

BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.

Why We Recommend Low Dose Naltrexone (LDN)

The more patients we work with taking Low Dose Naltrexone (LDN), the more excited we get about it. We believe this medication can help many people in our community.

Naltrexone, an opiate receptor antagonist, is not a new drug, but when used off label, at very low doses, is a drug shown in many trials to be of therapeutic benefit. The 50mg dose of Naltrexone was approved by the FDA in 1984 to treat opioid and alcohol addiction.

In 1985, Bernard Bihari, MD, a physician with a clinical practice in New York City, discovered the effects of a much smaller dose of Naltrexone. When reduced to doses ranging from 0.5mg to 9.0mg daily, it can modulate the immune system and may provide relief to those suffering from autoimmune diseases, chronic pain, mental health challenges, inflammation, and more.

Over the past fifteen years, there has been a growing body of evidence that the body's endorphins (naturally occurring opioids) have a crucial role in regulating the immune system and providing pain relief. LDN's blockade of Toll Like Receptors (TLRs) is believed to contribute to the anti-inflammatory and immune dampening effects. These mechanisms help us understand why LDN is beneficial for so many patients.

Since we began specializing in LDN at Norland Avenue Pharmacy, we have seen a wide variety of successes. It is these successes that motivate us to continue to try to help other patients.

We recommend LDN to many patients for four main reasons:

1. It's Safe: The FDA approved Naltrexone in 1984 at doses of 50mg and greater. LDN is just a fraction of that strength. Also, a study was published in January of 2019 to evaluate the safety of oral naltrexone by examining the risk of serious adverse events and adverse events in randomized

controlled trials of naltrexone compared to placebo. Over 11,000 participants were included and there was no evidence of increased risk of serious adverse events for naltrexone compared to placebo.

2. It Has Few Side Effects: After completing follow-up calls with patients on LDN, we found that 52% experienced no side effects while taking LDN. The most common side effect reported was vivid dreams or sleep disturbances at 33%. However, 100% of patients that experienced side effects said that the side effects resolved after a few weeks.

3. It's Cost Effective: At Norland Avenue Pharmacy, LDN costs only about \$1/day.

4. It Works for Patients with Many Different Conditions: The list of conditions that LDN has been helpful in treating is too long to include in this article and continues to grow every day. It includes any autoimmune disease, pain, depression, anxiety, cancer, inflammation, and more!

"As a very conservative figure, at least 70% of the patients who have tried LDN have had a positive clinical response. If you take out the patients who stopped early because of side effects, the number increases to over 80%. Of the patients who have had a clinical re-

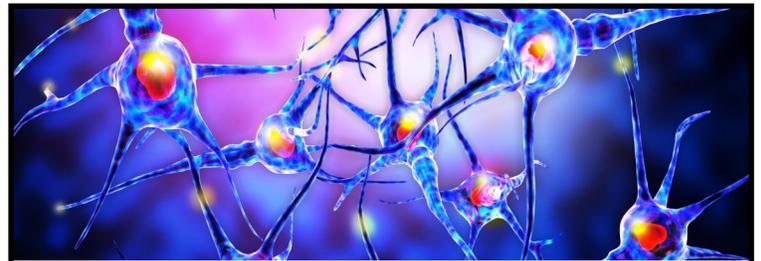
sponse, the percentage who rate their response as much improved (which would be a level 5 on a scale of 1 to 5) is around 30%." - Jill Cottel, MD, Medical Director, Poway Integrative Medicine Center, Poway, CA

LDN is available only by prescription and is custom made at a compounding pharmacy. The key to success in using LDN is an understanding that optimal dosing is ultimately patient specific and is not dependent on a set protocol. Therefore, it is critical to work with a provider or a compounding pharmacy knowledgeable in strategies that can help ensure success with LDN.

If you would like to know more, visit our website or stop by the pharmacy. We can provide you information to take to your physician. Or, join Dr. Wayne Myers for our free seminar on Thursday, September 16th.



SEPT 2021



FREE LDN SEMINAR

Thurs, Sept 16th, 2pm or 6pm

You will want to join us if you or a loved one is suffering from an autoimmune disease, chronic pain, depression, or anxiety.

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:
(717) 217-6790 or www.NorlandRx.com/events

“Adversity has the effect of eliciting talents which in prosperous circumstances would have lain dormant.”

– Horace

The Best Medicine

Why do people hate getting up early in Athens?
Because dawn is tough on Greece.

I used to run a dating agency for chickens, but I was struggling to make hens meet.

I asked my phone, “Siri, why am I so bad with women?”
She said, “I’m Alexa.”

My landlord wants to meet to discuss how high my heating bill is. I told him, “My door is always open.”

ATTENTION: A Call to Action

Recently, compounded bio-identical hormone replacement therapy (BHRT) has come under fire. In July 2020, a report commissioned by the FDA was published by the National Academies of Science, Engineering, & Medicine (NASEM), that ultimately recommended across the board restrictions on compounded hormones, potentially removing access to this important therapy for millions of patients who benefit from them.

The overwhelming number of patients who take compounded hormones are women who are experiencing menopause. Restricting access to compounded hormones is more than just a bureaucratic matter. Most of the patients taking compounded hormones have no other options—their physician has determined that manufactured hormones don’t meet their needs—and the symptoms of hormone imbalance can be quite devastating to a person’s well-being.

WE NEED YOUR VOICE! Take action by sharing your story, including how taking compounded hormones has positively affected your life by visiting www.compounding.com. You can help put a face to this issue and humanize it. Where the NASEM report is cold and clinical, with no mention of patient outcomes, you can show, through your story, the impact that compounded hormones can make on people’s lives.



Biblical Health Tip

Avoid Fat

The Bible advises us to avoid fat. With no knowledge of how cholesterol clogs our 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 pork and beef fat (bad cholesterol).

Our Creator who loves us knows what is best for us.

Diabetes Bootcamp: Limited Openings

- Are you struggling with figuring out what to eat and how to exercise?
- Do you want to learn how to prevent hospitalizations from diabetes?
- Do you want to figure out how to monitor your glucose levels most effectively?
- Are you confused or overwhelmed by your medications and want to learn more about all your options?
- Do you need help with setting and achieving goals and want to learn how to lower your A1C?

Join our new ADCES Accredited Diabetes Self Management and Education Program: DIABETES BOOTCAMP!
When you sign up for our Diabetes Bootcamp you will get...

- An initial phone meeting with pharmacist Dr. Ashli Yoder to review your diabetes, labs, and goals.
- Monthly, one-hour long group workshops for four months each focused on a different aspect of diabetes.
- A free health screening and nutrition counseling with registered dietitian Paige Finkenbinder from Capital Blue Cross.
- Prizes and giveaways at every class.
- Ongoing support.

Take back control of YOUR diabetes, YOUR health, and YOUR life! The Diabetes Bootcamp costs just \$20.

For more information or to sign-up, call the pharmacy at 717-217-6790 or visit our website (www.NorlandRx.com) and click on Services. Diabetes Bootcamp starts in September with flexible scheduling and is limited to the first ten participants.

Featured Non-Profit

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

Habitat for Humanity

Habitat empowers local low-income families to become self-reliant through home ownership. For more information or to become a volunteer, visit www.habitatfranklinpa.org.

Meet the Team: Dan Johnston

Dan joined our team in January of 2015 and serves in many roles. You may find him answering patient questions on supplements and vitamins or stocking shelves in the store. You may see him out and about driving our delivery vehicle. Dan also helps at our educational seminars and events. No matter where you see him, Dan is sure to be smiling. He currently lives in Chambersburg with his wife, Marcia. In his free time, Dan enjoys gardening, reading, and teaching adult Sunday School as well as Saturday afternoon dates with Marcia.



The Difference is Night and Day

Plant Therapy's Revitalize Night Oil (\$24.99) is infused with CBD and combines intensely moisturizing oils like Argan, Marula, and Evening Primrose with the skin-loving benefits of Chamomile, Blue Tansy, and Neroli essential oils. Designed to be used at the end of your day, Revitalize Night Oil has age-defying and restorative properties that work as you sleep to help enhance your skin's texture and reduce the appearance of fine lines and wrinkles. For maximum benefit, pair with our Revitalize Day Oil as part of your daily skincare routine.



Revitalize, hydrate, and soften your skin with Plant Therapy's luxurious Revitalize Day Oil (\$24.99). Infused with CBD, it combines powerfully moisturizing oils like Camelia Seed, Kalahari Melon, and Pomegranate Oils with the skin-loving benefits of Bergamot, Sandalwood, and Helichrysum essential oils. The result is a face oil that will help moisturize and hydrate your skin while penetrating deeply. Designed to be used at the start of your day, Revitalize Day Oil has age-defying properties that help improve overall tone while helping with the appearance of fine lines and wrinkles.



sale

**20% OFF ALL MELISSA & DOUG ITEMS
SEPTEMBER 1-15**

Recommendations for Protection & Immunity

As the battle against COVID-19 and the subsequent variants continues, we encourage you to protect yourself and your community. This can include washing your hands frequently, wearing a mask, social distancing, building your immune system, and/or getting vaccinated.

In terms of vaccinations, the CDC approved the administration of a third dose to immunocompromised individuals in August. This is NOT a booster dose. This third dose is recommended for patients that received the vaccine series but, because of an immunocompromising condition, likely did not have a good response and needs a third dose for optimal immunity.

An immunocompromised individual is someone that is being treated for solid or blood tumors, had an organ transplant, had a stem cell transplant, HIV, moderate-severe immunodeficiency syndromes, treatment with high dose steroids, biologics, TNF agents, chemotherapy, etc. Immunocompromised patients should receive the same vaccine that they had for their first two doses at least 28 days after their second dose.

At this time, booster doses have not officially been recommended. Please check our website (www.NorlandRx.com) regularly for details on how we will be handling booster doses if and when they become recommended. We are currently offering COVID vaccinations on a walk-in basis. Pfizer is available Monday through Saturday, and Moderna is available on Mondays, Wednesdays, and Fridays.

With the impending flu season approaching, you should know that you can receive a flu shot at the same time you receive your first, second, or third dose of the COVID-19 vaccine.

If you are interested in building your immune system through supplementation, Dr. Wayne Myers recommends the following one-two punch for immune health:

1. **Nordic Immune Daily Defense:** 3 soft gels each morning (\$1.17/day)
2. **Healthy Living Solutions' Immune System Support:** 2 capsules each evening (82¢/day)

These two products combined will provide you with elderberry extract, vitamin C, vitamin D, zinc, and many more vitamins and minerals to support a healthy immune system.

As always, feel free to stop by or give us a call if you have any questions or concerns.



HARVEST SALE!

25% OFF

**ALL REGULARLY PRICED
VITAMINS, SUPPLEMENTS,
& ESSENTIAL OILS**

SEPTEMBER 16th-30th

Mark Your Calendar

- Sept 1-15 20% Off All Melissa & Doug Items
(details on pg 3)
 - Sept 6 Closed for Labor Day
 - Sept 16-30 Harvest Sale (details on pg 4)
 - Sept 16 FREE LDN Seminar (details on pg 1)
- Seating for seminar is limited, reserve your spot today!*

Norland Avenue Pharmacy LLC

Located in the WellSpan Health Campus, Building 2
12 St. Paul Drive, Suite 105 ♦ Chambersburg, PA 17201
Phone: (717) 217-6790 ♦ Fax: (717) 660-0631
www.NorlandRx.com

[Facebook.com/NorlandPharmacy](https://www.facebook.com/NorlandPharmacy)
[Instagram.com/NorlandAvenuePharmacy](https://www.instagram.com/NorlandAvenuePharmacy)
[Twitter.com/NorlandPharmacy](https://www.twitter.com/NorlandPharmacy)



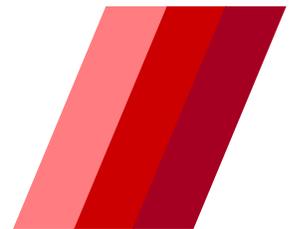
Flu shots and COVID vaccinations will be available in September. Procedures for scheduling may change due to COVID protocols changing. Please give us a call or check our website for details: www.NorlandRx.com. We appreciate your patience and understanding.

In This Issue:

Why We Recommend Low Dose Naltrexone	Pg 1
ATTENTION: A Call to Action.....	Pg 2
Diabetes Bootcamp: Limited Openings.....	Pg 2
The Difference is Night & Day	Pg 3
Recommendations for Protection & Immunity	Pg 3

- Colossians 4:5

“Be wise in the way you act toward outsiders; make the most of every opportunity.”



Return Service Requested

12 Saint Paul Drive
Suite 105
Chambersburg, PA 17201



PRRST STD
U.S. POSTAGE
PAID
CHAMBERSBURG,
PA PERMIT NO. 426