

Pharmacy Tomorrow from Prescription Center

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Prescription Center will be closed Thanksgiving
Thursday November 22nd

More on Vitamin D:

Low vitamin D3 levels are associated with increased risk of cancer, hypertension, metabolic syndrome, diabetes, and obesity in people of all ages. In older people D3 deficiency is linked with weakness, increased risk of macular degeneration, and premature death. Twenty times the adult daily dose are safe.

Supplemental D3 reduces risk of cancer of the breast, and colon. It improves mood and balance. It decreases bone loss/increases bone density. Applied topically it helps psoriasis. -Health & Healing, Oct 2007.

Well behaved women rarely make history!!

Thank You ALLERGY, August!

Studies admitting to unfavorable conditions can usually be believed. Allergy reports significant absorption of 88% of drugs applied to the skin. Example: Hydrocortisone (HC) cream is absorbed by the body and affects the adrenal glands. For safety, HC cream is applied just once a day.

THANK YOU Allergy. The large drug companies that buy your advertising are not pleased but pharmacists are thrilled you have proved a properly prepared transdermal preparation is effective, just as if taken orally, but safer. Pharmacists who prepare transdermal medicines determine the particle size, molecular weight, and solubility are appropriate, thus 99% plus effectiveness.

Where there's a will, I want to be in it

Snackers Horoscope:

If you like TORTILLA CHIPS you're a perfectionist, successful, ambitious, and plan ahead.

PRETZELS, you are energetic, lively, the life of the party and bored with the routine.

POPCORN, you are a take-charge type, ambitious, and goal oriented, but modest.

NUTS, you are even tempered, and easy to get along with.

CRACKERS, you prefer private time, shy away from confrontation, and can not stand to hurt another's feelings. -Alternative Medicine.

What if you like PRETZELS and CRACKERS?

My husband and I divorced over religious differences. He thought he was GOD

Tooth Fixer-Upper:

Amorphous calcium phosphate, "MI Paste," made by GC America and available from your dentist remineralizes small white spot enamel lesions in teeth. Results are great.

Why does the Dalmatian ride on the fire truck?
To find the hydrants for the firemen

Withdrawn Children's Drugs:

Acetaminophen (Tylenol) and ibuprofen (Motrin) infant drops are still available, measure carefully. Adequate fluids are needed to prevent dehydration. For congestion: saline nose drops, nasal suction, a room steam vaporizer.

Call a physician for symptoms in a child under 3 months, or if a child under 2 has a fever 24 hours, or ear pain.

Gary will be off Tuesday November 20th
He and Rae's 42nd wedding anniversary

When I die, I want to go peacefully like my
Grandfather did, in his sleep----not screaming,
like the passenger in his car.

Incidentally & By The Way

Dr Julian Whitaker advises, for adults,
2000 IU of Vitamin D3 daily. See comments
elsewhere in this issue.

Vitamin B-12 injections may relieve
discomfort of shingles.

Statin (cholesterol) drugs hamper libido
and sexual performance in some men.

British Medical Journal reports too many
patients being treated for depression when they
are only sad.

CHIA seeds, a "power food" of the Aztecs,
contain calcium, magnesium, antioxidants,
fiber, and omega-3 fatty acids.

Duke University researchers found 1,200
mg of coenzyme Q10 (CoQ10) daily had
dramatic slowing of functional deterioration
from Parkinson's Disease. (Any CoQ10 gel
caps).

Mayo Clinic research found weight loss
precedes a diagnosis of dementia by at least 10
years in women, but not in men.

You can't change the past but you can ruin the
present by worrying over the future

Tooth-Friendly Foods: Cranberries,
Carrots, Limes, Lemons, Oranges, Yogurt,
Grapefruit, and Green tea are "nature's
toothbrushes."

People whose diets are rich in vegetables,
beans, olive oil, nuts, multigrain bread, and a
daily comprehensive multivitamin are less likely
to wrinkle than those who feast on red meat,
butter, and sugary food. - RealAge.

Full moon may bring more emergency
room visits.

Higher intake of folic acid, vitamin E, and
calcium may reduce the incidence of severe
bacterial vaginosis (BV) in women, while higher
fat intake may raise BV incidence. -Journal of
Nutrition.

Artificial food color and additives
increase hyperactivity in children aged 3 years
to 9 years.

Diet high in refined carbohydrates may
increase risk for age-related macular
degeneration.

The only reason people get lost in thought is
because it's unfamiliar territory

Prescription Center
"We make drugs better."
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Anger is a condition in which the tongue works
faster than the mind.

Examples of Recently Customized (Compound-ed) Prescriptions of Historical Interest:

Topical progesterone for post partum
depression allowing baby to breast feed.

Vitamin B-12 injection, 4000 units per ml.

Washable mineral oil ear drop.

Lidocaine/Tetracaine anesthetic gel to reduce
pain of laser resurfacing better than Emla.

Micronized DHEA (dehydroepinandrosterone)
200 mg modified release capsules for systemic
lupus erythematosus (SLE). At lower doses, DHEA is
used to increase bone mineral density, enhance
cognitive function, adrenal insufficiency, insulin
resistance, obesity, mood, and libido.

Two percent topical baclofen for muscle
spasms, especially sports injuries.

Five percent Xylitol with 0.2% (2)Deoxy-D-
Glucose in saline nasal spray to knock out yeast,
fungi, bacteria, and virus.

Micronized (5) progesterone 2mg/ml topical
foam to regrow hair in males.

Metformin transdermal cream 100mg/ml to
decrease Hemaglobulin Alc.

Belladonna, lidocaine, tetracaine jelly inserted
into the urethra to reduce spasms of interstitial
cystitis.

A bladder irrigation of DMSO, belladonna,
ketoprofen, lidocaine, and Tetracaine, also for
interstitial cystitis.

Nalbuphine topical solution to relieve vaginal
pain, irritation.



Tell me doctor, doesn't the hospital know you're
guaranteed privacy under the constitution?!"