

## Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL  
AND  
MADE TO ORDER DRUGS

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

Information gleaned from more than 100 publications.

**Heart Garlic:** This Valentine's Day do not let smooch-repelling garlic breath keep you from protecting your heart. Allicin in garlic helps control high blood pressure. U. of Adelaide found garlic (allicin) as protective as popular drugs. Cooking may destroy allicin, raw garlic or supplements are needed. Kyolic Aged Garlic is the preferred non odorous supplement.

Everyone who enters this place makes us happy.  
Some when they arrive; Some when they leave

**Splenda makes you Fat:** *The Journal of Toxicology* reports Splenda decreases healthy intestinal flora and causes weight gain. Alternatives are stevia and Xylitol, plus Florajen3 good bacteria daily. Additionally, any sweet, with or without calories, increases your appetite. The weight control non-diet from Mark Houston, MD, Vanderbilt School of Medicine: No WHITE bread, potato, rice, pasta. No sweets of any kind. No carbonated beverages.

No WORKIN' during drinking hours

**Moisturizers, Good & Bad:** Do moisturize, do not use products with sodium lauryl sulfate (the original Tide detergent ingredient) and petrolatum, Vaseline, mineral oil. Mineral oil acts as a synthetic estrogen, it blocks the release of toxins and prevents absorption of moisture. John Hopkins list mineral oil as the #2 cause of aging. In Switzerland, mineral oil is illegal in cosmetics. Some of the many names used to disguise mineral oil as an ingredient in cosmetics: Baby oil, hydrocarbon oils, liquid paraffin, Nujol, paraffin oil, white oil.

**Dentists at Risk for Mercury Poisoning:** Dentists exposed to mercury every working day have twice the rate of brain cancer as the general population. Signs of mercury toxicity include: short term memory loss, loss of concentration, emotional instability, suicidal tendencies, and depression. Wellcorp News to Use.

**Chondroitin and Dry Eye:** Chondroitin sulfate manufactured from shark or bovine cartilage is taken orally for arthritis, often combined with glucosamine and iron. Chondroitin eye drops in combination of hyaluronic acid was shown effective for dry eye syndrome or keratoconjunctivitis, KCS. Chondroitin ophthalmic solution is used as a corneal preservation agent before corneal transplantation and as a surgical aid for cataract extraction.

God hath not promised skies always blue

**Soothing Kennel Cough:** Most dogs recover in 7 to 10 days, meanwhile help is available. Give pup a steam treatment; let him breathe the moist bathroom air while you take a hot shower. Conversely, let him breathe briefly in front of the open freezer. To go high tech, cover a pet carrier with a towel to prevent ventilation and with pup in the carrier aim the steam from a portable ULTRASONIC nebulizer into the cage for several minutes, 3 or 4 times a day. DogAge.

Beer doesn't get jealous when you grab another beer

**Dear "O":** Not since a former teenage porn star who has written more books than she has read alerted US women to the danger of taking pregnant mare urine pills has anyone so effectively described the problems aging women endure without knowing about natural relief first used by Eve in the Garden of Eden. How criminal is it this information is suppressed by drug manufacturers/practitioners? And "O", if you read this before your next show, please tell the world that thyroid, iodine, and adrenal function must be "normal" before other hormone levels can be stabilized. And also, please mention compounding pharmacists can provide a do-it-yourself home saliva test kit that test levels of 7 hormones for under \$200. And Big-O, please do not have that testosterone deficient looking guy from the American Menopause Society back. His organization is financed/controlled by the company that sells horse urine pills, the same one under investigation for publishing false studies. Anyone doubting the wisdom of God & wanting references can Google "Bioidentical hormones" and get a list of 1 million pages. >>MORE

**Hormones/Oph Cont:** Ten years from now HUMAN GROWTH HORMONE (hGh) will be routine treatment in this condition. "O" referred to FDA approved pharmacies. There are none. The FDA has no jurisdiction over pharmacies which are governed by the individual state boards of pharmacy. "O" has demonstrated the use of transdermal (topical) hormone replacement and discussed combining multiple hormones in one preparation. In the real world this is impractical. Testosterone is seldom applied to the wrist. Progesterone and estrogen are not always used the same days of the cycle. Frequently, dosage adjustments are necessary during the month making whatever remains of a prescription useless. AND FINALLY, the average cost per hormone, per month is about \$30 to \$40.00. Some women need none, some as many as four.

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**According to National Pet Owners Survey** 6% of dog owners buy their pooch Valentines, 4% of bird owners and 3% of cat owners. Suggested is PET HEAD by Bed Head, a line of grooming products.

**God has not promised sun without rain**

**Home Alone?** Lessen pup-pup's separation anxiety by having a variety of play things, leaving low volume soothing music on the radio/tv and not making a big deal out of leaving.

**Use Sunscreen:** Fair doggy noses can burn as easily as human ones. For 2 legged people, THERE IS NO SAFE TAN, especially from tanning beds and for those under 18.

**"We know what happens to people who stay in the middle of the road. They get run over."---Aneurin Bevan**

**D\*Action** is a project aimed at ending Vitamin D deficiency. This group is offering blood spot test kits (using a drop of blood from a finger pricked by a pin) tested by ZRT labs, the same lab Rx Center uses for saliva testing, for just \$30.00. Your data will become part of a database. Visit [ordervitamindtest.org](http://ordervitamindtest.org).

**"We listened to what our customers wanted and acted on what they said. Good things happen when you pay attention."---- John F Smith**

**Are Drugs (Not Pharmacists) Robbing You?** Americans are taking 72% more prescriptions than 10 years ago, an average of 12.6 Rx for every person. Record-setting numbers of adverse drug reactions are reported. More seriously, necessary nutrients are being depleted. EXAMPLES: Beta Blockers deplete CoQ-10 and melatonin; NSAIDs (Motrin, etc.) deplete folic acid, iron, Vit C; Synthroid depletes Calcium; Acid blockers (Prilosec, Zantac, Nexium, etc.) deplete B-12, D, calcium, iron, zinc, folic acid and impair protein digestion.

## Prescription Center

**"We make drugs better." Ask how.**

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**Incidentally & By-The-Way:** DHT is the hormone of alopecia (hair loss). <><> Girl's taste buds are more sensitive than boy's. <><> When you lose, don't lose the lesson. <><> The skin doc's top 3 vegetable picks: sweet potatoes, tomatoes (not a vegetable), & cantaloupe. <><> The skin doc's top 4 fruit picks: oranges, lemon, lime, & grapefruit. <><> Abdominal fat linked to depression in older adults. (Having it or looking at others?) <><> It's important to take levothyroxine (Synthroid, T-4) FIRST thing in the morning on an empty stomach. <><> A medical honey *Medihoney* is used for wound healing. It is not the same as regular honey. <><> Smokers need pneumococcal vaccine (Pneumovax 23). Fanaticism consists of redoubling your effort when you have forgotten your aim. <><> Over 1,200 community pharmacies closed in 2007. The bailout \$ went to care managers aka cost managers. <><> Ginkgo is not likely to prevent dementia. <><> There is no ceiling (maximum) dose for insulin. <><> New venlafaxine extended tablets are equivalent to Effexor XR capsules but due to different physical characteristics are not a generic. <><> By September 30, 2009, fewer suppliers (pharmacies) will provide diabetic testing supplies through Medicare. Annual registration \$ and required paperwork are prohibitive. <><> Venture capital for windmills has been blowing away <><> Used for a century, Fleet Phospho-soda is being removed from the market. <><> ERGOTRATE tablets are back on the market after 10 years of being available only from compounding pharmacists. <><> Remembering your last meal suppresses appetite <><> New: Durezol 0.05% is the first and only topical steroid approved for both inflammation and pain associated with ocular surgery.



# Happy Valentines Day