

The Natural Pharmacy Newsletter

Wellspring Custom Pharmacy

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In The News

Don't Wait Until You Get Sick-Get Ready for Cold and Flu Season Now!

You've probably heard about the benefits of vitamin C and zinc, but did you know that mushrooms such as reishi and maitake provide powerful support for a stressed immune system? Your daily supplement should include vitamin C, zinc, and antioxidants for comprehensive immune protection. Read on to discover more ways you can stay well during the cold and flu season.

5 Things You Can Do Now To Protect Your Immune System

- 1. Sleep deep, and enough:** Lack of sleep may cause inflammation in the body, which can challenge your immune system.
- 2. Exercise more, stress less:** Some studies show that even 20 minutes of exercise, three times a week, can increase the body's immune function. Chronic stress leaves your body susceptible to stress hormones, which suppress the immune system.

- 3. Eat an apple instead of drinking a soda:** Boost your immunity with more antioxidants (fruits, vegetables, and mushrooms such as reishi and maitake). Processed sugar suppresses your immune system. Did you know that just one soda can reduce your body's ability to destroy bacteria?
- 4. Swap your cocktail for a green tea:** The catechins in green tea are powerful antioxidants. In contrast, more than one alcoholic drink per day makes it difficult for your immune system to kill bacteria. The more you drink, the weaker your immune system.
- 1. BEFORE you get a cold or flu, ask your healthcare provider for an immune-support supplement:** Both vitamin C and zinc increase immune cell activity. Consuming an array of mushrooms such as reishi, shiitaki, and maitake are good for a stressed immune system.

Not all supplements are created equally

- Make sure your supplement claims are backed by scientific research
- Your supplement should be scientifically tested for quality and potency

- Vitamin C that is “buffered” is less likely to upset your stomach
- Mushrooms as heated “water extracts” may have a higher potency
- Consider selenium and oleanolic acid for supporting immune cell activity

Don't wait until you get sick! Ask us about an immune supplement that's right for you.

Beat the Heat of Menopausal Hot Flashes

It can feel like summertime all year round for millions of women who suffer from hot flashes/night sweats. Even those who experience hot flashes only seasonally may dread summer heat. But you can keep your cool by controlling outside influences that trigger hot flashes. Wear light, breathable fabrics; lower the thermostat; use relaxation techniques; and avoid any known personal food or stress triggers—which you can identify by keeping a daily hot flash journal.

Some more “cool” tips:

Break a sweat. Exercise increases endorphins—your “feel good” hormones that also influence activities related to your internal thermostat. Just 30 minutes 3 times weekly can reduce hot flashes, and improve other menopausal symptoms such as depression, fatigue, anxiety, and insomnia.

Drop some weight. Overweight women have more frequent and severe hot flashes, as well as increased risk to diseases associated with menopause, such as osteoporosis, metabolic syndrome, and heart disease.

Try natural relief. A special botanical extract of rhapontic rhubarb root called ERr 731®, prescribed in Europe since 1993, is

now available as a dietary supplement in the U.S. It offers similar hot flash relief to hormone therapies, but is safer and can even be used in perimenopause—when hot flashes may be most severe. ERr 731 also offers demonstrated relief for 10 other menopausal symptoms, including mood, sleep, and physical/mental exhaustion. Some women report noticeable improvement in less than 30 days.

Don't let hot flashes make the rest of your summer (and fall) too hot to handle.

For more information on natural, effective relief for menopausal symptoms, call our office today to schedule an appointment.

As I See It-The Latest Calcium Debate

It's my belief that we have a lack of “true scientists” today. Instead of establishing parameters and setting up appropriate tests to determine an unknown outcome, many scientists today have an outcome that they are seeking to attain.

A recent meta-analysis of the effects of calcium supplements on the risk of myocardial infarction and cardiovascular events seemed to indicate that there was an increase in heart attacks in patients that took calcium supplements. The problem with the paper is that of the thousands of papers presented on calcium, only eight were part of the meta-analysis. Other parameters are unknown. Did the patients use magnesium and vitamin D? Were they on prescription medication that reduced stomach acid causing interference with proper calcium absorption? These things, as well as others, are important for proper calcium absorption so, please, don't stop taking your calcium!

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