

Essential Oils: How They Can Help



Doug Chadwick

You've probably heard of the growing popularity of essential oils. Essential oils are the distilled, pure essences extracted from the fruit, peel, twigs, leaves, or flowers of a plant. Essential oils can be used to help promote emotional and physical well-being.

The benefits come from their antioxidant, antimicrobial, and anti-inflammatory properties. These healing oils are rapidly growing in popularity because they are being proven to promote emotional and physical well-being by providing comfort, reducing stress, and encouraging calmness and relaxation. Essential oils can positively affect your emotions because your smell receptors connect to the brain's limbic system – an area responsible for emotions and memory.

Due to the success so many people have had using essential oils, we have recently added a new Young Living essential oil display at the pharmacy. We have a wide selection of oils, oil blends, carrier oils, diffusers, and bottles for mixing your own topical blends and sprays.

Did you know that diffusing oils or massaging a small amount of oil (combined with a carrier oil) into your skin could possibly help reduce stress, lift depression, hasten a good night's sleep, or give you more energy?

Here's an overview of two of our essential oils and their uses.

Lavender (*Lavandula angustifolia*): Lavender essential oil holds a special place in the world of herbs and has long been regarded for its wonderful healing properties. Its history goes back some 2,500 years to the ancient Egyptians and Phoenicians who used it for healing, embalming, and perfume. The Romans were known to use lavender for its medicinal and cleansing properties, scenting baths, and for insect repellent.

During the times of the Black Death in England, lavender was used for protection against the plague. People actually fastened stalks of lavender to their wrists and ankles to protect them against the disease, not understanding the exact reason for that protection. Now we know why it worked... lavender repels the fleas that carried the plague!

In times of war when medicines and antibiotics were not readily available, soldiers were often given lavender oil to ease the pain of injuries and to kill any bacteria in their wounds.

Over time, hundreds more uses for lavender have been discovered. It is known to help calm and relax the nervous system, ease depression, and improve cognitive performance. Lavender essential oil can help heal burns, ease allergy symptoms, kill bacteria, and neutralize the itch of insect bites. It is a natural antiseptic and antifungal, and so much more.

Tips for use: Combine a few drops with a carrier oil into your hands, rub hands together, and deeply inhale the scent for a minute or two to enjoy its calming effects. Lavender oil can also be diffused into the room using a cool mist diffuser. It can be combined with a carrier oil and applied to the soles of the feet prior to retiring to bed for the night. You can also make your own spray by combining lavender oil and water. Spray your pillow before retiring for the night.

Peppermint

(*Mentha Arvensis*):

Peppermint oil is especially useful for nausea and headaches. To quickly alleviate



the pain of a minor headache, simply apply peppermint oil in a diluted form directly on the forehead, temples, and the back of your neck. Inhaling peppermint oil can also eliminate the effects of nausea and motion sickness, simply because of its relaxing and soothing effects. Its cooling and anti-inflammatory properties are part of the reason why it is so successful at relieving headache symptoms.

In addition, peppermint oil vapor is sometimes inhaled to treat symptoms of colds and coughs. It also mixes well with Orange oil to create an uplifting scent when used in a diffuser.

We would love to talk to you more about the many uses and benefits of essential oils. Please consider stopping in at the pharmacy to check out our new display and to find out how you can get started using essential oils. Each type of essential oil you work with will have a number of different potential applications, from house cleaning to mood improvement. These oils are completely natural, and you will be surprised and thrilled by how versatile they are. With just a little bit of exploration you will be able to get started using essential oils to improve your health and life.

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FEATURED COMPOUND

A Unique Option for Vaginal Dryness

Menopause is more than mood swings. Vaginal dryness is one of the many unwelcome symptoms that come with menopause. But **MucoLox™** base is a unique delivery system designed to help. Perhaps the biggest challenge in treating conditions involving vaginal mucosal surfaces is maintaining contact time between the active pharmaceutical ingredients (APIs) and vaginal mucosa in spite of secretions. **MucoLox** base creates an ionic bond with the mucous membrane, **allowing for adhesion up to 24 times longer than other products.** And that bond makes all the difference—expanding the contact time between API and the target area.

Benefits of MucoLox

- **Innovative coating effect**
- **Improves contact time of API to mucosal surfaces**
- **Improved moisturization and protection**



As a member of the Professional Compounding Centers of America (PCCA), Myers Drug has access to MucoLox base. This innovative base, that helps the medicine stay where you need it, can be used alone or with APIs in a variety of potential formulations, including oral, rectal, vaginal, and esophageal/gut preparations as well as wound care.

Be sure to ask your doctor to consider this as an option, and if you have any questions, please don't hesitate to give us a call!

Proverbs to Live By

Beware of Sin's Attractiveness

Proverbs 14:12 – There is a way that seems right to a man, but in the end it leads to death.

Proverbs 9:17-18 – Stolen water is sweet; food eaten in secret is delicious! But little do they know that the dead are there; that her guests are in the depths of the grave.



Sinful temptations often appear to be sweet and good. They seem to be right or something we can do that will remain a secret, but in the end they lead to destruction. When it comes to what is right trust God's Word and you won't be deceived by sin's attractiveness.

Psalms 119:105 – Your word is a lamp to my feet and a light for my path.



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Mobile Text
Club and get
20% OFF any
one gift item!**



THE BEST MEDICINE

A man rushed into a busy doctor's office and shouted, "Doctor! I think I'm shrinking!"

The doctor calmly responded, "Now, settle down. You'll just have to be a little patient."

Say Yes to a Smoothie Today

A healthy smoothie can benefit everyone from casual gym goers to elite athletes to busy moms to kids that are picky eaters. There is no right or wrong recipe for a smoothie, but there are some ingredients that give you more bang for your health dollar. Here are a few of our favorites (all available at Myers Drug):

MRM Whey Protein is a mixture of proteins isolated from whey. This form of protein is an exceptionally healthy way to add more protein to your diet. It is also absorbed and utilized efficiently by your body. Protein is important in repairing your cells, building and repairing muscles, and the production of energy. MRM's Whey Protein is certified gluten-free and made in the USA. Choose from one of three flavors: vanilla, chocolate, or natural.

Dynamic Fruits & Greens offers the power of more than 20 servings of fruits and vegetables in just one scoop. This blend supports your body's natural energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity. And most importantly, it tastes great! The strawberry flavor is delicious!

Flaxseed helps you improve digestion, gives you clearer skin, lowers cholesterol, reduces sugar cravings, balances hormones, fights cancer, and promotes weight loss... and that's just the beginning. These small seeds are an amazing source of omega-3 fatty acids! We carry both whole and ground flaxseed at the pharmacy.

Chia Seeds deliver a massive amount of nutrients with very few calories. Chia seeds are known to help with weight loss by reducing food cravings and making you feel fuller faster. They can help reduce blood pressure and are a bit easier to digest than flaxseed. Chia seeds also have benefits for diabetics because they slow down how fast your body converts carbohydrates into simple sugars.

Try a smoothie today for health and weight loss benefits!

Tropical Delight Smoothie Recipe

- 12oz. of Unsweetened Almond or Cashew Milk
- A scoop of Vanilla protein powder
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- One handful of spinach or mixed greens
- One tablespoon of chia seed
- One tablespoon of ground flaxseed

**Blend until smooth.
Makes one serving.**



Lori Todd

Comfort for Vaginal Applications

Myers Drug is happy to introduce a new vaginal cream dispenser called the Perl. This revolutionary dosing system allows the patient to accurately fill a vaginal applicator which results in proper dosing.

Included with the Perl dispenser is an all new applicator made with FDA approved medical grade clear, soft polymer. This soft, pliable applicator is much more comfortable to use as compared to the traditional hard plastic vaginal applicator. The Perl Snap-on Applicator was designed for comfort and convenience with patients in mind.



The applicator actually snaps on to the Perl dispenser and offers convenience, accuracy, and consistency and produces significantly less residual than the traditional tube and applicator.

Most of our vaginal compounds will now be dispensed in the Perl.

Please give us a call if you have any questions or concerns regarding your prescription.





Sharon Conley

Got Aloe?

Aloe Vera is commonly used topically as a skin healer, moisturizer, and softener. But did you know that when taken by mouth, pure aloe vera juice is known to aid digestion, healing of stomach disorders, ulcers, constipation, and all colon problems?

Emerging science suggests 100% inner fillet Aloe Vera will:

- Increase the absorption of vitamin B12 when one ounce is taken daily.
- Increase the absorption of vitamins E and C when two ounces are taken daily.
- Supports immune, cardiovascular, digestion, and antioxidant health when eight ounces are taken daily.

Liquid aloe is also helpful for anyone with braces. Braces can often cause small cuts in the mouth that the aloe can help heal.

Stop in today and ask any of our supplement specialists how aloe can help you.



20% OFF

ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.
Good through September 30, 2016.



*“The ‘i’ in illness is isolation,
and the crucial letters in
wellness are ‘we’.”*

- Unknown

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newsletter, please share
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