

Rx³ Compounding Pharmacy

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Dear Customer,

Thank you for choosing Rx3 as your source for compounded and retail prescriptions as well as nutraceutical supplements. As we enter the cold and flu season, Rx3 would like to offer you nutraceutical solutions to boosting your immune system and improving your health. Please read on for suggestions on this topic, as well as information on Estrogen dominance.

Nutraceutical coupons are located at the conclusion of this newsletter!



ESTROGEN DOMINANCE - It's Not Just a Woman's Problem

Do you have any of these problems?

- Fibrocystic and tender breasts
- Heavy menstrual bleeding
- Irregular menstrual cycles
- Uterine fibroids
- Decreased libido
- Mood swings
- Vasomotor symptoms
- Weight gain (hips, waist, thighs)
- Foggy thinking, forgetfulness
- Increased levels of triglycerides

The problem could be due to "estrogen dominance", a common condition that occurs if you have a relative deficiency of progesterone in relation to estrogen. Without progesterone supplementation, most women will experience estrogen dominance at some point in their lifetime, the extent of which will vary based on genetics, *nutrition*, emotional stressors and exposure to environmental toxins.

You are probably thinking "What does this have to do with a man?"

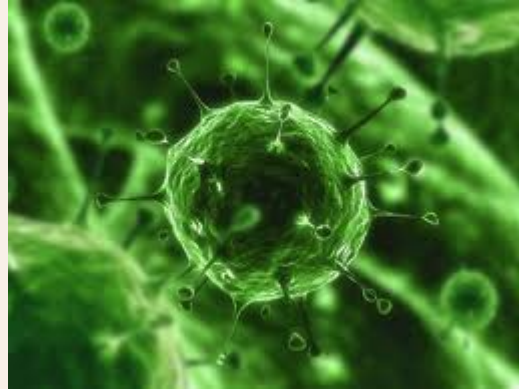
Estrogen and progesterone are female hormones." Actually, the male body also makes estrogen and progesterone, and these hormones need to be balanced in men, also.

In men, bioavailable testosterone (the type that can be used by the body) declines with age. However, an age-related increase in body weight and fat cells can result in increased conversion of testosterone to estrogen (which is measured as estradiol). Therefore, relative levels of free circulating estrogens increase with age and it has been proposed that increased estrogenic stimulation of the prostate in the aging male may lead to reactivation of prostate growth and cancer. In his book "Hormone Balance for Men: What Your Doctor May Not Tell You About Prostate Health and Natural Hormone Supplementation", the late John Lee, MD, stated "Optimal protection against estradiol-induced cancer occurs when the saliva progesterone level is 200-300 times that of saliva estradiol level." Progesterone has many benefits in the male body beyond prostate protection, including defense against cardiovascular disease and many neurodegenerative diseases such as Alzheimer's.

Also, relatively low progesterone to estrogen (estradiol) ratios can create **functional hypothyroidism** with reported symptoms of fatigue, weight gain, constipation and thinning hair. When we are stressed, we produce higher amounts of the hormone cortisol which further reduces progesterone levels.

What can you do?

It's important to know your levels of bioavailable (free, unbound) estradiol, progesterone, and testosterone. Saliva and/or blood spot testing is a simple, reliable means of determining your hormone levels. With this information, we can work together with you and your physician to develop a custom treatment plan to balance your hormones and monitor your progress. Contact our pharmacy about hormone testing today!



Using Natural Supplements to Fight the Flu

During the winter months each year, millions of Americans go to extensive lengths to avoid catching the widely feared influenza virus. Some individuals wash their hands more frequently, while others may opt to receive the flu vaccine.

While these undertakings may be successful at times, there are over the counter nutraceutical supplements that should be considered in addition to these common practices to aid in building up your body's immune system in order to repress the flu this season.

Astragalus: This Chinese herb strengthens the body's immune response by stimulating T cells and helper cells in the body. Chinese clinical trials have also found positive evidence that astragalus increases the production of interferons, which act as the natural antiviral agent to fight off viral infections. Furthermore, the National College of Naturopathic Medicine suggests that taking astragalus can boost a person's immune system for up to seven days after administration.

Echinacea: Echinacea has been known to not only reduce the susceptibility an individual has to the flu and colds, but it also reduces the severity and duration of the illness if the person does get infected. Some studies have shown that

this natural supplement can reduce a person's likelihood of getting a cold by up to 55%.

Ginseng: In Chinese culture, ginseng is used as a supplement to improve a person's overall health. It is often successful in doing so because it is a powerful immune system stimulant. In a study conducted by Virginia's own Eastern Virginia Medical School, ginseng was administered to a large group of nursing home residents. The ginseng supplementation correlated with a 90% reduction in the number of cold incidents. Other studies have indicated that when taking ginseng as a preventative treatment for both cold and flu, it reduces the duration of illness.

Multivitamins: It can be very difficult to incorporate the necessary levels and types of vitamins and minerals in a person's daily diet. Therefore, dietary supplementation with a daily multivitamin is essential. Achieving the recommended levels of vitamins and minerals is especially necessary for optimal immune system functioning. Additionally, eating a diet high in antioxidants along with taking a daily multivitamin will allow the immune system to work at it's best.

Visit us at Rx3 to pick up these immune system boosters during the coming months when your body needs it most!



Bring in this coupon and receive your free one week trial of Rx Solutions skin care products!

Have a problem with your medicine? Side effects? Bad taste?

Let us know - we can help!

Sincerely,

C.F. Sonny Currin, R.Ph (Compounding Pharmacist / Partner)
Chris Currin, R.Ph (Compounding Pharmacist / Partner)



Register a friend or family member to receive our monthly newsletter and receive 10% off your entire purchase or 20% off one item

Offer Expires: November 30, 2011

Must present coupon for savings!