

Be Healthy, Stay Healthy

A monthly guide designed to help improve quality of life.

APRIL 2023



Get the One-on-One Time You Deserve

Are you overwhelmed with all the medications you are taking? Are you feeling less energetic and fatigued? Are you concerned that your current combination of medications may be having a negative impact on your health? Has your doctor prescribed you a medication to treat a side-effect of another medication? Have you reached a stage in your life where you're just not feeling as good as you should? Are you ready to make the necessary life changes in order to reach optimal health?

If you answered yes to any of these questions, you may want to consider scheduling a personalized consultation with one of our trained, professional staff members. We offer consultations for the following topics:

Supplement Review: Bring in all your vitamins and supplements and have one of our pharmacists or our supplement specialist review your current regimen. They can help you organize, simplify, and refine what you are currently doing or help you devise a new health plan that best fits your needs. (30 minutes, \$40)

Custom Compounding Consultation: If you are feeling overwhelmed by the amount of supplements you are taking, allow our compounding specialist to help you simplify and tailor your regimen by creating a custom nutrition compound specifically for you. Say goodbye to juggling all of your different bottles! Most nutrients can easily be combined into one easy-to-take formula. (30 minutes, \$40)

Drug Nutrient Interactions & Depletions Consultation: Prescription medications can deplete your body of im-

portant nutrients. Our experts can help determine which key nutrients you need to combat any possible imbalance. Our practitioners can also help to ensure that the supplements and medications you are taking are working safely and synergistically with one another. Please bring your medications and supplements with you for a thorough review. (1-hour, \$75)

Bio-identical Hormone Replacement Therapy (BHRT): Hormones are important messengers that affect many functions in your body. Imbalances can be very disruptive to your health (low libido, fatigue, menopausal complaints, sleep disturbances, etc.). Natural hormone support can help restore optimal hormone levels specific to your age and stage of life. This intensive consultation includes both a pharmacist and a supplement specialist who will cover your health history and symptoms to recommend the best custom bio-identical hormone preparation for you. Please note, BHRT is available to both women AND men. (1-hour, \$125)

If you want to get a clearer picture of your hormone levels, you can purchase a saliva test kit at the pharmacy. The test is easy to take and the results are delivered directly to the pharmacy. Once the results come in, you will be contacted to schedule your consultation with our supplement specialist and pharmacist. (1-hour, a \$325 value for just \$295)

Nutrition Counseling: Whether you are looking for a health tune-up or are seeking support for a particular health concern, one of our pharmacists can work with you to create an individual-

ized health plan that encourages and supports your goals. You will receive recommendations for nutritional supplements, diet, and lifestyle changes, and suggestions for specific diagnostic tests that may provide further insights into your health. You are encouraged to bring in your current supplements to be reviewed for quality and potency. (1-hour, \$75)



Detoxification: When the detoxification and elimination systems of your body are not working at their optimal level, they are unable to handle the load of incoming toxins you experience each day from pesticides, unfiltered water, cleaning products, etc. As the toxic levels build up in your cells, tissues, and organs, you will feel progressively sluggish, tired, achy, and run-down. Schedule a detoxification consult with one of our pharmacists as a great place to start to get back on track to optimal health. (30 minutes, \$40)

Consultations are available by appointment only. To schedule your consultation, please call the pharmacy at (717) 217-6790.

CBD Hair Serum

The endocannabinoid system (ECS) assists in maintaining cellular homeostasis within the body. Its key function is offering down regulation of the damaging inflammatory response and up regulating the regenerative process. Studies have shown that it's this upregulation component that works as a key function in promoting hair follicle growth. One study using topical CBD cream for patients presenting with androgenetic alopecia showed there was a statistically significant (93.5%) increase in hair growth at the six month mark.

We now carry Ananda's ActivatoRX Scalp & Hair Serum, CBDermaPRO Complex 100. A 1.7 fl oz bottle is \$38.95. Apply once daily, preferably at night, directly to the skin in areas where improvement is desired.



FREE Heart Health Seminar

Thursday, April 27th • 3pm or 7pm



If you or a loved one have issues with high blood pressure or cholesterol, you will want to join Dr. Wayne Myers at this free seminar. Wayne will cover

how to read your cardiovascular report card, what numbers you should be aiming for, and what vitamins and supplements might be beneficial. Come and bring a friend!

Space is limited, so be sure to reserve your spot early: (717) 217-6790 or NorlandRx.com/events.

Compounded Hair Loss Solutions

Male and Female Pattern Baldness, also known as "Androgenic Alopecia", is the most common cause of hair loss. Men typically present with hairline recession at the temples and hair-loss on the upper surface of the head, also known as vertex balding. Women typically present diffuse, or scattered, thinning of the hair over the top of their scalps. People who suffer from this type of hair-loss have an underlying sensitivity to "hair follicle miniaturization" due to androgenic hormones. There are currently two treatments approved by the FDA for treatment:

Finasteride (Propecia®) - The American Hair Loss Association notes finasteride is a prescription oral treatment for male pattern baldness. It reportedly reduces the active levels of DHT in your body to prevent miniaturization of hair follicles. Women should not take oral finasteride due to its risks. In addition, many men who are prescribed finasteride to be taken orally by tablet experience significant side effects including loss of libido, erectile dysfunction, hypogonadism, gynecomastia, and sexual dysfunction.

Minoxidil (Rogaine®) - This is an over the counter topical treatment that has been used since the 1990s to treat baldness in men and women. It reportedly promotes new hair growth by increasing cutaneous blood flow to shrinking hair follicles. This may cause follicles in the telogen phase to shed, which are then replaced by thicker hairs in a new anagen phase. It is generally recognized as safe and can be effective by itself if used during the early onset of alopecia.

We can offer a compounded formula for men that combines these two FDA approved medications creating a custom product that may treat, prevent, and reverse hair thinning better than either one alone. The compounded solution can be applied directly to the scalp, which lessens the chance of unwanted side effects, as the medications aren't absorbed systemically.

For women we can also add other active ingredients including biotin, azelaic acid, tretinoin, latanoprost, and ketoconazole. Compounded solutions do require a prescription from your practitioner. Stop by the pharmacy and pick up a handout to take to your practitioner today!



Over-the-Counter Help for Hair Loss

By the age of 35, approximately 40% of men suffer some level of hair loss. That number jumps to 65% by the age of 60. Surprisingly, the numbers are even higher for women. By the age of 40, approximately 40% of women suffer some level of hair loss. That number jumps to a whopping 80% by the age of 60!

Supplementing with Biotin has been shown to help prevent hair loss. Biotin is vitamin B7, and it helps produce keratin—a protein that develops skin, nails, and hair. Many physicians recommend Biotin to patients suffering from alopecia, a condition that leads to patchy baldness. While many report that Biotin makes nails thicker and helps prevent hair loss, Biotin does NOT grow new hair. You can get Biotin through your dietary choices. It can be found in eggs, salmon, pork chops, sweet potatoes, almonds, and broccoli.

Hair loss in many patients starts with a Biotin deficiency. Other symptoms of Biotin deficiency include brittle nails; dry skin; pink eye; depression; exhaustion; hallucinations; numbness/tingling in your arms and legs; and a red, scaly rash, usually around the eyes, nose and mouth. There are some medications that can cause a Biotin deficiency including beta-blockers (blood pressure medications), blood thinners, anticonvulsants (seizure/epilepsy medications), and retinoids (topical for acne and reducing wrinkles).

Biotin is exceedingly safe to take orally. Most adults take 2-5gm (2,000-5,000mcg) daily to help with skin, nails, and hair. Taking too much Biotin can result in stomach issues, trouble sleeping, kidney problems, and/or skin rashes. At 5gm and higher, it can interfere with lab work by mimicking Graves' disease, so be sure to tell your physician what you are taking.

As always, if you have any questions, stop by and talk to our supplement specialist.



Healthy Living Solutions
Biotin 5,000mcg
60 count, \$14.60



**NON-PROFIT
OF THE MONTH**

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

She's Somebody's Daughter

This organization exists to erase lines of separation that isolate those affected by sexual exploitation. For more information, visit shessomebodysdaughter.org.

The Best Medicine

I accidentally ate invisible ink. I'm in the hospital waiting to be seen.

Why aren't koalas actually bears? Because they don't meet the koalafications.

My boss asked me why I get sick only on workdays. I replied, "I don't know, must be my weekend immune system."

I told the carpenter not to carpet my steps... he gave me a blank stair.

What do you call a parade of rabbits hopping backwards? A receding hare-line.

Life is like a Rubix Cube. Easy to mess up, hard to solve.



Proverbs to Live By

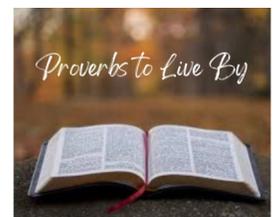
Be Slow to Anger

Proverbs 14:17 - A quick-tempered man does foolish things, and a crafty man is hated.

Proverbs 16:32 - Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Proverbs 19:11 - A man's wisdom gives him patience; it is to his glory to overlook an offense.

Having a quick temper is a path that leads to foolish actions. Being patient is a sign of truth, strength, and wisdom. It is a far greater thing to be able to overlook and forgive being wronged than it is to become angry and seek revenge.



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Mark Your Calendar

Apr 1-15	20% OFF E-CLOTH PRODUCTS
Apr 6	FREE SLEEP SEMINAR
Apr 7	Closing at 3pm for Good Friday
Apr 17-29	20% OFF HEART HEALTH PRODUCTS
Apr 27	FREE HEART HEALTH SEMINAR (page 2)

Vaccinations available on a walk-in basis!
 Monday-Friday: 9am-6pm ♦ Saturday: 8:30am-12:30pm

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In honor of our FREE Heart Health Seminar on April 27th, the following regularly priced Heart Health supplements will be 20% off from April 17-29!

**Fish Oil ♥ Vitamin D
 CoQ10 ♥ Bergamot
 Citrulline**

20% OFF ALL E-CLOTH PRODUCTS

APRIL 1st-15th

Eliminating household cleaning chemicals is safer for your family and the earth. Using e-Cloth achieves better results, in less time, using just water. E-Cloths are reusable and guaranteed for 300 machine washes.

HAPPY EASTER! PLEASE NOTE
 WE WILL BE CLOSING AT 3PM
 ON FRIDAY, APRIL 7TH, IN
 HONOR OF GOOD FRIDAY.

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.

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