

Rx³ Compounding Pharmacy

Quality Reliability Integrity Excellence



804-717-5000

<http://www.rx3pharmacy.com/>

February 2012

In This Issue

[Problems Losing Weight?](#)

[Natural Approach to Heart Health](#)

Site Links

[Home](#)
[About Us](#)
[Compounding Services](#)
[Supplements](#)
[RX Refills](#)

[Contact Us](#)
[News & Announcements](#)

Accredited By



Follow Us for Updates and Promotions



[Join Our Mailing List!](#)

Dear Customer,

Rx3 is committed to empowering our patients through continued education and as a result, we have established a "Discover Health" Series. Throughout 2012, we will be offering seminars that will assist you to living a healthier more abundant life. Upcoming seminars in March and April will be on Diabetes, Detox and Stress. We hope you will join us as we take a journey to care for our body and learn valuable information to assist in aging while maintaining quality of life. You can find dates and times for these seminars on our website, newsletter and at the pharmacy. If you are interested in attending any of our seminars, please call us at 804-717-5000 or Email: judym@rx3pharmacy.com

Monthly Coupons located at the bottom of this Newsletter!

Problems Losing Weight?



Each year, over 50% of people resolve to lose weight. But if you have tried diet after diet without shedding pounds, it may not be your fault. In "Why You Can't Lose Weight: Why It's So Hard to Shed Pounds and What You Can Do About It",

Pamela Smith, MD, MPH discusses the 18 most common reasons why people often can't lose weight, and attempts to help you overcome the obstacles that stand between you and a trimmer body, including insufficient exercise and sleep, biochemical problems such as insulin resistance and depression, food allergies and thyroid hormone dysfunction. The last part of the book can guide you in putting together a customized, easy-to-follow weight-loss program.

One common but often overlooked barrier to weight loss is stress. When you're under constant stress, your body remains in fight-or-flight mode and your adrenal glands pump out excess cortisol, a hormone that suppresses the thyroid's ability to regulate your weight. Therefore, it is important that your hormones are balanced to be able to lose weight.

As we all know, proper nutrition is essential. In addition to making good food choices, the proper balance of quality vitamins, minerals and nutraceuticals can help us to lose weight and stay healthy.

If you've been frustrated by one-size-fits-all diet plans and medications that have not worked, contact our compounding pharmacist who can help you begin your journey to optimal health.



Natural Approach to Heart Health

February is American Heart Month. In honor of this observance, we would like to take the opportunity to provide you with a natural approach to heart health. According to the CDC, In 2008, over 616,000 people died of heart disease. Heart disease caused almost 25% of deaths-almost one in every four-in the United States. Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2008 were in men. There are several ways in which natural products can be used to prevent heart disease.

CoQ10: CoQ10 is present in the mitochondria of all the cells in the body and plays an important role in the body functioning at optimal levels. Mitochondria are considered the cell's power plant, as these structures produce the majority of adenosine triphosphate (ATP), the immediate source of cellular energy in the body. Cells that require more energy than others, such as the heart, require more CoQ10 than cells in other parts of the body. While your body does produce CoQ10, reserves have been shown to dwindle with age. Additionally, low levels of CoQ10 are often seen in patients with heart disease, particularly those patients with high blood pressure. It is believed that as many as 75% of people over fifty may be deficient in CoQ10.

Policosanol: There is more than one source of Policosanol, although most of what is found in health food stores today comes from sugar cane. Other sources are citrus peels, wheat germ oil, and caviar. Policosanol is a natural nutritional compound gaining a lot of interest in the last few years for managing cholesterol issues,

heart disease, and to promote healthier arteries - all the while with few side effects. Policosanol is a blend of long-chain fatty alcohols, derived from sugar cane, a superior source of these natural plant waxes. Non-clinical studies have shown that the fatty alcohol constituents in Policosanol possess considerable antioxidant activity, can protect serum lipids against free radical attack and support healthy immune function. Policosanol can support cardiovascular health along with other products like Red Yeast Rice, CoQ10, and Omega-3 Fatty Acids.

Niacin: Niacin or Vitamin B₃ is needed for proper circulation and healthy skin. It aids in the functioning of the nervous system; in the metabolism of carbohydrates, fats and proteins; and in the production of hydrochloric acid for the digestive system. It is involved in the normal secretion of bile and stomach fluids, and in the synthesis of sex hormones. Niacin (nicotinic acid) lowers cholesterol and improves circulation. It is helpful for schizophrenia and other mental illnesses, and is also a memory-enhancer. Symptoms of niacin deficiency include canker sores, dementia, depression, diarrhea, dizziness, fatigue, halitosis, headaches, indigestion, insomnia, limb pains, loss of appetite, low blood sugar, muscular weakness, skin eruptions, and inflammation. A cup of coffee can provide 3mgs of niacin.

Please stop by Rx3 or give us a call for more information on these products, as well as a wide variety of other nutraceutical 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)**



Save 25%

Bring this coupon in and save **25%** on

On ANY Heart Healthy Product

Cannot be combined with other offers.

Offer Expires: February 29, 2012

Nordic Natural Products not included.

**Save
10-20%**

Bring this coupon in and Save **20%** on any
**Nordic Natural Liquid Cod Liver Oil &
Save **10%** on ALL other Nordic
Products**

Cannot be combined with other offers.

Offer Expires: February 29, 2012

Cannot be combined with any other offer

**Save
25%**

on

Bring this coupon in an Save 25%

NOW Progesterone Cream 3oz

Cannot be combined with other offers.

Offer Expires: February 29, 2012

**Save
Boosters**

On NOW Brand Immune System

25%

**Immune Renew OR OralBiotic
Cannot be combined with other offers**

Offer Expires: February 29, 2012

Save 25%

**Save 25% on NOW B-12 Liquid Complex
2oz or "NEW" 8oz bottle**

Offer Expires: February 9, 2012

Save 25%

**Save 25% on NOW Omega 3*6*9
100ct OR 250ct**

Offer Expires: February 29, 2012

Cannot be combined with any other offer