



# Be Healthy, Stay Healthy.

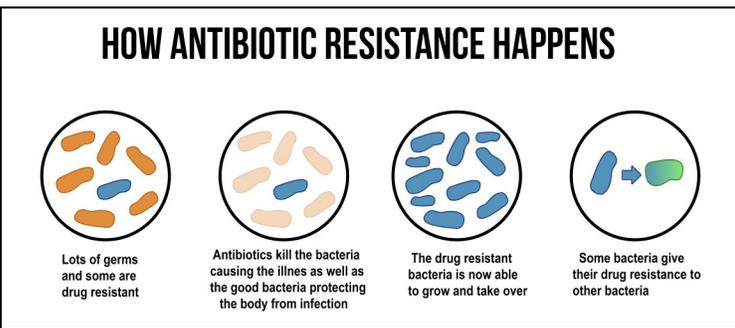
October 2019

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

## Life Without Antibiotics

The Center for Disease Control (CDC) has named antibiotic resistance one of the biggest health challenges of our time. At least two million Americans get an antibiotic resistant infection each year, and about 23,000 of them die. MRSA alone kills over 18,000 Americans annually, and this number increases with each passing year.

Antibiotic resistance does not mean that your body has become resistant to antibiotics. Rather, it means that bacteria have become resistant to the antibiotics designed to kill them. The result? Antibiotics have trouble treating sickness, and people end up spreading these resistant germs to others.



The cause of antibiotic resistance is multifaceted. Many doctors and patients learned to be cavalier with the attitude that antibiotics will always save the day. When antibiotics are over prescribed or prescribed as preventatives, a key side effect is the loss of the good bacteria that protect the body from infection along with increased resistance of bad bacteria.

However, did you know that 70% of America's antibiotic consumption comes NOT from pills or medicine but from food? Agribusiness is a key player in antibiotic resistance. When animals are raised in filthy feedlots (for example), it is common for these creatures to be given large amounts of antibiotics simply to keep them alive. These antibiotics and resistant bacteria do not stay on the farm! They end up in your food supply.

So, what should you do? At Norland Avenue Pharmacy, we believe that the best offense is a great defense. Do everything possible to build a strong and resilient immune system. First, gradually remove processed food from your diet. The chemicals, preservatives, and antibiotics in the food supply place excessive dietary stress on your body that you were never designed to handle. Processed food weakens your immune response and your ability to fight off infections.

Next, God has included natural substances in His creation for your benefit that have the ability to kill bacteria that many antibiotics can't even touch. We carry several natural herbal products to assist and protect you from antibiotic resistance.

Essential oils have been scientifically proven to fight many bacteria, even the antibiotic resistant kind. And there are no side effects! The top four antimicrobial essential oils are tea tree oil, clove oil, cinnamon oil, and oregano. Sharon Smith (our essential oils specialist) can explain how to use these oils topically or diffuse them into your environment for the best results.

Speaking of oregano, oregano oil may be the best of the best for killing microbial pathogens, bacteria, fungus, yeasts, and molds. We carry a product called Oreganol P73 featuring true wild oregano oil that is ideal for human consumption. We also carry OregaMax-90 capsules, a combination of wild, potent, high mountain oregano with other antifungals such as rhus coriaria, garlic powder, and onion powder.

We also now offer a high quality black seed oil made from the seeds of black cumin (*nigella sativa*). The phytochemicals found in black seed oil are showing promising evidence of inhibiting yeast, mold, and bad bacteria. This product can be taken orally by the teaspoon.

Finally, let's talk about colloidal silver. Some clinical studies state that colloidal silver has killed MRSA. Big Pharma research doesn't have many positive things to say about colloidal silver, but you will hear an entirely different story from people who have used it responsibly. A silver particle gel ointment made by Curad is a very popular item at our pharmacy. In fact, you could purchase our 30PPM nano particle colloidal silver liquid and mix it equally with our aloe gel to make your own antimicrobial ointment.

There are a multitude of practical applications for colloidal silver. You can dilute it with distilled water to 10 PPM, place it in a spray bottle, and spray it on cuts, burns, your toothbrush, and even microfiber towels to wipe off your counter tops. We have personally witnessed remarkable results.

These are just a few antimicrobial products we sell at Norland Avenue Pharmacy. You will find more on display as you enter our store. Adding an antimicrobial product to your supplement regime may help take a load off of your immune system and offer more resilience in fighting disease and infections.



# Essential Oils

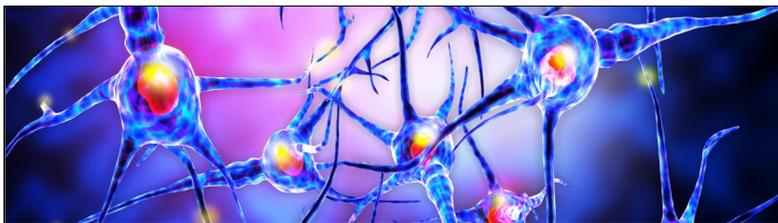


## FREE BLENDING CLASS

Thursday, Oct 17th, 6:30-8pm

You will have the opportunity to learn more about the essential oils ginger, turmeric, all spice, and clove. You will observe as Sharon Smith helps some attendees make blends that use those oils. You will receive a free booklet full of great information on the specific oils Sharon will be covering as well as a copy of the recipes being demonstrated that evening.

**Seating is limited, please reserve your spot:**  
(717) 217-6790 or [www.NorlandRx.com/events](http://www.NorlandRx.com/events).



## FREE LDN SEMINAR

Tuesday, Oct 29th, 7-8pm

You will want to join us if you or a loved one is suffering from an autoimmune disease, chronic pain, depression, or anxiety. In tracking the patients we currently have taking LDN, we are seeing about an 80% success rate with few to no side effects—all for \$1 per day!

Dr. Wayne Myers will cover the history of Naltrexone, current research, dosing methods, and testimonials from patients who have been helped by LDN.

**Seating is limited, please reserve your spot:**  
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## Got Aloe?

You probably know aloe as a spiky, succulent plant grown indoors. Aloe vera contains choline, folic acid, alphatocopherol, and beta-carotene as well as 19 of the 20 required amino acids and seven of the eight that are considered essential. It is widely used topically to treat cuts and burns and to soothe sunburnt skin. **But did you know that there are a number of benefits to drinking liquid aloe vera?**

According to Medical News Today aloe vera contains a number of phytonutrients and compounds known to be immunomodulatory, antiviral, and anti-inflammatory which—when ingested—can lead to seven specific health benefits:

**Treating Constipation**—The National Institute of Health says aloe acts as a laxative due to anthraquinone compounds in the latex, including aloin. If you're trying it for the first time, start with an eight ounce serving.

**Relieving Gum Inflammation**—Swishing with aloe can provide relief from gum inflammation caused by the dentist, orthodontist, gingivitis, etc. due to its antimicrobial and antibacterial properties.

**Controlling Blood Sugar**—Research shows improved fasting blood sugar levels among patients who ingested aloe.

**Providing Vitamin C**—An eight ounce serving of aloe vera juice contains 9.1mg of vitamin C which is a natural antioxidant and helps combat inflammation. Improved vitamin C levels can boost your immune system and reduce the risk of cardiovascular disease.

**Preventing Stomach Ulcers**—A 2014 study reported ingested aloe vera juice reduced the development of stomach ulcers by discouraging inflammation.

**Treating Skin Conditions**—Ingesting liquid aloe vera is known to help in treating acne, psoriasis, and possibly atopic dermatitis.

**Increasing the Absorption of Key Vitamins**—When two ounces is ingested daily, aloe vera juice will help your body absorb vitamins B12, E, and C.

When looking for a liquid aloe vera product, be aware that several lawsuits have been filed against retailers including Target and Walmart after their private labeled aloe vera products were tested and it was determined that no aloe vera was present. Be sure to buy from someone you trust to provide high quality products.

We like Country Life's Aloe Vera Liquid, and we offer it at an everyday discount of 30% off. A 32 ounce bottle costs just \$12.24. If you have any questions, please stop by and talk to one of our supplement specialists or pharmacists.





# OCTOBER 16-31

Help us help the community! Drop off a non-perishable food item at the pharmacy from October 16th-31st, and receive 20% off the regularly priced gift item of your choice.\*

\* One discounted gift item per day.



*All regularly priced jewelry & scarves.*

*October 1-15*

## Upcoming Events

- Oct 1-15: **20% Off All Jewelry & Scarves**
- Oct 15: **ABCs of CBD, Grove Family Library, 2:30pm**  
RSVP: [www.SNAPN.org](http://www.SNAPN.org)
- Oct 16-31: **Food Drive Donation Discount**
- Oct 17: **FREE Essential Oil Class (see page 3)**
- Oct 29: **FREE LDN Seminar (see page 3)**

**Seating is limited, please be sure to reserve your spot: [NorlandRx.com/events](http://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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*Protect yourself and those around you by getting your flu shot today!*

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