

Pharmacy Tomorrow from Prescription Center

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

OPTIMMUNE not "off the market" here: Commercial **Cyclosporine 0.2% ophthalmic ointment** will not be available until late 2012. COMPOUNDING TO THE RESCUE !!!! Prescription Center has compounded this in 5 Gram (king size) tubes, 0.25% preservative free since RK first sold patent rights. **Oxytetracycline 0.5% ophthalmic ointment** "is on the market" here too. See **page two**. No charge for shipping. (PuraLube & Erythromycin are back).

The pleasure of what we enjoy is lost by wanting more.
<>I'M RETIRED.....I was tired yesterday and I'm tired again today.

"Couples may engage in noncoital sexual activity instead of penile-vaginal intercourse hoping to reduce the risk of sexually transmitted disease and pregnancy. There is little chance of pregnancy but the risk of acquiring sexually transmitted disease remains." *Obstetrics & Gynecology*.

CREMATION? Think outside the box.

Mercury (HG) is Not Just for Planets Anymore: Mercury levels in the human placenta correlate with the number of amalgam fillings in teeth. A substantial amount of this reaches the fetus and may contribute to the development of autism in the child. The tobacco plant like the marijuana plant is a 'heavy metal aggregator' and concentrates mercury out of the soil. The un-inhaled secondary smoke is of the most danger.

I'm in the *initial* stages of my golden years.
SS, CD'S, IRA'S, AARP....

How Much Oral Vitamin D Must You Take? Sorry, no fixed answer. A blood test by your physician or a "finger stick" you can do is needed. Meanwhile, for healthy adults, regardless of sun exposure, the very minimum is 2000 IU a day. To protect aging bones, along with calcium, up to 5000 IU a day is needed. The old 400 IU a day reference is belatedly obsolete. **Also, see next paragraph.**

The noblest pleasure is the joy of understanding. ``Leonardo da Vinci.

As you grow older, you will discover you have two hands; One for helping yourself, and the other for helping others

Natural Solutions, Men's Health: Benign prostatic hyperplastic or BPH, is a fancy word for prostate swelling. BPH causes problems with urination. It often gets worse with age but diet and lifestyle changes can help. Eat high fiber antioxidant-rich foods like whole grains, red fruits & legumes. Take herbal remedy: saw palmetto plus, and/or homeopathic R25 drops* which alleviate BPH symptoms without the side effects of prescription drugs. Also, do a gignone exercise: Stand with your feet shoulder-width apart, knees bent, spine straight, and arms at your side. Allow your knees and hips to support your weight, releasing your upper thighs, low back, and pelvis. Hold this position for a few breath cycles. Do this daily to open up the pelvis and relieve pressure on the prostate. —Natural Solutions Magazine.

*R25 drops, Exceptionally effective relief, take a few drops a few times a day and eliminate getting up a few times every night.

Women with vitamin D deficiency have similar frequency problems.

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Magnesium Reduces Chance of Gallstone Disease in Men: Univ. of Kentucky Medical Center studied magnesium consumption and risk of gallstone disease in 42,000 men over 16 years. Findings suggest a protective role of magnesium consumption in the prevention of gallstone disease. Rx Center advises our proprietary MAGNESIUM GLYCINATE capsules with Melatonin.

Experience is a wonderful thing, it enables you to recognize a mistake when you make it again.

PAWS for Thought; Say Thanks to Your Best Friend: Just being in your pup's presence makes you healthier. Petting your pup boosts production of pleasure hormones in the brain helping to keep stress & blood pressure healthy. K9 company aids the recovery of heart attack patients and has a calming effect on people with Alzheimer's. Regular walks with your dog lift your mood and improve your fitness. Kids who grow up with dogs seem to have stronger immune systems and are less likely to develop asthma, eczema, and pet allergies. Please do not get 2 dogs; you may never need another prescription. — "Dog Age" Tip of the Week.

Avoid biting when a simple growl will do.

Memo to Bill Clinton: **Cialis & Viagra** labels carry the warning "Amnesia may occur." Had you not used a mail order pharmacy, your pharmacist would have given you the perfect alibi, "I do not remember but I did want to".

Yes I am good in bed. I can sleep for days

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

Sodium Ascorbyl Phosphate 10%, Lipoic Acid 1%, Cream for non-hormonal **Eye Dark Circles**. Commercially available ChrysaDerm eye complex is also effective.

He that was truly wise & great lived either too early or too late.

* 3% Thymol added to antifungal nail paint stabilizes Ketoconazole.

* Cyclosporine 1% Dexamethasone 0.1% **Aqueous Eye Drops**.

* Caffeine, Tranilast, Augmented LCD topical for **Psoriasis**.

* 6% topical Gabapentin for **Vulvodinia**.

U S President Dwight D. Eisenhower won an Emmy award in 1956 for his use and encouragement of television

Dr. Pepper-UP, **Papaverine, Regitine, and Alprostadil** penile injection to immediately overcome ED for 2 hours.

Cidofovir 0.5% ophthalmic drops, 99+% stable at room temperature for 4 months plus

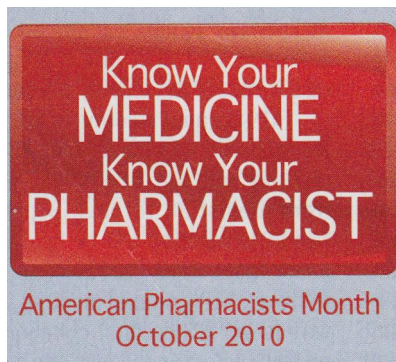
Nalbuphine 1.2% ophthalmic analgesic drops, 6 months plus.

Oxytetracycline 0.5% ophthalmic ointment, 5 Grams, certified purity/potency, 6 months.

Magnesium Glycinate, melatonin capsules for "deep sleep," bowel regularity, and muscle relaxation.

Topical Cyclosporine is effective for all degrees of **DRY EYE DISEASE**, see page one. It effectively relieves dry eyes in patients with mild, moderate, or severe disease, not responsive to artificial tears. -*Archives of Ophthalmology* The greatest improvement occurs in patients with mild disease, suggesting treatment should begin early. The most frequently seen systemic condition in these patients was thyroid autoimmune disease. It must be used long term, frequently for a lifetime.

Soluble fiber is used to lower **cholesterol & blood sugar**. Insoluble fiber helps with **bowel problems, constipation**. For a supplement to **increase fiber in the diet**, use a supplement combining soluble/insoluble. -Pam Smith, MD



See us at exhibit #44
American College
Of Veterinary
Ophthalmology.
Enter drawing for \$100.00

Prescription Center

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Hammacher Schlemmer in 1878 were one of the original subscribers in the New York City Bell telephone directories

Incidentally & By-The-Way:

Ibuprofen may be preferred first-line therapy for children with fever. - Medscape Medical News. **In 1816 Rene' Laennec introduces the first stethoscope**. Mineral supplemental diet (trace elements) may reduce blood pressure. - World Health Net. **Height may be a risk factor for prostate cancer, especially for the long legged.** - *Cancer Epidemiology*. A daily dose of AGED GARLIC can save your life by cutting blood pressure. - *Longevity & Age Management*.

Americans are the biggest eaters in the world, averaging 3,770 calories a day

Stopping moderate drinking may lead to depression. -*MMN*. Impaired vision may be indirectly linked with increased suicide risk. -*MNN*. **Broccoli cuts diabetic risk of heart disease.** - *Longevity & Age Management*. Researchers at the Salk Institute claim to have developed "Exercise in a Pill." **It is within reason to expect to live independently to age 120.** -Mark Houston, MD, author of *What Your Doctor May Not Tell You About Hypertension*.

Over one hundred and fifty million hot dogs are consumed on the 4th of July.

Pills & Skills: <><> Pet names of the week: "USELESS" for a K9 and "SERIOUS GEORGE" for a feline. <><> **Secret # 1: Eat Breakfast.** <> Supplemental zinc may reduce excess estrogen, which changes stomach muscles from a six-pack to a keg. **Men who avoid cow-dairy have a 30% reduction in the risk of prostate cancer.** Eating almonds may reduce cholesterol. - *Mens Health*. **Caffeine, after exercise, helps muscles refuel.** - *Exercise*. Proven: Vegetarians (not Vegans) live longer. - *Nutrition*. Artichoke & Milk Thistle fortify, protect, heal and detox the liver.

Obesity levels in China are rising fast; thank you McDonald's.

PLEASE READ: NO More Heart Disease, How Nitric Oxide Can Prevent, Even Reverse, Heart Disease & Strokes, by Dr. Louis J. Ignarro, Nobel Laureate in Medicine.

