



Be Healthy, Stay Healthy.

June 2019

12 St Paul Drive, Ste 105 ♦ Chambersburg, PA 17201 ♦ (717) 217-6790 ♦ www.NorlandRx.com

Collagen: More Than Skin Deep

When you hear the word “collagen” most of you think of skin. Your skin is made up of 75% collagen which helps boost elasticity and promote a youthful appearance. But collagen is also the most abundant protein in your body. Collagen is found in your skin, hair, nails, muscles, joints, tendons, ligaments, digestive tract, and bones. The word “collagen” is derived from the Greek word “kola” which literally means glue. Collagen’s main role is to be the “cellular glue” that helps hold together the connective tissue in your body.



As an example, bones are made up of a flexible collagen matrix. Your bones are built on a scaffold of collagen, so—if you are collagen deficient—the frame is not strong enough for calcification to occur. In this case, simply taking a bunch of calcium and vitamin D won’t be able to help strengthen your bones.

There are nearly 24 types of collagen, but three make up 80-90% of the collagen in your body: types I, II, and III. Types I and III are mainly in your bones, skin, ligaments, and tendons. Type II is mostly joint collagen.

Your body’s collagen levels naturally drop and recover. When you are young, this regeneration happens fairly quickly. As you age, regeneration takes a bit longer, leading to declining levels over time. Once you pass your mid-twenties, your body’s production of collagen begins to slow at a rate of 1.5% per year. By 30, you begin to lose 2% of your collagen stores each year. By 40, you are 15% in the red. By 60, production has dropped by 50%. Once you hit your 80s you have four times less collagen than you started with.

The good news is that you can slow the rate of decline and build your levels of collagen back up. Age plays a role in the decline, but so does nutrient deficiency, poor gut health, hormone imbalance, excess free radicals, caffeine, inadequate sleep, sugar and excess carbs, stress, trauma, alcohol and smoking, inactivity, and excessive sun exposure. Addressing these issues can slow the decline of collagen and improve health.

Animal protein is a great natural source of collagen, but it’s concentrated mostly in the bones, skin, cartilage, or organ meat—which most Americans don’t eat. This makes supple-

mentation an ideal option. Collagen supplements are a clean, dairy-free alternative to whey and plant-based proteins. **The benefits of collagen supplementation include...**

- skin elasticity,
- skin hydration,
- youthful appearance,
- strong tendons and ligaments,
- healthy joints and bones, and
- improved athletic performance and post-exercise recovery.

Whether you are young and taking collagen to help support rigorous workouts, perform at your peak, and support good skin and hair, or you’re older and taking collagen to slow and forestall the aging process, finding a quality product is key. Regardless of the source, all collagen molecules are broken down into amino acids, the simplest unit of protein metabolism. These amino acids—specifically glycine, proline, and hydroxyproline—have been linked to collagen’s benefits.

We like **Country Life’s Maxi-Collagen** (7.5oz, \$22.99). This product contains 7000mg of collagen type I and III plus Vitamins A, C, and biotin. This flavorless powder can be stirred into your favorite cold beverage or added to your smoothie.



Another option to build your collagen level is Bone Broth. We like **NOW Sports’ Beef Bone Broth** (1.2 lbs, \$35.99). This powder is a premium-quality beef bone extract that’s an excellent source of natural protein, amino acids, collagen, and more. This powder mixes easily in water and may be added to soups, sauces, or other foods.

As always, if you have any questions about vitamins or supplements, please stop by or call and ask to speak to any of our supplement specialists.

NON-PROFIT SPOTLIGHT

A portion of our sales for the month of June will be donated to the Chambersburg Project. For more information please visit chambersburgproject.com.



BIBLICAL KEYS TO PHYSICAL, EMOTIONAL, & SPIRITUAL HEALTH

THE IMPORTANCE OF MEETING TOGETHER

In this age of self-dependence, we need to remember the importance of meeting with other Believers.

Hebrews 10:25 - *Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.*



THE BEST MEDICINE

Why were the tomatoes in the fridge embarrassed? They saw the salad dressing!

A sailor fell off the crows nest on a ship and through the first and second decks. The captain approached and asked if he was okay. "I'm okay," he replied. "I've been through hardships before."

"Your own mind is a sacred enclosure into which nothing harmful can enter except by your permission."

- Arnold Bennett

Compounding Options for Nail Fungus

There are a number of advertised products for toenail fungus that are available with a prescription, but some are not as effective as their claims suggest. Furthermore, these costly drugs are often rejected by insurance, and when they are covered, the copay may be unaffordable. As a result, patients often walk away without their medication, and their problems persist. At Norland Avenue Pharmacy, we are able to prepare combination topical therapies with positive clinical outcomes and, often-times, at a lower cost.

For quick reference, below is information on some well-known commercial products:

Name	Active Pharmaceutical Ingredient (API)	Size	Potential Cost
Jublia®	Efinaconazole 10% (topical solution)	4ml	\$685
Umecta®	Urea 40% (topical emulsion)	7oz	\$170
Kerydin®	Tavaborole 5% (topical solution)	10ml	\$1,810

Here are some commonly requested compounded formulations containing multiple active ingredients for patients with nail fungal infections. Keep in mind, you will still need a prescription from your physician for these.

- Ketoconazole 2% / Urea 40% / DMSO Nail Suspension—10ml, \$79
- Fluconazole 1% / Urea 20% Nail Lacquer—10ml, \$79
- Tea Tree Oil 5.4% / Lavender Oil 1% / Clotrimazole 1% / Undecylenic Acid 5% / Urea 5% Topical Cream—30gm, \$99
- Terbinafine HCl 1% / Fluconazole 3% / Ibuprofen 2% / Itraconazole 1% Nail Suspension—10ml, \$79
- Ketoconazole 2% / DMSO Nail Solution—10ml, \$79

This is just one example of how our compounding lab can help you be healthy, stay healthy, and maybe even save you money. As always, if you have any questions, please don't hesitate to give us a call.





20% OFF

Bring this coupon in for 20% off the gift item of your choice.

Be healthy, stay healthy.

Expires 6/29/19 Code: DropOff



OTC Migraine Relief

June is Migraine and Headache Awareness month. More than 37 million people in the U.S. suffer from migraines. And for those who do, the word suffer often doesn't adequately convey how debilitating they can be. Not only do they cause discomfort, but they can make light, sound, and even lying down in a quiet room almost unbearable.

We have a great over-the-counter product that many customers are seeing good results with. **LifeSeasons® Migra-T™ Migraine Support** helps maintain blood vessel tone, helps relieve mild discomforts, and has an antioxidant effect on nerve tissues. It even helps with light and sound sensitivity.

Migra-T contains natural ingredients that support the challenges associated with migraines:

Feverfew—most commonly used today in health supplements to support blood vessel tone and nervous system health. It was used as a medicinal herb by the Greeks as early as the First Century AD and is a traditional remedy for headache.

Butterbur—used in health supplements today to support healthy blood flow in the head, to soothe respiratory irritation, and to calm the nervous system.

White Willow Bark—contains salicin, which is chemically similar to aspirin and thought to ease pain and discomfort. Ancient civilizations used willow tree extracts for pain, inflammation, and musculoskeletal conditions.

Magnesium—used in healthcare supplements to promote muscle and stress management. Magnesium maintains vascular integrity and may prevent the onset of migraines.

CoQ10—supports cardiovascular health, boosts energy, and speeds recovery from exercise. CoQ10 is shown to strengthen the immune system and counteract muscle discomfort.

Everyone is different, and results will vary. The key is to maintain consistent use every day to see the best results. Take two capsules daily in the morning with or without food (\$1/day).



Essential Oils

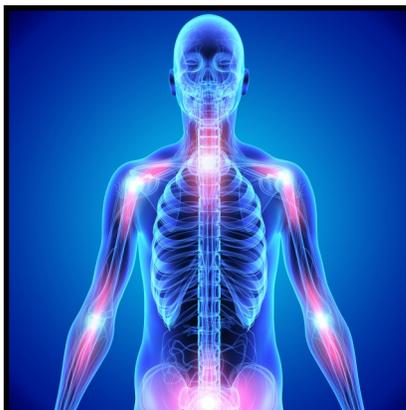


MAKE & TAKE DAY

If you are interested in using Essential Oils but not interested in buying and storing all the ingredients you might need, stop by on Wellness Wednesday. You will be able to make either of the two recipes shown for \$8 each or make both for just \$15.

Wednesday, June 12th, 1-6pm

1. Allergy Relief Master Blend, 5ml, with Pocket Inhaler
2. Kid Safe Bug Spray, 4oz



FREE SEMINAR:

STEM CELLS & REGENERATIVE MEDICINE

Tuesday, June 18th, 7pm ♦ Guest Speaker: Dr. Jeremy Fieni

Come learn what can be done locally for arthritis and joint repair and even diabetic neuropathy through the use of regenerative medicine. Dr. Jeremy Fieni from Apex Integrated Medicine will be discussing the latest advances to restore function and to help end pain.

Seating is limited, please reserve your spot today!
(717) 217-6790 or www.NorlandRx.com/events

Customer Appreciation Event

Friday, June 21st

- ◆ Double Reward Points All Day
- ◆ 20% Off All Gifts, Supplements, Vitamins, & Essential Oils
- ◆ Door Prizes
- ◆ Vendor Tables
- ◆ Sandwiches & Chips from 11am-1pm

Our way of saying thank you for your continued support!

Upcoming Events

- June 12: Essential Oil Make & Take Day (page 3)
- June 16: Happy Father's Day!
- June 18: FREE Stem Cells & Regenerative Medicine Seminar (page 3)
- June 21: Customer Appreciation Event (page 4)

Seating is limited for seminars, be sure to reserve your spot: (717) 217-6790 or NorlandRx.com/Events.

***"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."* - 1 Thessalonians 5:16**

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