



Doug Chadwick

Beat Your Seasonal Allergies to the Punch

Allergies bring itchy/watery eyes, runny noses, stuffy heads, and sneezing. Most people wait until the symptoms hit, then run to the drugstore. Understanding allergies will help you beat them to the punch.

Upon its first encounter with an allergen (a protein your body recognizes as foreign), your immune system memorizes, attacks, and destroys it. It takes just one encounter with a new compound to imprint its unique three-dimensional structure on the memory banks of your immune system forever. A structurally-unique antibody, known as IgE, is the by-product of this encounter. Its singular mission is to remember what the invading protein looks like and attack it each and every time it enters your body.

IgE resides on mast cells in the linings of your nose, sinuses, eyes, and lungs. These cells are storage sites for the arsenal of chemical weapons your body uses to fight invaders. When IgE encounters an allergen, it signals the mast cell to release its contents – which includes a chemical known as “histamine.” Upon release, histamines work very quickly to produce many of the annoying symptoms you experience with seasonal allergies.

Now that you know the specifics, here is the bottom-line of allergic reactions: **allergies are ultimately caused by a breakdown in your immune-system.** You *don't* have to suffer from allergies. We want to encourage you to get ahead of them—don't wait until you start sneezing to come in!

To prepare your body to deal with seasonal allergies without side-effects, try our truly remarkable allergy-fighter: **Natural D-Hist.** This herbal anti-histamine and anti-inflammatory is probably the most comprehensive approach to fighting allergies we have found.

Here's a brief listing of its ingredients and a short explanation of why each ingredient is so helpful:

Vitamin C – proven to lower symptoms of allergies, colds, asthma, and bronchitis, Vitamin C has been shown to *inhibit constriction of bronchioles and reduce histamine production.* As an antioxidant, it quenches free-radicals and helps build your immune-system.

Quercetin – one of the most biologically-active of all bioflavonoids, *Quercetin's effect on allergies is unmatched by any other natural substance.* It also works as an antioxidant, as an anti-inflammatory, and as a histamine-blocker.

Stinging Nettle – through its ability to mimic histamine, Stinging Nettle *creates an antihistamine effect.* It also acts as an anti-asthmatic and antiviral.

Bromelain – a powerful anti-inflammatory and mucolytic, Bromelain reduces edema and inflammation by *inhibiting kinin formation* (kinin causes the swelling and pain associated with allergies).

N-Acetyl-Cysteine (NAC) – this all-natural mucolytic compound

breaks down/lowers the viscosity of mucous. While many natural supplements have an effect on mucous, none are better documented in terms of effectiveness than NAC.

Natural D-Hist combines all of the above. We believe you will see amazing results when you put it to use. Start by taking a loading dose of four capsules twice a day for one week. After that, take two capsules twice daily. We are so sure this will work for you, we offer a money back guarantee. If you are not satisfied after 30 days, bring us the bottle with your original receipt for a full refund.

To help with long-term immune health, understand that 70-80% of your immune system is found in your gut. In order to have a healthy immune system, you need to have a healthy gut. Allergies and asthma are a strong indication of an unhealthy gut. Many of you have damaged your gut's defenses through what you eat and the events of life. To restore your gut health you need to:

1. Take a multi-strain **probiotic.** Read more on page two.
2. Take **L-glutamine.** When the lining of your gut has been damaged, food particles and other invaders enter into your body, then your immune system attacks. This battle causes your immune system to be overworked. L-glutamine helps to heal the lining and restore the normal protective barrier. **500mg three to four times per day is recommended.** If you are a runner, biker, or other type of endurance athlete, L-glutamine is essential since this type of physical exertion puts added stress on your digestive tract.

Why the Brand of Remedy You Choose is Vitaly Important

When choosing allergy remedies – or any non-prescription remedies – it's important to remember that all brands are not created equal. There are a number of different factors involved:

- Dosage amounts. Too much or too little of an active ingredient can make a big difference in the results you see (or don't see!).
- Inactive ingredients. Fillers, binders, coatings, etc., can all have a significant impact on whether the active ingredient is able to be absorbed by your body. Thus, two different brands of the same products with the same amount of active ingredient can still have differing effects.
- Food-grade vs. Pharmaceutical-grade. Vitamins and some natural remedies, fall into one of these two distinct categories. This differentiation has to do with quality control. For best effectiveness, choose pharmaceutical grade whenever it is available.

When selecting natural remedies, it is in your best interest to ask the pharmacist for his or her opinion. While many of the chain store pharmacists are not well-trained in natural remedies, our pharmacists **are** and will be happy to explain which brand will give you the results you desire. Take the advice in this article, and we are sure you will beat those seasonal allergies this year.





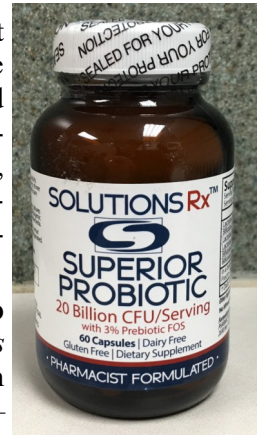
A Closer Look: Probiotics



By now you have probably heard of probiotics, but you may not fully understand why you need them. The term probiotics comes from the Greek word “for life.” When ingested, these living microorganisms replenish the microflora in your intestinal tract. This replenishment results in the promotion of a number of health-enhancing functions, including enhanced digestive support.

Historically, people used fermented foods like yogurt and sauerkraut both as food preservatives to limit spoilage, and to support their intestinal and overall health. In ancient Indian society, it became commonplace to consume a before-dinner yogurt drink called a lassi. At the end of the meal, the people of India consumed a small serving of curd. The Bulgarians are noted both for their longevity and their high consumption of fermented milk and kefir. In Asian cultures, pickled fermentations of cabbage, turnips, eggplant, cucumbers, onions, squash, and carrots still exist today. So it seems that many cultures used different techniques to support their intestinal health. As you may have noticed, many cultures are still trying to follow traditional dietary practices today. However, challenges arise from poor dietary habits and the environment.

Taking a good probiotic and following sound dietary principles provide the best ways we’ve found to promote your digestive health. That’s why probiotics are on our *Top Five Supplement Recommendations for Almost Everyone* list. A good probiotic helps you maintain the proper balance of bacteria in your gut in support of effective digestion. And guess what? It doesn’t just stop with your intestinal health promotion — it goes far beyond...



Increased understanding of bacterial effects on the gastro-intestinal (GI) and immune systems has led to increased credibility in the use of probiotics over the past thirty years. Today the science of probiotics has evolved into a rapidly growing field, generating a great deal of interest both from physicians and consumers. We believe life is promoted and enhanced in the colon — *if you know what you are doing.* **Maintaining great intestinal health is akin to maintaining great overall health.**

And when you’re in good shape with your overall health, **you’ll naturally feel better** — and be able to do more of the pleasurable things in life. We recommend Superior Probiotic 20 billion. Simply take two capsules daily without food at night on an empty stomach. This high potency, multi-strain probiotic is formulated to support digestive and immune health. If you are experiencing immune or digestive problems, please stop in and talk to me. I can direct you to a more potent option.



THE BEST MEDICINE

Can February March? I don’t know, but April May.

Yesterday, at a job interview, I filled my glass of water until it overflowed a little.

“Nervous?” asked the interviewer.

I replied, “No, I always give 110%.”

“What we call results are beginnings.”

- Ralph Waldo Emerson

Proverbs to Live By God Knows Everything You Do, Say, or Think

Proverbs 15:3 – The eyes of the Lord are everywhere, keeping watch on the wicked and the good.

Proverbs 15:11 – Death and destruction lie open before the Lord – how much more the hearts of men!

Nothing is hidden from God, including our thoughts. This knowledge can be comforting or fearful, depending on your relationship with Him. Let us join the psalmist who wrote...

Psalms 139:23-24 – Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

FREE SEMINAR

**Bio-Identical Hormones
with Lori Todd, RNC, BSN**

Monday, May 16th, 6:30pm

***Do you have a friend that needs to
feel as good as you do? Invite them!***

RSVP to Sharon@MyersDrug.com

My Scar Therapy

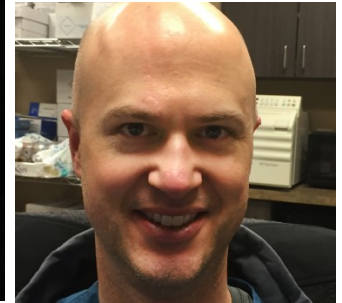
A 41-year-old Caucasian male with no significant underlying medical conditions was diagnosed with basal cell carcinoma, presented by a solitary patch at the tip of his nose. A skin graft was taken from the patient's forehead to patch the tip of his nose.

Following the wound closure, the patient was instructed to apply My Scar Therapy to the affected area, one to two times a day.

The results speak for themselves. This could have easily resulted in a huge scar for the rest of his life. Instead, because he was persistent enough to treat it with My Scar Therapy, the scar is now difficult to see at all. If you would like to know more about My Scar Therapy and what it can do for you, please give us a call or stop by today!



BEFORE



AFTER

LIVE EASY with Breathe Again

Combining four powerful varieties of eucalyptus essential oils, plus Laurus nobilis, Rose hip, Peppermint, Copaiba, Blue Cypress, and Myrtle essential oils, **Breathe Again™ Roll-On** has an invigorating and awakening aroma. Breathe Again...

- Assists with clear breathing
- Supports overall respiratory health
- Soothes tired, sore muscles
- Offers purifying and cleansing properties.

Its convenient and portable roll-on applicator makes it easy to apply to the head, neck, chest, or under the nose to enjoy its aroma anywhere.



FREE GIFT WITH PURCHASE

Receive a FREE Spartina Lunch Tote with your purchase of \$100 or more.

Retail value of single lunch tote: \$35
5.875" x 8.25"



Cool!
INSULATED LUNCH BAG COOLER



Avoid Side Effects of Diabetes Medication

Are you taking any of these diabetes medications: Tolinase (Tolazamide), Diabinese (Chlorpropamide), Sulfonylureas (Glipizide, Glimepiride), Metformin, Acarbos, Januvia, Onglyza, Tradjenta, Pioglitazone, Rosiglitazone, Bydureon, Invokana, Byetta, Victoza, Symlin, Insulin, Glucovance, Janumet, etc.?

These medications are known to deplete your body of vitamins B2, B6, B12, CoQ10, Folic Acid, Magnesium, Chromium, and Vitamin C. Because of these nutrient depletions, you may be experiencing side effects including chronic diarrhea, fatigue/decreased energy, brain fog/memory loss, depression, muscle aches, increased risk of heart disease, frequent infection, neuropathy, nausea, vision problems, anemia, and decreased libido.

If you are currently taking a diabetes medication and are experiencing any of these side effects, you can replenish the needed nutrients with Diabetes Rx Support. This formula includes CoQ10 and digestive enzymes for maximum absorption at just \$29.99 per month.



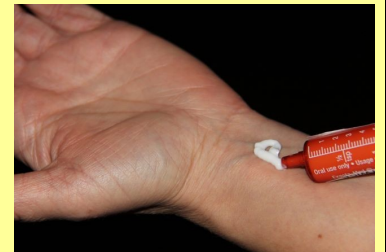
FEATURED COMPOUND

Promethazine

Available commercially as a tablet, syrup, injection, or suppository, Promethazine has as many uses as it does dosage forms. Typically it is prescribed for preventing and controlling the nausea and vomiting associated with illness, surgery, or motion sickness.

Consider for a moment how impractical it is to take a tablet that has to be kept down to be effective when you're nauseated or vomiting. Have you ever taken promethazine syrup for a cold? Some people find the after taste unpleasant; now imagine if you were already nauseated. How about the suppository? Many people find this route objectionable on a good day let alone when you are sick. If you are feeling brave there is the injectable route, but most people lack the skills needed to give themselves a shot or more difficult yet to administer it directly into a vein (IV). For those of you who are parents, imagine trying to give your sick child any of these forms of Promethazine.

Fortunately, compounding offers a great option. Compounding Promethazine into a transdermal cream means you don't have to take it orally or as a suppository when you're already feeling awful. Instead you can simply rub it onto your wrist!



At the Professional Compounding Centers of America (PCCA), a study was done to evaluate the percutaneous absorption of Promethazine placed in PCCA Lipoderm base. What the study showed was the medication was able to be moved across the skin by the Lipoderm base and did a better job than other creams typically used in non-PCCA affiliated pharmacies. What this provides you is another option for a delivery of a nausea medication that many adults and kids find much more agreeable than any current commercial formulations.

The next time someone in your family is nauseous or vomiting, remember to ask your doctor about having Promethazine compounded into a transdermal cream, and give us a call if you have any questions or concerns!

20% OFF

ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.
Good through May 31, 2016.



In this Issue:

- Beat Your Seasonal Allergies to the Punch..... Pg 1
- A Closer Look: Probiotics Pg 2
- The Best Medicine Pg 2
- Proverbs to Live By..... Pg 2
- FREE Bio-Identical Hormone Seminar Pg 2
- PracaSil-Plus: A Case Study Pg 3