

## Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL  
AND  
MADE TO ORDER DRUGS

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OUR 47<sup>TH</sup> YEAR <> © March 2007

### Hasten Slowly - Milarepa

#### Always Go With Your Gut:

The human body is 10% mammalian cells, 90% bacteria. Our life styles diminish the necessary good bacteria. With the body constantly under attack, it is your job to make sure you are equipped with the necessary weapons to fight back. **PRE**biotics and **PRO**biotics provide the right arsenal to reclaim and maintain good health.

**PRE**biotics (brand name **FOS**) are the food **PRO**biotics must consume to survive and multiply. **PRO**biotics (preferred brand, **Florajen**) are good alive bacteria, 20 billion per capsule, essential for immunity, assist digestion, alleviate anxiety, prevent arterial disease, lower cholesterol, fight infection, promote liver detox, prevent bad breath/flatulence, and relieve constipation/diarrhea. Most promisingly, **Synbiotics** (word to describe the combination of **FOS** and Probiotics) may reduce risk of irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

New Wonder Drug? **NO!** Good bacteria have been with us since the Garden of Eden. Chlorine in drinking water and swimming pools, antibiotics, chemo, pasteurization, artificial buttermilk, etc. has upset the balance of nature. It's not just a gut reaction. -From 6 books, many journals, and a 24 hour seminar.

If you have 2 tacks in your "bottom" and remove one, do you feel 50% better? No. (Removing the tack does not remove the "wound"). Try this logic with 2 bad teeth.

#### This and That:

Insulin, Coumadin (Warfarin), Amoxicillin, and aspirin (in that order) cause the most visits to emergency rooms. Percocet (oxycodone-acetaminophen) ranked seventeenth.

Coming soon: Wireless chargers for cell 'phones, laptops, cameras, etc. The technology was developed by Hertz in the 1920's. (First name Mega)?

For the first time on any planet, a commodity, URANIUM, has increased in price from \$8/lb to \$85/lb without a single pullback of as much as \$1.

Plumbing: when a flush is better than a full house

The only reason anyone would ever hate you is they want to be more like you.

#### Food & Drug Adm. (FDA) TO "HELP" US?

The FDA is in the process of banning all OTC (over-the-counter or non-prescription) skin-bleaching products. **Hydroquinone**, as in Esoterica, etc. may cause darkening and thickening of the skin.

Unwittingly the FDA has created another reason compounding pharmacists are essential. Since 1985, AZELAIC ACID creams have been compounded for **skin lightening, scarring, ACNE vulgaris, and hair loss.** The benefits of Azelaic Acid are confirmed by its being marketed by a drug company. Now, just as the FDA is limiting the availability of commercial skin lighteners, compounding pharmacists have K-Az-Dig, **POTASSIUM AZELAOYL DIGLYCINATE.** K-Az-Dig delivers the benefits of Azelaic Acid plus Moisture/Rehydration and is **non-irritating** to the skin and eyes.

Weird NC laws still in effect: 1. The driver of a vehicle in an accident causing death shall give his name and address to the person struck. 2. No one will ride an ugly horse in public. 3. A man publicly intoxicated must be given a large dose of castor oil. 4. No dog shall be in a public place without its master on a leash. 5. State Statue Title: "To Prohibit Corrupt Practices or Bribery by Any Person Other Than Candidates." 6. A citizen will not carry an ice cream cone in his pocket



"I don't see where it says best if taken with meals eaten out."

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There can be no happiness if the things we believe in are different from the things we do. Freya Stark.  
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### Hold This Day:

Our next natural hormone replacement **seminar** is March 8, 2007, 6 to 7:30 PM at the **NEW DELI CAFÉ, 2153 Valley Gate Drive, Suite 101** in the "clock building." Attend to get answers to low libido, osteoporosis, low thyroid –always cold, adrenal fatigue - can not get started, depression, hot flushes, constipation, loss of sleep, etc. Attendees will receive literature on hormone replacement and a CD on adrenal fatigue. Refreshments provided. Call Prescription to register, **NO FEE**. Any clinic or club interested in hosting about thirty people at a later date, please call Prescription Center.

### ----- Size matters – Big heart, small ego. -----

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

**Topical Lithium Gluconate**

**Oral Mitotane** (Lysodrine) in a peanut butter paste.

**N-Acetylcystine** topical for ichthyosis.

**Injectable B-12, B-6, Carnitine, Niacin, or adenosine** for weight loss.

**Melatonin** lotion for hair loss.

**Progesterone** solution for hair loss.

**Sildenafil** cream for anal fissure. Nitroglycerine, diltiazem, and nifedipine with or without lidocaine are also prescribed.

**GARAMYCIN** nasal inhalation/irrigation.

**Ketoprofin/Lidocaine** topical for heel pain.

**Cromolyn** transdermal applied under the ear flap of pets for allergic itching.

**ESTRADIOL** and medroxyprogesterone, and DHEA, eye drops for dry eye.

**Clomipramine** troche for premature ejaculation.

**5-FU** ophthalmic after eye surgery to prevent scarring and reoccurrence.

**Xylitol, 2 D-D-G** nasal spray use with oral symbiotic

### ----- Life Span or Health Span? -----

### Drugs Approved in 2006:

**Azilect** (rasagiline) for Parkinson's.

**Chantix** (varenicline) to stop smoking.

**Januvia** (sitagliptin) for diabetics.

**Veregen** (kunecatechins) for warts on mucous membranes.

**Gardasil vaccine** to prevent cervical cancer, genital warts, etc.

**Zostavax vaccine** to prevent shingles in people more than 60 years old.

**Prescription Center**  
**"We make drugs better."**  
915 Hay Street, (910) 485-2167  
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**Pharmacists Gary, Gerald, Marcus**  
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**US President Franklin Delano Roosevelt and German Dictator Hitler died within a 7 day period.**  
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### Fishing for Omega-3's:

Fish are the safest source of Omega 3's essential as an antioxidant and antiarimithic, to slow dementia, for asthma, dermatitis, Crohn's, MS, diabetes, etc. The good guys in order: Salmon (wild), Herring, Sardines, Trout (freshwater), Pollock.

The not-so-good are: King mackerel, Shark, Swordfish, and Tilefish. **TUNA** is middle of the road, fresh is better than canned chunk light. - RealAge

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**What do TBI (traumatic brain injury) and menopause have in common? The need for neuroprotective natural progesterone.**  
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### Incidentally and By-The-Way:

Cinnergien, a hot new supplement, contains less than one Gram of cinnamon. The effective dose is one to three Grams daily. Buy cinnamon capsules or get cinnamon from your kitchen. - Natural Medicine

Spring allergy sufferers, Google stinging nettle, butterbur and Synbiotics. -Natural Medicine.

After fish oil, Pomegranate juice may be the most healthy nutra-ceuticals as an antioxidant and to overcome resistance to antibiotics.

Extreme facial edema, unimproved by conventional treatments was relieved when small surgical incisions were made just below the jaw bone. Fluids drained immediately. -Palliative Drugs.

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**What is life? Why am I here? How much Healthy Choice ice cream can I eat before it's no longer a healthy choice?**  
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Oral alpha lipoic acid relieved burning mouth unhelped by other treatments.

Cats increase babies' eczema risk. DVM Newsline.

Midday napping prevents, slows heart disease. Archives of Internal Medicine.

LDN (low dose naltrexone) therapy improves active Crohn's disease. - Am J Gastroenterology

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For the first time: More young people need hearing aids than older people. More women (51%) are living without husbands than with. NY Times  
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**Money is just paper until you actually spend it.**  
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