

FEEL BETTER, BE HEALTHIER, START NOW NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...

May 2026



STOP TREATING, START PREVENTING UTIs

Urinary issues are incredibly common for women—but that doesn't mean they're normal.

If you've ever dealt with urgency, burning, frequent trips to the bathroom, or recurring UTIs, you know how disruptive it can be. And for many women, the standard approach hasn't changed: wait until it gets bad, take an antibiotic, and hope it doesn't come back. The problem? It usually does.

Why This Keeps Happening

Women are more prone to urinary tract issues due to anatomy, but that's only part of the story. Recurring symptoms are often driven by a deeper pattern:

- Bacteria attaching to the urinary tract lining
- A weakened natural defense system
- Hormonal changes that affect tissue integrity
- Ongoing irritation or inflammation

When you only treat the infection, you're not addressing *why* it keeps returning.

A Better Approach: Daily Support

Urinary health isn't just about treating problems—it's about preventing them. That means supporting your body's ability to:

- Flush out unwanted bacteria
- Protect the lining of the urinary tract
- Maintain a healthy microbial balance
- Reduce irritation before it becomes a full-blown issue

This is where targeted supplementation can make a real difference.

What to Look For in a Quality Urinary Support Formula

Not all products are created equal. Many rely on low-dose cranberry or generic blends that don't do much beyond checking a box. A more effective formula focuses on ingredients that are actually studied and clinically relevant.

That's why we often recommend Healthy Living Solutions' **Advanced Urinary Care** (\$36, 2-month supply) as part of a proactive strategy. This formula combines:

D-Mannose (500 mg): A simple sugar that helps prevent bacteria—especially *E. coli*—from sticking to the walls of the urinary tract, allowing it to be flushed out naturally

Cranberry extracts (Cran-Max® + Flow-ens™): Standardized for the active compounds that support urinary tract health and help reduce recurrence

Vitamin C: Supports immune function and creates an environment less favorable for bacterial overgrowth

This isn't about overpowering symptoms—it's about making your body a less hospitable place for the problem to begin with.

Who Should Consider This?

You don't have to wait for a diagnosis to take your urinary health seriously. This kind of support is especially helpful if you:

- Deal with recurring UTIs

- Notice frequent urgency or discomfort
- Are entering or in perimenopause or menopause
- Want to reduce reliance on repeated antibiotics
- Simply want to feel more confident day-to-day

Because once symptoms become chronic, they don't just affect your health—they affect your lifestyle.

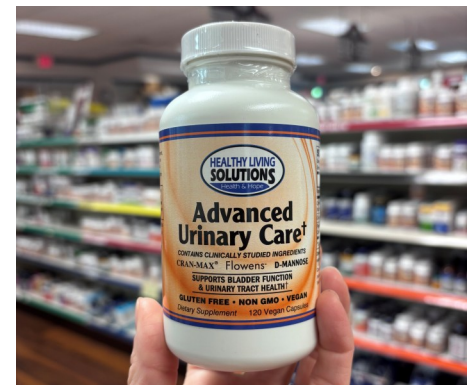
The Bigger Picture

Your body is designed to protect itself. But in today's world—between stress, diet, hormone shifts, and environmental factors—it often needs more support than it's getting.

The goal isn't to chase symptoms.

It's to strengthen the system.

When you take a proactive approach to urinary health, you're not just reducing infections—you're improving comfort, confidence, and quality of life. And that's something worth paying attention to.



Sonmi Miller

Meet Sonmi, one of our dedicated pharmacy technicians! Originally born in South Korea, she graduated from North Hagerstown High School and earned her Pharmacy Technician Certification from Hagerstown Junior College. Sonmi has been part of the Norland family since 2013. She now lives in Fort Loudon, PA with her husband Terry of 26 years and their two German Shepherds, Roxy and Sadie. Sonmi plays a key role in packaging and sync services, helping patients stay on track with their medications. She loves the daily fulfillment of helping people feel better—and in her free time, you'll find her enjoying a good book.

START WITH THE FOUNDATION

Most people don't need more noise when it comes to their health—they need a strong foundation. That's exactly why Dr. Wayne recommends focusing on five core supplements that support your body at the root level: a quality multivitamin, a probiotic, fish oil, vitamin D, and CoQ10.

These aren't trendy picks. They're essentials. Together, they help fill nutritional gaps, support gut health, reduce inflammation, promote heart and brain function, and fuel cellular energy. In a world where depletion is common and chronic stress is the norm, this is where real health begins.

To make it easier to build a foundation of health, we offer everyday, exclusive savings on Dr. Wayne's Top 5:



Buy 2 different Top 5 products → get 10% off each

Buy 3 different Top 5 products → get 15% off each

Buy 4 different Top 5 products → get 20% off each

Buy all 5 Top 5 products → get 25% off each

No complicated rules—mix and match your preferred brands and quantities. The more you commit to your health, the more you save.

If you've been guessing your way through supplements, this is your opportunity to simplify. Start with what works. Build from what matters. And give your body the consistent support it's been missing.

Discount applies to regularly priced items and cannot be combined with other offers.



A customer at a pharmacy yelled at one of the technicians before storming out. Another customer asked if everything was all right.

"Sure," said the tech. "You have to understand, most of our customers are on drugs."

It seems the manager of the vegetable department at my grocery store doesn't tolerate picky customers. He posted this sign: "NOTICE: Take lettuce from the top of the stack, or heads will roll!"

Bracelets • Rings • Necklaces

Jewelry Sale

Earrings • Toe Rings • Anklets

May 1-15

Find the perfect Mother's Day or graduation gift!



Sale excludes piercing earrings.

METABOLIC HEALTH: WHAT IT IS & HOW TO TAKE CONTROL



FREE SEMINAR

DATE: WED, MAY 20TH

TIME: 4PM OR 5:30PM

SPEAKER: NURSE PRACTITIONER, DAMARA MORGAN, DNP, FNP-C, FOUNDER OF NOJE HEALTH & AESTHETICS

This seminar will cover metabolic health with the objectives of:

- Understanding what metabolic health means
- What impacts metabolic health such as chronic inflammation, metabolic syndrome, insulin resistance, and micronutrients
- How to optimize metabolic health with nutrition and lifestyle

Seating is limited, be sure to reserve your spot today: 717-217-6790 or NorlandRx.com/events

Feel better, be healthier, start now!

JUST IN TIME FOR TRAVEL SEASON

Essential Oil Corner

Motion sickness has a way of derailing even the best plans. Whether it's a winding road, turbulent flight, or long day on the water, that uneasy, queasy feeling can take over fast. Most people reach for medication—but not everyone wants the drowsiness, dry mouth, or fog that comes with it.

There's another option worth paying attention to. Plant Therapy's Motion Sickness Roll-On is designed to work *with* your body, not against it. This pre-diluted blend combines carefully selected essential oils in a convenient, ready-to-use format—no mixing, no guesswork.

The formula starts with bright, uplifting notes of Orange and Lemon, offering a refreshing burst that helps settle the stomach almost immediately. Ginger and Spearmint—two of the most trusted natural remedies for nausea—step in to provide deeper support. Then, grounding oils like Black Pepper and Balsam Fir bring a sense of steadiness, helping your body feel more anchored when movement gets unpredictable.

Here's what makes this approach different: aromatherapy works through the brain, not the gut. When you inhale these oils, the scent travels quickly from your nose to your brain, helping calm the body's nausea response. While it doesn't change what's happening in the inner ear, it *does* help your brain process those mixed motion signals more smoothly. The result? Less discomfort, more control.

Using it is simple. Apply the roll-on to your wrists, temples, or behind your ears, then take a deep breath. That's it. It's pre-diluted to a safe 3% concentration, so it's ready whenever you need it—no extra steps. And it's made for real life. Safe for kids, pregnancy, nursing, and even around pets like dogs and horses, this is a solution you can feel confident keeping on hand for the whole family.

At just \$13.99, it's an easy addition to your travel essentials—whether you're planning a road trip, boarding a plane, or spending the day on the water. Because the journey should be something you enjoy—not something you endure.



ENERGY WITHOUT THE ILLUSION

You've probably seen them everywhere—bright, colorful “loaded teas” promising energy, focus, and better days. We've brought Loaded Teas from The Loaded Tea Shop into our gift shop—but not without intention.

Let's be clear: this isn't a magic health drink. What it is—is a better option.

In a world full of sugar-loaded energy drinks and daily crashes, these teas offer a lighter alternative. The energy you get from Loaded Teas comes from natural green tea, and they contain Aloe and B-Vitamins as well as D3, K2, and C. They're zero sugar, packed with flavor, and designed to give a quick boost when you need it. For many people, that's a step in the right direction.

But here's what you won't hear everywhere else: energy doesn't come from a can, a powder, or a tea. Real, sustainable energy is built through metabolic health—how your body processes fuel, manages stress, and supports cellular function. So where do these fit? Think of them as a bridge, not a solution.

If you're someone reaching for soda or energy drinks every afternoon, this could be a smarter swap. But if you're struggling with fatigue, burnout, or brain fog, that's a signal worth listening to—not masking.

At our pharmacy, we don't just sell products—we help you understand your body. Stop in, explore the flavors, and try one if it fits your lifestyle. And if you're looking for real energy, we're here to help you find the root of it.

Because your health deserves more than a temporary fix.



Biblical Health Tips



Are you an excessive worrier? Perhaps you subconsciously think that if you “worry enough” you can prevent bad things from happening. But the fact is worrying can affect the body in ways that might surprise you. When worrying becomes excessive, it can lead to feelings of high anxiety and even cause you to be physically ill.

Chronic worrying affects your daily life so much that it interferes with your appetite, lifestyle habits, relationships, sleep, and job performance. Many people who worry excessively are so anxiety-ridden that they seek relief in harmful lifestyle habits such as overeating, smoking, or alcohol and drugs. The Bible has a simple cure:

Cast all your anxiety on Him, because He cares for you. 1 Peter 5:7

Sweet Grace Ministries

SweetGraceMinistries.com

A portion of this month's sales at Norland will be donated to this fine organization.



Non-Profit
of the
Month

Pregnancy Ministries

PregnancyMinistries.org

A portion of this month's sales at Carl's will be donated to this fine organization.



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May 20: FREE Metabolic Health Seminar (pg 2)

May 25: BOTH PHARMACIES WILL BE CLOSED IN OBSERVANCE OF MEMORIAL DAY

Feel better, be healthier, start now.

IMPORTANT NOTICE

NORLAND AVENUE PHARMACY'S SATURDAY HOURS CHANGING JUNE 1, 2026

Starting June 1st, Norland Avenue Pharmacy will be open from 9:00am-1:00pm on Saturdays. Thanks for your understanding and continued support!

*These statements are culmination of the knowledge and experience of the team at Norland Avenue Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and these products are not intended to diagnose, treat, cure or prevent any disease.



As we celebrate this Memorial Day, we want to honor great vets like Les Schrenk. To hear his story, visit cbsnews.com/Minnesota/news/les-schrenk-wwii-veteran

Wayne's son, Luke, had the privilege of traveling to Normandy with Les for the 80th anniversary.



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