



Sharon Conley

Recovering Energy, Resiliency, & Endurance

You've heard the saying, "I'm sick and tired of being sick and tired!" It's a complaint I hear all too often at the pharmacy. As I delve deeper with the patients I talk to, I often find the root cause is prolonged elevated levels of stress—sometimes without the patients realizing they were stressed at all.

You may not realize you are under stress. In one study, hospital workers in a pediatric nursing care unit were totally unaware of being under stress, but their cortisol levels were elevated by 200-300%. (The level of the adrenal stress hormone cortisol is a common measure of stress.) Remember that all stresses are additive and cumulative. That is, the number of stresses, the intensity of each stress, and the frequency with which it occurs, plus the length of time it is present, all combine to form your total stress load.

The following factors all affect your stress load:

- Unemployment or job difficulties
- Negative attitudes & beliefs
- Prescription & non-prescription medications
- Sugar & white flour products
- Lack of or excessive exercise
- Infection: acute & chronic
- Lack of relaxation
- Psychological stress
- Financial pressures
- Toxins
- Death of a loved one
- Emotional stress
- Allergies
- Over exertion
- Smoking
- Lack of sleep
- Poor diet
- Wound healing
- Marital stress
- Caffeine
- Fear

Your adrenal glands, small glands that sit on top of your kidneys, help your body survive and handle stress. Your energy, resiliency, and endurance all depend on your adrenal glands. These glands are stimulated by stress and excrete hormones including cortisol, adrenaline, and testosterone—preparing your body for a fight or flight response.

The hormones secreted by your adrenals influence all the major physiological processes in your body. They closely affect the utilization of carbohydrates and fats, the conversion of fats and proteins into energy, the distribution of stored fat, normal blood sugar regulation, and proper cardiovascular and gastrointestinal function. In short, your adrenal glands play a huge role in your overall health!

Adrenal glands respond to any kind of stress the same way, no matter the source. So whether it's physical, emotional, environmental, or a combination, your adrenals see it all as STRESS. *If the amount of stress your body is handling over-extends the capacity of your body to compensate and recover from your stress load, it results in adrenal fatigue.*

Adrenal fatigue is a collection of signs and symptoms, known as a "syndrome." It is not readily identifiable like measles or strep throat. Someone suffering from adrenal fatigue may appear healthy and "normal" but often live with a sense of general un-wellness and/or "gray" feelings.

The signs and symptoms of adrenal fatigue include...

- Difficulty getting up in the morning
- Continuing fatigue not relieved by sleep
- Craving for salt or salty foods
- Lack of energy
- Increased effort to do every day tasks
- Decreased sex drive
- Decreased ability to handle stress
- Increased time to recover from illness, injury, or trauma
- Light-headed when standing up quickly
- Mild depression
- Less enjoyment or happiness with life
- Increased PMS
- Symptoms increase if meals are skipped or inadequate
- Thoughts less focused, more fuzzy
- Memory less accurate
- Decreased tolerance, less patient
- Decreased productivity

If you are suffering from these symptoms, I recommend following our Adrenal Protocol with two great products from Natural Creations. Start with the **NutriPlenish Adrenal** multivitamin: two tabs at each meal or three times a day. Add in the **Adrenal Complex** supplement for energy: one cap when you first wake up for seven days, one cap when you wake up and one cap at noon for the next seven days, and two caps when you wake up and one at noon thereafter. I also recommend a good probiotic, like Natural Creation's: two at night on an empty stomach.

If you would like to discuss your specific symptoms, please feel free to call me. It is our goal to help you be healthy and stay healthy.

In this Issue:

- For Your Convenience** Pg 2
- Eight Reasons Why Everyone Needs Supplements** Pg 2
- Guaranteed Relief**..... Pg 2
- Featured Compound: Cold Sores**..... Pg 3
- What To Eat**..... Pg 4

Eight Reasons Why EVERYONE Needs Supplements

1. Soil Depletion: caused by aggressive farming, acid rains, and the use of artificial fertilizers and synthetic pesticides. These activities have depleted nutrients in the soil. As a result, the nutritional values of fruits and veggies are greatly reduced compared to 25 years ago. Over-farmed soil is either slowly losing nutrients or no longer contains nutrients at all.

2. Lifestyle: for example, smoking destroys certain vitamins. Both first-hand and second-hand smokers need to take extra antioxidants to protect the body against free radicals. Excessive alcohol consumption impairs the body's ability to absorb many nutrients and to produce digestive enzymes. In these situations, taking supplements is a **MUST** to stay healthy. Other examples: athletes, pregnant ladies, and those who have physically demanding jobs.

3. Stress: not an unusual term, stress can deplete your energy and lead to acceleration of aging and degenerative diseases. (Find out more on page one.)

4. Food Irradiation: a food processing technique used to extend the shelf life of food by delaying ripening. To do so the food is exposed to ionizing energy and radiation. This process eliminates essential nutrients especially water soluble vitamins and antioxidants. Food irradiation is approved and used in more than 40 countries and is widely used in products like chicken, meats, and vegetables.

5. Environmental Pollution: every day chemicals are dumped into the environment and, therefore, into the food that you eat. For example, if you eat fish, you are likely to consume excessive mercury. Studies show that environmental

pollution is the main cause for degenerative diseases (i.e. Alzheimer's, Parkinson's, cancer, diabetes, arthritis, etc.).

6. Genetically Modified (GM) Foods: crop plans created with advanced technology to grow things bigger and faster. GM foods can cause allergic reactions in some people, and rat studies have shown that consumption of GM foods increased intestinal infections and reduced immunity.

7. Pesticides in Foods: widely used in agricultural activities to control and destroy pests, pesticides are poisonous and reside in our foods. According to a study by Environmental Protection Agency (EPA), the health benefits of fruits and vegetables are reduced by use of pesticides. When you eat foods that contain pesticides, they may cause health problems to your immune, nervous, and hormonal systems.

8. Food Processing: processed foods are not fresh and contain fewer nutrients compared to fresh foods. Processed foods also contain no live enzymes. Enzymes are necessary for digestion and metabolic function. Lack of enzymes can cause degenerative diseases. In addition, processed foods contain refined sugar, extra salt, unhealthy fat, and chemical additives. These substances may bring negative impacts to your body.

For all these reasons, we believe that everyone should be supplementing with vitamins and minerals. This is why we carry high quality products and have trained staff to answer your vitamin and supplement questions.

Guaranteed Relief

PenetranPlus is a topical pain relief lotion that neutralizes pain signals. PenetranPlus contains 1.5% strong ammonia solution, has a mild lemon scent, and is indicated for temporary relief of minor aches and pains associated with arthritis, joint pain, sports strains, and other minor pains.

What makes PenetranPlus different?

- No "hot" or "cold" sensations
- Does not contain Capsaicin, Menthol, or Methyl Salicylate
- No strong odor or greasy residue
- Does not stain clothes
- Made in the U.S.A.



A 2.5 ounce tube of PenetranPlus is just \$14.98. We have had so many patients use and love this product, that we offer a money back guarantee. If you are unsatisfied with the level of relief you get after using PenetranPlus, please bring back the tube with your original receipt for a full refund.

Essential Oils TIPS & TRICKS

Preparing for Spring

Odor Zapper: Lemon and Clove essential oils kill bacteria and leave a pleasant and invigorating scent behind. Use this spray to keep shoes, gym bags, helmets, gloves, and more smelling fresh between uses. In a dark amber glass 8 ounce spray bottle combine:

- 4 oz. hydrogen peroxide
- 30 drops of Lemon essential oil
- 10 drops of Clove essential oil

Then fill the bottle the rest of the way with distilled water. Shake well before using and lightly mist over the item you want disinfected.

Outdoor Upholstery Spray: To refresh your outdoor upholstered furniture, try this spray for a clean, fresh smell and to help prevent mildew. In a dark amber glass 8 ounce spray bottle combine:

- 4 oz. hydrogen peroxide
- 20 drops of Lemon essential oil
- 20 drops of Orange essential oil
- 5 drops of Clove essential oil
- 5 drops of Peppermint essential oil

Then fill the bottle the rest of the way with distilled water. Shake well and apply a fine mist over upholstery and let air dry.



THE BEST MEDICINE

Did you hear about the young lady who was addicted to line dancing?

They put her in a two-step program.

“Advice is like snow—the softer it falls, the longer it dwells upon, and the deeper it sinks into the mind.”

- Samuel Taylor Coleridge

Proverbs to Live By

Seek Advice & Counsel

Proverbs 11:14 – For lack of guidance a nation falls, but many advisers make victory sure.

Proverbs 12:15 – The way of a fool seems right to him, but a wise man listens to advice.

Proverbs 13:10 – Pride only breeds quarrels, but wisdom is found in those who take advice.



Learn to accept the fact that you don't know everything. Instead of making rash decisions seek out the advice of others. Refusing to seek advice and counsel is foolish, prideful and a road that often leads to failure.



If you enjoy receiving this free monthly newsletter, please tell a friend!
We appreciate your help and support!

FEATURED COMPOUND

Cold Sores



Cold sores are red, fluid-filled blisters that form near the mouth and are caused by a common virus called herpes simplex. Not to be confused with canker sores that occur inside the mouth and are not contagious, cold sores are highly contagious and are usually clumped together in patches. Be sure to avoid kissing or sharing toothbrushes, food, lip sticks, etc., during the course of an outbreak. An outbreak can last two weeks or longer.

Once you get the herpes simplex virus, it can't be cured, but it can be managed. Once the sores have healed, the virus remains dormant in your body. This means that new sores can appear at any time when the virus reactivates. Some people with the virus report more frequent outbreaks when their immune systems are weak, such as during illness or times of stress.

Before a cold sore appears, you may feel a tingling or burning sensation. This is the best time to start treatment. In our state-of-the-art compounding lab, we can create several options including...

Acyclovir 2%/Deoxy-D-Glucose (2) 0.2% Lip Balm

PCCA Formula #2266 Acyclovir 10% Flavored Lip Ointment

If you have any questions or concerns about our compounded solutions, please give us a call or stop by.



What to Eat

How do you know which foods are okay to eat?

If the ingredients label is long and complicated and doesn't completely sound like food, then chances are it decreases health, and you should avoid eating it.

Instead, look for labels that are easy to read and sound like food. Better yet, buy food that doesn't require a label at all like whole fruits and vegetables. There's no ingredients label on a banana!



Next, take another look at the nutritional label. Add up the grams of protein and fiber. If the sum of the protein and fiber is less than the grams of sugar, then eating that food may lower your overall health, may make your blood sugar less stable, and/or may cause you to gain weight.

Just remember to look for food that has more protein plus fiber than sugar:

$$\text{PROTEIN} + \text{FIBER} > \text{SUGAR}$$

20% OFF

ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.
Good through March 31, 2017.

