

# BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.

## COVID-19 Update & Information



APR 2020

There is no higher priority to our entire Norland Avenue Pharmacy family than the safety of our guests and employees. Obviously, health and wellness is the backbone of our business. We want to ensure you that we will remain open and take every precaution against the spread of COVID-19 and other infectious diseases.

**In an effort to protect our staff, we have decided to close our storefront to foot traffic. We still have three options to serve you and limit exposure risk:**

**Drive-thru:** Feel free to use our convenient drive-thru anytime during business hours. If you are uncertain if your medication is ready, please give us a call before entering the drive-thru line.

**Curbside pick-up:** If you don't want to wait in the drive-thru line, call ahead and provide payment information over the phone. When you get to the pharmacy, park in the designated spots (labeled A through E) in front of the drive-thru, call us and tell us which spot you parked in, and we will deliver your purchase right to your car.

**Free Shipping/Delivery:** We are also offering free delivery or shipping at least through the end of the month. This includes both prescriptions and over-the-counter items.

Because the coronavirus is new, we are still gathering important data about just how dangerous and contagious this virus is. Recent information has been issued that recommends you stay away from products that contain elderberry, and other products classified as NSAIDs (ibuprofen, Motrin, Aleve, Naproxyn, etc.) if you suspect you have been exposed to COVID-19. Due to the nature of COVID-19 and the mechanism of these products, it may exacerbate your symptoms in relation to upper respiratory discomfort/failure. While these products may be used to treat or

manage other ailments, we strongly recommend you avoid them if you believe you have contracted COVID-19.

It is still important to support your immune system so that your body is best able to combat any infections that you may come in contact with. Start with maximizing your diet. Choosing anti-inflammatory, high quality, nutrient dense foods helps to arm your defenses against infections and diseases. In addition to eating a healthy diet, supplementing with key nutrients helps to ensure powerful immune protection. Although there have not been studies on nutrients specifically for the coronavirus, there is a lot of strong research regarding the role that certain nutrients have in supporting immune health.

**Daily Immune Protection:** These nutrients are recommended for daily ongoing immune system support.

**Vitamin D3** – Studies show that this is one of the most powerful nutrients for supporting the immune system.

**Zinc** – This mineral plays an important role in boosting immunity and has been shown to reduce the frequency, duration, and severity of infections.

**Probiotics** – Beneficial bacteria plays a critical role in influencing GI health and immune system functioning.

**Vitamin C, Vitamin A, astragalus, echinacea** – These vitamins and herbs boost the body's defenses against viral and bacterial infections.

**Acute Immune Support:** These remedies are best initiated at the first sign of respiratory discomfort and can be combined with the daily immune nutrients, which are also highly recommended for acute support.

**N-acetylcysteine (NAC)** – This amino acid stimulates glutathione production and promotes detoxification. For respiratory illnesses, NAC has been shown to have powerful mucolytic properties.

And, it has been found to reduce the frequency and severity of viral infections.

**Colloidal Silver (combined with olive leaf and oregano)** – Studies demonstrate that colloidal silver has broad spectrum anti-microbial properties. When combined with herbs, it has even stronger infection fighting ability.

At Norland Avenue Pharmacy, we have supplement specialists and pharmacists available to provide personalized support. You are also able to buy anything we have available in the store. Just give us a call and tell us what you are in need of and how you would like to receive your purchase, and we will be happy to serve you.

A problem like the coronavirus can be scary, but even as we employ wise practices, we also hold fast to the truth of Scripture, that our God is in control of our lives, and we can put our trust in Him! Meditate on this passage from Jeremiah 17:7-8:

But blessed is the one who trusts in the Lord, whose confidence is in Him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

**“Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.”**

– C.S. Lewis

## The Best Medicine

Due to the quarantine, we can only tell inside jokes.

I told a coronavirus joke a month ago. No one laughed. Over time, everyone got it.

Just before Easter, I remarked to my husband that with the children grown and away from home, this was the first year that we hadn't dyed eggs and had an Easter egg hunt.

“That's all right, honey,” he said. “We can just hide each other's vitamin pills.”

## Alternative Treatment for Nausea & Vomiting

Traditional treatment methods for nausea and vomiting include oral and rectal options. Experience says that most people don't want to take an oral medication when they are nauseous, and no one eagerly chooses a rectal suppository.



If you or a loved one is struggling with nausea or vomiting, we have an alternative solution: Promethazine HCL 12.5mg/0.1ml in Lipoderm<sup>®</sup> cream.

Promethazine (Phenergan) belongs to the class of antiemetics called phenothiazines. Phenothiazines are effective in the prevention and control of mild-to-moderate nausea and vomiting. Promethazine is available as a tablet, oral liquid, rectal suppository, and intravenous solution commercially. Phenergan cream 2% is a product that is available outside the United States.

The only similar topical product available in the United States for the control of nausea and vomiting is the scopolamine patch, which is primarily used for motion sickness. However, with a prescription,

we can custom make a high-quality Promethazine cream for you or your loved ones.

As a member of the Professional Compounding Centers of America (PCCA), Norland Avenue Pharmacy has access to Lipoderm cream, an elegant alternative to traditional gels. This cream serves as the base for this custom medicated cream that you apply to your inner wrist. Lipoderm has been well studied and shown to deliver active ingredients more quickly and with better absorption. This means the medication will work quickly and well.

If this compounded solution for nausea and vomiting is something you feel would be a good fit for you, stop by the pharmacy and ask for a information sheet that you can take with you to your doctor. This sheet will explain what the compounded

medication is and how your doctor can write a prescription for it.



Please note, we don't recommend this solution for patients under the age of two. As always, if you have any questions or concerns, please feel free to give us a call.

## Biblical Health Tip

### Getting Back to Basics

God's basic health laws for us are simple: proper diet, proper rest, proper exercise, and right living are the key to a happy and healthy life!



The Lord created us and He knows what's best for us. He's like a father to us and He wants us to be happy and healthy. Of course, one of the greatest factors in maintaining good health is faith—to know that God loves you and cares for you and is going to take care of you no matter what.

Romans 8:31b—*If God is for us, who can be against us?*

1 Corinthians 10:31—*So whether you eat or drink or whatever you do, do it all for the glory of God.*

sale

**20% OFF ALL  
E-CLOTH PRODUCTS**

APRIL 1ST-15TH

**Chemical-free cleaning!**



## Featured Non-Profit

A portion of our sales for the month of April will be donated the...

### Cumberland Valley Animal Shelter (CVAS)

Their mission is to protect, shelter, and adopt homeless animals. For more information visit [www.cvas-pets.org](http://www.cvas-pets.org).

## Meet the Team: Sharon Smith

Sharon started working at the pharmacy in 2016. She works in our wellness department and is very passionate about helping others learn the benefits of using essential oils, supplements, and good nutrition to improve mental and physical health. She is also very knowledgeable about cannabinoid and CBD products. Sharon lives in Green-castle with her husband, Todd. She enjoys family time with their four grown children and two granddaughters, cooking, and reading.



## Multi-Purpose Cleaner Recipe

In an 8 ounce glass spray bottle, add the following essential oils first. Then add 2 teaspoons of Castile Soap and 1/4 cup of witch hazel or grain alcohol. Fill the remaining space with distilled water. Shake well.

**25 drops of Orange:** known to have strong antiviral and antibacterial properties.

**25 drops of Lemon:** antibacterial, and a great disinfectant.

**20 drops of Clove:** antibacterial, antifungal, antimicrobial, and antiviral—a great choice for sanitizers and cleaners.

**15 drops of Rosemary:** known to have antifungal, anti-infection, antibacterial, and antioxidant properties.

**15 drops of Geranium:** excellent for cleaning due to its antifungal properties.

**Directions:** Use to clean most any surface. Suggested shelf life of three months or six months if stored in the refrigerator.



## Help for Pain, Anxiety, Insomnia, & More

CBD has been touted as the next best thing for pain relief, anxiety, insomnia, seizures, and many of the other conditions. The potential benefits of CBD are incredibly exciting. Yet, with so much buzz, there are still a lot of questions left unanswered. Here's what we know.

CBD oil is a substance extracted from the cannabis plant. Cannabis has been used as a natural way to support endocannabinoid system health for thousands of years, but it's now gaining widespread attention from researchers and doctors. CBD oil sometimes gets a bad rap because of its association with marijuana; however, it's important to know that CBD doesn't get you high.

When it comes to CBD oil's ability to promote health without the high, it's all about the plant's gender. Cannabis plants can be either male or female. Only the female (marijuana) version of the plant contains enough THC, the psychotropic compound responsible for getting people high, to actually cause this effect. CBD oil, on the other hand, comes from the male (hemp) version of the cannabis plant which contains only trace amounts (less than 0.3%) of THC, not enough to cause the high.

There are three main types of CBD oil you will find on the market: isolated, full-spectrum, and broad-spectrum. CBD isolate is created when all other compounds from the plant are removed, leaving behind only cannabidiol (CBD). Full-spectrum CBD contains all parts of the plant including less than 0.3% of THC. The third type is formed when those trace amounts of THC are removed from the full-spectrum. Both full-spectrum and broad-spectrum offer an "entourage effect" as the parts of the plant work better together.



CBD works by naturally supporting your body's own endocannabinoid system and supporting your body's endocannabinoid levels with cannabinoids found in hemp. In doing so, you can help keep your body working properly and maintaining homeostasis. CBD also prevents enzymes from breaking down in your body's own natural endocannabinoids, which lets your body retain more endocannabinoids and function properly on its own.

Your endocannabinoid system regulates a large range of bodily processes like appetite, pain, mood, memory, the nervous system, immune activity, blood pressure, bone density, glucose metabolism, stress, and more. That means using CBD to support your endocannabinoid system has incredible therapeutic potential for many human diseases:

**Pain & Inflammation:** CBD has the potential to significantly reduce opioid dependency for chronic pain and has potent anti-inflammatory effects.

**Mental Health:** Anxiety, depression, and other conditions may be improved when CBD is used to support the endocannabinoid system. Patients describe a calming effect.

**Insomnia:** Many patients have testified to the fact that CBD has allowed them to sleep better than they have in years.

**Other Neurological Effects:** CBD has protective effects on the liver, may be an anticonvulsant, and may help reduce seizures.

If you are interested in finding out if CBD is right for you, give us a call and talk to one of our specialists.



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Health Products
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**Cast your votes from  
April 4th-12th at  
[bestof.publicopiniononline.com](http://bestof.publicopiniononline.com)**

## Mark Your Calendar

- Apr 1-15 20% Off E-Cloth Products
- Apr 16-30 20% Off Nordic Naturals:
  - Omega-3s
  - Complete Omegas
  - Cod Liver Oils
- Apr 10 Closing at 3pm in observation of Good Friday

*Praying that your family has a blessed Easter!*

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"Let your gentleness be evident to all."  
 - Philippians 4:5



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