

“The One Thing You Should Do Every Day to Fight Everything from Colds to Cancer”



A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201
Integrating Traditional, Herbal, Homeopathic and Nutritional Therapies

What fights colds, cancer, and a host of other diseases? What helps your body to function optimally and boosts your immune system?

The answer I have discovered is vitamins. Specifically, a good multivitamin/multimineral complex. I want to recommend our Wellness works multi called **Essentials**.

Vitamins and minerals are important. The standard American diet simply does not provide your body with enough of the vitamins and minerals your body needs. Nor does it give you enough antioxidants.

Just about everybody can benefit from taking a daily multivitamin/multimineral complex. When choosing the right multivitamin for you, it's important to keep a few things in mind:

- You want something that's going to give you the vitamins and minerals your body needs in the correct proportions. Most multis out there today give only the minimum recom-

mended daily allowance. Often, this is not enough. You want the *optimal* amount, not necessarily the *minimum* amount.

- Also, it's important to get enough antioxidant value from your daily multiple. Antioxidants are what stop dangerous free-radicals from destroying cells and damaging arterial walls. Because antioxidants only stay in your system for six-to-eight hours, it's important to take a multiple vitamin that replenishes those throughout the day.
- And finally, you want to ensure that the vitamin you choose is pharmaceutical grade. Pharmaceutical-Grade vitamins must be at least 99% pure with no binders, fillers, excipients, dyes, or unknown substances. Quality control is the cornerstone of good manufacturing practices and you should select *Pharmaceutical-Grade* to ensure maximum benefits and peace of mind.

We here at **Norland Avenue Pharmacy** have several brands of vitamins available, but my favorite so far, the one that provides the most “bang for the buck” is **Essentials Multivitamin/Mineral Complex**. This pharmaceutical-grade multivitamin/mineral is rich in antioxidants, coenzyme B vitamins, and macro and micro minerals chelated to the best mineral transporters for ease of absorption— plus it's iron free. Even though it's powerful, it's not high-priced— you can get a bottle of 90 for just **\$24.98**.

Another option for those who would prefer a liquid vitamin would be our **Liquid Balanced Essentials** with 94 vital nutrients or **Liquid Sea Essentials** with trace minerals including coral calcium.

Liquid Balanced Essentials is just **\$39.99** or a 32 oz jar and **Liquid Sea Essentials** is just **\$29.99** for a 32 oz jar. Buy either liquid and get a FREE box of **Sublingual B12** (a \$14.98 value)

It's not your chronological age that counts— —it's your biological age!

Possibly the most important thing you can do to fight the aging process is take an active role in your own good health.

Good health goes vastly beyond merely “not being sick.” When you are healthy, you know it. You have energy. You feel truly *alive*.

In this light, I have been rethinking the term “anti-aging.” We don't want to fight chronological aging (how could we possibly do that?), we want to fight premature aging, or *premature biological aging*.

Many of the processes associated with premature aging are avoidable! So rather than strive for anti-aging, I'm going to refocus on *healthy aging*. Improving our bodies and our minds so that our biological age is younger than our chronological age.

Yes, you will get on in years. But you do not have to rapidly age biologically at all.

Please read every word of each of the articles in this, and succeeding newsletters so that you benefit more and more from this information. And if you have any questions, do phone us at **(717) 217-6790!**

Yours in good health & healthy aging,
Wayne Myers, PharmD.

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Study Finds 4 Healthy Habits Can Mean 14 EXTRA Years of Life

In a study conducted in the United Kingdom of 20,000 people they found that the following four habits contributed to longer life:

- Don't smoke
- Eat lots of fruits and vegetables
- Exercise regularly
- Drink alcohol in moderation

Kay-Tee Khaw, of the University of Cambridge, and colleagues calculated that people who adopt these 4 healthy habits lived an average of 14 years longer than those who didn't.

"I PROMISED TO COLOR INSIDE THE LINES, PLAY WELL WITH OTHERS, SPEAK WHEN SPOKEN TO AND BE GOOD. BUT I GOT BORED."

Seen on a Toddlers Tee-shirt.

Valentine's Gift Headquarters

"At Last! Boxed candy that tastes homemade and just in time for Valentine's Day"

Come see what all the buzz is about. Ruth Hunt Candies— "As close to homemade as you can find," you'll say. They're so outstanding they've been declared the official candy of Churchill Downs, home of the Kentucky Derby. Whether you like dark or milk chocolate, cream centers, or ones with nuts— or even hard candies— you'll find these to be the best.

Fancy Boxes from \$9.98 – \$19.98

While your shopping for your Valentine also check out our **Huge Selection of Greeting Cards 50% OFF**

She'll Love You For Giving Her One of These Soft, Cuddly Plush Lions for Valentines Day

Here's a plush animal she'll adore for years and years. It's soft and cuddly in a choice of 2 sizes.

Lionheart, by Gund, is made from golden plush and has a red heart attached.

Choose your favorite size and have it gift bagged FREE.



Large 10" \$39.98
Medium 7" \$19.98

"Will the Passage of Time Ravage Your Body?"

Not necessarily! There are steps you can take to fight the aging process. Possibly the most important thing you can do is take an active role in your own good health. Good health goes vastly beyond merely "not being sick." When you are healthy, you know it. You have energy. You feel truly alive.

Over the years, I have been studying the effects of the aging process on the body. **Human Growth Hormone (hGH)** is being touted as one of the best anti-aging supplements ever found. Doctors are prescribing it in increasing numbers nationwide because study-after-study shows that Growth Hormone may reverse human biological aging.

For instance: one study in The New England Journal of Medicine showed that 6 months of **hGH** injections **reversed the aging process by 10 to 20 years**. Other studies have shown similar results.

Until recently, the only way to get **Human Growth Hormone** was from a needle, with a doctor's prescription. And treatments were prohibitively expensive.

Now I have discovered a homeopathic form of this supplement: KingBio Homeopathic **hGH**. It's safe, effective and available without a prescription— without the needle— and no pills. Just spray it under your tongue. It quickly enters your system, bypassing your stomach. It's quick, effective, and it doesn't cost an arm and a leg!

Clinically-proven results of using Homeopathic **hGH** include reduced body fat, increased lean body mass, more energy, greater libido, reduced blood pressure and better sleep patterns.

It is so safe that I have absolutely no qualms about recommending it to all my patients, and offer my unconditional money-back guarantee. A two ounce bottle is just **\$29.98**.

HEALTH FUNNIES

When a physician remarked on a new patient's extraordinarily ruddy complexion, he said, "High blood pressure, Doc. It comes from my family."

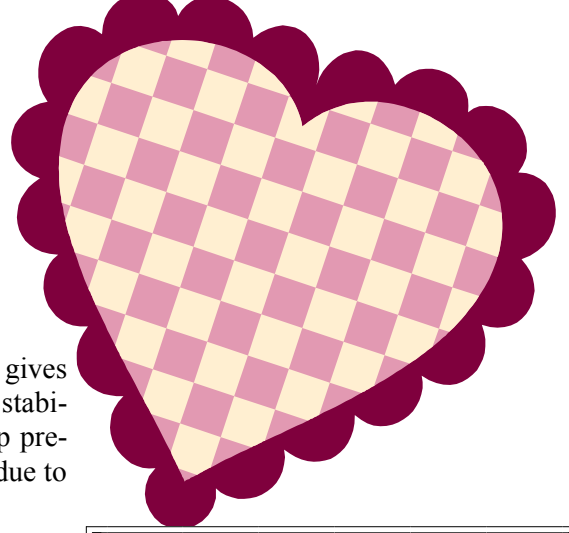
"Your mother's side or your father's?" I asked.

"Neither," he replied. "It's from my wife's family."

"Oh, come now," I said. "How could your wife's family give you high blood pressure?"

He sighed. "You oughta meet 'em sometime, Doc!"

“Valentine’s Day is Around the Corner, and I’m Interested in **YOUR HEART**— I Want to Make it Last Longer so You Can Live a Longer, Healthier Life!”



And the truth of the matter is: *I want to make all your body parts last longer.*

That’s why I recommend CoQ10. This vital coenzyme strengthens your heart. Your body used to produce a lot of it, but as we age, we produce less and less. **THIS IS IMPORTANT!** According to Dr. Stephen Sinatra, MD, FACC, FACN, CNS, founder of the New England Heart and Longevity Center, “*the more CoQ10 in your body, the longer you live.*”

CoQ10 also helps prevent breast

cancer and gum disease, and gives you **MORE ENERGY**. And it stabilizes blood sugar and may help prevent Alzheimer’s and damage due to strokes.

In honor of Heart Health Month you can pick up a bottle of our **\$34.98 Country Life CoQ10 Q-Gel (30s) for just \$24.99**. This price is good *only* during the month of February.

I’m so sure you’ll love it, I give you my **100% unconditional money-back guarantee**.

Want to know how to help regulate your metabolism and your hormonal balance? Eat plenty of Cruciferous vegetables.

Cruciferous vegetables are cabbage, cauliflower, Brussels sprouts and broccoli. They contain phyto— nutrients seldom found elsewhere. Yes, they do help you lose weight.

Important Information about Cholesterol Lowering Drugs

You may remember the cholesterol-lowering statin drug Baycol making headlines across the nation in 2001, due to increasing reports of side-effects like rhabdomyolysis, and its subsequent withdrawal from the market.

On January 10th, 2005, Astra-Zeneca, the makers of Crestor (another cholesterol-lowering statin drug) reported a death linked to its product.

Don’t get me wrong— statin drugs can be lifesavers. However, statin drugs can cause hepatitis, jaundice, and other unwanted side-effects, too, including the depletion of the body’s stores of CoQ10, a vital coenzyme.

That’s why I recommend a truly **SAFE** and comprehensive approach to LDL cholesterol manage-

ment called **LIPITROL**. It contains antioxidants to combat free radicals. Several other all-natural components reduce cholesterol and triglycerides and also provide additional heart and liver support. And **LIPITROL doesn’t** cause “niacin flush” like most other cholesterol-reducing medicines.

*“My name is Barbara. When my cholesterol reached 280, my doctor prescribed Lipitor. But I was apprehensive because of the negatives and side-effects I was reading and hearing about. Then I talked to my pharmacist. He recommended **Lipitrol**, and I’m sure glad he did. After taking **Lipitrol** for just one month, my cholesterol dropped significantly. Since then it has been dropping more slowly, but consistently, recently being measured at 225. **My cholesterol has***

gone down by 55 points! I feel really terrific about his recommendation, especially since my HDL has remained nearly as high as it was. I am absolutely elated.”

LIPITROL works on four level, whereas statin drugs work on only one. In fact, **LIPITROL** works so well that **I guarantee your satisfaction 100%**. It’s just **\$34.98** for a bottle of 90.

Please note: you should *never* discontinue taking any prescription medication without talking to your doctor. Your doctor knows what’s best for you, and statins can truly be lifesavers. Lipitrol can be used safely in combination with statin drugs and, in fact, can complement almost any prescription regimen you are taking. Additionally, if you’re taking statin drugs, do talk to us about CoQ10.

Please feel free to share this highly informative newsletter with a friend

Coming in Future Issues:

Do you feel bloated? Full of Gas?
The right enzymes may be the answer!

The seminar is FREE, but seating is limited, so reserve your spot now: (717) 217-6790!

- And much, much more!
- How hormones can be tested and which option may be preferable for your situation.
- Why Bio-Identical Hormone Replacement Therapy may be an option for those at risk for cancer and heart disease.
- About the hormone link to some depressions and why anti-depressants may not be the complete solution.
- How to control hormonal irregularities and associated symptoms (like PMS) *without birth control pills.*

On Tuesday, February 26 at 7 p.m., you'll learn:

in the Chambersburg Mall presented by Charles Hill, R.Ph.!

Find out how hormone balance issues affect you at this FREE Seminar at the Community Room,

“Suffer from Mood Swings? PMS? Hot Flashes? Think You’re Just Getting Older? Think Again...”

FREE Seminar for Women Only



Norland Avenue Pharmacy
757 Norland Avenue Ste 105
Chambersburg, PA 17201