

## Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL  
AND  
MADE TO ORDER DRUGS

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More deaths result from Rx drugs than from street drugs.

**Sildenafil Improves Women's Antidepressant-Related Sexual Function:** Premenopausal women and women having had hysterectomies can overcome adverse sexual effects caused by SSRIs (antidepressants) by taking Viagra says *Journal of the American Medical Association*, July.

An eye for an eye will make the whole world blind.  
Mahatma Gandhi.

**Cannabis Cigarettes Reduce Neuropathic Pain:** The June *Journal of Pain* reports smoked marijuana may reduce pain for patients who do not respond to traditional drugs or who are denied adequate doses of analgesics. It is especially useful in terminal patients who need not be concerned by the loss of brain cells.

Laziness may be genetic, reports claim.

**Migraine Help from Jeffrey Dach MD:** FEVERFEW is an ornamental herb prescribed by Dioscorides 2000 years ago. Taken daily it gives a profound reduction in the frequency and intensity of migraines. It is not effective if taken only when an attack has started. *Cephalgia* reports 600mg a day of MAGNESIUM GLYCINATE reduces migraine attacks by 40%. *Neurology* reports patients who regularly took 400mg daily of Vitamin B2 (riboflavin) had 40% fewer migraines. (Note: Magnesium and B2 can and should be taken together).

Never use a big word when a bigger one will do.  
Ibid.

**PEG 3350 Helps Children With Constipation:** Non-Rx PEG3350 (MiroLax, Glycolax, etc) is effective TEMPORARILY in the treatment of children with constipation. Adequate intake of water and fiber every day are essential. August *Journal of Pediatrics*. For regular use, Magnesium Glycinate, mentioned above is helpful and harmless.

A drop of ink may make a million think.  
Lord Byron

Chocolate stimulates the same part of the brain as morphine and marijuana; the same part of the brain that controls libido. Maybe the custom of giving chocolates started here.

Well behaved women rarely make history.

**Stomach Acid Protects:** The risk of gastric cancer could be influenced by the use of acid suppressive drugs. A minor increase in the risk of stomach cancer was observed in patients using Zantac, Tagamet, Prilosec, Nexium, etc. within the previous 5 years. —Adis Data

Slow breathing while listening to music for 30 minutes a day lowers blood pressure – Health & Healing.

**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.

Look AGAIN, and think!

**Parasite (Worm) Transmission from Dogs to Humans:** Parasites are extremely common in puppies. Immunity develops by 3 months of age. In well-cared-for pets that are dewormed as young puppies, infection is rare. Larval worms migrate through the liver & lungs. **Ocular larva migrans (OLM)** occurs when larvae migrate into the eye of young children and can cause blindness. Good hygiene to include handwashing is important. Puppies need treatment at 2, 4, 6, 8 & 12 weeks. Adult dogs need regular testing. —Medscape Infectious Diseases.

Love is not premeditated, it is spontaneous, it bursts up in extraordinary ways.

**5 Foods for More Youthful Joints:** Berries, ginger, avocado, flaxseeds (whole), & omega-3-rich fish. —The Big Book of Culinary Medicine.

Neckties are associated with dignity. But, 5% of men over fifty have some occlusion of at least 1 carotid artery. Neckties, or bands, aggravate this condition. Say goodbye necktie. —NC Med J.

A pessimist sees difficulty in every opportunity; an optimist sees the opportunity in every difficulty. –Winston Churchill

### Examples of Recently Compounded (Customized) Prescriptions of Historical Interest:

**Ketamine** oral capsules, 10mg.  
25% alc-tea tree roll on antiperspirant. (Also, reduce cortisol).

**Phentolamine** mesolate to hasten reversal of lidocaine after local anthesia.

**Topical T3** cream for alopecia.

**Tranilast** anti-allergen oral capsules.

We are never called on to parade our doubts.

Natural progesterone **troches** (tro-keys), to melt under your tongue, no sugar or NutraSweet.

**DES**, diethylstilbestrol tablets for man and beast.

**Xalatan** diluted to 60% strength ophthalmic, cost effective. (Generic soon).

Modified release (approx 12 hours) **Baclofen** capsules.

Rx Center **ophthalmic drops** do not contain olive oil, which is irritating, or corn oil, which is unstable. Unless otherwise prescribed, the solvent is a solution of triglycerides derived from coconut seed. Additives or preservatives are not used. The ointments contain only a combination of petrolatums to obtain the required consistency. All ophthalmics have tested at 99% potency for 6 months or longer, stored at room temperature.

Watermelon has 3 juicy benefits.

Urea, DMSO, tea tree ointment for diseased nails.

Natural **progesterone** for male benign prostate problems.

Various **hydrocodone/Hycodan** products that seem to be on permanent backorder.

Famciclovir oral rinse for oral **Thrush**. Probiotics also needed.

Chickens are hypnotized by drawing a line in the dirt repeatedly. Like some people, they find it hard to step past the obvious.

**Cidofovir** 0.5% ophthalmic drops, 99+% stable at room temperature 120 days.

**Nalbuphine** 1.2% ophthalmic analgesic drops, 99+% stable 12 months at room temperature. Pat Pending.

**Topical heparin** for varicose veins.

DMSA suppositories for **heavy metal** chelating. Magnesium Glycinate, melatonin capsules for “deep sleep” and bowel **regularity**.

Furosemide Inhalation for shortness of **breath**.  
For a woman, it is important that a man helps you at home and has a job. It is important that a man make you laugh. It is important to have a man that does not lie to you. It is important that these 4 men do not know each other.

Most obese do not know that they are.

## Prescription Center

“We make drugs better.”

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I like deadlines. I like the swooshing sound they make as they go by.

### Incidentally & By-The-Way:

*Ex\*ci\*tox\*in: a substance added to foods and beverages that literally stimulate neurons to death, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate (MSG), aspartame (NutraSweet), cysteine hydrolyzed protein, and aspartic acid. These and similar substances can cause harm to the brain and nervous system and their relationship to neurodegenerative diseases such as Alzheimer's, Lou Gehrig's disease (ALS) and others.*

--Condensed from EXCITOXINS, The Taste that Kills, Russell Blalock, MD.

For attractive lips, speak words of kindness.

<><> U can kill germs by microwaving a wet **sponge** 1 minute. Use tongs to remove. Sponges need dishwasher washing once a week. OZ, MD. <><> Best to not use any sweetener. Sugar (sucrose) is the most harmful, contains negative energy. Fructose (fruit sugar) is 1.7 times as sweet as sugar but requires more to achieve taste of sugar. Raw honey or pure maple syrup are better choices. Natural **STEVIA** is safest additive, however it modifies taste.

Because I am a family raising, meal cooking, homemaking wonder does not mean I am a desperate homemaker. I am a domestic diva.

**Pills & Skills:** **Brevail** is a health food item advertised for breast health. It contains a “natural estrogen-like plant.” Harmless breast “lumps” is the result of estrogen dominance. <><> Pet names of the week (tie): “Sugar Buns” for a K9 and “Hot Dog” for a feline. <><> FDA is issuing another warning that **QUINOLONES** (Cipro-floxacin, Avelox (Quinolone), Factive (Gemifloxacin), Levaquin (Levofloxacin), Noroxin (Norfloxacin), Vantin, etc may cause tendon injury. <><> Dr. Oz told Oprah some adults need two low-dose 81 mg (or 1/2 an adult 350mg) aspirin a day. Due to gastric irritation, the 81mg. dose is safer. Healthy men under 50 and healthy women under 65 may not need daily aspirin. <><> **What person would dare disagree with the two big “0, s”?** <><> Many infants get acid-suppressive drugs (Prilosec, Prevacid, etc) that are simply happy-spitters. Most benefit in these treatments come from the sodium bicarbonate (baking soda) added during compounding.