

## 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.

**With Vitamins, "D" is for Deficiency:** You may get your D's from sunshine, unless you avoid sun to prevent skin damage, and/or you wear sunscreen. RxTom 12/8

Diamonds are forever; so is Death. – James Bond.

### Smoking is a Treatable Medical Condition:

Patients with stomach ulcer (H. Pylori) who smoke greatly multiply their risk of gastric cancer. The combo creates what Japanese researchers find is "a synergistic association" resulting in an 11-fold increase in the risk of stomach cancer. – Am Journ Epidemiology, Dec 08. Rx Sez: Most routine blood test include test for H. Pylori. A do-it-yourself at home saliva test is also available.

Overcoming the repulsion created by a mother, owner, adopter, naming her perpetual child-K9 "STINKY," our choice of K9 name of the month is "TRICKY WOO."

### Health Benefits from Coffee:

Drinking up to 2 cups of coffee a day can reduce your risk of heart disease according to Sandy Fryhofer, MD in Medscape Internal Medicine 2008. Rx Sez: Doc did not elucidate what kind of or which, just how many, but if your cup is decaf, use a disposable paper filter. For the affluent FLAVIA sells a one cup at the time (for 50 cents each cup) coffee maker that within seconds can grind & make coffee in multiple roasts, or decaff, also hot chocolate, green tea, white tea, lemon calm, & more.

Greet everyone as you would your best friend. (Dog?).

### Breakfast Nutrition IQ, Yes or No?

Option #1: Special K cereal with low fat Soymilk; Glass of fresh orange juice; half a wheat bagel.

Option #2: Half a grapefruit. Rx Sez: Can be a problem with some meds, ask; two whole eggs scrambled with vegetables & organic grass-fed cheese, topped with avocado slices & salsa; Bison sausage, grass-fed, organic. (Answer follows).

Att. WEE, Washington Economic Establishment, You can not treat a disease with the same germs/conditions that caused it. The American government is not too big to fail. Elections have consequences, buckle your seat belt.

### Rescue Asthma Nebulizers (MDI) Increases ER Visits:

More frequent use of metered dose inhalants (Albuterol, Alupent, Proventil, etc) is associated with increased frequency of asthma attacks and emergency room visits. –Annals of Allergy, Nov.

Children's Angels: I know two angels, Hark & Harold....Angels do not eat, they drink milk from Holy Cows .... Angels live in cloud houses made by God & his Son who is a very good carpenter.... Why, when couples are in love do angels shoot them with arrows?

### Think Again:

#1. Soy is unhealthy, to be used only in case of severe allergy with no alternative. Soy contains heavy metals, pesticides, and can create estrogen in men & women, Drink soy daily and gain lots of belly fat. K is mostly refined white flower with little fiber. Wheat bagels are mostly refined flour. OJ has a lot of nutrients but excess sugar/carbs. No. No.

#2 is a balanced meal with more protein & with healthy fats.

Whoever smiles first wins.

### Foods Harmful to Birds, Especially Parrots:

See Dec 08 issue for "Foods Harmful to Dogs & Cats." Do not feed birds: Cherries (pits/seeds), Avocados, Uncooked beans, Chocolate, Highly salted foods, Cabbage, Lemons, Caffeine. ASPCA 1-888-426-4435.

Good for birds: Spinach, Carrot, Kale, Raw sweet potato.

Love does not make the world go round; Love is what makes the ride worthwhile. – Franklin P. Jones

**In an Ever-Changing Environment, We Thankfully**

**Send You Wishes for a Healthy 2009.**

**The Friendship of Those we serve is the Foundation of our Continued Progress.**

Be always at war with your vices, at peace with your neighbors,  
and let each New Year find you a better man.

--- Benjamin Franklin.

### **A Hairy Situation:**

By age 60, 2/3 of men, 40% of women have hair loss. In most cases stress, disease, poor diet or hormonal imbalance (especially thyroid, testosterone, and iodine) are a major cause. Oral flavanoids, topical rosemary and topical T3 are helpful as are B vitamins, Zinc, Iron, and silicic acid. – Whole Foods.

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Regular playing of the harmonica strengthens respiratory muscles, improve emphysema & bronchitis.

A cat almost always blinks when hit in the head with a ball peen hammer

### **Women's Diets Linked to Cause of Death:**

Women who eat a diet rich in vegetables, fruits, legumes, whole grains, fish & poultry may reduce their risk for death according to the June issue of *Circulation*. Women who follow a "Western" diet of red & processed meat, refined grains, French fries, & sweets may increase their risk.

### **"Good" bacteria ease hay fever symptoms:**

A daily dose of probiotics, (non-Rx) good bacteria, can change the system's response to grass pollen and provide relief. ~Clinical & Experimental Allergy. Probiotics, brand name FLORAJEN3 are shown to reduce symptoms of eczema.

Bury yourself in good books & read often. Too soon the minister will bury you and read for you.

**Topiramate For Heavy Drinkers:** Topamax is reported in June 08 *Archives of Internal Medicine* to curb heavy drinking and reduce the risk of developing heart disease, hypertension, and liver cirrhosis in alcohol dependent individuals.

### **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.

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

**CINNAMON, 8 days a week:** People use it for – diarrhea, intestinal upset, flatulence, to stimulate appetite, bacterial and parasitic infections, the common cold, influenza, and dysmenorrhea. – Natural Medicines Comprehensive Database.

## **Prescription Center**

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

**915 Hay Street, (910) 485-2167**

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"Borrow money from a pessimist - they don't expect it back"

**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. ORGANIC FOOD BARS, this is the brand name, main ingredients are nut butter, seeds, sprouts, & dark chocolate. LARABARS just nuts and fruit. Use these examples of ingredients to choose from bars available to you. –Mike Geary, CNS.

"Life is one fool thing after another whereas love is two fool things after each other." – Oscar Wilde

Studies show that long-term night workers have a higher risk of breast cancer risk than women who do not work at night. –International Agency for Research on Cancer.

Every parent should remember that one day their children would follow their example, not their advice

**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 Ca 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 (\$7) 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."

**Nighttime Aspirin** may delay progression of prehypertension to hypertension. Nighttime aspirin resulted in a decrease of 5.4 in systolic blood pressure and 3.4 in diastolic BP, without any change in physical activity.