

FEEL BETTER, BE HEALTHIER, START NOW NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...

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LOSE THE CRAVINGS, NOT CONTROL

There's no denying it—GLP-1 medications have changed the weight loss conversation. But they've also left a lot of people asking the same question: *What happens before, during, or after using them?*

That's where Pendulum's GLP-1 Probiotic Pro steps in—with a very different approach.

Instead of introducing a drug that mimics GLP-1, this probiotic is designed to help your body naturally produce more of it. GLP-1 is your body's "I'm full" signal. It slows stomach emptying, supports blood sugar balance, and tells your brain when it's time to stop eating. And when that signal works well, weight management gets a whole lot easier.

Here's what makes this product stand out: it's built around specific, targeted strains—*Akkermansia muciniphila*, *Clostridium butyricum*, and *Bifidobacterium infantis*. These bacteria don't just sit in your gut—they actively interact with your metabolism. As you eat, they convert fiber into beneficial compounds like butyrate and propionate, and even release signaling proteins that help trigger natural GLP-1 production.

In plain terms: your gut starts sending better "you're full" signals. And the results? They're surprisingly strong for a non-drug approach.

In consumer research, **91% of people reported reduced overall food cravings and 88% reported fewer sugar cravings** after using a Pendulum GLP-1 probiotic.

That's not about discipline—that's about biology finally cooperating. So who is this actually for?

If you've never used a GLP-1 medication: This is a powerful place to start. Instead of jumping straight to injections, you're supporting your body's natural pathways first. For many people, that means fewer cravings, better portion control, and more stable energy—without the cost or commitment of a prescription.

If you're currently using a GLP-1 medication: Think of this as support, not replacement. GLP-1 drugs work on the hormone level, but they don't fix the underlying gut environment. Supporting your microbiome can help reinforce those signals and may make the overall experience feel smoother and more sustainable.

If you've stopped using a GLP-1 medication: This is where things get really interesting. One of the biggest concerns after stopping these medications is rebound appetite. By helping your body continue producing GLP-1 naturally, this probiotic may help ease that transition and maintain some of the appetite control you've experienced.

Now, let's keep it honest—this isn't a pharmaceutical effect. It's not going to shut down your appetite overnight. But that's actually the advantage. You're not overriding your body—you're retraining it.

And that matters long term.

We're learning more every year that the gut microbiome plays a central role in

weight, metabolism, and even cravings. Strains like *Akkermansia* have been linked to improved metabolic health, better insulin sensitivity, and reduced inflammation—all key pieces of sustainable weight management.

So instead of forcing change, you're rebuilding the system that regulates it. That's a very different strategy—and for many people, a much more sustainable one.

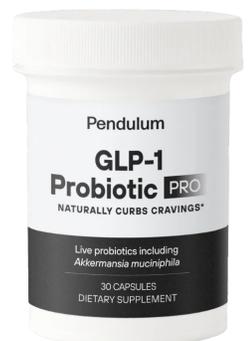
At the end of the day, weight loss isn't just about eating less. It's about better signals, better balance, and a body that finally works *with* you instead of against you.

And sometimes, the smartest move isn't adding more force... it's fixing the foundation.

When you pick-up your bottle (30ct, \$74.99), we recommend the following for best results:

1. Take one capsule once daily with a real meal (not just coffee).
2. Be consistent, everyday, same time. You're building a microbiome shift.
3. Give it time. It can take 4-12 weeks to see changes.

Feel better, be healthier, start now.



Tracie Roles

Meet supplement specialist, Tracie! Tracie grew up in Chambersburg, graduated from James Buchanan High School and now lives in Chambersburg with her husband, Rod. Prior to joining the Norland Avenue Pharmacy team in August of 2007, Tracie worked at F&M Trust. Tracie first learned of the benefits of vitamins and supplements when she took a prenatal vitamin during her first pregnancy. Ever since, she has loved researching and helping others benefit from the right vitamin or supplement. In her free time, Tracie enjoys spending time with her grandkids, and she is always ready to share a good dad joke.

DIABETES BOOTCAMP IN GREENCASTLE!

- 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 most effectively?
- Are you confused/overwhelmed by your medications and want to learn about your options?
- Do you need help with setting and achieving goals or lowering your A1C?

Join Norland Avenue Pharmacy's ADCES Accredited Diabetes Self-Management and Education Program: Diabetes Bootcamp and you will get...

- An initial phone meeting with pharmacist Dr. Ashli Yoder to review your medications, labs, and goals.
- Four weekly, 1.5 hour long group workshops each focused on a different aspect of diabetes.
- Help setting and tracking one lifestyle change over the course of four weeks.
- Healthy food tasting at every class.
- Ongoing support options after Bootcamp ends.

WHEN: Wednesdays in May: 5/6, 5/13, 5/20, & 5/27 from 10:30am-12pm

WHERE: Biblical Education Center, 1542 Buchanan Trail East, Greencastle, PA

COST: \$125 for the entire Bootcamp!

Take back control of YOUR diabetes, YOUR health, and YOUR life!

Call Norland at 717-217-6790 for more information or to reserve your spot!



Why did the pharmacist lose his job? He ran out of patients.

What do you do with a sick chemist? If you can't helium, and you can't curium, you might as well barium.

Patient: "Doctor, I get heart-burn every time I eat birthday cake."

Doctor: "Next time, take off the candles."

I just had a successful liver transplant operation. The surgeon really de-livered!

20% Off

All purses, wallets, & bags.

Perfect for Mother's Day.

APRIL 16-30



UNDERSTANDING WEIGHT LOSS MEDICATIONS

FREE WEBINAR, THURSDAY, APRIL 23RD, 4:30-5:30PM

SPEAKERS: DR. CLAUDETTE GBEMUDU-JATTO & DR. WAYNE MYERS

Everyone is talking about GLP-1 medications for weight loss. But almost no one is talking about what actually matters long-term: your metabolism, your muscle, and your future health.

What if these medications aren't just about losing weight... but about retraining your metabolism, preserving strength, and supporting longevity? And what if the way most people are using them... is missing that opportunity entirely?

Join us for this free educational webinar to discover...

- Why GLP-1 and GIP peptides are not just weight loss tools—but powerful metabolic regulators
- The hidden risk of rapid weight loss, including muscle loss and metabolic slowdown
- The difference between standard, one-size-fits-all dosing vs. customized peptide protocols
- What "microdosing" means—and why it's becoming a conversation in longevity medicine
- How to think about long-term maintenance, not just short-term results
- What most providers are not explaining about these medications



The truth is—losing weight is easy. Maintaining a strong, healthy metabolism is not.

Reserve your spot today: [NorlandRx.com/events](https://www.norlandrx.com/events)

STOP THE ITCH BEFORE IT TAKES OVER

Essential
Oil Corner

You know the cycle—one mosquito bite turns into nonstop itching, scratching, and more irritation. It's frustrating, especially when it keeps you (or your kids) from enjoying time outside. But instead of reaching for harsh chemicals, there's a better way to calm the skin and break the itch-scratch cycle naturally.

Badger's Certified Organic After-Bug Balm is a simple, effective solution designed to soothe irritated skin right when you need it most. At the center of this balm is 10% colloidal oatmeal—a time-tested, FDA-recognized skin protectant that's been used for thousands of years to relieve itching and inflammation. Once applied, it forms a light, protective barrier over the skin, helping lock in moisture while calming irritation.

This isn't just about relief—it's about restoration. The formula combines organic beeswax and vitamin E-rich sunflower oil to nourish the skin, while tamanu oil provides deep hydration and antioxidant support. Essential oils like lavender and seabuckthorn add an extra layer of soothing care, and a touch of menthol delivers a gentle cooling sensation that helps quiet the urge to scratch.

What makes this balm stand out is how safe and versatile it is. It's pediatrician approved, hypoallergenic, and made with 100% natural, certified organic ingredients—so you can feel confident using it on the whole family, even those with sensitive skin.

And because life doesn't stop for bug bites, the convenient twist-up stick makes it easy to toss in your bag, keep in the car, or carry on outdoor adventures. Whether you're at a backyard cookout, on a hike, or just dealing with an unexpected bite, relief is always within reach.

If you're looking for a clean, effective way to care for irritated skin without compromising on ingredients, this is one product worth keeping close all season long. Stop by the pharmacy to get yours today (\$9.99).

Ahhh...soothing itch relief.



A FUN SOLUTION FROM THE LAB

Mouth and throat pain (sores, tonsilitis, strep throat, viral infections, etc.) can be difficult to treat. We have a very effective, fun solution that comes from the compounding lab at Norland Avenue Pharmacy: tetracaine lollipops.

We custom make these lollipops in our compounding lab in different flavors and strengths depending on the patient's preferences and needs. Higher strengths are usually reserved for post-surgical patients—often used after a tonsillectomy. Keep in mind, you will need to have a physician write a prescription for tetracaine lollipops. A typical dosage strength and our most popular flavors are listed here:

TETRACAINE 0.5% LOLLIPOPS

Choose from **raspberry, bubble gum, or grape.**

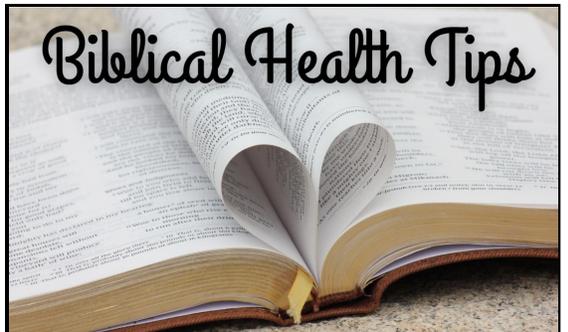
Tetracaine lollipops should not be eaten like candy in one sitting. The directions are as follows:

1. Place the lollipop in your mouth and swirl around until you feel a tingling and/or numbing on your tongue. This should take 30 seconds to two minutes at most.
2. Remove the lollipop and set aside (back in the bag or in a cup).
3. Repeat as needed, perhaps every one to two hours.



Following these directions, one lollipop should last one to two days. Insurance does not cover the cost (2 lollipops, \$25). Most of our patients will tell you, they are well worth the money. **If you or your physician have any questions, please don't hesitate to call the compounding team at 717-217-6790.**

Biblical Health Tips



God knew about disease-causing bacteria before any human eye saw them with a microscope. Through Moses He warned that anyone with a skin sore should be isolated for seven days. The sick person is to burn his clothes and clean himself thoroughly. Moses gives a lengthy discussion (like a dermatologist) on what type of rash is clean or unclean. Then the high priest, acting like a doctor, will see the isolated patient every week until the sore disappears (see Leviticus 13).

It wasn't until the 1880s when scientists began to accept that bacteria caused disease, but God knew. Keep washing your hands and keep your home and clothes clean. When you have an infection, isolate it or yourself as best you can.

House of Grace

HouseofGraceNonProfit.com

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



Non-Profit
of the
Month

Women in Need

WINServices.org

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



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Coming Events

Apr 16-30: 20% Off Purses,
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Apr 23: FREE Understanding
Weight Loss Medications Webi-
nar (pg 2)

**PLEASE NOTE, BOTH
PHARMACIES WILL BE
CLOSING AT 3PM ON
FRIDAY, APRIL 3RD IN
HONOR OF GOOD FRIDAY.**

THE ANSWERS YOU NEED, WHEN YOU NEED THEM

We hear these questions every day on the phone:

Is my prescription ready for pick-up?

Does my prescription have any refills left?

Can I get a refill of my medication?

What doctor wrote my prescription?

When did I last have my medication filled?

Can I give you my new insurance information?

Will you print me a report of all my medications?

Can you transfer my prescription from another pharmacy?

While we are happy to help answer any questions you have, our free mobile app can also be used in each of these instances. Not only can you see your medication profile, request refills, and request to transfer prescriptions, you can also securely message a pharmacy team member if you can't find the answer you're looking for. You can even request to have your children and/or spouse added to your account.

Download Rx365 for FREE today!

*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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