

## TOP FIVE SUPPLEMENTS FOR DEPRESSION

Over 350 million people worldwide suffer from depression! Depression seems to be affecting more and more people each year. Unfortunately, a recent study showed that only half of the participants suffering from depression responded positively to conventional antidepressants. Some people even have severe negative reactions to conventional antidepressants including suicidal thoughts.

There are some more natural steps you can take to try to help your body deal with and relieve depression. Be sure to get your exercise. It is recommended that you get 30 minutes of exercise, three to five times a week. Also be sure to check your medications. If you are suffering from depression you may want to steer clear of antihistamines, tranquilizers, sleeping pills, and narcotics. I recommend you eliminate alcohol and caffeine as well.



If you would like to further arm your body to help deal with depression or possibly avoid it, I've compiled a list of the top five supplement recommendations for depression:

**1. Vitamin D:** Research shows that there is a link between depression and Vitamin D; however, we don't know exactly what that link is. A common cause of mild depression is an imbalance of the brain neurotransmitters—natural chemicals that can act as mood enhancers by helping transmit signals between brain cells. One theory is that Vitamin D increases the amount of chemicals called monoamines, such as serotonin, in the brain thus helping to relieve depressive symptoms.

**2. Coenzyme B-Complex:** A good B-complex vitamin can help your body conserve the amino acid tryptophan and convert it to serotonin. The catch can be that your body may have trouble absorbing the vitamins, so I recommend looking for Coenzyme B-complex. This just means that the vitamins are in a form that your body can use immediately.

**3. Probiotic:** The nerve cells in your gut manufacture 80-90% of your body's serotonin, the neurotransmitter you need to stay sane. That's more than your brain makes. Just one more reason to look to the gut when you aren't feeling great.

**4. Omega-3s:** Omega-3 fatty acids are a major building block in optimal brain chemistry. A 2009 study found that an increase in Omega-3s resulted in less occurrences of depressive symptoms in the participants.

**5. 5-HTP:** Also known as 5-hydroxytryptophan, 5-HTP is an amino acid that is a precursor for serotonin. In other words, it helps your body produce more serotonin. This supplement may help you if SSRIs like Prozac don't work for you. This supplement may interact with other medications, so please check with your doctor before taking.

It's not surprising to me that three of the vitamins on this list are also on the Top Five list of supplements we recommend for almost everyone. If you have any questions or concerns, please stop in and see me or any of our knowledgeable staff.

Sharon Conley joined our team in 2012. She currently serves as our supplement specialist and hormone consultant. She is on staff full time to answer any questions you may have about finding the right vitamin or supplement for your needs.



## BIBLICAL KEYS TO PHYSICAL, EMOTIONAL, & SPIRITUAL HEALTH



### WALK IN THE LIGHT

There is not a single darkness in your life that God cannot bring His light upon.

*John 8:12 – When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”*



## THE BEST MEDICINE

Did you hear about the two silk worms in a race? They ended in a tie.

If you refuse to go to sleep... are you resisting a rest?

What did the number 0 say to the number 8?

“Nice belt!”

*“There are two great days in a person’s life—the day we are born and the day we discover why.”*

**- William Barclay**

## WHY COMPOUND AT MYERS DRUG?

With the number of commercial drugs available today, you may wonder why there is a need for compounding. Here are some of the reasons why you might need customized, compounded medications:

- You are allergic to the preservatives, dyes, or fillers in a manufactured medication. We can make an option without these ingredients. This is often the case with gluten allergies or children on the Autism spectrum who are sensitive to dyes.
- You are sensitive to standard drug strengths or require a strength that is not available commercially. This may be the case with a child who cannot tolerate the manufactured adult strength or for women on hormone replacement therapy where one size definitely does not fit all.
- You are having a difficult time ingesting a manufactured medication due to form or flavor. We can prepare unique delivery systems such as lozenges, lollipops, transdermal gels/creams, troches, sprays, suppositories, oral rinses, and more! We can also flavor medications to make them taste better. These are great options for hospice patients, children, and even pets!
- A manufactured medication that you found helpful is no longer available. Sometimes drugs are on backorder or the manufacturer stops making it altogether. In these cases, we can compound the medication in our lab to meet your need.

- The medications that are commercially available are not helping you. This can be the case with anything from scar creams to treatments for ulcers in your mouth. Our Compounding team loves to brainstorm ideas to help solve a medication problem you might be having. At times, the problem is just that you can’t afford the commercially available medication. We may be able to compound a more affordable option.

Now that you know why you may need a compounded prescription, the next question you might have is, “Why Myers Drug?” To start, we have invested the time and money to become PCAB Accredited, meaning that we have met or exceeded national quality standards and best practices in our compounding lab.



At Myers Drug, we regularly test our compounds at an independent lab for quality control, offer continued training to our pharmacists and technicians, and employ a Compounding Care Specialist who completes follow-up calls to make sure your compounded medication is working for you.

We are committed to providing you the solutions you need to be healthy, and stay healthy. If you have questions, please stop in or call and ask

# SPECIALISTS READY TO SERVE YOU

In addition to the pharmacists we have on staff full-time, we have other specialists who are ready to serve you. Here is a brief introduction to our team of specialists:



**Lori Todd, RNC-AWHC, BSN, Hormone Consultant:** Originally from Dallas, Lori always dreamed of becoming a nurse. She moved to San Angelo in 1989 to attend nursing school at Angelo State University. She graduated with an Associate's Degree in Nursing in 1991 and a Bachelor's of Science in Nursing in 1993. Her career began at Angelo Community Hospital in women's health, and she obtained a certification in Ambulatory Women's Health Care in 1993. Her own journey and struggle with hormone imbalance has fueled a passion to help other women. One of her greatest joys is to hear how women's lives have been changed through bio-identical hormone replacement therapy. She is married to Phil Todd and has two teenage sons. In her down time, she enjoys watching sports and being with her family.



**Sharon Conley, Supplement Specialist & Hormone Consultant:** Sharon joined our team in 2012. In her current role, Sharon helps patients find the right vitamin or supplement while they are in the store. She also spends time meeting with patients who need hormone replacement therapy to help them start feeling like themselves again. If you have any questions, please don't hesitate to stop and find her.

We are proud of the hard work and dedication our team puts in to answer your questions and serve you. We are certain you will be thrilled with the service you receive from our great team!

## Essential Oils TIPS & TRICKS

### Are the Winter Blues Getting You Down?

### Is Cold & Flu Season Invading Your House?

Here are a few suggested oil blends to help combat these issues.

**NOW Clear the Air** is a perfect blend for helping to purify the air or lend respiratory support for times of congestion. (Not recommended for children under ten. See our Plant Therapy Line for Kid Safe options.)

**NOW Nature's Shield** not only smells great, it's packed full of oils to help support your immune system and protect you from germs. (Not recommended for children under ten. See our Plant Therapy line for Kid Safe options.)

**NOW Smiles for Miles** is one of my most recommended blends when you just need to feel uplifted and energized. (Not recommended for children under six. See our Plant Therapy line for Kid Safe options.)

**Pick yours up today!**



## OUR FAVORITE VITAMIN

Maybe our favorite vitamin at the pharmacy, with good reason, is vitamin D. Research suggests about 42% of American adults are vitamin D deficient.

Vitamin D helps protect against everything from cancer and depression to heart disease and colds and flu. But did you know that research also suggests that vitamin D may protect against many autoimmune diseases, including multiple sclerosis (MS), rheumatoid arthritis, and lupus? It's no coincidence that these diseases occur less frequently in people who live near the equator. There is even research showing that people with higher levels of vitamin D have an easier time losing weight.

The great news is that vitamin D is also affordable (just 18¢ a day or less) and small and easy to swallow. During the winter, when you're getting less sun exposure, we recommend adults take 5000iu daily of vitamin D3. You can cut that dose in half during the warmer months if you spend time outside. As always, please ask if you have any questions!





# New Englander Jacket

Guaranteed to make your rainy days brighter! The many weather protecting features of this jacket will keep you dry and warm, plus several color options will keep you stylish!

**\$54.99**



# 20% OFF

**ONE REGULARLY PRICED  
NUTRITIONAL SUPPLEMENT**

One coupon per customer. In store only.  
Good through March 31, 2018.

