

## 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)

The pleasure of what we enjoy is lost by wanting more.

**ESTRIOL Not "Off the Market" Here:** The FDA & American drug companies, who are 1 and the same, are attempting to make Estriol unavailable to Americans until a major drug house markets a high dose Estriol product for multiple sclerosis next year. What a surprise? Meanwhile American women have bombarded Congress in unprecedented numbers. At this time, ESTRIOL continues to be available from innovative pharmacies, Prescription Center included.

I'M RETIRED.....I was tired yesterday and I'm tired again today.

**Noncoital Sexual Activity May not be "Safe" Sex.** "Couples may engage in noncoital sexual activity instead of penile-vaginal intercourse hoping to reduce the risk of sexually transmitted disease and pregnancy. There is little chance of pregnancy but the risk of acquiring sexually transmitted disease remains." *Obstetrics & Gynecology, Sept 08*

CREMATION? Think outside the box.

**Mercury (HG) is Not Just for Planets Anymore:** Mercury levels in the human placenta correlate with the number of amalgam fillings in teeth. A substantial amount of this reaches the fetus and may contribute to the development of autism in the child. The tobacco plant like the marijuana plant is a 'heavy metal aggregator' and concentrates mercury out of the soil. The un-inhaled secondary smoke is of the most danger.

I'm in the initial stages of my golden years.

SS, CD'S, IRA'S, AARP....

**How Much Oral Vitamin D Must You Take?**

Sorry, no fixed answer. A blood test by your physician or a "finger stick" you can do is needed. Meanwhile, for healthy adults, regardless of sun exposure, the very minimum is 1000 IU a day. To protect aging bones, along with calcium, up to 5000 IU a day is needed. The old 400 IU a day reference is belatedly obsolete.

As you grow older, you will discover you have two hands; One for helping yourself, and the other for helping others

**Natural Solutions, Men's Health:** Benign prostatic hyperplasia or BPH, is a fancy word for prostate swelling. BPH causes problems with urination. It often gets worse with age but diet and lifestyle changes can help. Eat high fiber antioxidant-rich foods like whole grains, red fruits & legumes. Take herbal remedies; saw palmetto, pygeum from tree bark, and pumpkinseed, which alleviate BPH symptoms without the side effects of prescription drugs. Also, do a gignone exercise: Stand with your feet shoulder-width apart, knees bent, spine straight, and arms at your side. Allow your knees and hips to support your weight, releasing your upper thighs, low back, and pelvis. Hold this position for a few breath cycles. Do this daily to open up the pelvis and relieve pressure on the prostate. —Natural Solutions Magazine.

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**Magnesium Reduces Chance of Gallstone Disease in Men:** Univ. of Kentucky Medical Center studied magnesium consumption and risk of gallstone disease in 42,000 men over 16 years. Findings suggest a protective role of magnesium consumption in the prevention of gallstone disease. Rx Center advises our proprietary MAGNESIUM GLYCINATE capsules with Melatonin.

Experience is a wonderful thing, it enables you to recognize a mistake when you make it again.

**PAWS for Thought; Say Thanks to Your Best Friend:** Just being in your pup's presence makes you healthier. Petting your pup boosts production of pleasure hormones in the brain helping to keep stress & blood pressure healthy. K9 company aids the recovery of heart attack patients and has a calming effect on people with Alzheimer's. Regular walks with your dog lift your mood and improve your fitness. Kids who grow up with dogs seem to have stronger immune systems and are less likely to develop asthma, eczema, and pet allergies. Please do not get 2 dogs; you may never need another prescription. — "Dog Age" Tip of the Week.

Avoid biting when a simple growl will do.

Memo to Bill Clinton: **Cialis & Viagra** labels carry the warning "Amnesia may occur." Had you not used a mail order pharmacy, your pharmacist would have given you the perfect alibi, "I do not remember ..... but I did want to".

Yes I am good in bed, I can sleep for days

### Examples of Recently Compounded (Customized)

#### Prescriptions of Historical Interest:

The first 4 are from recent courses in Anti-Aging Medicine (A4M).

Sodium Ascorbyl Phosphate 6%, Phentonadione 0.5%, Urea 2%, Vit E Acetate 1% Eye Cream for wrinkles around eyes.

Selenium 0.0003%, EGCg (Epigallocatechin Gallate) 1%, Topical Cream for After Sun Anti-Aging.

Retinol Molecular 2%, Idebenone 0.5%, Ferulic Acid 0.5% Day-Time Face Cream or "Smokers Cream," used around the mouth.

Sodium Ascorbyl Phosphate 10%, Lipoic Acid 1%, Cream for non-hormonal Eye Dark Circles.

He that was truly wise & great lived either too early or too late.

\* 3% Thymol added to antifungal nail paint stabilizes Ketoconazole.

\* Cyclosporine 1% Dexamethasone 0.1% Aqueous Eye Drops.

\* Caffeine, Tranilast, Augmented LCD topical for Psoriasis.

\* 6% topical Gabapentin for Vulvodynia.

\* Tacrolimus 1% Dexamethasone 0.1% aqueous ophthalmic suspension.

U S President Dwight D. Eisenhower won an Emmy award in 1956 for his use and encouragement of television

Dr. Pepper-UP, Papaverine, Regitine, and Alprostadil penile injection to immediately overcome ED for 2 hours.

Cidofovir 0.5% ophthalmic drops, 99+% stable at room temperature for 4 months plus

Nalbuphine 1.2% ophthalmic analgesic drops,

Magnesium Glycinate, melatonin capsules for "deep sleep," bowel regularity, and muscle relaxation.

Two hydrogen atoms walk into a bar. One says, "I think I've lost an electron." The other says, "Are U sure?" The first says, "Yeah, I'm positive."

Topical Cyclosporine is effective for all degrees of DRY EYE DISEASE. It effectively relieves dry eyes in patients with mild, moderate, or severe disease, not responsive to artificial tears. -Archives of Ophthalmology The greatest improvement occurred in patients with mild disease, suggesting treatment should begin early. The most frequently seen systemic condition in these patients was thyroid autoimmune disease.

Soluble fiber is used to lower cholesterol & blood sugar. Insoluble fiber helps with bowel problems, constipation. For a supplement to increase fiber in the diet, use a supplement combining soluble/insoluble. - Pam Smith, MD

## Prescription Center

"We make drugs better."

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Hammacher Schlemmer in 1878 were one of the original subscribers in the New York City Bell telephone directories

### Incidentally & By-The-Way:

Ibuprofen may be preferred first-line therapy for children with fever. - Medscape Medical News. In 1816 Rene' Laennec introduces the first stethoscope. Mineral supplemental diet (trace elements) may reduce blood pressure. - World Health Net. Height may be a risk factor for prostate cancer, especially for the long legged. - Cancer Epidemiology. A daily dose of AGED GARLIC can save your life by cutting blood pressure. -Longevity & Age Management.

Americans are the biggest eaters in the world, averaging 3,770 calories a day

Stopping moderate drinking may lead to depression. -MMN. Impaired vision may be indirectly linked with increased suicide risk. -MNN. Broccoli cuts diabetic risk of heart disease. -Longevity & Age Management. Researchers at the Salk Institute claim to have developed "Exercise in a Pill." It is within reason to expect to live independently to age 120. -Mark Houston, MD, author of What Your Doctor May Not Tell You About Hypertension.

Over one hundred and fifty million hot dogs are consumed on the 4<sup>th</sup> of July.

**Pills & Skills:** <><> Pet names of the week: "USELESS" for a K9 and "SERIOUS GEORGE" for a feline. <><> Secret # 1: Eat Breakfast. Supplemental zinc may reduce excess estrogen, which changes stomach muscles from a six-pack to a keg. Men who avoid cow-dairy have a 30% reduction in the risk of prostate cancer. Eating almonds may reduce cholesterol. -Mens Health. Caffeine, after exercise, helps muscles refuel. - Exercise. Proven: Vegetarians (not Vegans) live longer. -Nutrition. LECITHIN (Non-Rx) safely reduces high triglycerides. Artichoke & Milk Thistle fortify, protect, heal and detox the liver. DUREZOL, an anti-inflammatory ophthalmic emulsion 0.05% is new for treatment of inflammation & pain of ocular surgery.

Obesity levels in China are rising fast; thank you McDonald's.

**PLEASE READ: NO More Heart Disease, How Nitric Oxide Can Prevent, Even Reverse, Heart Disease & Strokes, by Dr. Louis J. Ignarro, Nobel Laureate in Medicine.**

Oxymoron, - clean coal.