has shown that red yeast rice contains substances that are similar to prescription statin medications (such as lovastatin, fluvastatin, simvastatin, pravastatin), which can lower cholesterol.

The use of red yeast rice in the United States today is controversial. There is growing concern that the supplement is actually being used as an unregulated medication.

You should consult your physician before starting a red yeast rice regimen. **We offer a one month's supply (120 ct) of Vincos Red Yeast Rice for \$35.98.**

*“...used traditionally for
bruised muscles,
hangovers, indigestion,
and colic in infants.”*

Male Menopause? FREE Seminar

If you are, or know of, a man over 40 years of age with cholesterol and/or heart issues or experiencing decreased energy and libido, the cause may be “male menopause.”

Dr. Jean O'Connell, MD, is offering a **FREE seminar** titled **Testosterone Replacement Therapy** on Monday, February 15th from 7-8pm at Norland Avenue Pharmacy. **Seating is limited, so call today to reserve your spot: 717-217-6790.**

Health Funnies

Our neighbor used the word hypochondriac to describe the phase her teen-age daughter was going through.

One day the girl was convinced that the pain on her left side was appendicitis.

Her mother explained that the appendix is on the right. "So that's why it hurts so much," her daughter said. "My appendix is on the wrong side."

COMPOUNDING



Charles Hill, R. Ph.

CORNER

Pennsylvania winters often bring with them a whole host of ailments. At Norland Avenue Pharmacy, we have a variety of prescription compounding solutions to make those winter ailments more manageable to keep you and your family productive and feeling great.

Many liquid cough/cold formulations containing hydrocodone have been removed from the market. Fortunately, we keep this viable treatment option available through various compounded preparations. *If you who have mono, strep throat, tonsillectomies, or just simply can't swallow pills, we can make anesthetic lollipops that contain a cough suppressant and a cooling anesthetic (such as menthol) that are useful in treating cough and cold symptoms.*

If you're traveling by plane this season you may want to try the "safe-fly" compound, a cream that is placed in the nostrils before flight containing Tranilast and Deoxy-D-Glucose. *Tranilast may reduce the negative feeling often associated with flying (stuffiness, pressure, ear pain, headaches) and Deoxy-D-Glucose is an antiviral and may protect against getting sick.*

If you're experiencing congestion, asthma, ear infections, or allergies you may want to try Xylitol, a treatment for many infectious agents. *When exposed to Xylitol, bacteria lose their ability to stay in contact with sinus tissues, allowing your body to easily clear them away.* Compounded Xylitol nasal spray aids in the relief of nasal irritation caused by pollutants, allergens, and infections of the nasal passages. An oral Xylitol delivery method, such as a lollipop or oral liquid, is often recommended if you have chronic ear infections.

During winter, many people experience joint pain; however, oral pain medications sometime cause stomach ailments. As an alternative, we can compound a variety of anti-inflammatories and pain relievers as trans-dermal (through the skin) therapies. *We can also compound a variety of anti-nausea medications as trans-dermal creams, which is a great alternative to taking a medication orally while nauseous.*

While all these treatment options require a prescription, we would be happy to talk to your physician about the possibilities our Compounding Center offers. Don't let Pennsylvania's winter slow you down. To learn more about prescription compounding for winter ailments, call us at 717-217-6790 or stop in today.

Celebrating

9

years

February 17th-27th

Anniversary Specials



Our high quality, best selling children's vitamin **Hakuna Matata just \$8.98** (reg \$11.98) while supplies last!

20% OFF ALL CANDLES

Search our great selection of clean burning soy candles for your favorite scent!

25% OFF ALL COUNTRY LIFE PRODUCTS*

Including:

- Bone Solid Calcium** supplement 180 ct **just \$22.49** (reg \$29.99)
- Vitamin D3** 1000 iu 100 ct **only \$8.24** (reg \$10.98)
- Ultra Omegas DHA/EPA** 120 ct **just \$17.24** (reg \$22.99)
- Maxine Multi** for women 120 ct **now \$18.74** (reg \$24.99)



* Excluding Everyday Low Priced items and Ultra CoQ10 60 count being offered at a special price for Heart Health month (see page 1 for details)

Join us...

Wednesday, February 17th
11am-2pm

to celebrate 9 years of serving you!

To thank you for nine great years, we'll be celebrating with a spread of snacks and punch. Be sure to get a grab-bag coupon for up to 30% off a gift item of your choice.

We are proud to be your pharmacy.



Cholesterol & You

FREE SEMINAR

Monday, February 22nd

7:00—8:00 p.m.

Norland Avenue Pharmacy

Find out how cholesterol issues affect you at this **FREE** seminar presented by pharmacist Wayne Myers.

He'll discuss:

- The main issues and why you should care.
- The difference between "good" and "bad" cholesterol.
- What all the numbers mean and the numbers you should be aiming for.
- What you should do about cholesterol - including traditional and non-traditional treatment methods.

Reserve your spot for this FREE seminar today: (717) 217-6790.

Return Service Requested

Norland Avenue Pharmacy
757 Norland Avenue, Ste 105
Chambersburg, PA 17201

RRSRT STD
U.S. POSTAGE
PAID
CHAMBERSBURG,
PA PERMIT NO. 426