

Pharmacy Tomorrow from Prescription Center

Gary Newton, FACA, Pharmaceutical Chemist; Gerald Mizelle, Consultant Pharmacist
915 Hay Street, Fayetteville, NC 28305, (800) 682-4664, Fax (888) 256-6291

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www.rxfixer.com gary@rxfixer.com
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Monthly, *Pharmacy Tomorrow*, this newsletter is available at www.RXFIXER.com

YESTERDAY IS HISTORY; TOMORROW IS A MYSTERY.

Sildenafil Improves Women's Antidepressant-Related Sexual dysfunction: Premenopausal women and women having had hysterectomies can overcome adverse sexual effects caused by SSRIs (antidepressants) by taking Viagra says *Journal of the American Medical Association*. Ginkgo also helps.

An eye for an eye will make the whole world blind.

.....Mahatma Gandhi.

Cannabis Cigarettes Reduce Neuropathic Pain:

The *Journal of Pain* reports smoked marijuana may reduce pain for patients who do not respond to traditional drugs or who are denied adequate doses of analgesics. It is especially useful in terminal patients who need not be concerned by the loss of brain cells.

Laziness may be genetic, reports claim.

Migraine Help from Jeffrey Dach MD:

FEVERFEW is an ornamental herb prescribed by Dioscorides 2000 years ago. Taken daily it gives a profound reduction in the frequency and intensity of migraines. It is not effective if taken only when an attack has started. *Cephalagia* reports 600mg a day of MAGNESIUM GLYCINATE reduces migraine attacks by 40%. *Neurology* reports patients who regularly took 400mg daily of Vitamin B2 (riboflavin) had 40% fewer migraines. (Note: Magnesium and B2 can and should be taken together).

Never use a big word when a bigger one will do.

PEG 3350 Helps Children With Constipation:

Non-Rx PEG3350 (MiroLax, Glycolax, etc) is effective TEMPORARILY in the treatment of children with constipation. Adequate intake of water and fiber every day are essential. ~August *Journal of Pediatrics*.

For daily use, Magnesium Glycinate, a non-laxative mentioned above is helpful and harmless.

Healthy Foods to Fight Afternoon Slumps:

Water, Brazil nuts, dried dates, peanut butter on whole wheat. ~RealAge.com

A drop of ink may make a million think. ~Lord Byron

Chocolate stimulates the same part of the brain as morphine and marijuana; the same part of the brain that controls libido. Maybe the custom of giving chocolates started here.

Well behaved women rarely make history.

Stomach Acid Protects: The risk of gastric cancer may be increased by the use of acid suppressive drugs. A minor increase in the risk of stomach cancer was observed in patients using Zantac, Tagamet, Prilosec, Nexium, etc. within the previous 5 years. —Adis Data

Slow breathing while listening to music for 30 minutes a day lowers blood pressure – Health & Healing.

Vagifem tablets, 25 mcg are discontinued, 10mcg tablets are still made. Suppositories of 25mcg and other potencies can be compounded.

Look AGAIN, and think!

Plain white toothpaste will dry out a "zit," pimple.

Good enough never is.

No-Stick Insulin Back? Inhaled insulin may be returning. MannKind Corp. is testing insulin inhalation powder said to cause less weight gain and hypoglycemia than insulin by injection.

Love is not premeditated, it is spontaneous, it bursts up in extraordinary ways.

5 Foods for More Youthful Joints: Berries, ginger, avocado, flaxseeds (whole), & omega-3-rich fish.

--The Big Book of Culinary Medicine.

Neckties are associated with dignity. But, 5% of men over fifty have some occlusion of at least 1 carotid artery. Neckties, or neck bands, aggravate this condition. Say goodbye necktie. —NC Med J.



"I don't think that's what the pharmacist meant when he said 'Take for two days and skip a day.'"

A pessimist sees difficulty in every opportunity; an optimist sees the opportunity in every difficulty. – Winston Churchill

**Examples of Recently Compounded
(Customized) Prescriptions of Historical Interest:**

Compounding to the Rescue, Again.

**Cyclosporine 0.25% Ophthalmic Oint, Preservative Free
During OPTIMMUNE Back-Order**

25% alc-tea tree roll on antiperspirant.

Tranilast anti-allergen oral capsules. (Pets too).

We are never called on to parade our doubts.

Natural progesterone to take under the tongue, no sugar or NutraSweet. More reliable than rub-on, less side effects than oral.

DES, diethylstilbestrol tablets for man and beast, any mg.

Xalatan diluted to 60% strength ophthalmic, cost effective. (Generic soon?).

Modified release (approx 12 hours) **Baclofen** capsules.

Watermelon has 3 juicy benefits.

Urea, DMSO, tea tree ointment for diseased nails.

Natural **progesterone** for male benign prostate problems.

Famciclovir oral rinse for oral **Thrush**. Probiotics also needed.

Chickens are hypnotized by drawing a line in the dirt repeatedly. Like some people, they find it hard to step past the obvious, the box.

Topical heparin for varicose veins.

DMSA suppositories for **heavy metal** chelating.

Magnesium Glycinate, melatonin capsules for “**deep sleep**” and bowel **regularity**.

Furosemide Inhalation for **shortness of breath**.

For a woman, it is important that a man helps at home and has a job. It is important that a man make you laugh. It is important to have a man that does not lie to you. It is important that these 4 men do not know each other.

Most obese do not know (admit) that they are.

–World Health Organization.

David Wolfe, author deems the shoe as the world’s most dangerous invention because it separates us from the healing energy of the Earth.

Connect to the earth & heal. Required reading: **EARTHING** by Stephen Sinatra, MD and others. Go barefooted 30 minutes a day on grass or dirt.



Prescription Center

“We make drugs better.”

915 Hay Street, (910) 485-2167

Fayetteville, NC 28305

Pharmacists Gary, Gerald, Amr

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Incidentally & By-The-Way:

FDA has again warned physicians against treating legs cramps with quinine. Although used by the Indians before Columbus discovered America (they chewed cinchona bark) it now causes permanent kidney damage. Rx Center fills quinine prescriptions for treatment of malaria.

For attractive lips, speak words of kindness.

<><> To kill germs microwave a damp **sponge** 1 minute. Use tongs to remove. Dishwasher wash once a week. Oz, MD. <><> Best to not use any sweetener: Sugar (sucrose) is the most harmful, contains negative energy. Fructose (fruit sugar) is 1.7 times as sweet as sugar but requires more to achieve sweet taste of sugar. Raw honey or pure maple syrup is better choice. Natural **STEVIA** is safest additive, however it modifies taste.

Because I am a family raising, meal cooking, homemaking wonder does not mean I am a desperate homemaker. I am a domestic diva.

Pills & Skills: <><> Pet names of the week: “Sugar Buns” for a K9 and “Hot Dog” for a feline. <><> FDA is issuing another warning that **QUINOLONES** (Cipro-floxacin, Avelox (Quinolone), Factive (Gemifloxacin), Levaquin (Levofloxacin), Noroxin (Norfloxacin), Vantin, etc may cause ankle tendon injury. <><> Many infants get acid-suppressive drugs (Prilosec, Prevacid, etc) that are simply healthy-happy-spitters. Most benefit in these treatments come from the sodium bicarbonate (baking soda) added during compounding.

“Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear”.

~HIPPOCRATES.

Does he mean smoking, soft drinks (sugar), sun burn, no exercise?

We are getting orders for, receiving questions on, reading studies about, etc. on **HCG, Human Chorionic Gonadotropin Injection (Rx)** for weight loss. HCG is FDA approved, just not for weight loss. Rx Center fills HCG Rx if not diet related.. The package insert states “HCG has not been demonstrated to be effective adjunctive therapy in the treatment of obesity”. (The FDA is the last to know). None the less, demand from patients is escalating. Now, remember you heard this here first: An A4M physician colleague, now attending law school relates their class is being taught how to sue physicians who used HCG for obesity, expecting some attorneys to become independently wealthy. A safe and effective, oral, approved homeopathic alternative is O-T-C **HC3 TRIM PROGRAM** at Prescription Center.

Prescription Center Will Be Closed Labor Day