



Be Healthy, Stay Healthy.

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August 2019

Frequently Asked Questions about CBD Oil

What is the difference between Cannabis, hemp and marijuana? Think of it this way: Cannabis Sativa L is the family. Then under that family, there are two groups. Of those, marijuana is known to be high in THC content while industrial hemp is very low in THC. THC is the chemical responsible for marijuana's psychological effects.

What is the difference between hemp oil, CBD oil, and full-spectrum? Hemp and CBD oil differ in what part of the plant they come from and how they are used. Hemp oil is from seeds and is used as a protein supplement and in soap and lotion. CBD, short for cannabidiol, is one of the cannabinoids that is found in the cannabis plant's flowers and leaves (an isolate). It is used primarily for medicinal purposes. Full-spectrum includes CBD as well as other cannabinoids, terpenes, and flavonoids from the plant. This full-spectrum is thought to offer an advantageous entourage effect.

What is the "entourage effect"? The entourage effect is the synergistic relationship of the naturally occurring compounds found in cannabis plants. The cannabinoids, terpenes, and flavonoids found in cannabis have shown to work better when they are taken together as opposed to in isolation from each other. Look for products that say "Full-Spectrum" to get the benefit of the entourage effect.

Can I get high on CBD oil? No, CBD oil will not get you high. It is derived from industrial hemp, not marijuana. CBD oils sourced from industrial hemp plants are non-psychoactive. CBD oil supplements should contain less than 0.3% THC.

Will CBD oil show up in a drug test? CBD, also known as cannabidiol, generally will not test. That's because many drug tests are not looking for all cannabinoids, they're looking for one specific cannabinoid: THC. There are several variables to consider. The sensitivity of the drug test, body weight, metabolism, and the amount of CBD consumed can affect the amount of THC in the body. For this reason, *we cannot guarantee you will pass a drug test after taking CBD Oil.* THC-free products are the best option for anyone worried about drug tests; however, we will not guarantee you will pass a drug test on any CBD products.

Can you drive when taking CBD oil? You should be able to drive after taking CBD oil. CBD oils contain 0.3% or less of THC and will have no psychoactive effects on your body. However, depending on how much you take, it may make you tired. We recommend learning how your body reacts to CBD oil before driving or operating heavy machinery.

Can you travel with CBD oil on an airplane? If you travel with CBD oil that is derived from hemp with a THC content below 0.3%, you can take CBD oil on an airplane. The TSA has issued guidelines on what they will and will not allow. TSA can stop you from attempting to travel with edibles, dried flower, or other forms of cannabis that contain THC.

How long does it take CBD oil to take effect? Most people will start to see the benefits of taking CBD oil immediately that day or up to two weeks after starting a daily regimen. The length of time depends on your body weight and how well your metabolism works with the CBD Oil.

What are the side effects of CBD oil? Possible side effects include dry mouth, low blood pressure, lightheadedness, drowsiness (when taking high doses), and inhibition of hepatic drug metabolism and decreased activity of p-glycoprotein (similar to the effects of eating grapefruit when on these meds).

How should I choose a CBD product? Make sure the product you buy has been third party tested for potency, purity, and pesticides.

What is the best way to take CBD? There are four main ways to take CBD: 1) sublingual tinctures/sprays, 2) topical balms/lotions, 3) oral edibles/capsules; and 4) inhalation by vaporization or smoking. We think sublingual tinctures and sprays are the best ways to use CBD because you can get the dosing very precise, you can easily check the quality of the product by requesting a lab report from the manufacturer, and by the reasonably fast onset of effects.

How do you take the tincture/oil? Place the dose under your tongue and hold it there for 30-60 seconds until it is absorbed sublingually through the mucous membrane.

Do topicals work? Topicals have been proven effective for skin conditions like psoriasis and eczema, as well as for localized muscle soreness and joint pain resulting from arthritis-induced inflammation. We have also been told they work great for menstrual cramps.

How do I know what dose of CBD oil I should take? The recommended dosage of CBD oil is different for every person depending on body weight, metabolism, and the reason for taking CBD oil. We recommend starting your dosage low and titrating up until you achieve the desired results and then maintaining that level of cannabinoids in the body. Most people take between 10-50mg per day.

FREE CBD SEMINAR: Details on page three.

NON-PROFIT SPOTLIGHT

A portion of our sales for the month of August will be donated to the Five Forks Food Pantry. For more information ffbic.org/food-pantry.



BIBLICAL KEYS TO PHYSICAL, EMOTIONAL, & SPIRITUAL HEALTH

A PROMISE TO CLING TO

When you must walk through a dark valley, remember God can turn it into something good.

Romans 8:28 - *And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.*

THE BEST MEDICINE



My youngest son asked me how old I was. I answered, "I'm 39 and holding."
He thought for a moment and then asked, "But how old would you be if you let go?"

Who is the coolest doctor in the hospital? The hip consultant.

"Summer will end soon enough, and childhood as well."

- George R. R. Martin

Compounding for Patients with Autism Spectrum Disorder

As the area's most experienced and only PCAB Accredited compounding pharmacy, we can help patients with autism spectrum disorder in many different ways. This is especially important for pediatric patients. Children with autism and parents of children with autism have many obstacles. Let's not make medication delivery one of them.

What are some of the obstacles to medication delivery for individuals with autism?

- Sensory difficulties, such as smell, taste and texture sensitivities
- Food and chemical allergies and intolerances
- Typically less food variety and more food choices based on texture than children without autism
- Often special diets to help with symptoms of autism

This means that, as an Accredited compounding pharmacy, we are perfectly positioned to help customize medication for children and adults with autism so you can get the medication or vitamins you need.

What can we do?

- Improve the taste of a suspension with sweeteners and flavors
- Potentially avoid allergies and harmful dyes
- Reduce the texture of a suspension by homogenization or milling

These are just some of the ways that we can help. Please reference the chart below for some examples of dosage forms commonly used for different medications and give us a call or stop by if you have any questions.



DOSAGE FORM	ADVANTAGES	MEDICATIONS COMMONLY USED
Transdermal Creams	Avoid bitter flavors, first-pass metabolism, and pill swallowing; reduce possible yeast overgrowth in the gut	Glutathione, Melatonin, Naltrexone, Acetylcysteine
Troches	Variety of flavors; avoid pill swallowing	Melatonin, Amantadine, Memantine, Nystatin, Fluconazole
Popsicles	Viewed as a "treat"; variety of flavors, avoid pill swallowing	Amantadine, Memantine, Nystatin, Fluconazole, Vitamins, Minerals
Oral Suspensions	Variety of flavors; avoid pill swallowing	Melatonin, Nystatin, Vitamins, Minerals, Amino Acids
Suppositories	Avoid bitter flavors, first-pass metabolism, and pill swallowing	Meds that are challenging to compound in other dosage forms (i.e. antibiotics)
Nasal Sprays	Avoid first-pass metabolism and pill swallowing	Oxytocin, Methylcobalamin

Essential Oils

FIRST AID KIT MAKE & TAKE WORKSHOP

Tuesday, Aug. 20th, 6:30-8pm

You will rotate through six different stations making 10ml roller bottles of the following items:

1. Headache Blend
2. Tummy Blend
3. Itchy Skin Blend
4. Relax Blend
5. Energize Blend
6. Decongestant Blend



The cost is \$35 per person and must be paid at the time you sign-up. You will take home the six blends, a laminated recipe card for each blend, and a carry case that comes with a device to help take the roller balls on and off your bottles.

Seating is limited. Stop by or call to make your payment and reserve your spot.

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

CBD
Cannabidiol

FREE SEMINAR

Tuesday, August 27th
7:00-8:00pm

Join Dr. Wayne Myers as he explains the history of CBD oil, how it works, and what you need to know when buying and using it. You may want to attend this seminar if you or a loved one struggles with chronic pain, anxiety, insomnia, migraines, fibromyalgia, or depression. Seating is limited, so be sure to reserve your spot: 717-217-6790 or www.NorlandRx.com/events.html.

Healthy Brain Function

There is good news and bad news when it comes to brain health. The good news is that people are living longer than any other time in history. The bad news is you may be seeing an unprecedented number of brain health issues affecting your family and friends.



Scientists estimate you lose 85,000 brain cells per day; that is one per second, over 31 million brain cells every year! This leads not only to common occurrences like the misplacement of car keys and reading glasses, but difficulty with management of your time and household tasks.

If you are interested in being proactive in maintaining healthy brain function, we recommend supplementing with one of two products: PrevaGen or Superior Memory Support.



PrevaGen is a safe and effective brain health supplement shown to improve memory. PrevaGen supports brain function by using the protein apoA-2 to supplement the proteins that are diminished with age, and PrevaGen is clinically tested! Stop in the pharmacy to read about the test results and the many testimonials of people who have used and recommend PrevaGen! Take just one capsule daily (\$1.27/day).

Superior Memory Support is a great product from the SolutionsRx line. This high quality blend includes ingredients shown to be beneficial in supporting healthy cognition, memory recall, and nerve transmission and function. The enzymes in Superior Memory Support have also been shown to aid in digestion. Take two tablets separately throughout the day (\$1.33/day).



As always, Norland Avenue Pharmacy offers a money back guarantee if you are unsatisfied with the product after 30 days. Just bring back the bottle with the original receipt for a full refund.

If you have any questions about these great supplements, stop by and talk to any of our supplement specialists.

Flavor it Up

For years we have made taking medicine a little easier by offering flavoring. At times, however, it has been difficult to find the right flavor for the medication requested. Some medications are more bitter than others while some are just sour. Finding the right flavor to address the issue can be tricky.

That's why we invested in technology that takes the guess work out of flavoring. Our FillMaster Pro is programmed to recommend and add the right flavoring to over 7,500 medications, including over-the-counter medicines.



If you have a medication that just tastes bad, ask about flavoring. For just \$3, we can make medicine taste good!

August is Immunization Awareness Month

Norland Avenue Pharmacy is your vaccination station! We offer the following immunizations to adults 18 and older.

Influenza	Tdap	Shingrix*
Hepatitis A	Pneumovax 23	
Hepatitis B	Prevnar 13	

* We currently have a waiting list for Shingrix due to it being in short supply.

Upcoming Events

- Aug 1-15: **End of Summer Sale**
- Aug 16-31: **20% Off Nordic Naturals Kids' Products**
- Aug 20: **Essential Oils Workshop** (see page 3)
- Aug 27: **FREE CBD Seminar** (see page 3)

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



20% OFF

Time to stock up for back-to-school. Take 20% off all Nordic Naturals products for kids from August 16th-31st.

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END OF SUMMER SALE
\$1, \$5, & \$10 discount gift and supplement tables. While supplies last. Stop by soon for the best selection. August 1-15.

Return Service Requested
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