

# Be Healthy, Stay Healthy

A monthly guide designed to help improve quality of life.

MARCH 2023

Norland Avenue  
**PHARMACY**  
Compounding & Gifts LLC

## One of the Most Effective Natural Supplements Available

Berberine is an alkaloid found in the bark, leaves, twigs, rhizomes, roots, and stems of various plants. Historically it has been used as an antimicrobial, antiprotozoal, and antidiarrheal agent in traditional Chinese and Ayurvedic medicine and as a dye for its rich yellow color. The excitement over this supplement comes from the studies that have shown it to work as well as some prescription medication.

Once you ingest Berberine, it is transported into the bloodstream which then carries it to your body's cells. In the cell, Berberine binds to several different "molecular targets" and changes their function. For instance, Berberine activates an enzyme inside your cells called AMP-activated protein kinase (AMPK). This enzyme is often referred to as the "metabolic master switch" and helps control your metabolism. But that's not all.

Berberine works via multiple mechanisms:

- Decreases insulin resistance, making the blood sugar lowering hormone insulin more effective
- Increases glycolysis, helping your body break down sugars inside cells
- Decreases sugar production in the liver
- Slows the breakdown of carbohydrates in the gut
- Increases the number of beneficial bacteria in the gut

Clinical trials suggest that in people with type 2 diabetes, Berberine can

help reduce blood sugar as well as some prescription medications. In one study of 116 diabetic patients, 1gm of Berberine per day lowered fasting blood sugar by 20%, or from diabetic to normal levels. It also lowered hemoglobin A1c by 12% and improved blood lipids like cholesterol and triglycerides.

This improvement in blood lipids is associated with an decreased risk of heart disease. According to 11 studies, Berberine can...

- Lower total cholesterol by 0.61 mmol/L
- Lower LDL cholesterol by 0.65 mmol/L
- Lower blood triglycerides by 0.50 mmol/L
- Raise HDL cholesterol by 0.05 mmol/L

Keep in mind that diabetes, high blood sugar levels, and obesity are also major risk factors for heart disease, all of which seem to be improved with Berberine supplementation.

Other possible benefits of Berberine include help fighting depression and other mood disorders, reduction in the growth or spread of cancer cells, antioxidant and anti-inflammatory effects, help fighting infections, reduction of fat

build-up in the liver, and extremely improved symptoms and reduced risk of death in heart failure patients.



Due to Berberine's ability to reduce blood sugar, it may increase the risk for hypoglycemia in high doses. Too much at once can also result in an upset stomach, diarrhea, or cramping. This is why it is recommended to divide the standard daily dose of 1,000-2,000mg into three to four doses throughout the day. Berberine should be taken with or shortly after a meal to take advantage of the blood glucose and lipid spike associated with eating.

We like Healthy Living Solutions' Berberine (60ct, \$29.40). Each vegetarian capsule includes 500mg of Berberine, so take one capsule twice daily with or directly following a meal.

As always, if you have any questions or need help with determining what supplements would be best for you, please stop by the store and talk to one of our pharmacists or supplement specialists. We are happy to help!

# CAN'T SLEEP?



## FREE SLEEP SEMINAR

**Thur, April 6th, 2pm OR 7pm**

**Speaker: Dr. Wayne Myers**

**Seating is limited, please reserve  
your spot: 717.217.6790 or  
[NorlandRx.com/events](http://NorlandRx.com/events).**

# Make & Create Essential Oils Workshop

**Tuesday, March 21<sup>st</sup> • 2pm or 5pm**

Our essential oils specialist, Sharon Smith, has created a great new workshop for all the essential oil lovers out there. For just \$30 you will make and take home a diffuser necklace, a diffuser car vent clip, and three 5ml pure essential oil blends. The three blends can be used on the necklace, car vent clip, or in an oil diffuser.



**Space is limited, so be sure to reserve your spot early. To sign-up, call or stop by the pharmacy and provide payment.**



## Common Dental Issues & Potential Solutions

For many people, going to the dentist is a dreaded event. Fortunately, there are some dentist discomforts that can be addressed. These unique solutions are created from scratch in our state-of-the-art compounding lab. This lab allows us to help meet the needs of our community with options that wouldn't be available otherwise. Compounded solutions do require a prescription, so if one of these solutions is of interest to you, please stop by and ask for a handout to take to your dentist.

**Invasive Procedures:** We have options for numbing the oral mucosa of patients prior to certain invasive procedures. Combining anesthetics such as lidocaine, prilocaine, and tetracaine, can be a potential way to provide quick-acting as well as long-lasting pain control.

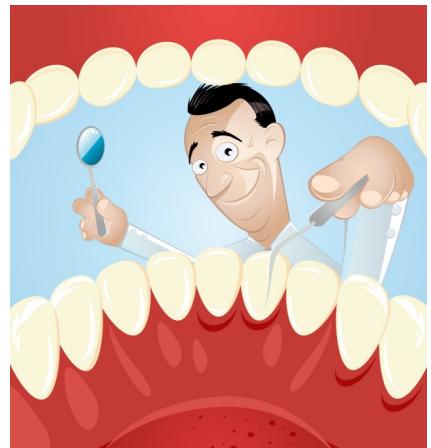
**Dry-Socket Pastes:** A dry socket can occur three or four days after a tooth extraction. If the blood clot that is formed after the extraction is either dislodged or dissolved, underlying bone and nerves are exposed, causing pain and leaving the area vulnerable to infection. Combining healing agents such as phenytoin with an anesthetic and an antibiotic into a long-lasting mucoadhesive gel can provide a complete treatment for the patient's needs.

**Root Canal for Children:** Another common solution used by dentists is a mixture of metronidazole, ciprofloxacin HCl and minocycline as a dental paste. This paste is used for non-instrumentation endodontic treatment of necrotic primary molars in children. Research shows that this treatment allows for less invasive root canal treatment for children ages 3-8.

**Burning Mouth Syndrome:** In burning mouth syndrome, one option is a combination of an anesthetic, such as lidocaine, and an active ingredient for neuropathic pain, such as amitriptyline or gabapentin.

**Oral Mucositis:** This condition is most often caused by radiation or chemotherapy. If the mucositis is painful or complicated by fungal infection, a commonly used treatment is a compounded mouthwash. We have a special base for this mouthwash called MucoLox. This mucoadhesive base improves the contact time of the active ingredient with the mucosa for better outcomes.

**These are a few of the solutions we can make in our lab. If you are having any medication related issues, we would love to work with you to develop a custom solution.**



# Help Us Celebrate 22 Years!



**Friday, March 17**

We are so thankful for your support over the past 22 years, and we are excited to continue to serve you for many years to come.

We continue to try to bring you new solutions that will help improve your quality of life. To help us celebrate, we hope you will bring a friend and take advantage of these great deals. We know we wouldn't be here without you!



**NON-PROFIT  
OF THE MONTH**

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

## Young Life.

Young Life's mission is to go where kids are and build a personal relationship with them and to provide fun, adventurous, life-changing experiences. For more information, call (443) 223-7124.

## The Best Medicine

My son couldn't sleep, so I told him that there were cows sleeping in the field outside.

He asked, "What's that got to do with anything?"

I replied, "Because it's pasture bedtime!"

Apparently, keeping tropical fish at home can have a calming effect on the brain. Must be all the indoor-fins!

What do you call a dead magician?

An abra-cadaver.

What do you call a polar bear with ear muffs?

Anything you want. He can't hear you.

How does the receptionist at a urology office answer the phone? "Urology office, can you hold?"

Patient: "Doctor, will this ointment clear up my rash?"

Doctor: "I don't make rash decisions."



## Proverbs to Live By

### Speak Words that Bring Healing

Proverbs 12:18 - Reckless words pierce like a sword, but the tongue of the wise brings healing.

Proverbs 16:24 - Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 25:11 - A word aptly spoken is like apples of gold in settings of silver.

The words you speak can bring joy and healing to others. What you say and how you say it is extremely important. The Apostle Paul knew this truth and wrote...

Ephesians 4:29 - Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



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## Mark Your Calendar

Mar 17	ANNIVERSARY EVENT (details on page 3)
Mar 21	MAKE & CREATE ESSENTIAL OILS WORKSHOP (details on page 2)
Apr 6	FREE SLEEP SEMINAR (details on page 2)

**Vaccinations available on a walk-in basis!**

**Monday-Friday: 9am-6pm**

**Saturday: 8:30am-12:30pm**

## Norland Avenue Pharmacy LLC

Located in the WellSpan Health Campus, Building 2  
12 St. Paul Drive, Suite 105 ♦ Chambersburg, PA 17201  
Phone: (717) 217-6790 ♦ Fax: (717) 660-0631  
[www.NorlandRx.com](http://www.NorlandRx.com)

[Facebook.com/NorlandPharmacy](https://www.facebook.com/NorlandPharmacy)

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In order to better serve you and help keep your pharmacy related costs down, we are converting to a new pharmacy computer software system on Tuesday, March 28th. We will do everything in our power to make the transition as smooth as possible for you; however, we do appreciate your patience as our staff gets fully trained on the new system.

We believe the end result of this conversion will be better service for you, our valued patients. We recognize that many of you have recently had issues with our RxLocal app and/or our text notifications. We are hopeful that this change in software systems will solve both of those concerns. We will, however, be changing to a new app in the process, so be sure to check upcoming newsletters for details!

Again, we feel this change will help us to serve you better. Thanks so much for your understanding as we make the transition at the end of the month!

As always, feel free to contact us if you have any questions.

- 1 John 4:16

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.

Return Service Requested

12 Saint Paul Drive  
Suite 105  
Chambersburg, PA 17201

