

# BE HEALTHY, STAY HEALTHY

A monthly guide designed to help improve quality of life.

February 2022



## Are You Getting Probiotics & Prebiotics?

Your gut needs prebiotics and probiotics—but what's the difference? You might be familiar with probiotics, the live microorganisms present in yogurt and fermented foods—but have you heard of their counterpart, prebiotics?

There are trillions of bacteria and other microorganisms that take up residence in the lining of your digestive tract and play a key role in your health. Probiotics are one of the most well-known parts of this complex system.

Probiotics are the “good” bacteria that live in your gut, promote healthy digestion, and give your immune system a boost. Although your digestive tract naturally produces probiotics, it is beneficial to also consume more foods naturally rich in probiotics to increase your levels and variety of strains of the good bacteria. Probiotics have been shown to help balance the microorganisms in the digestive tract and help repopulate the beneficial bacteria after, say, taking a round of antibiotics.

Prebiotics, on the other hand, are types of carbohydrates found in fiber-rich fruits and vegetables that are non-digestible by the body. Instead, they pass through your gut and provide a food source for those healthy bacteria (probiotics) and allow them to thrive. It's important to note that all prebiotics are fiber, but not all fiber is prebiotic.

Prebiotics and probiotics play complementary roles for your gut health and work as a team to support your gut microbiome. They work together to maintain the balance of healthy bacteria by helping populate the live microorganisms themselves (the probiotics) and feeding those microorganisms (the prebiotics).

Probiotic-rich foods are often a by-product of fermentation, which has been used for centuries in many cultures to preserve food and enhance health properties. In recent years, fermented foods have become more popular in the West as health-conscious consumers and practitioners recognize their impact on overall health and especially digestion. You need to look no further than the recent rise in popularity of kombucha and sauerkraut for evidence.

### Probiotic-Rich Foods:

- Kefir, a fermented milk drink similar to yogurt
- Sauerkraut and kimchi, made by fermenting cabbage and other vegetables
- Plain live organic yogurt (look for the words “live, active culture”)
- Fermented soybean products such as tofu, tempeh, and miso
- Kombucha, a slightly fizzy drink made by fermenting black or green tea

- Prebiotics can be naturally found in many fruits, vegetables, whole grains, and legumes that are high in special types of fiber

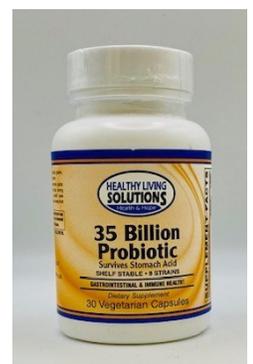
### Prebiotic-Rich Foods:

- Alliums, such as garlic, onions, and leeks
- Asparagus
- Apples
- Chicory root
- Dandelion greens
- Jerusalem artichokes (aka sun-chokes)
- Slightly under-ripe bananas

If you can't trust your diet to include vital prebiotic- and probiotic-rich foods, you should probably consider a good supplement. We recommend the **Health Living Solutions' 35 Billion Probiotic**.

These capsules are shelf-stable and include eight strains of probiotics as well as a prebiotic blend. This product is specially formulated to survive stomach acid so your body benefits from all 35 billion units.

As always, remember to double up on your probiotic when you take an antibiotic and take them at least two hours apart. If you have any questions, please give us a call.



# How to Choose a Compounding Pharmacy

**All compounding pharmacies are not the same.** *Choosing a compounding pharmacy may be as important as choosing your doctor.* It is imperative to take control of your healthcare options including who you will trust to compound your customized medications. It is essential that you search for a pharmacy that is reliable, reputable, and cost effective as well as one that is experienced and trained specifically in compounding.

**It is not enough to ask if a pharmacy “does compounding.”** Many pharmacies will claim to be compounding pharmacies. And most pharmacies will provide some basic compounding – for example, flavoring or combining two ointments into one preparation. *However, the more complicated and time-consuming the procedure, the more you need to ensure that you are dealing with a pharmacy that specializes in compounding.*

**Ask if the pharmacist has completed continued training in the art of compounding.** All pharmacists are trained in pharmacy school to compound; the depth of that training depends on when a student graduated and from what pharmacy school. As compounds become more complicated, the amount of training needed increases, often *above* that taught in many colleges.

**Find out where the pharmacy is getting their ingredients from.** A qualified compounding pharmacy needs to have the best ingredients – *that are tested* – to compound a high quality medication to meet your needs. A compounded medication is only as good as the ingredients that go into it.

**Realize you may not be comparing apples to apples.** Take, for instance, progesterone cream. When made at Norland Avenue Pharmacy, we use “Special Micronized Progesterone”. This means 99.9% of the particles are five micron in size or less which is important because the smaller the particles, the better the absorption in the body. Other pharmacies may use just plain Micronized Progesterone, or it may not be micronized at all!

Next, Norland Avenue Pharmacy uses Versabase cream which has been clinically demonstrated to deliver four times more medication than the commonly used Vanicream. Norland then runs the mixture through a machine called an ointment mill to further reduce grittiness and create something known as micelles. What you need to know about micelles is they too enhance the absorption of medication.

Now our label will read “Progesterone Cream” as will another pharmacy’s, but as you can see, the two products can be very different. That difference may be reflected in the price as well. *It may not be wise to choose the cheapest compound.*

**Find out if the pharmacy is PCAB Accredited.** PCAB Accreditation means that the pharmacy has been tested against an extremely challenging set of national standards and has met or exceeded all of them, uses only pure chemicals from FDA registered facilities, has an extensive quality assurance program (including regularly testing their compounded medications) and policies and procedures in place, and meets strict continuous training guidelines to maintain our employees’ skills while using a variety of advanced compounding equipment.

At Norland Avenue Pharmacy, our PCAB Accreditation confirms our commitment to providing safe, personalized solutions that meet your special needs and demonstrates our dedication to being the best in our profession.

**As with any other healthcare decision, you have choices when it comes to finding a compounding pharmacy. Be sure to take the time to ensure you are getting the best products available.**

## Non-Profit of the Month

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

### **Biblical Education Center (BEC)**

The BEC is a free Christian lending library located at 1542 Buchanan Trail East in Shady Grove. The library is open to the public from 9am-9pm every day. For more information, call (717) 597-0057.

# Essential Oil Spotlight

## Frankincense & Myrrh Co-Distillation

A unique treasure, Frankincense and Myrrh Co-Distillation combines two of the most notorious essential oils for a one-of-a-kind synergy of ancient oleoresins. Using wildcrafted Frankincense Sacra from Oman and wildcrafted Myrrh from Somalia, the two resins are mixed together and then slowly hydro-distilled in copper alembic stills. The end result is a resinous, amber-wood aroma with balsamic lemony notes.



The essential oils of Frankincense and Myrrh have an incredibly rich history that is supported by both textual and archeological evidence. Both were consistently used for a wide variety of ailments and at one point in time were considered even more valuable than gold. Today, we can benefit from their relaxing properties by diffusing this co-distillation or adding a drop or two to aromatherapy jewelry and enjoying the aroma throughout the day. Frankincense and Myrrh oils are also powerhouses when it comes to healthy, glowing skin. Blend six drops of Frankincense and Myrrh Co-Distillation with two teaspoons of Rose Hip Seed carrier oil, and use topically to support youthful looking skin.

As always, if you have any questions about essential oils or their uses, please stop by and talk with our essential oils specialist, Sharon Smith.



## Proverbs to Live By

### Be a Peacemaker

*Proverbs 12:20 – There is deceit in the hearts of those who plot evil, but joy for those who promote peace.*

Your life and the lives of those around you will be more joyful as you practice being a peacemaker. Instead of insisting that things be your way, seek ways to bring unity and harmony. Be a **peacemaker** not a troublemaker.

## Free Seminar

### Immune Health: Staying Strong & Fighting Infection

Your immune system is made up of various organs, cells, and proteins that work together to protect your body from harmful substances that could make you sick. A healthy immune system will keep any foreign germs, bacteria, and other harmful invaders away while you go about your daily life. When your immune system becomes weak, you run a higher risk of becoming ill from outside germs and viruses.

Join Dr. Wayne on **Thursday, February 24th, from 6:30-7:30pm** as he explores the recommendations made by the FLCCC for COVID-19 and how they may positively influence immune health. In addition, Dr. Wayne will also share some other pearls of wisdom in how to keep our immune systems strong.

Seating is limited. Reserve your spot by calling 717.217.6790 or visiting [NorlandRx.com/Events](http://NorlandRx.com/Events).

## LOL: The Best Medicine

My favorite exercise is a cross between a lunge and a crunch. It's called lunch.

Trying to control my dry hair, I treated my scalp with olive oil before washing it. Worried that the oil might leave an odor, I washed my hair several times. That night when I went to bed, I leaned over to my husband and asked, "Do I smell like olive oil?"

"No," he replied, sniffing me. "Do I smell like Popeye?"

What do you call a priest that's also a lawyer? A father-in-law.

## In This Issue:

Are You Getting Probiotics & Prebiotics? .....	Pg 1
How to Choose a Compounding Pharmacy .....	Pg 2
Essential Oil Spotlight .....	Pg 3
Proverbs to Live By .....	Pg 3
Free Immune Health Seminar.....	Pg 3

## Mark Your Calendar

Feb 1-15	20% Off Michel Design Works
Feb 16-28	20% Off Nordic Naturals ♥ Health
Feb 24	FREE Immune Health Seminar (pg 3)

***Pfizer & Moderna vaccinations and boosters are available Mon-Fri 9am-6pm and Sat 8:30am-12:30pm.***

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## 20% OFF ALL MICHEL DESIGN WORKS

**FEBRUARY 1-15**



## 20% OFF NORDIC NATURALS HEART HEALTH PRODUCTS:

- Algae Omega 60ct (reg \$29.95) Sale **\$23.96**
- CoQ10 Gummies 60ct (reg \$24.95) Sale **\$19.96**
- Ultimate Omega 120ct (reg \$49.95) Sale **\$39.96**
- Ultimate Omega +CoQ10 (reg \$38.95) Sale **\$31.16**
- Omega LDL 60ct (reg \$29.95) Sale **\$23.96**
- Vitamin D3 Gummies 60ct (reg \$13.45) Sale **\$10.76**

**FEBRUARY 16-28**

“Because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness.”  
- Lamentations 3:22-23

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