FEEL BETTER, BE HEALTHIER, START NOW

NEWSLETTER

A JOINT PUBLICATION BROUGHT TO YOU BY...

Norland Avenue PHARMACY Compounding & Gifts LLC

CARL'S DRUG STORE EST. 1825

December 2026

PREPARING YOUR HEART FOR CHRIST

Before the shopping, decorating, baking, gathering, and busy schedule take over the next month, make a commitment to preparing your heart for the true meaning on Christmas.

Advent, which comes from the Latin word meaning "coming" or "arrival," is a season of preparation as you anticipate the celebration of Jesus Christ's birth. It invites you to pause, renew your faith, and prepare your heart for the hope, peace, joy, and love found in Him. Commit to looking beyond the busyness and remember the greatest gift of all.

Advent begins with hope. As you prepare to celebrate the birth of Jesus, it reminds you that God keeps His promises. In a world that can often feel uncertain, you can find confidence in the hope Christ brings, a powerful anchor in times of uncertainty. Take time to reflect on the promise of a Savior and the everlasting hope we have in Him.

"Yes, my soul, find rest in God; my hope comes from Him. Truly He is my rock and my salvation; He is my fortress, I will not be shaken."
- Psalm 62:5-6

"For everything that was written in the past was written to teach us, so that through the endurance taught in the scriptures and the encouragement they provide, we might have hope."
- Romans 15:4

The second week of Advent invites you to focus on peace. Jesus came to bring a peace that goes beyond your circumstances and quiets your heart even in the midst of life's challenges. As the busyness of the Christmas season picks up, take time to slow down, trust in Him, and rest in the peace only God can provide.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus."
- Philippians 4:5-7

"'I have said these things to you, that in Me you may have peace. In the world you will have troubles. But take heart, I have overcome the world.'"
- John 16:33

"You keep him in perfect peace whose mind is stayed on You, because he trusts in You." - Isaiah 26:3

Next in preparation for Christmas, celebrate joy! The birth of Jesus is the greatest reason for celebration, reminding you that true joy isn't found in perfect circumstances, material things, or a perfectly planned Christmas. It comes from knowing Christ and the promise of salvation He brings. Carry that joy into your home and share it with everyone you come in contact with this holiday season.



"You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore." - Psalm 16:11

"For His anger is but for a moment, and His favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning." - Psalm 16:11

"So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you." - John 16:22

As Christmas draws near, turn your heart to love. God's greatest expression of love was sending His Son into the world to be your Savior. Advent reminds you that you are deeply loved by God and called to share that love with others. As you prepare to celebrate Christmas, may His love guide your words, actions, and relationships.

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." - Romans 8:38-39



Jozie Desautels

Jozie is one of our pharmacy technicians who works at both stores. She joined our team in November 2024, starting as a clerk before growing into her current role. A Chambersburg native, Jozie grew up in Mercersburg, graduated from James Buchanan High School, and now lives in Greencastle. Her favorite part of working in the pharmacy is interacting with customers and building new relationships. Outside of work, Jozie enjoys reading and spending time with her fiancé, Ethan, and their cat, Callie. We're happy to have Jozie on our team!

EAR PIERCING: GUN VS NEEDLE

If you've ever looked into getting your ears pierced, you've probably heard the debate: Is a piercing needle better than a piercing gun? We understand the concerns and believe it's important to know exactly what equipment is being used.

At Norland Avenue Pharmacy and Carl's Drug Store, we use the Studex System 75, which is different from the traditional spring-loaded piercing guns many people picture. Here's what makes it different:

- **Designed with hygiene in mind:** The system uses sterile, single-use disposable cartridges. The instrument itself does not directly touch the skin.
- **Gentle, controlled action:** Unlike traditional spring-loaded guns, System 75 is hand-pressured, quiet, and designed to provide a controlled piercing.
- **Designed for simplicity:** The sharp-tipped, sterile piercing stud passes through the earlobe while simultaneously placing the earring and backing, so there's no need to mess with the ear to get the back on.

We also recognize that professional piercers who use hollow needles have valid reasons for preferring that method. Needle piercing is generally considered the preferred approach for intricate cartilage and other body piercings. However, for standard earlobe and outer cartilage piercings, System 75 provides another option with an emphasis on sterile, single-use components.

Our goal is simple: to make ear piercing a safe, comfortable, and positive experience. Since we started offering piercing services, we have had over 850 piercing appointments, giving us extensive hands-on experience with safe, smooth procedures.

If you want more information about our piercing process, or are ready to book an appointment, visit our website or give us a call. We'd love to help!





Wanting to ensure that her pre-school Sunday school class understood that the birth of Jesus occurred for real, she asked her class, "Where is Jesus today?"

Steven said, "In heaven."

Mary answered, "In my heart."

Johnny replied, "I know! He's in our bathroom! Every morning my dad gets up, bangs on the bathroom door, and yells, 'Good Lord, are you still in there?'"

THE MINERAL YOUR BODY CAN'T AFFORD TO OVERLOOK

If Dr. Wayne had to add one more supplement to our Top Five supplement recommendations for almost everyone, it would undoubtedly be MAGNESIUM! Why? Because this one mineral is involved in more than 300 processes in your body. From producing energy and supporting healthy muscles to helping regulate blood pressure, blood sugar, and normal heart rhythm, magnesium is working behind the scenes all day long.

Could you be getting less than your body needs?

Many Americans don't consume enough magnesium through their diets. In fact, NIH data indicate that approximately 48% of Americans get less magnesium from food than recommended. And when magnesium intake is consistently inadequate, your body can feel the effects.



Here are a few reasons to pay attention to your magnesium intake:

- **Muscle health:** Magnesium helps muscles contract and relax. It's essential for normal muscle function.
- **Energy production:** Feeling run down? Magnesium plays an important role in the process your body uses to produce energy.
- **Nervous system support:** Magnesium helps regulate nerve signaling and supports normal nervous system function.
- **Heart and cardiovascular health:** It helps maintain normal heart rhythm and supports healthy blood pressure.
- **Relaxation and sleep:** Magnesium plays a role in the nervous system pathways involved in relaxation and sleep.

Why We Recommend Magnesium Glycinate

Anywhere you buy supplements, you will see there are many forms of magnesium. Not all magnesium supplements are alike! Our Healthy Living Solutions Magnesium Glycinate is a highly bioavailable form that pairs magnesium with glycine. It's generally well tolerated and is a popular choice for people looking to support muscle function, relaxation, and overall wellness. There are different reason to take different forms, so look for the sign in our store or talk to any of our knowledgeable staff members.

So, how much should I take and when? Many people prefer taking magnesium in the evening as part of their bedtime routine to help with sleep, although it can be taken at other times of the day. Taking it with food may help with digestive tolerance. If you are taking too much magnesium you will know, as it causes loose stools. If you experience that side effect, cut your dose back a bit.

Don't leave this important mineral off your wellness checklist! Ask our pharmacy team about Healthy Living Solutions Magnesium Glycinate. We'll help you determine whether it's a good fit for your health needs or if another form of magnesium would be better. Feel better, be healthier, start now!

LITTLE MIRACLE PAIN RELIEF SPRAY

Fast pain relief with a fresh cool sensation.



We are excited to be carrying a new product for pain! Little Miracle Pain Spray is based on a natural herbal formulation used effectively by some Native Peoples of North America for many years. The synergism between natural menthol, oil of eucalyptus, and other essential oils usually gives fast, temporary relief from most common aches and pains. Try it on sore muscles, swollen joints, and other areas associated with arthritis, also sore back, neck, shoulders, elbows, knees, and feet. Little Miracle Pain Spray helps:

- Relieve muscle and joint pain from exercise, gardening, hiking, and daily activity
- Support recovery when used before and after physical activity
- Repel mosquitos and no-see-ums (thanks to natural eucalyptol)
- Soothe itch and pain from bug bites
- Ease congestion and help clear nasal passages during cold and flu season

One happy customer said, “I love this stuff! I have had terrible back and leg pain due to slipped/herniated disk and sciatic nerve pressure. This spray has decreased my pain when oral pain medications did not. It is easy to use and fast acting. The smell is not strong and disappears quickly. I had used cream, and roll-on pain relievers before this spray. This spray works better than any product I have previously used. One bottle has lasted quite a while. It has worked great for me, and I highly recommend it.”

Stop in either store to pick-up a bottle today or to talk to our staff about whether this is the right product for you.

SCARS TELL A STORY, BUT THEY DON’T HAVE TO STEAL THE SHOW

Whether it's a scar from surgery, an old injury, a burn, or even acne, sometimes you'd rather not have the reminder staring back at you in the mirror! While no cream or gel can make a scar disappear completely, the right topical treatment may help improve its appearance over time.

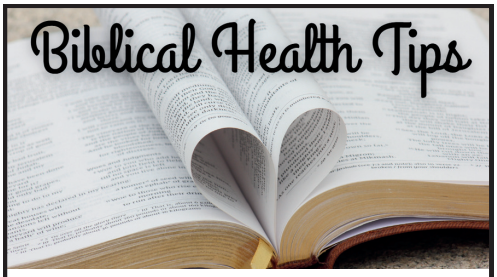
One option we have created in our state-of-the-art compounding lab is Praxicare, a specialized silicone-based gel designed for scar care. It combines silicones with pracaxi oil, which contains skin-friendly fatty acids. Together, these ingredients help moisturize the skin, support its protective barrier, and create an environment that supports scar management.

Why silicone? Because there's actually research behind it! Clinical studies have found that topical silicone gels can help improve scar pigmentation, thickness, and flexibility. A 2020 meta-analysis of six randomized controlled trials involving 375 patients found significant improvements in all three areas compared with placebo or no treatment.

Praxicare may be an option for people looking to improve the appearance and texture of both newer and older scars. Consistency is key, and results take time. Scars don't happen overnight, and they won't disappear overnight either!

Have a scar you'd like to improve? Stop by either pharmacy and pick up a jar of Praxicare today. Just tell any of our team members what you are looking for, because we keep Praxicare behind the counter. We're happy to help you!





Faith & Your Health

Faith eliminates fear and tension, two of the greatest causes of disease and ill health. When you have faith, you can have peace of mind and can just rest in the Lord, knowing that He is going to take care of everything. The elimination of fear by faith gives peace of mind and rest to your nervous system, stomach, and vital organs, including your heart. Faith also eliminates bitterness, hatred, and a negative attitude toward life - all of which can cause the build-up of actual poisons in your body.

Romans 1:17 “For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: ‘The righteous will live by faith.’“

She’s Somebody’s Daughter

ShesSomebodysDaughter.org

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

Norland Avenue PHARMACY Compounding & Gifts LLC

Non-Profit of the Month

Maranatha Ministries

MaranathaMinistryInc.org

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

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Biblical Health Tip

Coming Events

Dec 9th, 3:00pm, Norland Avenue Pharmacy OR Dec 10th, 6:30pm, Biblical Education Center: Scent-sational Seasonal Gifts Make & Take Workshop. For $30 make six essential oil items that create a perfect set for gift giving. Each set will include gift packaging. Participants are able to make more than one set if desired. Visit our website or call for details.



Holiday Hours

Christmas Eve: Closing at 1pm
Christmas Day: Closed
December 26: 9am-1pm
New Year's Eve: Closing at 3pm
New Year's Day: Closed
January 2: 9am-1pm

Merry Christmas & Happy New Year!



*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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