



A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

# Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201  
Integrating Traditional, Herbal, Homeopathic and Nutritional Therapies

## YOUR COLD & FLU HEALTH CENTER

# Some Flu Cases Resist Flu Drug Tamiflu

On January 31st, The World Health Organization reported that some flu cases, mainly in Europe, resist the flu drug Tamiflu.

Could it also affect the US? Yes, unfortunately, we're all susceptible to the flu.

We're exposed to colds and flu every day in our schools, shopping malls, grocery stores and at work. Have you ever wondered why *five* out of *ten* people are totally knocked out with a bad case of it, *three* get a case of the sniffles, and *two* are completely unscathed?

**The problem is the state of our immune systems.** In the winter we put ourselves under a lot of stress. We overindulge in food and drink, and just don't live as healthily as

we should. Our immune systems suffer. And so do we.

Good News! There is an alternative to the aches and pains, the raging fever, the runs to the bathroom. **In fact, you can lick the flu when it starts—perhaps even within 24 hours.**

The answer? Take my special natural combination: **Olive Leaf Extract** and **King-Bio Colds & Flu Homeopathic**. The combination is just \$39.99. It can help reduce the severity of the flu— even the Tamiflu-resistant flu (if you've already got it), and can help strengthen your immune system so you become one of those who never gets it in the first place, or at least you won't get it again.

## “At Last! Vitamins that Protect Your Kids Like None Other You’ve Ever Seen!”

*Provides real protection all day long*

Laboratory tested **HAKUNA MATATA** brings your children protection unrivaled by any other children's vitamin/mineral combination.

Each chewable tablet contains the right assortment of vitamins and minerals synergistically balanced to help ward off infections. And they're designed to protect your kids all day long, whereas cheaper versions protect them *only* through the morning and early afternoon. That's why kids succumb to everyone else's viruses. **HAKUNA MATATA** also provides additional immune system building with whole food concentrates of fresh fruits and vegetables—something else 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 does its 60 mg of Vitamin C and 30 IU of Vitamin E provide more potency (cheaper ones have as little as 15 mgs of Vitamins C and 15 IUs of Vitamin E— what a waste,) it provides all-day protection *that the others don't*.

So, for healthier children and a healthier family get **HAKUNA MATATA** today. It's just \$11.98 for a bottle of 60 chewable tablets. *Children love the taste!*

**You'll see a difference in your child's health, we guarantee it!** In fact, if you're not totally satisfied with **HAKUNA MATATA** after 30 days of use, just bring back the empty bottle and we will cheerfully refund every penny you paid for it.

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## **BEWARE!** Falls are the Leading Cause of Death...

... from injury among Americans age 65 or over. Causes include inadequate lighting and loose carpet, medication, such as antidepressants and physical conditions, such as impaired mental capacity and arthritis.

Important note: Women are more inclined to fall than men because of their increased risk of osteoporosis, which can affect stability while moving.

Reminders: Keep objects off the floor, make sure hallways and doorways are free of clutter and add rails to stairways.

*StrengthforCaring.com, an on-line resource for family caregivers*

*“The first wealth is health ...”*

Ralph Waldo Emerson

## **“Who Else Would Like to Avoid the Painful & Debilitating Effects of Osteoporosis?”**

If you're between the ages of 20 and 40, consider these facts:

- \*1 of every 2 women and 1 of every 8 men over age 50 will suffer an **osteoporosis-related fracture**. And according to a recent broadcast of CBS News, 1 out of every 5 of these people **will die within one year**.
- \***50% of hip fracture sufferers will never walk independently again**, requiring assistance to perform daily functions for the rest of their lives.
- \***Chances of death** due to hip fracture top **20%**.
- \*Osteoporosis often begins in one's **20s or 30s**.
- \***There are no warning signs for osteoporosis**.

**You cannot afford to ignore these facts— especially if you're a young woman.**

Osteoporosis can be debilitating, expensive— even lethal. It can result in your complete dependency and added responsibilities for your family. It is also now **the 12th leading cause of death in the U.S.**

You need to **actively prevent** osteoporosis— and soon!

Supplementing with calcium alone isn't enough. You see, not all forms of calcium are created equal. Calcium salt and calcium carbonate are *very* poorly absorbed by your body. We recommend Vinco's **Osteosheath** which has a combination of the three most potent and best-absorbed forms of calcium (Microcrystalline Hydroxyapatite Calcium, Calcium Chelate and Calcium Citrate), as well as other vitamins and minerals essential to bone growth and stability.

They say, it's not so much what we do, but what we *don't* do that we regret later in life. Don't regret later that you didn't take action today. Take preventive action **now**. Begin taking **Osteosheath** today! It's just **\$19.98** for 90 tablets.

## **“Put an End to Your Prostate Problems!”**

Assuming your physician has told you that you do *not* have cancer, then your best and safest approach to ending the problems of an enlarged prostate are with *all natural medicines*.

According to Dr. Jonathan Wright MD, one of the nation's leading authorities on alternative therapies, *“enlarged prostate (BPH) problems are due to a shortage of essential nutrients.”* In fact, he ran a study proving that in 18 out of 19 men, a shortage of one essential mineral and a fatty acid (yes, this fat is good for you) were the causes.

When these two nutrients are supplemented by a few botanicals, you have a powerful, scientifically based way of reducing your enlarged prostate.

Saw palmetto alone works effectively for only 30% of the cases. Our combination deals with almost 100% of the cases.

No longer need you suffer pain or the numerous nocturnal runs to the bathroom. Neither do you need to suffer side effects of prescription drugs.

Finally, you can get safe effective all natural medicines for your problem. Our solution is Norland Avenue Pharmacy's **Prostate Health Support** priced at **\$21.98** for 60 soft gels and comes to you with our 100% satisfaction guarantee.

## **HEALTH FUNNIES**

- My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where she is.
- I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to show up.
- I have to exercise early in the morning before my brain figures out what I'm doing.
- If you are going to try cross-country skiing, start with a small country.

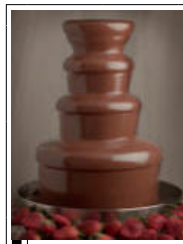
# SALE Anniversary

It's hard to believe we've been serving you for seven years! In order to commemorate this milestone, we will be offering the following anniversary specials from **Wednesday, March 12<sup>th</sup> through Friday, March 21<sup>st</sup>**.

**All Country Life Products 25% off**

**All Nordic Naturals Products 20% off**

**Select Donna Sharp Handbags 20% off**



## Chocolate Fountain Celebration!

You're invited to help us celebrate our 7<sup>th</sup> Anniversary on **Wednesday, March 12<sup>th</sup> from 11 a.m. to 2 p.m.** We will have – not one – but two free-flowing melted chocolate fountains.

Skewer a piece of fruit, cake or other specialty item and dip it into the flow of our three-tiered, milk- or dark-chocolate fountains. It's a celebration you're sure to enjoy. We hope to see you there!

## Eat Chocolate For Lower Blood Pressure?

*Eating 30 Calories Per Day of Dark Chocolate  
May Lower High Blood Pressure*

The health benefits of dark chocolate may include lowering high blood pressure, German researchers report.

But overindulging in dark chocolate might blow your calorie budget, and packing on pounds could raise blood pressure. So portion control may help you have your dark chocolate and reap its health benefits, the new study suggests.

Small amounts of dark chocolate "efficiently reduced blood pressure," report the researchers, who included Dirk Taubert, MD, PhD, of Germany's University Hospital of Cologne.

How small is a small amount of dark chocolate? Participants in Taubert's study were limited to 30 calories per day of dark chocolate. That's roughly the number of calories in a Hershey's Kiss.

The study doesn't show exactly how dark chocolate affects blood pressure. But the researchers note that compounds called flavanols in cocoa may play a role.

Of course, a healthy diet, exercise, and losing excess weight continue to be important for lowering high blood pressure.

But eating a small amount of dark chocolate daily is a dietary change that's "easy to adhere to," the researchers note.

So, keep enjoying your valentine candy. Hopefully, it's dark chocolate!

Special Note: If you suffer from arthritis or allergies be certain you restrict your intake to 30 calories per day.

*Please note - Norland Avenue Pharmacy and Compounding Center will be closing at 3 p.m on Friday, March 21st in honor of Good Friday!*

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

### Coming in Future Issues:

- Important Information on Allergies
- Why Everyone Needs a Multi-Vitamin

## Burns Spur 'Icy Hot Heat Therapy' Recall



Chattam Inc. is recalling its Icy Hot Heat Therapy products, including samples, due to reports of burns and skin irritations. According to WebMD Medical News, "Chattam is recalling these products because it has received some consumer reports of first, second, and third-degree burns as well as skin irritation resulting from consumer use or possible misuse of these products." Chattam Inc. released a report that is posted on the FDA's web site.

The recall applies to all lots and all sizes of Icy Hot Heat Therapy Air Activated Heat - Back patches and Icy Hot Heat Therapy Air Activated Heat - Arm, Neck, and Leg patches.

The recall also includes samples of Icy Hot Heat Therapy Air Activated Heat - Arm, Neck and Leg that were packaged in yellow and red cartons of 3-ounce Aspercreme Pain Relieving Creme.

If you've got any of the recalled Icy Hot Heat Therapy products, stop using them immediately and throw them out or return them to Chattam. The recall only applies to Icy Hot Heat Therapy products - not to Aspercreme or other Chattam products. For more information you can call Chattam's Consumer Affairs Department at (888) 458-3487.

***Free Public Lecture***  
**Organic vs. Conventional Food**  
Please join guest speaker Tracy Kreider (C.N.C.) for a FREE public lecture on **Monday, March 17<sup>th</sup> from 7 p.m. to 8 p.m. at Norland Avenue Pharmacy** and discover the answers to many popular questions:

- What is the difference and is organic really better?
  - Do organic foods really taste different?
  - Are there chemicals in my food and supplements?
  - Is there a daily supplement that can offer organic fruits and veggies?
- For more information, please call us at (717) 217-6790.

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