

## Pharmacy Tomorrow from Prescription Center

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

More deaths result from Rx drugs than from street drugs.

**Sildenafil Improves Women's Antidepressant-Related Sexual Function:** 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*.

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

**Cannabis Cigarettes Reduce Neuropathic Pain:** Th *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).

NHANES has determined extra belly fat may be a factor in the development of migraines; and belly fat means more estrogen, also a factor.

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 regular use, Magnesium Glycinate, mentioned above is helpful and harmless.

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 could be influenced 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.

**Health Food Bars or Junk Food**, and other fairy tales: You must know how to read labels to find a truly healthy food bar. Avoid soy, the fake food. Most bars are junk, pure junk. SLIMFAST bars are worse than candy. They contain corn syrup (Karo), sugar, and trans fats. Healthy bars have basic ingredients, nuts, seeds & fruit. —Mike Geary, CNS.

Look AGAIN, and think!

**Parasite (Worm) Transmission from Dogs to Humans:** Parasites are extremely common in puppies. Immunity develops by 3 months of age. In well-cared-for pets that are dewormed as young puppies, infection is rare. Good hygiene to include hand washing is important. Puppies need treatment at 12 weeks. Adult dogs need regular testing. —Medscape Infectious Diseases.

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 bands, aggravate this condition. Say goodbye necktie. —NC Med J.

A U. of Florida team has developed a cheaper, faster, accurate breath test for the diagnosis of vitamin B 12 deficiency; and we thought they only had football teams. Low levels of B-12 are associated with fatigue, depression, memory loss and anemia.

UCLA scientists have developed a saliva test to reveal how old you are.

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:  
(No non-Rx products compounded).**

**Ketamine** oral capsules, 10mg.

25% alc-tea tree roll on antiperspirant.

**Tranilast** anti-allergen oral capsules.

We are never called on to parade our doubts.

Natural progesterone **troches** (tro-keys), to melt under your tongue, no sugar or NutraSweet.

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

**TPA 25mcg/.1ml syringe, frozen.**

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

Rx Center **ophthalmic drops** do not contain olive oil, which is irritating, or corn oil, which is unstable. Unless otherwise prescribed, the solvent is a solution of triglycerides derived from coconut seed. Additives or preservatives are not used. The ointments contain only a combination of petrolatums to obtain the required consistency. All ophthalmics have tested at 99% potency for 6 months or longer, stored at room temperature.

**Watermelon has 3 juicy benefits.**

Urea, DMSO, tea tree ointment for diseased nails.

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

Cyclosporin, Tacrolimus in oil ophthalmic solution.

Cyclosporin 0.25 preservative free ophthalmic ointment in super size tubes --OPTIMUNE on back order.

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

**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.

DMSA suppositories for **heavy metal** chelating. Magnesium Glycinate, melatonin capsules for “deep **sleep**” and bowel **regularity**.

Furosemide Inhalation for shortness of **breath**.

Most obese do not know that they are.

–World Health Organization.

One of the best sources of calcium is raw organic spinach. For a capsule, Pure Encapsulation Co's CAL/MAG.

Consuming high levels of olive oil may help prevent a stroke, reducing the risk by over 40%.

**Vitamin B-12 injection, any potency.**

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51 YEARS COMPOUNDING FOR  
PEOPLE AND PETS

COMPOUNDING TO TIGHTER TOLERANCES THAN USP.

I like deadlines. I like the swooshing sound they make as they go by.

### Incidentally & By-The-Way:

*Ex\*ci\*tox\*in: a substance added to foods and beverages that literally stimulate neurons to death, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate (MSG), aspartame (NutraSweet), cysteine hydrolyzed protein, and aspartic acid. These and similar substances can cause harm to the brain and nervous system and their relationship to neurodegenerative diseases such as Alzheimer's, Lou Gehrig's disease (ALS) and others.*

–Condensed from EXCITOXINS, The Taste that Kills, Russell Blalock, MD.

For attractive lips, speak words of kindness.

<><> U can (should) kill germs by microwaving a wet **sponge** 1 minute. Use tongs to remove. Sponges need dishwasher washing 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 taste of sugar. Raw honey or pure maple syrup are better choices. 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. <><>. <><> Many infants get acid-suppressive drugs, PPI's, (Prilosec, Prevacid, etc) that are simply happy-spitters, no meds are needed. Most benefit in these treatments for children come from the sodium bicarbonate (baking soda) added during compounding. **For adults one PPI now lists Bicarb as an active ingredient.** Stomach acid is necessary to permit absorption of B vitamins, especially B-12. If acid suppressing drugs are needed take those 12 hours from any vitamin supplements and try skipping the over-the-counter PPI one day occasionally.

For a woman, it is important that a man helps you 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.