



Sharon Conley

The Many Benefits of Olive Leaf Extract

For years we have been telling our customers about using Olive Leaf Extract to build immunity and treat cold and flu symptoms. I wanted to take this opportunity to tell you more about Olive Leaf Extract and what it has to offer.

This natural product serves as an antifungal, antioxidant, and an anti-inflammatory and shows promise in fighting diabetes, cancer, neurodegenerative diseases, and even arthritis. Thanks to recent scientific studies that have proven many of its health benefits, the olive leaf has become increasingly popular and appreciated not only in olive-growing countries, but well beyond.

One of the primary substances in olive leaf extract is a compound known as oleuropein. Lab studies have discovered that it is effective for battling microorganisms like fungi, bacteria, protozoa, and viruses, among others that cause a host of diseases. Olive leaf also offers the following health benefits:

Lowering blood pressure: In a study researchers noted that while both medication and olive leaf extract were able to prevent high blood pressure, the olive leaf extract treatment also offered another benefit: reduced triglyceride levels.

Improving brain function: Research has found that oleuropein is able to lessen the symptoms or occurrence of brain age-related conditions like dementia and Alzheimer's disease.

Younger-looking, healthier skin: Thanks to high levels of antioxidants and its ability to eliminate toxins, olive leaf extract is known to have the ability to reverse years of skin damage.

We like Douglas Laboratories Olive Leaf Extract (60 capsules, \$22.99). Dosing will depend on why you are taking it.

Please stop in and ask for help from any of our knowledgeable staff members.

Ezekiel 47:12 *"Their fruit will serve for food and their leaves for healing."*



PROTECT YOURSELF!

GET A FLU SHOT

No appointment needed.

Cash price: \$28

We do bill insurance as applicable.



COMPRESSION STOCKINGS

Stop in and check out our full line of compression stockings and accessories.

The goal of compression therapy is to encourage fluid flow in your circulatory and lymphatic system.

These are great for any of you who spends a lot of time on your feet each day.

Please stop in and ask if you have any questions.

Flavor Update

We now have offer unique flavors for patients that are negatively impacted by added color. We have found these flavors are helpful for patients with ADHD and Autism.

Flavors available:

- Grape
- Bubblegum
- Cherry



If you have questions, please don't hesitate to ask any of our knowledgeable staff.



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Mushroom Power

If you know me, you know that I believe in the power of supplements to support good health. I am excited to tell you about a new product I've been using and now swear by.

The company that creates the product is Host Defense® Mushrooms, and the product is **MyCommunity**—a 17-species multi mushroom complex. This complex was created to offer you comprehensive immune support.

MyCommunity uses activated, dried, Certified Organic mushroom mycelium and fruitbodies, with a full spectrum of constituents essential for helping support your immune system.

To build your immune system as cold and flu season draws closer, take two capsules once per day with or without food. A one month supply costs \$39.95.



Essential Oils TIPS & TRICKS

Breathe Again™ Essential Oil Roll-On is a proprietary blend of oils specially formulated to support respiratory health.

Breathe Again contains four powerful eucalyptus oils: Eucalyptus staigeriana, Eucalyptus globules, Eucalyptus radiate, and Young Living's original Ecuador single, Eucalyptus blue.

Eucalyptus oils contain high amounts of cineole, which has been studied for its potential to support healthy lung function. The essential oils peppermint, myrtle, and copaiba also play an integral part in this blend.

Breathe Again is available in a portable roll-on applicator, making natural relief available anywhere.





THE BEST MEDICINE

Q. Whatever happened to the bed bugs that fell in love?

A. They got married in the spring.

Q. What kind of alien makes the best of friends?

A. The one that is down to earth.

“Success is having the courage to meet failure without being defeated.”

- Unknown

Proverbs to Live By

Be a Faithful Friend

Proverbs 17:17 - A friend loves at all times, and a brother is born for adversity.

Proverbs 27:10 - Do not forsake your friend and the friend of your father, and do not go to your brother's house when disaster strikes you—better a neighbor nearby than a brother far away.

Take the time and make the effort to be a faithful friend. At times our friends need us and at times we need a friend. King Solomon wrote...

Ecclesiastes 4:10 -

If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!



FEATURED COMPOUND Shingles Treatment



Unless you have had - or know someone who has had - shingles, you may not be aware of what it is or how you can treat it. Shingles is a painful skin rash caused by the varicella zoster virus, the virus that causes chickenpox. After you get better from chickenpox, the virus is dormant in your nerve roots. In some people, it stays dormant forever. In others, the virus “wakes up” when disease, stress, or aging weakens the immune system.

Shingles is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons. Most people who get shingles will get over it and will not get it again. But it is possible to get shingles more than once. It is recommended that people over 60 get a shingles vaccination (Zostavax) to prevent the shingles. We have this vaccination available at Myers Drug any time during business hours.

For many people, shingles start with an itchy or tingling feeling. Before long, raised welts may appear that turn to blisters. The blisters fill with fluid and then crust over. Shingles is treated with anti-viral medicines. The sooner you get started on these medicines, the better.

The problem with shingles is that they hurt like crazy. They are so sensitive that you don't want anything to come in contact with the blisters, even clothing. Heat and cold can affect shingles differently. In the cold, shingles can ache. People are most often prescribed oral pain medications for shingles, but the result is typically drowsiness and not so much pain relief.

One option is to work with your physician and our compounding pharmacist to compound a topical pain relief spray that you can mist directly on the area and achieve pain relief almost immediately. Gently rubbing a compounded pain cream on the area can provide relief for three to four hours.



Recommendations:

- Shingles are most commonly caused by severe stress. If you are under severe stress be on the lookout for shingles. If you suspect shingles, don't wait. Go see a physician immediately.
- If you are over 60 years old, make it a priority to get a Zostavax (shingles) vaccination. Most insurances will pay all or part of the cost of the vaccination.
- If you get shingles, tell your physician you want compounded pain relief from Myers Drug.



It's beginning to look a lot like Christmas!
Stop by and shop our Christmas room!

20% OFF

**ONE REGULARLY PRICED
NUTRITIONAL SUPPLEMENT**

One coupon per customer. In store only.
Good through November 30, 2017.

 **MYERS DRUG**
Downtown

*As we count our blessings this November,
you are at the top of our list! Thank you
for the opportunity to serve you.*

**HAPPY
THANKSGIVING**

