



Doug Chadwick

Ten Tips for Maintaining a Healthy Brain

1: Don't smoke. Smoking represents a major risk factor for cancer, heart disease, and stroke. These leading causes of death represent an ongoing concern for all Americans. Non-smokers might consider taking an empathetic approach to smokers who are trying to quit, and parents might use a "tough love" approach with their children to make sure they don't even start.

2: Follow your physician's advice. Your relationship with your physician is critical to your health. Remember that as a consumer of health services your doctor is your employee, so establish a good working relationship based on the understanding that you are the boss of your body. You must develop a proactive attitude toward maintaining your health. Your physicians can help guide this process.

3: Exercise regularly. Exercise and physical activity continue to emerge as primary components of a healthy lifestyle at any age. Aerobic exercise, weight training, and recreation are critical not just to your cardiovascular health but to your brain health, as well. Every time your heart beats, 25% of its output goes to your brain—quite a large market share! Clearly, maintaining efficient blood flow to your brain through regular exercise promotes health. If you don't exercise regularly, start by walking around the block tonight and build from there.

4: Reduce the overall calories you consume daily. Americans tend not to under-consume anything, including food. Yet the leading factor for longevity in animals is caloric restriction. Follow this advice: never go to bed stuffed, and eat only 80% of what you intend to consume at every meal.

5: Socialize and have fun. Americans specialize in stress, with little understanding of how to have fun. You need more time to socialize, celebrate, and laugh! Developing and maintaining a social network of relationships is important from a health perspective. Our friends and family help us stay active and involved in the fabric of society. They can provide us with emotional support and can nurture trust.

6: Develop your spirituality. Evidence continues to emerge that prayer is a health-promoting behavior and that attendance at formalized places of worship may have more significance to our health than is understood. Praying daily can help us combat the stresses of life and focus on the challenges ahead.

7: Engage in mentally stimulating activities. "Mental stimulation" refers to the way your brain responds to stimuli in the environment. Complex stimuli are health-promoting for the brain. New learning translates to neurophysiological growth and to mental stimulation in the same way that aerobics translates to cardiovascular health. You can benefit from being

challenged and from engaging in pursuits that are initially hard for you!

8: Maintain your role and sense of purpose. Retirement is not good for the human brain, which benefits from environments rich in novel and complex stimuli. Retirement by definition reinforces disengagement and passivity. Our nation might consider prioritizing social engagement across the lifespan—from a brain-health perspective. Although it is important to allow elders to choose more passive lifestyles, many may benefit from an understanding of the importance of actively participating in society and finding personally relevant roles and senses of purpose.

9: Seek financial stability. Research clearly demonstrates that having some money late in life correlates with better health. Therefore, a practical tip for maintaining lifelong health is to hire a financial planner and begin a savings plan that will provide some money late in life. Financial planners do not consider themselves to be health promoters, but they are. You are never too young or too old to begin saving, and the less money you make the faster you need to get started!

10: Provide your brain with the nutrients it needs. There are many scientifically studied nutrients for brain health. Fish oil, specifically DHA, and phosphatidylserine are two of the over 20 well researched nutrients that you may have heard of for brain health. One specific product, that combines six of these clinically studied nutrients is **Perceptiv**. Perceptiv has 20 years of independent university research (some of which was funded by the Alzheimer's Association) behind it showing that it helps:

- Protect against normal cognitive decline
- Improve executive function by an average of 20%
- Enhance mental clarity and improve memory
- Increase focus and concentration

Perceptiv is only \$2 per day (a 30 day supply is \$59.99). That's \$2 per day for a supplement that is clinically proven to help your mental clarity, memory, focus, and concentration.

As always, Myers Drug offers a money back guarantee if you are unsatisfied with the product after 30 days. Just bring back the bottle with the original receipt for a full refund.



Essential Oils: Thieves

Young Living's one-of-a-kind Thieves blend supports healthy immune function and is an ideal complement to a daily wellness regimen.



“We cannot solve our problems with the same thinking we used when we created them.”

- Winston Churchill

THE BEST MEDICINE... LOL

One afternoon in the Arctic, a father polar bear and his son polar bear were sitting in the snow. The son polar bear turned to his father and asked, “Dad, am I 100% polar bear?”

The father polar bear replied, “Of course you’re 100% polar bear, son. Why do you ask?”

“I’m freezing!” replied the son.



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Biblical Health Tip...

The Blessing of God’s Discipline

Most of us would prefer to die without going through a prolonged illness. Responding properly when God disciplines us can help that very thing occur. The Bible says ...

Job 5:17 & 26 – Blessed is the man whom God corrects; so do not despise the discipline of the Almighty. You will come to the grave in full vigor, like sheaves gathered in season.

Here is some good advice to follow.

Hebrews 12:5b & 10 – My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you. Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness.



Important Information for Flu Season

The kids are back in school, and flu season is just around the corner. Here is what you need to know.

What is the flu? The flu is a highly contagious viral infection of the respiratory passages causing fever, severe aching, and excessive discharge or buildup of mucus in the nose or throat. This infection can be deadly, especially in high-risk groups, and is highly common—more than three million cases per year in the U.S.

When does the flu hit? According to the Centers for Disease Control and Prevention (CDC), a federal agency that conducts and supports health promotion, prevention, and preparedness activities in the United States with the goal of improving overall public health, the timing of the flu is very unpredictable and varies from season to season. Most seasonal flu activity typically occurs between October and May. Flu activity most commonly peaks in the U.S. between December and February.

How do you protect yourself? The CDC recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against this serious disease. It is especially important to get the vaccine if you, someone you live with, or someone you care for is at high risk of complications from the flu (children, infants, pregnant women, seniors, people with disabilities, people with health conditions, travelers, and people living abroad). Remember, you are not just protecting yourself by being vaccinated, you're protecting the people you love.



Can you get the flu from the vaccine? No, you can't get the flu from the flu vaccine. The flu vaccine protects you from the flu, not the common cold. But you may experience some side effects (soreness, headaches, and fever).

When should you get the flu vaccine? The sooner the better! Early immunization is the most effective but it is not too late to get the vaccine in December, January, or beyond.

Where can you get a flu vaccine? You can get your flu vaccine from any of the pharmacists at Myers Drug during business hours without an appointment. Flu shots are just \$XX if you are paying cash; however, we will bill insurance or Medicare as applicable.

If you happen to own a business and would like to have your employees vaccinated (which can help reduce the number of sick days used), please give us a call. We are able to come to your business to administer the vaccinations, or we can provide vouchers that your employees can use at the pharmacy. For more information, call 325-655-3146.

Take a few minutes the next time you are at the pharmacy to protect yourself and your loved ones.

NEW CDC RECOMMENDATION

The Centers for Disease Control and Prevention (CDC) has recently released new recommendations for adults 65 years of age and older in order to prevent pneumonia.

In the past, the CDC's recommendation was to get a Pneumovax vaccine. The CDC has now added the Pevnar vaccine to the recommendation. The combination of the two vaccines offers you more complete coverage and protection from the different strands of pneumonia that exist.

If you have already had a Pneumovax vaccine, you should get a Pevnar vaccine. Please note, you have to wait at least one year from the date of your Pneumovax vaccine before you get the Pevnar vaccine. If you have not had a Pneumovax vaccine, you want to start with the Pevnar vaccine first followed by the Pneumovax vaccine one year later.

You can get both vaccines at Myers Drug during business hours without an appointment. You can get either vaccine at the same time as your influenza vaccine. Pneumovax and Pevnar are both covered by Medicare with no co-pay; however, Medicare Advantage typically does not cover vaccinations.

Stop by and let us know if you have any questions or concerns.



Sharon Conley

Guaranteed Pain Relief

Penetran Plus is the first product that I typically recommend for pain. It is one of our top selling products because it works.

This topical pain relief lotion provides immediate relief for many types of pain. Dr. Julian Whitaker, noted alternative care physician, wrote in *Health and Healing* that Penetran Plus takes advantage of the outstanding analgesic properties of quaternary amines, which are the primary agent for most injectable anesthetics such as Lidocaine and Novocaine—without the needle or any burning or stinging.

We have more patients than I can count who love this product. Some use it for arthritis pain, some for bumps and bruises, some for sunburn.

Because we know Penetran Plus has worked for so many of our patients, we are sure that it will work for you. If you are not satisfied with the results, bring the tube back with your original receipt, and we will refund your money. It's that easy. *You have nothing to lose but the pain.*

And right now you can get \$2 off. A 2.5oz tube is \$12.98 and an 8oz tube is just \$29.95.



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