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Support Free Trade - Smuggle  
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**AL-eye (Alli) for BM's, Weight Loss:**

XENICAL, aka orlistat 1/2 strength, is reborn as non-prescription ALLI. The half-strength appears as effective as the original Rx strength, possibly why it is just as expensive. The ads claim Alli and diet causes 50% more weight loss than diet alone = additional loss of 5 pounds in 6 months. Alli works (no pun intended) by preventing absorption of fat from the diet and eliminates it as a bowel movement. For a large percent of patients the excessive size and frequency of BMs is a problem. A comprehensive multi-vitamin needs to be taken at bedtime when the BMs are less and vitamins can be absorbed.

**ACOMPLIA**, the "wonder drug" promised here a year ago to cause weight loss, and help to stop smoking has not been approved due to risk of seizures, depression, and anxiety. Pharmacist's Ltr.

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**On which days of the week are the most and the less babies born? A: Most Tues, less Sun.**  
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**Examples of Recently Customized (Compound-ed) Prescriptions of Historical Interest:**

10% silver nitrate ointment.  
Clonidine pediatric drops, 500mcg per ml.  
Terbinafine (Lamasil) 1% in dmsso-sski 50:50, tea tree oil for nail fungus.  
Xylitol 5%, 2DDG, saline (O-T-C) nasal for sinus. (85% of sinus is fungal).  
Stretch marks: alpha lipoic acid 6%, retinoic acid 0.05% twice a day in non-penetrating base.  
For skin inflammation after facial IPL: Aloe Vera, Ibuprofen 2%, and Lidocaine 5%.

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**A watermelon is a vegetable, peanuts are not nuts, and a tomato is a fruit.**  
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Less expensive breast feeding ointment, aka nipple cream: Miconazole 2% cream, Polysporin ointment, hydrocortisone 1% ointment. Used with Florajen3 #6 and FOS 1 tsp. Baby gets 1/2 capsule and 1/8 teaspoon. Reduce sugar, to include white bread and white potatoes.

Childhood eczema: Avocado Oil 15% with Vit-B 12 topical (honey), 4 Borage oil caps/day, Florajen3/Fos, elimination diet, **FISH OIL...**

Fissures: Nifedipine 0.2% (no headaches as with nitroglycerin) misoprostol 0.002%, Phenytoin 0.2%, 1-3 B Glucan 1.7%, twice a day.

Molluscum: KOH 10% twice a day.

Vitiligo: Manganese Cl 0.2%

Glyceryl-Trinitrate topical for painful diabetic neuropathy.

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**Sildenafil (Viagra) decreases the ability to smell.**  
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Under eye cream, bags, wrinkles, lines: DMAE 3% (bags), Ascorbyl palmitate 5%, CoQ10 1%, Alpha Lipoic Ac 5% (circles)

Share the health - Sex promotes health.

**Prescription Center**  
**"We make drugs better."**  
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**Can dog be man's best friend because he wags his tail more than his tongue?**  
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**Dermal Fillers:**

Several fillers are used in conjunction with BOTOX to eliminate wrinkles and folds. Artefill is effective more than a year, cost \$1200 - \$2000. Radiesse is effective 2 years, cost \$295.00. And, Suzanne's favorite, Restylane at \$200 for 6 months.

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**When the power of love is greater than the love of power, peace will prevail.**  
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**Incidentally and By-The-Way:**

L-taurine aids in withdrawal of benzodiazepines, Valium, Xanax, etc.

100 mg of Zinc Sulfate daily, improves Rosacea.

Harvard researchers found 180 mg of elemental magnesium and 10 mg of vitamin B-6 daily reduced kidney stone formation 92.3%.

MIRALAX, Glycolax, etc. stool softener is available without a prescription. A Rx only version is not expected.

8 Healthy Drinks: Green Tea, Mint tea (mint is an antispasmodic), 1% reduced-fat milk, Soy Milk, Hot Chocolate, Low-Sodium tomato juice, Cranberry Juice, Orange Juice. - Fitness Magazine.

**Gone crazy, back soon.**

The FDA has approved RESPERATE, a device that helps patients breathe slowly, as an adjunct for treatment of high blood pressure.

Store fish oil capsules in the freezer. They thaw too late to cause a burp. Any fish oil that smells like fish oil is spoiled. 1 teaspoon of liquid fish oil = 4 or 5 caps, depending on brand. Treatment dose is 6 to 12 Grams a day; maintenance dose is 4 to 10 Grams.

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**Is it paranoia if "they" are really after you?**  
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Laser hair removal is enhanced with Eflornithine (Vaniqa). After 4 years, an over-priced cosmoceutical has a use.

Finally a safe use for a 40-year-old drug, Premarin from the urine of pregnant mares. We prepared a prescription for a mare's uterus.

Tanning beds affect transdermal patches.

Mothers who eat estrogen fed beef while pregnant have sons with low sperm count.

Women who consume a lot of folic acid through diet or supplements are less likely to have high blood pressure.

No-Scalpel vasectomy reduces complications - is pregnancy a complication?

For dry eyes, take DHEA and (yes) fish oil.

High alcohol consumption linked to reduced brain volume.