

# FEEL BETTER, BE HEALTHIER, START NOW NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...



February 2026

## YOU SHOULD BE TAKING A PROBIOTIC: HERE'S WHY

In recent years, probiotics have gone from being a niche supplement to a mainstream health essential — and for good reason. These beneficial microorganisms, which naturally reside in the human digestive tract, play a crucial role in maintaining overall health. Yet many people still wonder: *Do I really need a probiotic supplement?* The simple answer is yes — especially in today's world where diet, stress, and antibiotic use can disrupt the delicate balance of gut bacteria that keeps you healthy.

At its core, a healthy gut microbiome — the ecosystem of bacteria and other microbes that live in your gut — supports one of the **most fundamental aspects of your wellbeing**. Your gut influences nutrient absorption, digestion, immune function, inflammation levels, and even mood regulation. A balanced gut microbiome helps break down food efficiently, locks out harmful bacteria, and communicates with your immune system to keep it alert and balanced. When this internal ecosystem is out of balance — a state known as *dysbiosis* — the effects can show up as digestive discomfort, frequent infections, skin issues, or low energy. That's where probiotics come in.

### The Case for Supplementation

While probiotic-rich foods like yogurt, kefir, kimchi, and sauerkraut provide live cultures, it can be challenging to get **consistent, high-enough levels** from diet alone. Supplements help ensure that you're delivering meaningful amounts of beneficial bacteria directly to your gut.

Probiotic supplements are formulated to maintain viability through digestion and provide a **higher concentration of strains and colony-forming units (CFUs)** than what many foods offer.

Here are some reasons why supplementing with a probiotic makes sense:

**Digestive support:** Probiotics break down food and support nutrient absorption, reducing bloating, gas, and irregularity.

**Immune function:** A large portion of your immune system is located in the gut. Healthy flora supports immune defenses and may reduce the frequency of common infections.

**Restoring balance:** Antibiotics and illness dramatically reduce beneficial bacteria. Probiotics help recolonize the gut with friendly microbes that might otherwise be lost.

**General wellbeing:** Emerging science connects the gut with inflammation, mood regulation, skin health, and even metabolic processes — making the gut a cornerstone of overall health.

While research continues to evolve, the broad consensus among nutrition and functional medicine experts is that most healthy adults benefit from regular probiotic intake, especially in today's fast-paced, processed-food-heavy culture.

Not all probiotic supplements are created equal. Quality matters tremendously, because probiotics only work if the organisms are alive and make it to the part of the gut where they can thrive.

This is why we recommend **Healthy Living Solutions' 35 Billion Probiotic**:

**High potency:** Each capsule delivers **35 billion viable cells (CFUs)** — a robust dose designed to help quickly reestablish healthy levels of beneficial bacteria in your digestive tract.

**Multi-strain support:** The formula includes **eight carefully selected probiotic strains** from a trusted probiotic manufacturer. These diverse strains support both gastrointestinal and immune health, giving broad-spectrum potential benefits.

**BEARS technology:** The "Bio-Enhanced Acid Resistant Strains" are engineered to survive the harsh environment of the stomach and make it to the intestines where they're most effective — without the need for enteric coatings or refrigeration.

**Shelf-stable convenience:** Unlike some probiotics that must be refrigerated to maintain viability, this formula remains stable at room temperature thanks to a patented preservation system.

**Prebiotic support:** The blend includes prebiotic fibers which act as food for the probiotics, helping them flourish once they reach your gut.

Modern life — characterized by stress, refined foods, medications, and environmental influences — places significant strain on gut health. Adding a high-quality probiotic like 35 Billion Probiotic to your daily routine is a simple, proactive way to support digestion, immunity, and overall wellbeing.



**Bonnie  
Albright**

Bonnie is the bookkeeper at Norland and has been with the pharmacy since day one in 2001. She was born in Mercersburg and graduated from James Buchanan High School. Prior to working at Norland, Bonnie worked for JLG Industries and as a bank teller. She enjoys that each day at the pharmacy brings a new set of challenges to keep her brain healthy. She lives in Chambersburg with her husband, Bob, and enjoys spending time with her fur baby (Frankie the cat), making puzzles, cleaning, and getting together with friends.

# FREE ADHD SEMINAR

## ADHD Across the Lifespan: Understanding Symptoms & the Gut-Brain Connection

**Date:** Wednesday, February 18, 2026

**Time:** 6:00 PM

**Location:** Norland Avenue Pharmacy, Chambersburg, PA

**Speaker:** Heather Tillman, MSN, CRNP, FNP-BC – Board-Certified Family Nurse Practitioner Specialized in Functional Medicine

ADHD is often misunderstood—and frequently missed, especially in girls, women, and adults. While ADHD is a brain-based condition, research shows the brain does not work in isolation. Gut health, inflammation, sleep, and nutrition can all influence focus, mood, and behavior.

In this free seminar, Heather Tillman, will discuss ADHD across the lifespan, including how symptoms present differently in children versus adults and in males versus females. The talk will also explore the gut-brain connection and how digestive health and inflammation may impact attention, emotional regulation, and overall brain function.

### Topics include:

- Common and overlooked symptoms of ADHD in children and adults
- Why ADHD is often underdiagnosed in girls and women
- The connection between gut health and brain function
- The role of sleep, nutrition, and inflammation in ADHD symptoms
- Evidence-based medical and functional medicine approaches to supporting the ADHD brain

This seminar is designed for parents, adults, educators, and healthcare professionals and is presented in clear, practical language. No medical background is required.

**Seating is limited, please visit our website or give us a call to reserve your spot.**



**Doctor:** Do you always snore?  
**Patient:** Only when I sleep.

**Doctor:** What happened to you, Linda?

**Patient:** Well, Doctor, you told me to take the medicine for three days and then skip a day. All that skipping wore me out.

**Patient:** Doctor, I think I'm going to die.

**Doctor:** Don't be silly. That's the last thing you will do.

What did the doctor use to fix a broken heart? Tickertape.

## MADE FOR TROUBLE SKIN

**More than 24.8 million Americans live with moderate to severe eczema and psoriasis.**

If you're one of them, you don't have to struggle alone—we're here to help.

As a proud member of the Professional Compounding Centers of America (PCCA), Norland Avenue Pharmacy offers access to an advanced compounding cream base designed specifically for eczema, psoriasis, and xerosis (dry skin). This specialized base is called XemaTop.

**What makes XemaTop different?** XemaTop harnesses the power and synergy of thoughtfully selected ingredients, including **boswellic acid, avenanthramides derived from oats, phosphatidylglycerol**, and elegant film-forming agents. Together, these components enhance the delivery and effectiveness of common active pharmaceutical ingredients (APIs) often used in customized treatments for chronic inflammatory skin conditions.

XemaTop works quickly to **nourish and replenish the skin's lamellar bilayers**, helping restore the skin's natural barrier. By strengthening this protective layer, XemaTop helps **reduce redness and irritation** while also **preventing excessive moisture loss**—two major challeng-

es for people with eczema and psoriasis.

**Benefits of the XemaTop base include:**

- Replenishes essential lipids within the skin
- Supports the skin's structural integrity
- Improves the appearance of red, irritated, and compromised skin

If you struggle with problem skin, talk with your physician about creating a **custom compounded medication** tailored specifically to your needs. The compounded prescription can be created in the Accredited lab at Norland Avenue Pharmacy and delivered to Carl's for free.

**A Powerful Over-the-Counter Option: XemaCare.** For patients who don't need a prescription, we offer XemaCare, an over-the-counter skin cream formulated with this same advanced base.

Unlike many store-bought lotions and creams that are mostly water, fragrance, or occlusive ingredients that simply sit on the surface, XemaCare is designed to actively support skin barrier repair. It



absorbs well, helps calm irritated skin, and provides meaningful hydration without relying on harsh additives, strong fragrances, or one-size-fits-all formulations.

### XemaCare can be used:

- As a stand-alone daily moisturizer for eczema- or psoriasis-prone skin
- Between prescription treatments to help maintain results
- By individuals with sensitive or reactive skin who struggle to tolerate traditional OTC products

Because it focuses on restoring skin function, not masking symptoms, many patients find XemaCare more effective and more comfortable than standard over-the-counter creams.

**Your skin is unique. Your treatment should be too.**

# SLEEP EASY ESSENTIAL OIL BLEND ROLL-ON SET

## Essential Oil Corner

Say goodbye to restless evenings and wake up feeling refreshed and ready to tackle the day with the Sleep Easy Pre-Diluted Roll-On Blend Set (\$27.99)! Each pure essential oil blend in this set is designed to set you up for a great night of rest thanks to their deeply relaxing properties and calming scents. The grounding and floral aroma of Relax is a great way to let go of daily stress and enjoy a tranquil atmosphere after a long day. Sleep Tight offers the sweet floral scents of Lavender, Ylang Ylang, and Neroli, along with soothing Hops and uplifting Mandarin, to encourage a peaceful state of mind and deep, quality sleep. With Unwind you'll enjoy a calming medley of Bergamot, Ho Wood, Cedarwood, Frankincense, Myrrh, and more that will put your mind and body at ease to help lull you into a night of rest and rejuvenation!

**How to use:** Each blend is pre-diluted in Fractionated Coconut Oil and conveniently ready to use! Simply roll your favorite blend to enjoy the relaxing effects.

**Relax Pre-Diluted Roll-On:** Apply to arms, back of the neck, or temples. Pre-diluted to 5% for your convenience.

**Sleep Tight Pre-Diluted Roll-On:** Apply to the chest or tops of feet prior to bedtime. Pre-diluted to 3% for your convenience.

**Unwind Pre-Diluted Roll-On:** Apply to the chest, wrists, or tops of feet. Pre-diluted to 3% for your convenience.

Our essential oils specialist, Sharon, is available to answer any questions you may have.



we'll mail you a **\$5 reward** that can be used on anything in the store except prescription medications.

**The best part? It's completely hassle-free.**

No cards, tags, or member numbers to remember. We'll link your rewards account directly to your prescription profile, so every time you pick up prescriptions, you automatically earn points. If you're shopping for gifts or supplements, we can quickly look up your account using your phone number.

Throughout the year, we also offer double-point events exclusively for rewards members—because earning faster is even better. Be sure to watch our newsletter for announcements about these special promotions.

**You're already spending money on prescriptions—why not get rewarded for it?**

Ask any team member to sign up today. It's FREE!

## GET REWARDED

We wouldn't be here without **YOU**—our loyal customers.

That's why we're proud to offer our **FREE Rewards Program** as our way of saying thank you.

After signing up in the store, you'll earn one point for every dollar spent at either location—no matter what you purchase. Once you reach 100 points,

## Biblical Health Tips

The Bible advises you to avoid fat. With no knowledge of how cholesterol clogs your arteries, Moses gave the people the following instructions from God.

Leviticus 7:22-23 - *The Lord said to Moses, "Say to the Israelites: 'Do not eat any of the fat of cattle, sheep, or goats.'*

For doctors, it was only in the 1950s that the ravages of cholesterol came to light. If you browse medical journals, the latest warning is remarkably familiar. Avoid fatty foods, especially port and beef fat (bad cholesterol).

Your Creator, who loves you, knows what is best for you.

## Community Bible Study

[Chambersburg.cbsclass.org](http://Chambersburg.cbsclass.org)

A portion of this month's sales at Norland will be donated to this fine organization.



Non-Profit of the Month

## Bible Adventure

[JoyEIGeneration.org](http://JoyEIGeneration.org)

A portion of this month's sales at Carl's will be donated to this fine organization.



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Feb 16-28: 20% Off Socks & Slippers

***"Do to others as you would have them do to you."***

Luke 6:31

Sock and slipper offerings vary by store.  
Shop early for the best selection.



**20% OFF  
SOCK &  
SLIPPER  
SALE**

FEB  
16-28

\*These statements are culmination of the knowledge and experience of the team at Norland Avenue Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and these products are not intended to diagnose, treat, cure or prevent any disease.

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