

# The Natural Pharmacy Newsletter

*Wellspring Custom Pharmacy*

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## *In The News*

*by Brad Roseborough, R.Ph.*

### **What's in Your Medicine Cabinet**

Sheila recently had me review an article *Whole Living* magazine entitled "Your Personal Mandate". One of the sections was about what you should have in a well stocked medicine cabinet. I thought it was interesting so I've decided to put together my own list for your review.

Step one is getting rid of all those old items that are either outdated or are no longer useful. If you have bottles of prescription medication that has not been used in six months or that is a remedy for health situations that are long passed, get rid of them. The best way to do this is to turn them in at the next National Take-Back day. These are dates that are widely publicized when different secure entities take back prescription medication so that they can be properly disposed.

Now that we are starting with a clean slate, here are my recommendations for your consideration.

1. **A topical antibiotic**-I used to recommend Neosporin but I have recently seen a significant number of people (including Sheila) that are allergic to one or more of its components. I would recommend either stocking Bacitracin or Skin Biotics (by Derma E). Applying one of these products at the time a cut or scrape occurs can prevent a more serious infection.
2. **A pain reliever**-The article I mentioned suggests Acetaminophen but I prefer Ibuprofen. Even though they both can be used to reduce fever, only the Ibuprofen is anti-inflammatory. If used in too high of doses Acetaminophen can cause liver damage and liver enzymes can be elevated even with small doses.
3. **A medication to relieve runny nose and congestion**-I don't know what I would do without Sinatrol but medications like this that contain quercetin and bromelain can shrink swollen nasal passages and dry runny noses. Mucostop is another great product to "cut" mucous in the head and throat.
4. **A cough reliever**-Even though its taste could be better, Ivy Calm is my favorite. It's a must for every well stocked medicine cabinet.
5. **Vitamin C**-I prefer buffered vitamin C because it is easier on the stomach than ascorbic acid. Adult dosing of up to 1000mg. two times daily can reduce the severity and duration of a cold. It can also support the adrenal glands during times of high stress.
6. **Probiotics**-These good bacteria can be helpful in preventing diarrhea that can be caused by antibiotics. Upset stomach and constipation are also times to consider the use of probiotics. Look for products that have at least six strains of good bacteria and about 20 billion cfu. Two good choices here are OrthoBiotic and UltraFlora Balance.

**7. Digestive Enzymes-**Are you lactose or gluten sensitive? As we get older we are not able to digest certain foods quite like we used to. Individuals that have had their gallbladder out have effectively wiped out a whole cascade of enzymes.

**8. Flu Prevention-**I'm not opposed to preservative-free flu shots but my favorite flu prevention formula is Influenzium by Natural Creations. Adults use 10 drops under the tongue initially, 10 drops in 15 days, then just 10 drops under the tongue every 30 days throughout the flu season. Children under 12 use half of this dose. Another homeopathic product, Oscillococcinum, can be used at the first sign of flu symptoms to shorten the duration and quell symptoms.

**9. Sore, Scratchy Throat-**Again, not the best tasting product, but Throat Care works great for these symptoms.

Assorted band-aids, tape, scissors, gauze pads and the like are also a must but the items mentioned above will give you a good start for all those unexpected symptoms that start after 6 PM on a weekend. As always, if you ever question whether a condition is too serious to be treated at home, see your family doctor. It's always better to find out that your symptoms are just due to a virus than have an illness that gets out of control and causes a hospital stay.

### **Can Less Exercise Lead to More Weight Loss?**

A September 19, 2012 article in the *New York Times* cited a new study by researchers at the University of Copenhagen that looked at the duration of exercise as it relates to weight loss. Volunteers were males in their 20's and early 30's that were pudgy and sedentary. None had serious health conditions. Baseline measurements of aerobic fitness, body fat, metabolic rates, and general health were taken. The men were divided into three groups. One group kept up their current routine and did not

exercise. The second group began 13 weeks of almost daily moderate workouts consisting of jogging, cycling, or other exercise to the point of sweating for 30 minutes or until they had burned 300 calories. The third group had a more strenuous hour long workout or until 600 calories were burned. None of the groups made conscious changes to their diet. They were also asked to wear motion sensors on certain days to measure their regular activities.

At the end of 13 weeks, the control group weighed the same as at the beginning and their body fat was unchanged. Men who exercised the most (the third group), lost an average of five pounds. The second group that exercised for 30 minutes, lost an average of seven pounds.

So why did the group completing the more moderate exercise regimen lose more weight? The group that had the higher calorie expenditure tended to eat more snacks and larger meals and were less active during the day. The group with the moderate exercise program seemed to grow more energized and inspired and tended not to eat more.

Although the study was of short duration and in a group of individuals whose metabolism and motivation may be different than other population groups it may be that daily moderate exercise may lead to more weight loss than more strenuous exercise. However, it may be wise to consider what your goal. If it is increased muscle mass and strength, the more strenuous exercise may be more beneficial.

*Be Informed*

*and*



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