

## Pharmacy Tomorrow from Prescription Center

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A TOP TEN  
COMPOUNDING  
PHARMACY. ®  
A4M /ACA/PCCA

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A Top Ten Compounding Pharmacy

This information, (gleaned from more than 100 sources) is not intended to replace the advice of your physician.

Monthly, **Pharmacy Tomorrow**, this newsletter is available at [www.RXFIXER.com](http://www.RXFIXER.com).

**\*\*Best wishes to Amr, as he returns to Egypt with his new found knowledge.\*\***

Whoever loves money never has enough money. - Ecclesiastes

**Foreign Drug Confusion:** For whatever reason some Americans buy drugs from foreign countries. Since the death of the US dollar, these drugs can cost more than in the US. More problematic is confusion of drug names. In Canada, **omeprazole** is Losec instead of Prilosec; **cetirizine** is Reactine, not Zyrtec. In Mexico **Simvastatin** has 10 names, none of them Simvastatin; In India **Atorvastatin** has more than 30. Sometimes the name is the same but the active ingredient is different. If you must import medicines, maybe drugs not yet available here, seek advice of a local pharmacist with known foreign colleagues. Pharmacists can not import drugs for resale.

He who has health has everything..

**Recent comments by Mark Houston, MD, author of WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT HYPERTENSION:** Long term use of THIAZIDE diuretics (example HCTZ) in doses as low as 6.25 mg daily increases the chance of insulin resistance. His suggested alternate is INDAPAMIDE. To discontinue HCTZ, taper down for 6 weeks. Dr. Houston lists as brain/nerve nutrients: A Lipoic Acid, Acetyl L Carnitine, Phosphatylserine, Omega-3 fatty acids, Inositol, Magnesium Glycinate, to name a few.

**Our Favored Probiotic, FLORAJEN3** needs refrigeration for maximum effectiveness, but can be stored at room temperature up to 2 weeks and still maintain maximum freshness. Just put it in your Go-Bag and GO! -American Lifeline.

Age is a feeling, not a number.

**Magnesium is essential however all magnesium is not created equal. Magnesium Glycinate is more bioavailable (absorbed). Magnesium must be taken daily.** It is involved in regulating body temperature, proper sleep, bone maintenance, heart health, maintaining healthy blood pressure, and adequate bowel movements (detox). For adults we advise 3 capsules daily near bedtime to maintain "deep" sleep, bowel regularity, & muscle relaxation (Restless leg syndrome). Reduce to 2 capsules if BM's are excessive

~S. Sinatra, MD - We prefer Magnesium Glycinate 600 mg, melatonin 0.5mg capsules.

Actual entry in hospital chart (not mine): Rectal exam revealed a normal size thyroid. (OUCH !!).

**ACV, the nonDRUG of the Century: Organic Apple Cider Vinegar with "mother," unfiltered & unpasteurized** has been a virtual "drug store" since Biblical times. Folk lore claims effectiveness for everything from arthritis to urinary tract infections. Currently it is of major interest to replace acid blocking drugs (Prilosec, etc.) to relieve stomach discomfort. The dose is as controversial as the effectiveness. Typical is a tablespoon in 8 ounces of water 3 times a day. Honey may be added.

In 1714, Gabriel Fahrenheit invented the mercury thermometer. Sir Centigrade lived 100 years later. "Mercury" thermometers now contain only colored alcohol.

**A Sitting Duck?** Am. Cancer Soc. Finds "Sit at leisure, Die at haste". People who spend at least 6 hours of their daily leisure time sitting died sooner than people who sat less than 3 hours, more so for women.

A pina colada contains 75 grams of sugar, 625 calories.

**Migraine PREVENTION:** Olmesartan/Benicar may be useful in headache prevention. Data reveals a 31% reduction in headaches in patients with hypertension who were treated with Benicar. Ten to 40mg a day is taken. - Hospital Pharmacy.

Do not worry about people from your past; there is a reason why they did not make it to your future.

**PAWS for Thought; Diagnose Skin Cancer by "Smelling."** Olfactory cues from breath or body odors have aided in making diagnoses since the early days of clinical practice. Dogs are better diagnosticians than humans. Dogs can smell the difference between both early-and late-stage lung and breast cancers. Some can detect skin cancers. Research is conducted at Monell Chemical Senses Center, Philadelphia.

If you ever need a helping hand, you will find one at the end of each of your arms.

**Ophthalmic penetration enhancers or absorption promoters** allow use of lower dosages of medications in eye drops and decrease the side effects. Almost all ophthalmic drugs appear to penetrate the cornea by simple diffusion. The solution of triglycerides used by Rx Center as a vehicle (identified as C-Nut on the label) for Tacrolimus and Cyclosporine while technically not a penetration enhancer, enlarges the intercellular space and permits better penetration of the actives. This effect has not been attributed to any other oil including olive oil and corn oil. - Industrial Pharmacy.

Avoid biting when a simple growl will do.

**Inhaled MANNITOL Improves Lung Function in Cystic Fibrosis Patients** by increasing water content of the airway surface liquid and improving the clearance of mucous. -Chest

The cure for anything is salt water: sweat, tears, or the sea.  
Isak Dinesen 1885-1962 (Not vinegar?)

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

**Magnesium 5% Guiafensin 3%** massage gel for muscle spasms and for nocturnal leg cramps. (Additional ingredients may be added on a patient specific basis).

**Vitamin D3 4,000 IU per Gm. and B-12** anhydrous topical eczema, mild psoriasis, safe during pregnancy.

Half the failures in life arise from pulling in one's horse as he is leaping. –JC Hair

For **SHINGLES**: Eliminate high glycemic carbs including all sweets; take six **Florajen3** probiotics and 1 teaspoon **FOS** daily. Topically, apply **Ketoprofen, Dibucaine & 2DDG** in a penetrating base,

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

For narcolepsy or as an appetite suppressant, **diethylpropion 75mg.** modified release capsules.

**Methadone** 0.1% ketoprofen 10% cream to reduce edema of lower extremities and relieve static mechanical allodynia (pain caused when bed linens touch legs). More user friendly than traditional treatments of IV morphine, alfentanil, or ketamine.

80% of the electricity in France comes from nuclear without ever having an accident.

Topical **TRANILAST 10%**, an antiallergenic, applied to healed shingles to stop burning in minutes.

A **UREA/TEA TREE** ointment to thin diseased nails. Used too long will remove the nail.

Two hydrogen atoms walk into a bar. One says, "I think I've lost an electron." The other says, "Are U sure?" The first says, "Yeah, I'm positive."

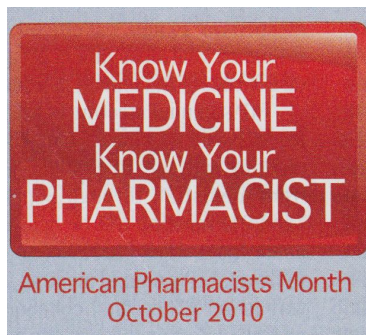
Dr. Pepper-UP, **Papaverine, Regitine, and Alprostadil penile** injection to immediately overcome ED for 2 hours.

We understand the Kremlin has a Tsarbucks.

**Cidofovir** 0.5% ophthalmic drops, 99+% stable at room temperature 120 days.

**Nalbuphine** 1.2% ophthalmic analgesic drops, 99+% stable 12 months at room temperature. Pat Pending.

All great truths begin as blasphemies. – Oscar Wilde



See us at exhibit #44  
American College  
Of Veterinary  
Ophthalmology.

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Within limitations, the future can be foreseen. Charles Dow

**Incidentally & By-The-Way:**

Half of gun deaths are suicide. <>>>After exercise caffeine helps the muscles refuel. <>>>Daily cups of tea "benefit heart health." <>>>Eating almonds may reduce cholesterol. <>>>Vegetarians live longer. <>>>Just one can of RED BULL drink can increase stroke risk.<>>>Oral supplements of trace minerals may reduce blood pressure.

The more things a man is ashamed of, the more respectable he is. – George Bernard Shaw...

Most breast cancer patients are deficient in Vitamin D3 (and iodine). Patients with known deficiency take 10,000 units a day, adults take a minimum of 2,000 u a day –up from 400 u. <>>>Surgery for obesity reduces cardiovascular events, lowers blood pressure, may eliminate diabetes, corrects cholesterol levels, increases life span, and reduces cost of clothing.

I admit it, I am a hypochondriac. However, I manage to control it with a placebo (sugar pill). – Dennis Miller.

**Pills & Skills:** <>>> Pet names of the week: "Useless" for a K9 and "Hot Dog" for a feline. "Advanced Notice" for an equine.<>>> <>>>

Men with pierced ears are prepared for marriage. They know pain and jewelry.

Tea drinking may help protect against mental impairment and decline. <>>> New Alzheimer's vaccine clears plaques but does not stop disease progression. <>>>About 5% of kids have ADHD-CDC. <>>>Obesity levels in China are rising fast; thank you McDonald's. <>>>Cancer survivors also use "complimentary methods."

A mental hospital behind left field in Chicago's old West Side Park is purportedly the origin of the term "out of left field."

<>>> Keep your urinary tract healthy: Drink plenty of water, avoid sweets, take D-mannose, cranberry, and hibiscus extract. (D-Mannose will stop 90% of all urinary tract infections in just 24-48 hours).

Oxymoron, clean coal.

