

Be Healthy, Stay Healthy

A monthly guide designed to help improve quality of life.

JANUARY 2023



New Year, Fresh Start

Happy New Year! There's just something about a fresh start that is energizing. And what better time to introduce (or re-introduce) the pharmacy and our services to you. This article includes a high level overview of what we have to offer. For more details, please stop by or visit our website.

Traditional Medications: We can fill your regular prescriptions with or without insurance. If we don't have a medication in stock, we can usually order it in for the next business day. If you would like, ask for your routine medications to be synchronized. We will then proactively fill them all at the same time each month without you having to call in. We can even deliver them to you for free. If you have a hard time remembering to take your medications or organizing your prescriptions, we can package them into individual dose packs through our MyMeds+ packaging for just \$5 per month.

Compounded Medications: If a medication you need is not available or does not come in the strength or dosage form you need, we can custom make what you need in our compounding lab. We are the only local pharmacy to have a compounding lab that has earned Accreditation. Ask us about it, it's kind of a big deal.

Account Access: You can access your medication profile and order refills on our website (NorlandRx.com) or through our app (RxLocal). No need to call the pharmacy if you don't want to.

Norland Rewards: By joining our free Norland Rewards program, you will receive a \$5 reward each time you spend \$100 at the pharmacy. By law,

rewards can be used on anything in the store except for prescriptions.

Delivery: Stay home and let us deliver your purchases anywhere within a 20 mile radius of the pharmacy. That covers north to Shippensburg, south to Waynesboro and Greencastle, west to Fayetteville, and east to Mercersburg. Give us a call to schedule your delivery.

Vaccinations: We offer most vaccinations without a prescription including influenza, COVID, shingles, pneumonia, and more. All vaccinations are offered on a walk-in basis Monday through Friday 9am-6pm and Saturday 8:30am-12:30pm. We will try to bill insurance if applicable.

COVID Testing: We offer rapid PCR COVID tests (\$99 each) to patients three years of age and older, no appointment required. Results are good for international travel, healthcare procedures, and back-to-school.

Consultations: If you need time to discuss your medications or health concerns with one of our pharmacists or specialists, you can schedule a one-on-one consultation. Rates vary depending on the length of the consultation and the person you meet with.

FREE Medicare Plan Reviews: Our specialists can sit with you to help you compare options and the associated costs whether during open enrollment or if you are turning 65 and eligible for the first time. Call to schedule.

Vitamins/Supplements: We have a great selection of high quality vitamins and supplements and a full-time supplement specialist to answer your questions. We also offer an everyday discount on our top five supplement rec-

ommendations: multivitamins, vitamin D3, probiotics, omega-3s, and CoQ10.

CBD: Check out our large selection of high quality CBD products to help patients with sleep, anxiety, and chronic pain. Ask our specialists if you have questions.

Essential Oils: Our vast essential oils offering includes everything you need to make your own blends. And, if you're not sure what you're doing, ask our essential oils specialist for guidance or attend one of our essential oils workshops or seminars.

Diabetic Shoes & Support Hose: We have a fitter on staff to help you get the perfect fit for diabetic shoes or support hose. Did you know that some insurances cover a free pair of shoes annually for diabetic patients?

Ear Piercing: We offer free ear piercing with the purchase of a pair of Studex piercing earrings for anyone age seven and older. Visit our website for details or to schedule an appointment.

Gift Store: Our unique selection of gifts is always changing with price points for every budget. We even offer free gift bagging with purchase!

FREE Monthly Newsletter: The best way to stay up-to-date on what's happening at the pharmacy is to subscribe to our free newsletter. Sign-up on our website; or, if you don't have email, contact the pharmacy to be added to our mailing list.

For details, visit us or NorlandRx.com. We look forward to serving you in the coming year.



Blending for Beginners: A Closer Look at Essential Oils & How to Use Them

Tuesday, Jan 31st • 2pm or 6pm

Join essential oil specialist Sharon Smith for this FREE class to learn more about the benefits of essential oils, how to blend them safely, what they can be used to help with, and so much more. Each attendee will receive a booklet filled with great information and several recipes to get started with using essential oils.



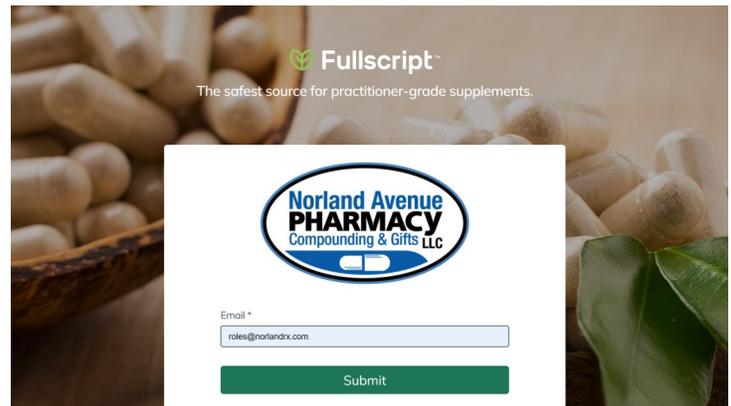
Sharon will use volunteers to help make several blends while giving fundamental knowledge of why and how to properly dilute oils for topical use. You will learn the differences between pure essential oils versus carrier oils and take a closer look at some of the most used oils. This class is designed for the eager to learn or even the oil skeptics.

Seating is limited, so sign-up early to reserve your spot:

(717) 217-6790 or NorlandRx.com/events

Access to Wellness from Anywhere

We are now offering you convenient, 24/7 access to top-quality supplements and features that help keep you on track with your wellness goals. It's called Fullscript, and it's easy. You can browse supplements right on your device by visiting NorlandRx.com and clicking on SHOP. Choose and purchase the supplements you need, and Fullscript will ship the products directly to your front door. Refill reminders and an optional autoship feature ensure you never have to worry about running low on your supplements. Fullscript also keeps you up-to-date with the latest health and wellness research. They send evidence-based content created by their integrative medical advisory team straight to your inbox. You can unsubscribe anytime, but most people love it! Fullscript will cheer you on as you work towards better health and wellness. Please let us know if you have any questions.



Antidepressant Discontinuation Syndrome

According to the Centers for Disease Control (CDC), approximately 13.2% of U.S. adults used antidepressant medications between 2015 and 2018. While antidepressant medication is extremely important for some patients, it is not without side effects, such as sexual problems and weight gain. Furthermore, many patients find it difficult to discontinue use of the medications even when they are ready.

Selective serotonin reuptake inhibitors (SSRIs) like Prozac/fluoxetine, Celexa/citalopram, Lexapro/escitalopram, and Zoloft/sertraline are especially difficult to withdraw for most patients. One study found that 73.5% of patients studied reported withdrawal symptoms. Flu-like symptoms, insomnia, nausea, imbalance, shock-like sensations, and hyperarousal are typical symptoms patients experience after antidepressant discontinuation. These withdrawal symptoms can even mimic the anxiety or depressive symptoms that they are prescribed for. This can lead practitioners to believe patients have had a relapse of their depression. This condition is called antidepressant withdrawal syndrome and is caused by the sudden decrease in serotonin's availability at the receptor site.

Antidepressant discontinuation syndrome symptoms can be mitigated by a slow taper of the medication. Giving the receptors time to adapt after medication reduction can take months rather than the usually prescribed two-week taper. Allowing this time can significantly reduce the symptoms associated with antidepressant withdrawal. Our compounding lab can create custom dosages to allow patients to be slowly tapered in smaller increments than commercially available dosages allow. This can be accomplished in several ways. Capsule, lozenge, liquid, and chewable options can be prescribed for patients to ease their anxiety and symptoms of withdrawal.

If you or your doctor have questions, please give us a call at 717-217-6790.

Ashwagandha for Revitalization

With so many vitamins and supplements on the market, it's difficult to know what to spend your money on. When discussing what topics to feature in this newsletter, several team members mentioned ashwagandha. The prized herb of India, ashwagandha has been used for centuries to help relieve stress and improve anxiety and mood.

Ashwagandha is now becoming more and more popular for other health benefits. It can help revitalize your life, both physically and mentally, by helping increase your energy levels and improving your sleep quality, which in turn helps with mental clarity. Extracts from the ashwagandha plant work in a variety of ways. They seem to have a neuro-protective impact on the brain which helps with memory retention and cognitive function while also calming the mind. The herb even seems to help reduce inflammation in the body, which can protect you from a host of illnesses.

Remember that you should always consult your physician before taking a new supplement, especially if you are on other medications. Ashwagandha is typically well tolerated by most people, but it can cause upset stomach and diarrhea in large doses. In rare cases, it can also cause damage to the liver. Ashwagandha is not safe for pregnant or breastfeeding women.

When looking for a great ashwagandha product, keep in mind that the best forms typically come from ashwagandha root extract and the fruit of the plant. Also look for at least 1.5% withanolides, the compound responsible for its many healing properties. We like Healthy Living Solutions' Ashwagandha Extract 500mg (60ct, \$19.80). Recommended dosing is just one capsule per day.

If you would like more information or have questions, stop by or give us a call: 717-217-6790.



A portion of our sales for this month will be donated to...

**NON-PROFIT
OF THE MONTH**

Joy El Ministries.

Located in Greencastle, Joy El seeks to provide opportunities for people to experience life-change through personal encounters with God. For more information visit joyelcamps.org.

The Best Medicine

Q. What do you call an extremely clingy alien?

A. A personal space invader.

Q. If Mr. Bigger and Mrs. Bigger have a baby, who is the biggest in the family?

A. The baby, of course, because he is a little Bigger.

Q. Why was Cinderella so bad at sports?

A. Because she had a pumpkin for a coach.

Q. Why did the computer show up for work late?

A. It had a hard drive.

Q. What happened when the butcher backed into the meat grinder?

A. He got behind in his work.



Proverbs to Live By

Seek Advice and Counsel

Proverbs 11:14 - For lack of guidance a nation falls, but many advisers make victory sure.

Proverbs 12:15 - The way of a fool seems right to him, but a wise man listens to advice.

Proverbs 13:10 - Pride only breeds quarrels, but wisdom is found in those who take advice.

Learn to accept the fact that you don't know everything. Instead of making rash decisions seek out the advice of others. Refusing to seek advice and counsel is foolish, prideful, and a road that often leads to failure.



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Mark Your Calendar

Jan 2 Closed in Observance of New Year’s Day
Jan 3-21 Clean Sweep Gift Sale
Jan 31 Blending for Beginners Class
(details on page 2)

HAPPY NEW YEAR! Please let us know ASAP if you have new insurance.

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**Time to clear the way for new gifts!
Select items up to 60% off.
While supplies last.**

And so we know and rely on the
love God has for us. God is love.
Whoever lives in love lives in God,
and God in them.
- 1 John 4:16

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