

Preparing for Winter



Doug Chadwick

The leaves are starting to change and the temperatures are dropping. It's time to prepare for winter. Just as you take steps to prepare your car for winter, you need to take steps to prepare your body for winter.

Routine Maintenance

Throughout the year, you take care to keep your car in good working order. You keep it filled with gas, replace filters as needed, rotate the tires, and change the oil regularly.

In the same way, you need to take care of maintaining your body. Part of what I recommend for routine maintenance is taking a good multivitamin at least twice a day. It is much more difficult in today's day and age to get the vitamins and nutrients from your diet that your grandparents were able to get. Therefore, you must supplement your diet with a multivitamin. Think of it as fuel for your body.

I also recommend you take a probiotic everyday. Probiotics help your digestive system to function optimally by building the good bacteria in your gut—where 80% of your immune system is located. A healthy intestine is *supposed* to have bacteria in it. The friendly bacteria, better known as "*probiotics*" enable you to defend against harmful bacteria.

Probiotics serve a variety of other beneficial functions as well. They manufacture many essential vitamins, help you digest foods (especially lactose), help contribute to regular and healthy bowel movements, reduce fat and cholesterol in your blood, block the spread of yeast infections and some potent viruses, and may block tumor development in your intestine.

When taking antibiotics, you kill the good bacteria along with the bad! Once the good flora is gone, it is hard to replenish without supplementation. As a result, *you may come down with a secondary infection.* If you're taking an antibiotic it's even more critical you take a probiotic.

Recent research suggests that you should change your probiotic every three months. This rotation ensures your body gets the most benefit from the strands within each probiotic. Two great probiotic products we offer are **Enterobiotic SBO** and **S-IGC** they are \$37.90 each (60ct).

Another supplement I recommend for routine maintenance is Vitamin D3. In the summer, you get a higher quantity of Vitamin D while you spend time in the sun. As you move indoors for the winter months, your Vitamin D levels suffer. In fact, some researchers feel there is a correlation to the lower levels of Vitamin D and the peak of flu season.

I recommend taking 5,000iu per day during the winter months. The good news is that Vitamin D3 is quite affordable and small enough to make it easy to take.

Myers Drug's Vitamin D3 5000iu is just \$17.99 (100ct).

Winterizing

As you move into the winter months, you take precautions to winterize your car. You replace the antifreeze, check the battery knowing cold weather is hard on batteries, and ensure your tires have sufficient tread re-

placing tires as needed. The same should be true for taking precautions for your body. Here's the steps I recommend.

Start with a flu shot. This is the number one recommendation by the CDC to avoid getting the flu. We offer flu shots at Myers Drug during business hours without an appointment. Our cash price is \$25, but we will also bill insurance or Medicare as applicable.

I also recommend that you prepare your body for winter by taking a product called **Nutriplenish Immune**. Nutriplenish Immune is a comprehensive formula that provides essential vitamins and minerals for general nutrition support, and a generous supply of specialty agents specifically designed for immune wellness. The synergistic combination of ingredients in Nutriplenish Immune helps provide an ideal environment for optimal immune function.

This product includes vitamins C, A, B-6, B12 and folic acid and minerals like zinc which play an essential role in the immune response. For best results, take two capsules three times daily. A bottle of Nutriplenish Immune sells for \$48.99.

If you have any questions about how to prepare your body for winter, please stop by the pharmacy and talk to any of our pharmacists or supplement specialists.





Sharon Conley

Support Your Body's Stress Regulator

The adrenal glands are a pair of triangular shaped organs that rest on top of the kidneys. The cortex, or outer section, is responsible for the production of the hormones cortisone, cortisol, aldosterone, androstenedione, and dehydroepiandrosterone (DHEA). The medulla, or central section, secretes another hormone, adrenaline, and norepinephrine, which functions both as a hormone and a neurotransmitter. Adrenaline, DHEA, cortisol, and norepinephrine are your body's four major stress hormones.

Under circumstances of extreme stress, large amounts of cortisol are released, which can lead to a host of health problems. The adrenal glands control many body functions and play a critical role in the resistance to stress. If you have experienced a great deal of stress or have taken corticosteroids for a long period of time, your adrenal glands will shrink and not perform properly, causing you to experience anxiety, depression, or chronic fatigue.

An abnormal adrenal response, either deficient or excessive hormone release, significantly alters and your response to stress. Often the adrenals become "exhausted" as a result of the constant demands placed upon them. An individual with adrenal exhaustion will usually suffer from chronic fatigue, may complain of feeling stressed out or anxious, and will typically have a reduced resistance to allergies and infection. Reduced adrenal function may be indicated by the following:

- Weakness,
- Lethargy,
- Dizziness,
- Headaches,
- Memory problems,
- Food cravings,
- Allergies, and
- Blood sugar disorders.



Due to the importance of the adrenal gland, optimal stress management is dependent on optimal adrenal function. To support your adrenal glands we recommend two great products from Natural Creations: **ADRENAL COMPLEX** and **NUTRIPLENISH ADRENAL**.

Adrenal Complex costs \$21.99 for a bottle of 60 capsules. Nutriplenish Adrenal is \$48.99 for 100 tablets.

THE BEST MEDICINE... LOL

Patient: Doctor! Doctor! I think I swallowed a spoon.

Doctor: Just sit patiently and try not to stir.

Q. Why did the golfer take an extra pair of pants when he went golfing?

A. In case he got a hole in one.

Q. What did one stop light say to the other?

A. Don't look, I'm changing!

“By failing to prepare, you are preparing to fail.”

- Benjamin Franklin

Biblical Health Tip...

WARNING: Being Foolish is Harmful to Your Health

Psalm 107:17—Some became fools through their rebellious ways and suffered affliction because of their iniquities.

Some illnesses are the direct result of rebellious, foolish acts. Many people, without thinking of the consequences, indulge their passions with no restraint. As a result they may experience drunkenness, obesity, stress brought on by debt, broken homes, and even sexually transmitted diseases. Here is a remedy for the foolish...

Psalm 107:20-22—He set forth his word and healed them; he rescued them from the grave. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men. Let them sacrifice thank offerings and tell of his works with songs of joy.



Three Ways to Support Breast Cancer Awareness

The purpose of Breast Cancer Awareness Month is to *raise awareness to remind people to take steps to insure early detection*. Here are three ways you can help...

1. Early Detection Plan. Whatever your position on health care is, be it alternative, traditional, allopathic, or integrated, *your best chances always lie in early detection*. Step one of an early detection plan is to make sure you schedule regular physical exams. Your doctor or health care provider can help you determine the best schedule for you.

2. Help Out A Cancer Warrior. If you or a loved one have fought the battle of breast cancer, then you know more than anyone how financially crippling the expenses can be. Here is a chance to help a breast cancer warrior or to help someone pay for preventative care. And holding a fundraiser these days can mean anything from a bake sale, to a concert, to an online funding campaign. It doesn't matter if you are raising funds online or offline, social media is a wonderful platform for spreading the word. Whether you are helping one person, supporting a family, or if you are choosing to raise money for the general cause, be sure to spread the word through social media with stories, pictures and hashtags.

3. Be A Friend To A Cancer Warrior. Probably the easiest and most profound way you can show your support is to be a friend to someone suffering from breast cancer. You can send a card, make a meal, or sit and have a cup of coffee with them. Even sending a thoughtful text message to cheer up their day can sometimes pull a person out of a moment of despair.

The American Cancer Society estimates that in 2015 there will be 231,840 new cases of breast cancer diagnosed. That's too many grandmothers, mothers, daughters, sisters, and friends! Spread the word of Breast Cancer Awareness Month.



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Peppermint Oil

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- Soothe digestive issues
- Freshens bad breath
- Relieves headaches
- Antimicrobial properties
- Improves mental focus
- Clears respiratory tract
- Boosts energy
- Releases tight muscles



WHAT: Flu Shots

WHERE: Myers Drug

WHEN: Monday-Friday: 9:00am-6:00pm

Saturday: 9:00am-Noon

WHY: Protect yourself and your family by getting your flu shot. Flu shots are available any time during business hours, no appointment necessary. Cash price is just \$25. We will bill insurance or Medicare if applicable.



Beauty combined with comfort!
 Our sparkly sequin slippers are lined
 with soft, warm Sherpa fleece.
 Nonskid soles. 100% poly.
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