



Cholesterol—What the Numbers Mean and How to Manage them from a Natural Perspective

Dr. Wayne Myers Pharm., D.

A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

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HDL, LDL, TG, TC and Cholesterol. All these letters can be kind of confusing, and then there's numbers along with these abbreviations to add to the confusion. In short, HDL is the "good" cholesterol; you want it to be **HIGH**. LDL is the "bad" cholesterol; you want this number to be **LOW**. TG and TC stand for triglycerides and total cholesterol. **Triglycerides should be below 150mg/dl. Total Cholesterol should be below 200mg/dl.**

Of course, cholesterol has an impact on your heart health which is why we are concerned about them. *HDL and LDL are the two most important numbers when discussing heart health.* To stay heart healthy the American Heart Association recommends, for the general public, to keep your LDL below 130 and the HDL above 60 mg/dL. If you have other associated risk factors, then your LDL needs to be even lower.

So what can you do about your cholesterol? There are numerous options to treat cholesterol.

We touch on a few here, but join us at the pharmacy to hear more at our next monthly seminar *Cholesterol and You* Monday, May 19th. For now I want to tell you about two options: Lipitrol and Ultimate Omega.

A truly safe and comprehensive approach to LDL cholesterol management is **Lipitrol**. Its antioxidants combat free radicals while several other all-natural components reduce cholesterol and triglycerides and also provide additional heart and liver support. And Lipitrol doesn't cause "niacin flush" like most other cholesterol-reducing medicines. We feel

Lipitrol works so well that we guarantee your satisfaction 100%. Purchase a bottle of 90 for only \$34.99, and if you're not completely satisfied with it after 30 days, return it with a receipt for a full refund.

The second natural product that will positively impact your cholesterol numbers is **Ultimate Omega**, which is made up of Omega 3 fatty acids. There are numerous positive attributes to Omega 3 fatty acids, and cholesterol management, especially Triglycerides, is one of them. Omega 3s can also raise HDL. Ultimate Omega is made by Nordic Naturals, a company that produces such high quality products that they guarantee it. Right now we are running **15% off a bottle of 60 Ultimate Omega**. The normal price is \$26.95, but with the savings during the month of May, its only \$22.90. *And like our other products, it has our 100% satisfaction guarantee.*

Please note: you should never discontinue taking any prescription medication without talking to your doctor. Your doctor knows what's best for you, and statins can truly be lifesavers. **Lipitrol and Ultimate Omega can be used safely in combination with statin drugs** and, in fact, can complement almost any prescription regimen you are taking. Additionally, if you're taking statin drugs, do talk to us about CoQ10.

If you want to learn more, call and sign-up for the *Cholesterol and You* seminar of May 19th. (717) 217-6790

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Please Note—Norland Avenue Pharmacy will be closed on Monday, May 26th for Memorial Day.

Not All Prescriptions are Created Equal “One-Size-Fits-All Prescriptions Not the Best Medicine!”

You wouldn't settle for the wrong size shoes, why settle for a prescription that may not be the best “size” for you?

Pharmaceutical companies make medicines that come in a limited variety of strengths and forms. For example, a certain medicine might be sold as a 60 milligram tablet, but not as a 40 milligram capsule or an 80 milligram liquid. But what if the 40 mg capsule or an 80 mg liquid is better suited to your needs? Guess what – *you'll probably be prescribed the 60 mg tablet, because that's the only way the medicine is available...*

It doesn't have to be that way. A compounding pharmacist can create medicines in specific strengths and forms suited to your individual needs! **An exact dosage compounded to meet your needs might do the job better and faster, and with fewer side effects!**

Pharmacy compounding dates back to the origins of pharmacy; yet its presence throughout the history of the profession of pharmacy has changed. In the 1930s and 1940s, approximately 60 percent of all medications were compounded. In the 1950s and 1960s with the advent of manufacturing, compounding rapidly declined. The pharmacist's role as a preparer of medications quickly changed to that of a dispenser of manufactured dosage forms.

The downside of this development was that *medications started to become “one-size-fits-all” solutions*. Of course, this doesn't usually work in the clothing industry, and it certainly doesn't always work in the pharmaceutical industry either.

Today, with the presence of modern technologies and innovative techniques, pharmacy compounding has experienced a resurgence. Through its unique membership in the Pharmacy Compounding Centers of America (PCCA), **Norland Avenue Pharmacy is bringing these modern technologies and techniques to the south central Pennsylvania area!**

How, exactly, can compounding benefit you? Many patients are allergic to preservatives or dyes or are sensitive to standard drug strengths. With physician consent, a compounding pharmacy can change the strength of a medication, alter its form to make it easier for the patient to ingest, or add a flavor. The pharmacist can prepare unique delivery systems such as a lozenge, lollipops, or a transdermal gel (which simply means it enters the body through the skin). For patients with difficulty swallowing pills, a compounding pharmacy can make a suspension (liquid) instead. In essence, *a compounding pharmacist can work with you and your physician to make the medication specific to your unique needs. No more one-size-fits-all limitations!*

What kinds of prescriptions can be compounded? Almost any kind. Common compounding applications include bio-identical hormone replacement, veterinary, hospice, pediatric, dental, dermatology, chronic pain management, podiatry and gastroenterology.

So, the next time your doctor writes you a prescription, ask him or her to customize the dosage or delivery system by writing a compounded prescription. **To learn more stop by or call (717) 217-6790.**

Meet the Team



Tracie Roles, Nutritional Specialist

Tracie began working at Norland Avenue Pharmacy as a full-time Nutrition Specialist in September 2007. She currently lives in Chambersburg with her husband and three grown children. She is a member of the Greenvillage Church of God and serves on the Church's Praise and Worship team.

After taking her first prenatal vitamin 25 years ago, Tracie's passion for vitamins and supplements ignited. She learned then how important it was to give her unborn baby the proper care and nutrition to be born healthy. She decided to continue her learning journey to help herself and others stay healthy by taking vitamins and supplements everyday.

In the past, Tracie served for four years on the Wellness Committee at F&M Trust and also worked part time at a local Health Food store. She is currently in the process of completing her certification in Nutrition & Fitness and enjoys learning more each day while helping people at the pharmacy!

“I really love working at Norland Avenue,” Tracie explained. “It's like a second family which makes our store unique!”

If you would like to schedule a nutritional consultation with Tracie, call 717-217-6790.

HEALTH FUNNIES

A pharmacist is going over the directions on a prescription bottle with a patient. "Be sure not to take this more than every four hours," the pharmacist says. "Don't worry," replies the patient. "It takes me that long to get the lid off."

A pharmacist looks out the store window and sees a woman holding a bottle jumping up and down in the parking lot. The pharmacist walks out to the parking lot and asks the woman what's the matter. She replies, "I saw it said 'Shake Well' after I took it."

Mother's Day is Fast Approaching... *Are You Ready?*



Our Gift Shoppe is filled with unique, affordable gifts for the mom who has everything. Stop in and check out our Sadek gift collection including beautiful pie plates with matching servers—regularly \$21.98, now \$17.59!

All Sadek Gift Items 20% off April 28th to May 11th

Stop by to find something to brighten her day or soothe her soul. Each item attractively gift bagged FREE of charge! Greeting cards 50% off everyday!

IRRITABLE BOWEL (IBS), ABDOMINAL PAIN, BLOATING, GAS, DIARRHEA, CONSTIPATION... *Need help? You're not alone.*

Irritable Bowel Syndrome (IBS) affects nearly 50 million Americans, or almost one in five! This challenging, painful condition begins before the age of 35 for most people and is twice as common in women as men. Although genetics and heredity play a part, no one knows the exact cause of IBS.

The primary symptoms of IBS are **abdominal pain and bowel dysfunction, including gas, diarrhea or constipation, discomfort, bloating, and nausea.** Certain behaviors will typically worsen IBS, including eating big meals; taking large doses of medications; and consuming wheat, milk products, chocolate, caffeine, and alcohol. Stress is also an aggravator. Untreated, IBS can have profound negative effects on the whole body.

For those impacted, medical solutions can be discouraging. Few prescription drugs exist, and what is available can have serious side effects. *So, what can you do?*

Chew – Proper chewing is the first step toward good digestion.

Eat Right – Avoid “trigger foods” and drink plenty of water. Eliminate or reduce refined carbohydrates and sugars.

Avoid Caffeine – Caffeine is a central nervous system stimulant and will add stress to your whole body.

Steer Clear of Antacids – If you're eating right, you won't have excess acid, so taking antacids won't bring relief.

Exercise – Exercise can help a myriad of problems, it can even tone your intestines.

Take a Probiotic – The balance of good bacteria in your body is essential for everyone (even if you don't have IBS).

Did you know that 80% of your immune system is located in your digestive system? Taking a probiotic supplement daily will help to build the good bacteria in your intestines. Stop in the pharmacy and ask us for more information.

Consider Iberogast – Iberogast is a liquid herbal remedy that is used to treat IBS, Gastroesophageal Reflux Disease (GERD), and Nonulcer Dyspepsia (NUD). We have found this product improves digestion and helps relieve symptoms like bloating, cramps, upper abdominal pain, pressure or heaviness after eating, and heartburn. Iberogast contains digestive stimulating substances known as glucosinolates and cucurbitacins from clown's mustard (*Iberis amara*) in a base of liquid extracts of eight other herbs. This combination provides the maximum benefit to the entire intestinal tract and all *without any known side effects or drug interactions.* And, the liquid format makes it easy for the entire family to use, including children.

Iberogast is available now at Norland Avenue Pharmacy: 3.4 fluid ounces for \$49.95 (add \$4.95 s/h for mail/phone orders). The standard dosage for adults is 20 drops three times daily taken before or at meals with liquid (warm water is recommended). *We believe Iberogast will work for you. If this all natural product does not meet your expectations, bring it in with your receipt and we will gladly refund your money.*

A sad soul can kill you quicker than a germ. - John Steinbeck

Please feel free to share this highly informative newsletter with a friend.

Coming in Future Issues:

- Weight Loss Strategies
- Antioxidants 101

Free Seminar

Cholesterol & You

Monday, May 19th

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.

We'll discuss:

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

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

“Doctor’s Wife Tries PENETRAN PLUS for 30 days—Joint Pain Totally Disappears”

Ingrid Rahavy was suffering from joint pain. In fact, it was keeping her from taking her daily walk, an activity she very much enjoyed. Finally, a friend of hers gave her a tube of **PENETRAN PLUS** and suggested that she apply it exactly as per the directions he provided.

Two months later he saw her and inquired about the results. She said, *“I used it exactly as you said and at the end of 30 days the pain was gone.”* And so, her friend asked, *“What did you do then?”* She responded, *“Nothing! The pain was gone and I didn’t need it anymore!”*

Does it work this amazingly well for everyone? No. However, no other arthritis pain reliever works on this principle. No other topical analgesic blocks pain like Lidocaine or Novacain—without the needle and without a prescription.

We’re so convinced you’ll get exceptional pain relief from it that **we guarantee your satisfaction 100%**. If you’re not satisfied after 30 days, bring your receipt in for a full refund.

PENETRAN PLUS is available for just **\$14.98** for a 2.5 ounce tube. Try it today—you’ve got nothing to lose but your arthritis pain!



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