

BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.

Save Everyday on Our Top Recommendations



JUL 2021

If you've visited any pharmacy, you know there are a lot of vitamins and supplements to choose from for improved health. If you are unfamiliar with supplementing your diet naturally, the sheer quantity of options can be daunting. I have developed a list of my **Top 5 Natural Health Recommendations for Almost Anyone**, and our pharmacy offers an everyday discount when you purchase these items together!

1. MULTIPLE VITAMIN: Hardly anyone gets enough vitamins, nutrients, and antioxidants regularly in their diet, so I always recommend a multiple vitamin. You need nutrition throughout your day, so a multiple vitamin should be taken multiple times a day. Quality is the most important thing, and here at Norland we vouch for the products we carry on our shelves. There are many different options to choose from. Stop by and talk to our supplement specialists who are here to help find the perfect multi for you.

2. PROBIOTIC: Knowing that the majority of your immune system resides in your gut, keeping your gut healthy is a top priority. For proper digestion and immune health, I recommend everyone take a high quality probiotic daily. When you get sick and take an antibiotic, it not only sweeps away the bad bacteria in your system, but it takes with it the good too. This is why I recommend that anyone prescribed an antibiotic double-up on their probiotic for the duration of the treatment. Be sure to take the probiotic at least two hours apart from your antibiotic for best results.

3. FISH OIL: Everyone should be supplementing with fish oil. Given the unhealthy nature of Western food choices, supplementing your diet with Omega 3 fatty acid is essential and will help with a range of things—from brain and heart function to eye and joint health.

4. VITAMIN D: Research has noted the vital importance of Vitamin D. Not only has it been known to help with depression and furnish a healthier immune

system, but it can also help prevent cancer and heart disease. Unless you spend a significant amount of time outside soaking up vitamin D from the sun, I recommend you get 5000iu in the winter and 2500iu in the summer per day.

5. COENZYME Q10 (COQ10): My final recommendation is Coenzyme Q10. CoQ10 is a nutrient located in every cell of your body and is often called "the sparkplug of the cell." As you age, your body produces less and less CoQ10 – resulting in a loss of energy. Many drugs (especially -statins) deplete it as well, often times causing muscle aches and pains. I advise anyone feeling less energetic and anyone taking a -statin drug to supplement with CoQ10 daily.

We want to help you be healthy and stay healthy, so we offer a great everyday discount on our Top Five list. If you have any questions or concerns, please contact our supplement specialist, Tracie, at 717.217.6790 or stop by and see her.

Our Top 5 supplement recommendations:

1. Multi-vitamin
2. Probiotics
3. Omega-3s
4. Vitamin D
5. CoQ10



- To help you reach optimal health, we offer a great discount.
- Buy **two** different Top 5 products and receive **10% OFF** each.
 - Buy **three** different Top 5 products and receive **15% OFF** each.
 - Buy **four** different Top 5 products and receive **20% OFF** each.
 - Buy **all five** of the Top 5 products and receive **25% OFF** each.

*Discount applies to regularly priced items and cannot be combined with other offers.
Discount available regardless of brand or quantity.*

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“Vulnerability is not winning or losing; it’s having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it’s our greatest measure of courage.”

– Brene Brown

The Best Medicine

Did you hear about the mathematician who’s afraid of negative numbers?

He will stop at nothing to avoid them.

My boss always laughed at my jokes at work, but since the pandemic she never laughs at them on Zoom calls. I asked her why she doesn’t laugh at them anymore.

She replied, “Because your jokes aren’t remotely funny.”



Compounded Solutions for Migraines

The World Health Organization (WHO) ranks migraines as the 19th disability-causing disease worldwide. It is reported that 12% of the population suffers from migraines; however, many people self-medicate instead of seeing a healthcare professional. In a U.S. based study, 52% of respondents who met the criteria for migraines had not had their condition diagnosed by a doctor or healthcare professional.

Without a diagnosis and proper management, it is possible that you could get secondary headache syndrome and/or medication-overuse headaches, further exasperating the problem. It is important to tell your doctor if you have migraines.

Migraines are characterized by unilateral pain (pain on one side of the head) that pulsates. The following symptoms are often experienced during a migraine:

- Sensitivity to light, smells, sound, and touch
- Blurred vision
- Stomach upset and vomiting
- Stiffness in the neck and shoulders

Migraines with aura (focal neurological symptoms) account for about a quarter of all migraines. When aura occurs, it typically sets in slowly and acts as a warning before the pain starts. Aura can occur during a migraine as well. Aura most often causes you to see strange things like colored spots but can also include blind spots, flashes of light, sparkles and stars, tunnel vision, and zig zags.

Treatment differs for migraines with aura versus migraines without. Again, it is important to speak with your physician or healthcare professional to seek guidance in dealing with migraines.

During a migraine attack the pylorus (a section of your stomach) closes, limiting the absorption of oral medication. A study was done in 2011 to test the benefit of using sublingual piroxicam during acute migraine attacks without aura.

Piroxicam is a nonsteroidal anti-inflammatory drug (NSAID) that works by reducing substances in the body that cause pain and inflammation. Sublingual troches are small gelatin lozenges that dissolve under the tongue or between the cheek and gums. They have regained tremendous popularity for the absorption of medications because the lining of the mouth is thin and rich in blood supply.

In the study, 60 patients were given either the sublingual piroxicam or a placebo during a migraine attack. Patients treated with the piroxicam showed a significant decrease in pain intensity 15 minutes after ingestion and went to show a further reduction in the 24 hours after administration. Of those patients given the placebo only 10% reported an excellent to good response as compared to 83.3% of patients given the piroxicam troches.

As the area’s only PCAB Accredited compounding pharmacy, we can compound piroxicam troches in our lab with a prescription. If you would like information about this compounded solution to take with you to your physician, please stop by the pharmacy and ask.



Biblical Health Tip

Obeying God & Your Health

One of the most interesting developments in health education has been the recognition of what is called “spiritual health.” This area of study acknowledges the vital role that *beliefs* and *values* play in influencing behavior and health.

Individuals who believe in God, attend church regularly, and hold strong moral convictions are less likely to smoke, abuse alcohol or drugs, or engage in promiscuous sexual activities. While some call these “normal human freedoms,” health professionals call them *high risk* behaviors. The Bible labels such actions as *sins*—to be avoided!

Personal religious beliefs are a powerful influence on behavior, and your behavior has much to do with your health. One of the most important things you can do for your health is to obey God’s instructions.

If you want the blessings of God, quickly follow his instructions.

Featured Non-Profit

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

Pregnancy Ministries

At Pregnancy Ministries, their mission is to uphold the sanctity of human life by providing Christ-centered assistance in pregnancy and related areas. For more information visit pregnancyministries.org.

Meet the Team: Wendy Myers

Wendy has been with the pharmacy since day one as Wayne's better half and gift buyer. When she's not helping with her kids' school or sports teams, Wendy spends time finding just the right selection of unique, affordable gifts for our gift shop. When you notice how beautiful a display is in the store, it was probably Wendy's doing. She is originally from the Baltimore area, but now lives with Wayne and their four children in Scotland.



Save Money with Norland Rewards

Joining our FREE Norland Rewards program offers you...

- A \$5.00 reward for every \$100 spent
- Invitations for special events
- "Members Only" promotions
- Discounted flu shots, no appointment necessary
- Money saving access to our Prescription Savings Club



As a member of our Rewards program, you can take advantage of the special pricing in our Prescription Savings Club:

30-Day Supply:	\$8.99
90-Day Supply:	\$12.99
180/360-Day Tier I:	\$20/\$38
180/360-Day Tier II:	\$37/\$70
180/360-Day Tier III:	\$59/\$114

For a full list of the medications that are included, please visit www.NorlandRx.com or stop by the store and ask!



OTC Migraine Option

More than 37 million people in the U.S. suffer from migraines. And for those who do, the word suffer often doesn't adequately convey how debilitating they can be. Not only do they cause discomfort, but they can make light, sound, and even lying down in a quiet room almost unbearable.

We have a great over-the-counter (OTC) product that many customers are seeing good results with. **LifeSeasons® Migra-T™ Tension Ease** helps maintain blood vessel tone, helps relieve mild discomforts, and has an antioxidant effect on nerve tissues. It even helps with light and sound sensitivity.

Migra-T contains natural ingredients that support the challenges associated with migraines:

Feverfew—most commonly used today in health supplements to support blood vessel tone and nervous system health. It was used as a medicinal herb by the Greeks as early as the First Century AD and is a traditional remedy for headache.

Ginger—supports healthy blood flow to the head and calms the nervous system.

White Willow Bark—contains salicin, which is chemically similar to aspirin and thought to ease pain and discomfort. Ancient civilizations used willow tree extracts for pain, inflammation, and musculoskeletal conditions.

Magnesium—used in healthcare supplements to promote muscle and stress management. Magnesium maintains vascular integrity and may prevent the onset of migraines.

CoQ10—supports cardiovascular health, boosts energy, and speeds recovery from exercise. CoQ10 is shown to strengthen the immune system and counteract muscle discomfort.

Everyone is different, so results can vary. The key is to maintain consistent use every day to see the best results. Take two capsules daily with food (\$1/day).

As always, if you have any questions, please stop by and talk to one of our specialists. We are happy to help you find the right solutions for your concerns.



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July 16-31 BOGO 50% Off Essential Oils Department

COVID vaccinations are available Mondays through Fridays from 9am-6pm and Saturdays from 8:30am-12:30pm. Pfizer and Johnson & Johnson are available every day. Moderna is available on Wednesdays and Fridays.

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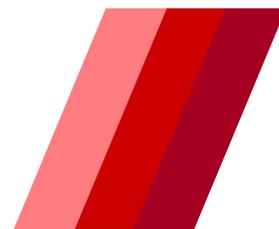
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- Colossians 4:5

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



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