

FEEL BETTER, BE HEALTHIER, START NOW NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...

September 2026



THYROID HEALTH: WHAT YOU NEED TO KNOW ABOUT YOUR OPTIONS

Your thyroid may be small, but it has a big job. This butterfly-shaped gland produces hormones that help regulate metabolism, energy use, heart rate, digestion, mood, and many other important functions throughout the body. When thyroid hormone levels are too low or too high, the effects can be felt throughout the body.

A Big Change for Compounded Thyroid Medications: If you take a compounded thyroid medication—or have considered one—you may have heard about recent changes from the FDA. In March 2026, the FDA announced that **animal-derived thyroid medications, commonly known as desiccated thyroid extract (DTE), are not eligible for pharmacy compounding** because the agency considers these products to be biological products rather than conventional drugs. The FDA is also developing additional guidance regarding these unapproved animal-derived thyroid medications.

This is important because it affects medications made from animal thyroid tissue, including compounded versions of DTE. However, this does not mean that all compounded thyroid medications are going away.

What Can We Still Compound? At Norland Avenue Pharmacy, we can continue to compound synthetic thyroid hormones such as levothyroxine (T4) and liothyronine (T3) when a patient's individual needs cannot be met by an FDA-approved medication.

Compounding can be particularly helpful when a prescriber needs a customized strength, dosage form, or combination of T4 and T3 that isn't commercially available. As with any compounded medication, these preparations require a prescription and are made specifically for an individual patient's needs.

If you've been taking a compounded thyroid medication and aren't sure whether these changes affect you, **don't stop taking your medication on your own.** Talk with your prescriber and pharmacist about your options. We can work together to help determine what makes sense for you.

Supporting Your Thyroid Beyond Prescription Medication: Your thyroid relies on a steady supply of specific nutrients to produce thyroid hormones and help your body convert those hormones into their active form. When nutritional needs aren't being met, the body may not have all the building blocks and cofactors it needs to support normal thyroid function.

Thyroid Support by Healthy Living Solutions was formulated to provide comprehensive nutritional support for these processes. Rather than focusing on just one nutrient, it combines vitamins, minerals, and botanical extracts that support healthy thyroid hormone production, hormone activation, metabolism, energy, and the body's response to stress.

This can be a good option for someone who wants to be proactive about sup-

porting normal thyroid function through nutrition—or who wants additional nutritional support alongside the care they're already receiving from their healthcare provider. It is not a replacement for prescribed thyroid medication, but it can be part of a broader approach to taking care of your thyroid and overall health.

Thyroid Support | 60 capsules | \$20.10
Suggested use: 2 capsules daily



Take Control of Your Thyroid Health: Whether you take prescription thyroid medication, use a customized compounded formulation, or simply want to be more proactive about supporting healthy thyroid function, we're here to help you understand your options. Have questions about your thyroid medication or want to learn more about Thyroid Support? Stop by the pharmacy and talk with our team.



Holly
Strine

A lifelong Chambersburg-area resident, Holly graduated from Chambersburg Area High School and now lives in Fayetteville. She joined the Norland team in 2012. Before that, she worked with her family's farm supply business, helping run the warehouse, handle bookkeeping, and prepare and receive orders. Her strong work ethic has definitely carried over to Norland! Holly's favorite part of her job is helping patients simplify their medications—especially getting prescriptions synchronized and packaged. Outside of work, she loves spending time with her family and her son, who is the center of her world. She also enjoys watching TV and movies.

A SIMPLE STEP TO PROTECT YOUR COMMUNITY

Flu season is coming, and getting your annual flu shot is about more than protecting yourself. It's also about protecting the people around you. When more people are vaccinated, there are fewer opportunities for influenza to spread through families, workplaces, schools, and our community—helping protect those who are at greater risk of serious complications.

And influenza is not “just a bad cold.” During the 2024–2025 flu season, the CDC estimates that influenza caused approximately 51 million illnesses, 23 million medical visits, 710,000 hospitalizations, and 45,000 deaths in the United States. The good news? Flu vaccination prevented an estimated 10 million illnesses, 5 million medical visits, 180,000 hospitalizations, and 12,000 deaths that season.



Vaccination can also make a difference if you do get sick. Studies have shown that vaccinated people who get influenza may have a lower risk of severe outcomes, including hospitalization. During the 2024–2025 season, CDC estimates found that vaccination provided measurable protection against flu-associated hospitalization in both adults and children.

Which Flu Shot Should You Get? The CDC recommends an annual flu vaccine for everyone six months and older, with a few exceptions. For most people under 65, a standard age-appropriate flu vaccine is appropriate.

If you're 65 or older, the CDC preferentially recommends a high-dose, recombinant, or adjuvanted flu vaccine when available. These vaccines are designed to produce a stronger immune response in older adults, whose immune systems may not respond as strongly to vaccination.

Whether you're protecting yourself, your grandchildren, your coworkers, or a loved one with health conditions that put them at higher risk, getting vaccinated is one small step that can make a big difference.

We offer walk-in vaccinations at Norland from 9am-6pm and at Carl's from 10am-5pm. For those of you who prefer to have an appointment, we will be offering appointments at Norland. To book, visit NorlandRx.com.

PREPARE FOR FALL: SUPPORT YOUR IMMUNE SYSTEM

We believe flu vaccination is an important part of protecting yourself and your community during flu season. But we also understand that not everyone chooses to get a flu shot. If you decide not to be vaccinated, that doesn't mean you can't be proactive about your overall health and immune wellness.

Healthy Living Solutions' Immune System Support is a comprehensive nutritional formula designed to support normal immune function. It combines vitamins and minerals with standardized echinacea and astragalus, quercetin, and mushroom extracts including maitake, shiitake, and reishi. These ingredients provide nutritional and botanical support for the immune system as we head into the fall and winter months.

Think of it as one more tool in your wellness toolbox—along with eating well, getting adequate sleep, managing stress, staying active, and practicing good hand hygiene.

Important: Immune System Support is a dietary supplement and has not been proven to prevent influenza or replace a flu vaccine. If you are eligible for vaccination, we encourage you to talk with our pharmacy team or your healthcare provider about your options.

Stop by the pharmacy and ask us about Immune System Support and whether it may be right for you this fall.



Old age is a thing. Last night, I was in bed for 20 minutes when I heard the pizza delivery driver cough. Then I remembered I came to the bedroom to get my wallet.

My new girlfriend used to go out with a circus clown. I'm not sure how I feel about that. They are big shoes to fill.

I rented a documentary on thrifting, but it hardly had anything to do with the subject. You would think that “Good Will Hunting” would be pretty self explanatory.



EAR PIERCINGS

Norland Avenue Pharmacy and Carl's Drug Store offer **FREE** ear piercing services to anyone six years of age and older with the purchase of a pair of Studex piercing earrings (stainless steel \$50 or 14k gold \$90).

We are able to pierce both lobes and cartilage, but only around the outer edge of the ear. For anyone who prefers and for all customers under the age of ten, we will pierce both ears simultaneously. All piercings include aftercare instructions and a bottle of saline spray.

In order to ensure an excellent ear piercing experience, we require an appointment that can be booked at the respective website:

NorlandRx.com or CarlsDrug.com

FIND YOUR FAMILY'S HAPPY PLACE

September brings a lot of change for families. New school routines, busy schedules, homework, activities, and new experiences can sometimes leave kids feeling overwhelmed. Plant Therapy's Happy Place collection offers a simple, soothing way to create a familiar sensory routine that helps kids feel calm, comfortable, and supported.

The Happy Place Snuggle Spray (\$16.99) is a gentle, KidSafe mist made with a comforting blend of Lavender, Roman Chamomile, Frankincense, Bergamot, Vetiver, and other essential oils. Lightly mist it onto a favorite blanket, stuffed animal, or bedding and let it dry before snuggling. It can become a special part of the bedtime routine or provide a familiar scent when your child is heading off to daycare, school, or a new adventure.

For calm on the go, try the Happy Place Pre-Diluted Roll-On (\$11.99). The blend combines Bergamot, Lavender, Roman Chamomile, Frankincense, Patchouli, Vetiver, and Clary Sage in a convenient roll-on that is already diluted in fractionated coconut oil. Apply to the wrists, chest, or back of the neck when you want to create a calming moment during a busy day. It's designed with both children and adults in mind and is KidSafe.

Whether it's part of a bedtime routine, tucked into a backpack, or used before a big transition, Happy Place is a simple way to add a little comfort to your family's day. Stop by the pharmacy and pick up one—or try both!

Essential Oil Corner



LEUCOVORIN & LDN IN AUTISM

AN EVIDENCE-INFORMED LOOK AT TWO ADJUNCTIVE OPTIONS

FREE SEMINARS

DATE: Wednesday, September 30th

TIMES: 5:00pm OR 6:00pm

LOCATION: Norland Avenue Pharmacy

GUEST SPEAKER: Christopher Bennett, MSN, PMHNP-BC

This session will cover:

- Folate physiology and transport into the nervous system
- Leucovorin pharmacology and the March 2026 FDA decision
- Why we prescribe both liberally and skip antibody testing
- Low Dose Naltrexone (LDN): ten controlled pediatric trials
- What LDN improved, what it did not, and what got worse
- A proposed synergy between the two and how it might work

You will be able to weigh both options with your prescriber and structure a 12-week trial with defined endpoints.

Reserve your seat: 717-597-2426 or CarlsDrug.com/events

20% OFF

WARMIES®

September 15-30



Biblical Health Tips



How to Enjoy a Long Life on Earth

The Bible gives us some very clear instructions on how to enjoy a long life on earth.

The Prescription:

Ephesians 6:2-3 *"Honor your father and mother..."*

(which is the first commandment with a promise)

...that it may go well with you and that you may enjoy long life on the earth."

The word honor implies things such as reverence, kindness, respect, and if necessary, relief and maintenance.

The Bible contains both spiritual and temporal promises. The temporal promises "that things would go well for you" and "that you would enjoy a long life" belong to those who honor their parents.

Disciple Makers

DM.org

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



Non-Profit
of the
Month

Camp Tohiglo

CampTohiglo.org

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



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Coming Events

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**Sept 30: FREE Autism Seminar
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***Feel better, be healthier,
start now.***

SYMPTOMS OF HORMONE IMBALANCE

Mood swings

Hot flashes

Night sweats

Bleeding changes

Vaginal dryness

Incontinence

Fibrocystic breasts

Tender breasts

Heavy menses

Memory lapse

Weight gain

Premature aging

Decreased libido

Osteoporosis

Depression

Anxiety

Nervousness

Headaches

Tearful

Fatigue

Irritability

**If you are struggling with any of these symptoms, please join
us at our FREE HORMONE 101 SEMINAR.**

Speaker: Cheryl Hade, RN, BSN,
Hormone Specialist

Date: Thursday, September 10th

Time: 6:00-7:00pm

Location: Norland Avenue Pharmacy

**Seating is limited, please reserve your spot:
NorlandRx.com/events or 717-217-6790**



*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.

www.CarlsDrug.com
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