

## Pharmacy Tomorrow from Prescription Center

Gary Newton, FACA, Pharmaceutical Chemist; Gerald Mizelle, Consultant Pharmacist  
915 Hay Street, Fayetteville, NC 28305, (800) 682-4664, Fax (910) 485-3335

RARE, UNUSUAL  
AND  
MADE TO ORDER  
DRUGS

[www.rxfixer.com](http://www.rxfixer.com) [gary@rxfixer.com](mailto:gary@rxfixer.com)  
OUR 51<sup>st</sup> YEAR <> © May 2011

Our "product" is our knowledge & experience.  
Put the power of the chemist to work for you

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

Information gleaned from more than 100 publications.  
Not intended as medical advice.

**MARGARINE** developed to fatten turkeys, killed them. To protect their investment, manufacturers colored margarine yellow and advertised it to unsuspecting humanoids, with the blessing of the FDA, as a butter substitute. Eating margarine can increase heart disease in women 53% (Harvard) and decreases the absorption of many nutrients in other foods. TEST IT YOURSELF: Place margarine outside in a shaded area. In a few days, notice it smells the same and is not bothered by flies. WHY, because it is plastic, void of nutritional content that spoils or attracts insects. Use these facts to "butter up" your friends

The everyday kindness of the back roads, more than makes up for the acts of greed in the headlines. -- Charles Kuralt

**SERIPHOS** to help your BRAIN, your GAME: German researchers tested heart rate, stress levels and quality of golf game. Then they gave the golfers 200 mg of Seriphos O-T-C or a placebo (sugar pill) daily 42 days. When retested the Seriphos group experienced less stress & improved golf scores. The placebo group experienced no improvement. After 3 months, the dose was adjusted. – Health & Healing

We are happy in proportion to the things we can do without. - Henry David Thoreau

### Cataracts, Left & Right:

After accounting for age, gender, diabetes, and other confounders, diets of high glycemic index foods were 77% more likely to cause cataracts than foods with the lowest glycemic index. The association was stronger in diabetics. (No sugar, white bread, white rice, white pasta, white potatoes).

Lutein, Zeaxanthin Vitamin E, may protect against cataracts – Archives of Ophthalmology

I have opinions of my own – Strong opinions – But I don't always agree with them. – George Bush

**Iodine** is an essential trace element. In US 95% tested are low. Some symptoms: Poor eyebrow growth, slow reflexes, puffiness under eyes, very dry skin and hair, hair loss, estrogen dominance (breast Ca), infertility, low thyroid, always cold, brittle nails, headaches, low energy. Iodine plus conventional treatments improves breast Cancer survival. >

> For benign fibrocystic breast, lower caffeine intake, add Vit-E, fish oil, topical progesterone, iodine. The minimum adult need is 13mg a day; Japanese diet gives this, US diet, very little. A simple, 5-minute patch test at Rx Center (\$10) can estimate deficiency. Non-Rx iodine tablets are available. 100,000 times US RDA –recommended daily allowance– is safe. Bread (is made with bromine) and beverages containing "bromine" or "brominated vegetable oil" deplete iodine. Table salt is a poor source. Ref. "Iodine, Why You Can't Live Without It."

Whomever said onions are the only vegetable to make you cry has obviously not been hit in the face with a can of tomatoes

**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 Prescription Center. – "Dog Age" Tip of the Week

The only time you run out of chances is when you stop taking them.

### Loose extra pound safely:

Flush false fat by banishing wheat. One of the most common food allergens and a major cause of false fat in many women is wheat. Wheat contains a protein called gluten, which is difficult to break down, absorb and assimilate.....all of which can trigger fatigue, depression, bloating and intestinal gas. Try substituting breads made with rice, millet, amaranth, quinoa, or soy and oat; crackers made with rice or potatoes; pasta made with rice, quinoa, or buckwheat; and cookies made with rice, oat or millet flour. You may find with this one simple step, you can digest your food properly, rather than letting it sit in your gut and wreak havoc with your digestive process and waistline!

**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. – *Men's Health*. Caffeine, after exercise, helps muscles refuel. – *Exercise*.

Proven: Vegetarians (not Vegans) live longer. – *Nutrition*. LECITHIN (Non-Rx) safely reduces high triglycerides. <> Artichoke & Milk Thistle fortify, protect, heal and detoxify the liver.<>DUREZOL, an anti-inflammatory ophthalmic emulsion 0.05% is for treatment of inflammation & pain of ocular surgery.

To the artist there is never anything ugly in nature.

--- Rodin

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

**Flurbiprofen base Ophthalmic** sans additives in 10 ml & 15 ml droptainers with significant economy.

\* Caffeine, Tranilast, Augmented LCD topical for Psoriasis. Used with Florajen-3 probiotics/FOS.

**Cidofovir** 0.5% ophthalmic drops, 99+% stable at room temperature for 4 months plus. Effectiveness / Stability testing in process at Colorado.

**Nalbuphine** 1.2% ophthalmic analgesic drops, tissue studies (no eye discomfort) ongoing at Ohio U.

**DICLOFENAC Ophthalmic Solution**, preservative free in 10 ml droptainers near usual cost of 2.5 ml.

Reality is the leading cause of stress. -Lily Tomlin.

**Heparin Intraocular.**

**Demecarium Bromide Ophthalmic.**

**DES** tablets 0.25 to 5 mg.

**Interferon A2B Ophthalmic.**

**Na Ascorb Phosphate 10%**, Lipoic Acid 1% Cream for non-hormonal eye dark circles. (Dark eyes can be the result of abnormal thyroid/iodine levels or bacterial overgrowth in the colon).

**Nausea/Vomiting** with pregnancy: Ascorbic acid 25 mg, Menadione bisulfate (vit K3) 5 mg.

**Internal/External** suppositories, 2 day "cure" of hemorrhoids. -NON RX

Thanksgiving comes after Christmas for parents of young children.

**Muscle/Backache:** MSM po, Ketoprofen, Ketamine, amytryptiline topical. -NON RX

Augmenting Lactation: **Domperidone**, a capsule, not what you first thought.

All purpose nipple cream for **breastfeeding**.

**OXYTOCIN nasal spray** for milk "let-down."

**Vulvodynia topical:** Amitriptyline 2, Baclofen 2, Atropine 0.6, Gabapentin 6, Ketamine 10, Doxepin 5 or just Amitriptyline, Atropine, Clonidine.

Expenditures rise to meet income.

**A 60 year old woman** was relieved from abdominal cramps of several weeks duration after a BM from which she recovered 26 intact Prometrium (Brand-name progesterone) capsules. Now, just the facts in addition to the above: Prometrium capsules contain peanut oil, the oil more people react to; if Prometrium capsules dissolve the blood levels peak in 4 hours and are back to zero in 6 hours; **"BUT I MUST HAVE BRAND."**

You may be old (or a redneck) if you think LIBIDO is an Italian pasta; at breakfast you hear snap, crackle and pop and you are not having cereal, your sweetie says "wanna neck" and you hand her chicken; and your sex drive shifts into park.

## Prescription Center

"We make drugs better." - Ask

915 Hay Street, (910) 485-2167

Fayetteville, NC 28305

© May 2011

### Incidentally & By The Way:

Acetaminophen (Tylenol, APAP) is a leading cause of liver failure. Alcohol and fasting increase this risk.

Weight gain after breast cancer diagnosis reduces survival.

Physical activity reduces mortality risk.

**High blood pressure increases memory loss.**

There is not any memory with less satisfaction than the memory of some temptation we resisted.

One cannabis (marijuana) cigarette has adverse effects of 5 tobacco cigarettes.

Long-term C-PAP use reduces blood pressure.

Injection into trigger points reduces migraine symptoms.

Combination therapy with antibiotics shows promise in severe MS.

If you see what isn't there, you're mad. If you see what isn't there yet, you're a visionary.

Massage may relieve postoperative pain.

Vitamin D3 may cut breast and colorectal cancer risk.

Australia is the world's biggest greenhouse-gas emitter.

Soft-drink sweetener (corn sugar) linked to diabetes.

In a moment of decision, the best thing you can do is the right thing. The worse thing you can do is nothing. - Teddy Roosevelt

Oxytocin increases sexual response (orgasm) in male and female.

Fragrance ingredients are considered "trade secrets" and not required on labels.

Your eyes are like stars, your hair like spun gold, your lips like toxic waste dumps: more than half of brand name lipsticks tested contained lead.

Topical NSAIDs (Motrin, Ketoprofen and Indomethacin) may help with knee osteoarthritis (see "Muscle / Backache" previous column.)

I may be left handed but I am always right.

Lipo-Flavonoids (see lipoflavonoid.com) may reduce tinnitus and meniere's disease.

Fluoxetine (Prozac) promising in MS.