

## Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL  
AND  
MADE TO ORDER  
DRUGS

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OUR 50<sup>th</sup> YEAR <> © July-August 2009

**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.

**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. Physicians measure your Vitamin D level in serum (blood). Rx Center has a blood spot kit using a finger stick you can use at home to determine your D (technically 25 (OH) D) insufficiencies, which has reached epidemic proportions. It is well known "D" enhances calcium absorption (unless you are taking an "acid blocker"), but it is involved in the functioning of every body organ, chronic muscle, bone, and joint pain as well as mood disorders, cardiovascular disease, fractures, arthritis, flu, and more. Compared to women with low "D" levels (<29) women with normal levels (80 preferred) had significantly lower weight, body mass, and measures of weight in all areas. Vitamin D capsules are available o-t-c in dry powder capsules of 400 IU to 5000 IU. Dr. Whitaker of Whitaker Wellness Institute advises all adults to take 1000 IU or more daily. Rx Center has a just now available D3 emulsified drop, more effective than dry powder capsules & less expensive. It is not advisable to take more than 1000 IU without knowing your blood levels. As in everything, even water, too much is bad. – ProHealth, Medscape

>>>Scientifically, Vitamin D is a hormone NOT a Vitamin<<<

Anti-Aging Begins Now: #1 Rule, do not die. #2 do not get sick. #3 do not get old. #4 drive a big car. #5 avoid stress. #6 exercise daily. #7 limit fats. #8 sleep 7 to 8 hours. #9 Consume little alcohol. #10 don't smoke. #11 keep your weight 5% below ideal. #12 maintain optimum antioxidant/vitamin blood levels #13 get anti-aging physicals yearly. #14 age 55 & plus, consider hormone therapy with an experienced physician. #15 drink adequate water. #16 Think young, have young friends, especially of the opposite sex

### Pup E. Dog Tip of the Week: Some Foods Harmful to Dogs & Cats.

Chocolate, grapes, raisins, cherries, apricots, almonds, macadamia nuts, onions, any gum/candy containing "Xylitol," alcohol, and raw eggs which cause skin and hair coat problems. – ASPCA's Animal Poison Control Center, 1-888- 426-4435, [www.aspc.org](http://www.aspc.org)

>>>Inflation is not the same as higher prices...<<<

From *Health & Healing*, Dr. Julian Whitaker: For hepatitis C, alpha lipoic acid 600 mg, silymarin 900mg, selenium 400 mcg daily.

"No woman in her right mind would use conventional (horse/synthetic) hormone replacement therapy when compounded bioidentical hormones are available, a specialized prescription designed for your own unique individual needs."

A small amount of testosterone can be added to estrogen cream for women with low libido, and special vaginal preparations can relieve (treat) dryness. It is not just a matter of use it or lose it.

For carpal tunnel syndrome take Magnesium Glycinate and Vitamin D3.. After 4 weeks wrists may be back to normal.

*Grandma sez: Too much B6 causes the same symptoms as too little.*



**Now that you've explained it so well,  
can I get this for less at Mal-Mart?**

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**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.**

**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. Made possible by a \$30,000 grant from Prescription Center

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

**Heparin Intraocular.**

**Demecarium Bromide Ophthalmic.**

**DES** tablets 0.25 to 5 mg.

**Interferon A2B Ophthalmic & Oral**

**Nausea/Vomiting** with pregnancy: Ascorbic acid 25 mg, Menadione b 5 mg.

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

Augmenting Lactation: **Domperidone.**

All purpose nipple cream for **breastfeeding.**

**Obey gravity, it's the law**

**From HEART, HEALTH & Nutrition by Dr Stephen Sinatra:**

Lipitor, to lower cholesterol is the biggest selling drug in history. It is proven to rapidly cause TGA, transient global amnesia, the inability to retain new memory. Lipitor blocks the body's ability to make CoQ10, necessary for cells to produce energy. Lipitor caused lower levels of cholesterol in brain cells contribute to abnormal mental function. These symptoms may not go away when Lipitor is discontinued. Warning of possible mental loss from taking Lipitor are issued in most nations except the US.

**Anything worth doing requires some effort.**

While reducing rates paid for home medical equipment, Medicare is requiring dealers (pharmacies, etc) to purchase \$500,000.00 plus surety bonds annually, forcing many to discontinue providing equipment to Medicare patients.

**Interesting name: The Cat Doctor Hospital & Hotel.**

7 RARE EARTHS, dysprosium, terbium, etc. relatively new to the Periodic Table are necessary for batteries & electric drives used by Toyota & Lexus. Nearly all Rare Earths must come from China, now using all its production domestically. ????? Wind turbines to produce clean energy also require rare earths. (Ready for natural gas and nuclear energy)?

**Life's choices have consequences.**

**Prescription Center**

**"We make drugs better."**

**915 Hay Street, (910) 485-2167  
Fayetteville, NC 28305**

**Our 50<sup>th</sup> Year**

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**When money is tight and is hard to get, a pint of plain is your best bet. – Flann O'Brien**

**Pills & Skills: <><>** Pet names of the week: "Socks" for K9 and "Pepsi" for a feline

**Going to church cuts risk of death. *Behavior, Death & Dying Nov 08.***

**Incidentally & By the Way:** DHEA supplements taken with calcium and vitamin D can greatly increase bone density, ..., Compared with administration by mouth, administration of furosamide (Lasix) liquid S/L, under the tongue gave 43% better absorption, & 26% higher bioavailability,,,,, Prostate cancer patients should not take selenium supplements. ,,,

**Coffee isn't a drug, it's a vitamin.**

,,, FDA has approved MULTAQ to treat HEART RHYTHM DISORDER,,,, *Journal of Clinical Nutrition* notes restricting LIQUID calories has a bigger impact on weight loss than cutting back on solid calories,,,,,Synthetic progestins (ProVera, etc) stay in the body up to six months,,, a wrinkle is a small wound,, 90% of all health problems start in the digestive tract,,, gut propulsion decreases with age,,,,, Cancer incidence & mortality rates are declining in the US,,, the rise of teenage obesity may be due to fructose, high fructose corn syrup aka Karo. ,,,,Finally, Ibuprofen (Motrin) IM injection is available.

**Intellectuals solve problems. Geniuses prevent them**

The US FDA has approved PALLADIA, the first drug developed specifically for the treatment of cancer in dogs.

**Only country ham tastes the same coming up as it did going down**

RECAST once every 2 years is approved for prevention of osteoporosis in women with osteopenia. It is previously approved as an annual injection for protection against osteoporosis. Side effects subside in a few days. Renal damage can OCCUR... The Medical letter

**Leave no turn un-stoned .. George Bernard Shaw**