

# BE HEALTHY, STAY HEALTHY

A monthly guide designed to help improve quality of life.

December 2022



## Looking for Christ this Christmas

With ugly sweaters, cookie baking, all the shopping, “holiday” parties, etc., it’s easy to forget the true meaning of Christmas and the real reason to celebrate. But, if you take the time to look, there are many reminders pointing to Jesus and His gift to the world. Here are a few ways you can look for Christ this Christmas.



**Lights & Candles:** It seems that everywhere you turn this season you will spot a candle or Christmas lights. These lights can remind you of the light of the world.

John 8:12—*When Jesus spoke again to the people, He said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”*

Each time you see a candle or Christmas lights, remember that Jesus is the source of all light and strive to share that light with others.

Matthew 5:16—*In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

**Christmas Trees:** The evergreen trees used to celebrate Christmas can point your thoughts to Christ in several ways. First, the ability for these trees to remain green in the coldest, harshest

winters reminds you to not lose hope and points to the everlasting life that Jesus offers.

John 3:16—*For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.*

Second, the needles of the evergreen Christmas tree point towards heaven and remind you to keep your eyes focused on Jesus.

Psalms 16:8—*I keep my eyes always on the Lord. With Him at my right hand, I will not be shaken.*

And finally, consider the symbolism of the Christmas tree that is cut down, but then erected again and how that mirrors Jesus’ death and resurrection.

Luke 24:6-7—*He is not here; He has risen! Remember how He told you, while He was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’*

Let each Christmas tree you see bring you peace and hope knowing God’s grace covers you through the sacrifice of Jesus’ death and resurrection.



**Candy Canes:** This simple sweet treat is a great reminder of Christ’s love and care for you. The red stripes can remind you of the blood He shed while the white stripes remind of His purity. The shape of the candy



cane is that of a shepherd’s staff, drawing your mind to the Good Shepherd.

John 10:14-15—*“I am the Good Shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep.”*

Psalms 23—*The Lord is my Shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul. He guides me on paths of righteousness for His name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*

**Mistletoe:** Here’s something you may not know about this Christmas staple. Mistletoe is an aerial parasite with no roots of its own. It attaches to a host tree or shrub through which it extracts water and nutrients. Without the host plant, the mistletoe will die. So, this year, when you see mistletoe hanging, remember Jesus words:



John 15:5—*“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”*

**From our pharmacy family to your family, we wish you a very merry, Christ-filled Christmas!**

# A Unique Solution for Hemorrhoid Sufferers

Hemorrhoids, which remain one of the most common colorectal complains, have been classified into three types: internal, external, and mixed (both internal and external). Currently, there are a variety of therapeutic options for hemorrhoids, and the severity of hemorrhoidal disease determines the proper therapy. In our state-of-the-art compounding lab, we offer a uniquely designed suppository that is used primarily to treat mixed hemorrhoids and also is used for the treatment of anal fissures.



The Rectal Rocket, as we lovingly refer to it, delivers lidocaine and hydrocortisone directly to the site of inflammation and heals injured tissue. Unlike commercially available suppositories that lapse into the rectum, the flared end of the Rectal Rocket and its comparatively larger size ensure that the medication remains in contact with the affected tissue for four to six hours and heals most hemorrhoids in two doses.

The Rectal Rocket holds the medication at the receptor site, thereby simultaneously treating both internal and external hemorrhoids. In patients with mixed hemorrhoids, it eliminates the need for using both a cream for external application and a traditional suppository, which lapses into the colon and does not remain at the site of inflammation. Another advantage is that the strength of the medications can be lower than that used in traditional suppositories because a Rectal Rocket remains in place for a longer period of time.

**Rectal Rockets do require a prescription. If you are interested, please stop by the pharmacy and pick up a handout to take to your doctor.**

## Digesting that Christmas Feast

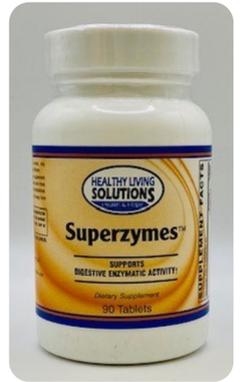
You've probably felt the joy of a delicious Christmas feast. You may have also felt the regret of overindulging in a delicious Christmas feast. Be prepared this year with a bottle of digestive enzymes. Digestive enzymes are proteins associated with the digestion of food. Discharged mostly by the pancreas, digestive enzymes help the body in breaking down fats, proteins, and carbohydrates. They can also be produced in the small intestine. There are three primary types of digestive enzymes:

1. Amylases: break down carbohydrates into simple sugars like glucose
2. Proteases: break down proteins into amino acids
3. Lipases: break down fats into fatty acid and glycerol

Using a digestive enzyme supplement can help prevent uncomfortable symptoms like abdominal cramps, flatulence, bloating, and diarrhea. However, there are many other benefits as well. Digestive enzymes:

- Increase nutrient absorption
- Increase energy
- Prevent leakage from the gut
- Promote healthy inflammatory response
- Decrease chronic fatigue and pain
- Support healthy metabolism

We like Health Living Solutions Superzymes (90ct, \$21.40). Suggested dosing is two tablets after every meal. Pick up a bottle today and enjoy your Christmas feast without regret!



## Non-Profit of the Month

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

### NETwork Ministries

The mission of NETwork Ministries is to share in the love of Christ with those who are most vulnerable in our community. They especially seek to equip children and young adults with the skills necessary for spiritual growth, academic achievement, life management, and Christian leadership. For more information, visit [network-ministries.org](http://network-ministries.org).

# NEW Holiday Essential Oil Blends

Fill your home with the warm, inviting aroma of sweet spices and fresh florals with our **Citrus Spice & Everything Nice Essential Oil Blend**.

Instantly bright and refreshing, this complex blend of pure essential oils is sure to spark a sense of joy and creativity as you enjoy everything the holiday season has to offer. Offering the herbaceous and comforting spices of Turmeric and Plai oils with a touch of sweetness from Chamomile and Davana, this blend is mood-boosting and energizing.

The crisp, clean scents of Fragonia and Douglas Fir help to freshen the air, while the smooth and creamy blend of Vanilla, Vetiver, and Copaiba round out this delightful, full-bodied blend.

Raise your glass to toast this exciting new holiday blend! Reminiscent of fresh cranberries muddled with bright limes and grapefruits topped with fizzy soda, **Cranberry Lime Fizz Essential Oil Blend** will have you celebrating in no time!



This sweet, sparkling aroma has top notes of vibrant citrus oils for an instantly uplifting, mood-boosting experience. Fir and Spruce oils help create a fresh, clean foundation for the rich, creamy notes of Bitter Almond and tart fruitiness of Cognac. Perfect for holiday entertaining, the lively aroma captures

the playful spirit of being around loved ones during this season of giving.

Each of these blends are available in a 10ml bottle for just \$12.99. Ask for Sharon to answer your essential oil questions!



## Proverbs to Live By

### Be Wise in Your Choice of Relationships

Proverbs 13:20 - *He who walks with the wise grows wise, but a companion of fools suffers harm.*

Proverbs 14:7 - *Stay away from a foolish man, for you will not find knowledge on his lips.*

Who you associate with does have a great impact on your life. If your best friends do foolish things, you can be sure trouble is in your future. Evil or foolish people do, indeed, corrupt those who gather around them. The Apostle Paul said it this way...

1 Corinthians 15:33 - *Do not be misled: "Bad company corrupts good character."*

## Holiday Hours

Saturday, 12/24: 8am-1pm

Sunday, 12/25: Closed

Monday, 12/26: Closed

Saturday, 12/31: 8am-1pm

Sunday, 1/1: Closed

Monday, 1/2: Closed



## LOL: The Best Medicine

Last week at the grocery store, I saw a man slipping celery into other people's shopping carts... I believe he was a stalker.

I visited the birthplace of the man who invented the toothbrush. I was disappointed. There was no plaque.

Why did the cowboy buy a dachshund? Someone told him to get a long little doggy.

What kind of aspirin works best in the freezing cold of winter? Coated aspirin.

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## Mark Your Calendar

Dec 1	Christmas Open House
Dec 26	Closed in Observance of Christmas
Jan 2	Closed in Observance of New Year's Day

***Merry Christmas and Happy New Year from Our Family to Yours!***



**CHRISTMAS  
GIFT  
ITEMS  
ON  
SALE  
NOW**

While supplies last. Don't forget our free gift bagging. Excludes Willow Tree items.



“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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