

Let's Talk Irritable Bowel



Sharon Conley

As uncomfortable as it may be to discuss, I want to address a common problem: irritable bowel syndrome (IBS). A syndrome is a collection of symptoms that often occur together. Approximately 20% of Americans experience IBS symptoms, and more women than men are affected.

Irritable bowel syndrome is also known as spastic colon, irritable colon, mucous colitis, and spastic colitis. Irritable bowel syndrome makes everyday life uncomfortable. It can make it difficult to work, attend social events, or travel. The symptoms of IBS include...

- **Pain and discomfort in the abdomen.** Pain usually comes and goes. The length of each bout can vary greatly. The pain often eases when you pass stools or wind. Many people with IBS describe the pain as a spasm or colic. The severity of the pain can vary from mild to severe, both from person to person, and from time to time in the same person.
- **Bloating and swelling of your abdomen.** You may pass more gas than usual.
- **Changes in stools.** Some people have bouts of diarrhea, and some people have bouts of constipation. Some people alternate between the two. Some people have urgency, which means they have to get to the toilet quickly. A morning rush is common. This is, they feel an urgent need to go to the toilet several times shortly after getting up. This is often during and after breakfast.
- Other symptoms include **nausea, headache, belching, poor appetite, tiredness, backache, muscle pains, and heartburn.**

The exact cause of IBS is unknown. Possible causes include an overly sensitive colon or immune system. Post-infectious IBS is caused by a previous bacterial infection in the gastrointestinal tract.

Individuals with IBS have gastrointestinal complaints that last at least three months for at least three days per month. Symptoms such as bloating and gas are typically resolved after having a bowel movement. It's not uncommon for an individual with IBS to have episodes of both constipation and diarrhea. These symptoms do not have to be persistent. They can be present for a period of time and then resolve, only to come back. Some individuals experience continuous symptoms.

Unfortunately, there is no cure for IBS. Treatment is typically aimed at symptom relief. I recommend the following lifestyle changes before trying medication:

- Participate in regular physical exercise
- Minimize caffeinated beverages that stimulate the intestines
- Eat smaller meals
- Avoid deep-fried or spicy foods
- Minimize stress (talk therapy may help)
- Take a high quality probiotic

If these lifestyle changes don't remove the symptoms, we recommend the following supplements:

ZymeMax (90 caps, \$29.99): promotes a healthy intestinal lining and enhances digestion and nutrient absorption.

IntestiMax (90 caps, \$29.99): supports intestinal lining and helps soothe the digestive system.

DigestMax Ultra (90 caps, \$29.99): helps with gas, bloating, and indigestion.

If you need help determining what supplement is best for your unique situation, please stop by the pharmacy and ask me. I would be happy to help you in any way that I can.



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Travel Plans?

Traveling can be hard on you physically, particularly if you are traveling over long distances in cramped conditions. Tight quarters like airplane or bus seats can make blood flow an issue. You may feel the need to stretch, to reduce the cramping and to maintain normal circulation in your feet and legs.

Jobst stockings can help take the physical discomfort out of travel. They help prevent swollen ankles and feet, reducing the risk of traveler's thrombosis.

Jobst Stockings can improve your circulation and make your legs feel great during and after traveling. Please stop by and ask our team for help picking the right stocking for you!



We can notify you via text when your prescriptions are ready to be picked up. No more guessing. Just tell one of our team members that you want to sign-up for text notifications.

TEXT MESSAGE NOTIFICATIONS



Allergy Fighter

Allergy season is quickly approaching. Every year, billions of dollars of over-the-counter medications are sold to suppress allergy symptoms. You don't have to take dangerous drugs to suppress your symptoms. Natural remedies can do the job *better*, and without side-effects.

Our secret allergy weapon is Natural D-Hist which contains the most effective natural allergy-fighters known to man:

- **Quercetin:** anti-inflammatory and histamine-blocker
- **Stinging Nettle:** forms an antihistamine effect
- **Bromelain:** reduces inflammation by inhibiting kinin formation (the cause of swelling and pain)
- **N-Acetyl-Cysteine (NAC):** breaks down the viscosity of mucous better than any other natural substance

An all-natural allergy-fighter, Natural D-Hist is the most powerful approach to fighting allergies I've found. This product works so well that we will *refund your money* if it doesn't meet your expectations. Just bring in the bottle with your original receipt.



FEATURED Essential Oil Grapefruit

Grapefruit essential oil are developed from the peels of the fresh fruit for a citrusy oil with the bright aroma of a grapefruit orchard. It's this sweet, invigorating aroma that people enjoy for its ability to encourage feelings of joy, satisfaction, and playfulness.

When you're feeling the tired, hungry, 3 p.m. lag, diffuse Grapefruit for an invigorating aroma that can support a sense of positivity to help you power through.

Treat yourself to a luxurious, essential oil-infused massage with V-6™ Vegetable Oil Complex and Grapefruit essential oil, focusing on desired areas. You'll love the invigorating aroma and smoother-looking skin.

Not only is Grapefruit oil perfect for diffusing, but it's also a great addition to DIY skin care products from lotions to bath salts. Get creative and combine it in a salt body scrub with other skin-toning oils such as Lemon and Juniper for a simple home spa experience that gives your skin a smooth-looking glow.





THE BEST MEDICINE

If Mississippi wears her New Jersey,
what does Delaware?
I don't know, Alaska.

“When I get ready to talk to people, I spend two thirds of the time thinking what they want to hear and one third thinking about what I want to say.”

- Abraham Lincoln

Proverbs to Live By

Think Before You Speak

Proverbs 10:19 – When words are many, sin is not absent, but he who holds his tongue is wise.

Proverbs 11:12 – A man who lacks judgment derides his neighbor, but a man of understanding holds his tongue.

The Apostle James understood the value of these proverbs and wrote...

James 1:19 – My dear brothers, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry.

Take the time to think before you put your tongue in gear and you will no doubt gossip less, hurt fewer people, avoid many problems and bring more glory to God. Be wise... speak less.

THINK
BEFORE YOU SPEAK

T is it **TRUE?**

H is it **HELPFUL?**

I is it **INSPIRING?**

N is it **NECESSARY?**

K is it **KIND?**

AllProverbs

FEATURED COMPOUND

Migraines



Migraines are the third most prevalent illness worldwide. Over 38 million men, women, and children suffer from migraines in the United States alone and over one billion people worldwide. The age group hit the hardest with migraines are those between 35 and 55, including twice as many women than men.

Migraine pain is severe and debilitating. Symptoms include nausea; visual disturbances; dizziness; numbness in extremities or face; and extreme sensitivity to light, sound, smell, and touch. This neurological disorder does not have a simple solution.

We do have several compounded formulas commonly used for migraines; remember, you will need a prescription from you physician:

Lidocaine 4% Nasal Spray

Ketamine 2.5% or 5% Nasal Spray

**Isometheptene/Dichloralphenazone/Acetaminophen—
65mg/100mg/325mg**

If you have any questions or concerns about our compounded solutions, please give us a call or stop by.



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Good through April 30, 2017.

