

# Rx<sup>3</sup> Compounding Pharmacy

Quality Reliability Integrity Excellence



804-717-5000

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

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## Dear Customer,

Are you hoping to lose weight in 2012? As part of our 2012 "Discover Health" series, Rx3 Pharmacy will be partnering with Medi Weightloss Clinics to provide a seminar on Medi's physician supervised weightloss program. Medi Weightloss Clinic Coupons will be offered to those in attendance. Please see the flier below for details.

**Additional coupons are included at the bottom of this newsletter.**

**Rx3 Compounding Pharmacy,**  
as part of our "Discover Health" Series,  
is happy to partner with:

**MEDI WEIGHTLOSS  
CLINICS**

The One That Works



Join us **January 11, 2012** for a presentation at  
**RX3 Compounding Pharmacy.**  
Limited seating available; call 717-5000 to  
**RSVP**

- Learn about our unique **Physician Supervised** Weightloss program for Adults & Adolescents
- Learn about the effects of obesity on your health
  - Get your **Body Composition Analyzed**
- Find out about our exclusive blend of supplements and injections
- Receive a coupon for **\$50 off** your initial consultation just for coming!



**Physician-supervised  
weight loss that works!**  
Lose up to **20 pounds**  
the first month!



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**PAIN MANAGEMENT**

**TOPICAL PAIN MEDICATIONS  
OFFER ADVANTAGES VERSUS ORAL THERAPY**

When an injury, arthritis, or surgery causes pain and inflammation, the type of medication that is most commonly taken to relieve mild to moderate pain and swelling is a Non Steroidal Anti-Inflammatory Drug, also known as an NSAID. Examples include ibuprofen (which is available over-the-counter as oral Advil™ and Motrin™) and prescription strength oral ketoprofen. The downside to taking oral NSAIDs is that they have a high incidence of gastrointestinal side effects (stomach pain and burning) and can even lead to intestinal bleeding in some cases.

To solve this problem, compounding pharmacists can prepare NSAIDs (in particular, ketoprofen) and other medications as topical creams and gels, which have been shown to produce high levels of drug in the affected tissues beneath the site of application, where the medicine is needed to relieve pain and inflammation, yet low levels in other areas of the body, therefore decreasing the risk of drug interactions and side effects (such as gastrointestinal pain). Therefore, topical NSAIDs have a safety profile which is superior to oral NSAIDs.

Our professional compounding pharmacists can compound the strength of medication which is most appropriate for each patient into a special cream or gel that will be cosmetically appealing and facilitate the absorption of the drug through the skin into the affected muscle, tendon, or joint.

Conditions that have responded well to topical ketoprofen therapy include:

- Joint stiffness and pain
- Achilles or patellar tendinopathy
- Ankle sprain - Grade I or II
- Sever disease (the most common cause of heel pain in pre-pubertal children)

***Topical preparations can be customized to contain a combination of medications to treat your specific problem.***

#### **Supplements used to treat joint pain:**

The supplements glucosamine and chondroitin have been shown to reduce knee pain and slow progression of osteoarthritis. But, a recent large trial funded in part by the National Institutes of Health says that glucosamine plus chondroitin is not very effective for knee pain, and that it does not slow the progression of osteoarthritis. This conflicting report could have a logical explanation: the new NIH study used glucosamine hydrochloride (glucosamine HCl) instead of glucosamine sulfate (glucosamine SO<sub>4</sub>), and it is the sulfate form that has been shown to be most beneficial in previous studies. Patients who use these supplements should notice an improvement within 12 weeks, and if not, should discuss their therapy with their health care provider.

Rx3 offers several supplemental options for treating joint pain. **NOW brand Glucosamine, MSM, & Arnica Liposome Lotion** uses liposomes to carry the active ingredients to the site of action, and release them slowly over time.

This NOW brand product contains the more effective form of glucosamine, glucosamine sulfate, that has been proven to reduce knee pain and aid in osteoarthritis. MSM serves to repair the damaged connective tissues associated with joint pain, rather than simply suppressing the symptoms of joint pain. Additionally, arnica is great for bruises, sprains, soreness, and swelling and for the relief of arthritis, muscle, and joint pain.

**MagneDerm by Designs for Health** is a pure solution of magnesium chloride. This topical solution is efficient, because it bypasses the problems inherent with oral supplementation. In one clinical trial, topical application of MagneDerm increased intracellular magnesium levels by 31%. Magnesium supplementation eases joint aches and relaxes muscle tightness that can cause muscle spasms.

**Traumeel Ointment** is an anti-inflammatory, analgesic, anti-edematous, anti-exudative combination formulation of 12 botanical and 2 mineral substances. It is indicated for temporary relief of symptoms associated with inflammatory, acute, and degenerative processes due to acute trauma or repetitive or overuse injuries, as well as aches associated with rheumatoid arthritis and osteoarthritis. While the exact mechanism of action of Traumeel is not entirely understood, it is thought that the beneficial effects of this supplement are due to the release of oxygen radicals from neutrophils, as well as inhibition of the release of inflammatory mediators. Additionally, Traumeel Ointment can be used to treat elderly arthritic patients who cannot tolerate the GI side effects associated with conventional NSAIDs or for patients on anticoagulant medications. Traumeel Ointment consists of arnica, calendula, hamamelis, millefolium, and belladonna.

*Ask us to recommend a quality supplement that will best meet your needs.*



## Health Benefits of Turmeric

### *What is Turmeric?*

Although you may not recognize the name of this supplement, you have likely consumed it without even knowing. Turmeric is a component of curry powder and is also used in yellow mustard. Despite the prevalence of

turmeric in food, turmeric is more than just a culinary ingredient. Originally used as a dye for textiles, turmeric is now more frequently used for the health benefits associated with the pulverized root of the plant. **See the bottom of this article for a recipe that makes it easy to incorporate this supplement into your diet!**

### ***Why Take Turmeric?***

Turmeric is a strong antioxidant and anti-inflammatory agent. As a supplement, turmeric is medically promising because inflammation and oxidative damage are contributors to so many diseases, such as Alzheimer's, Parkinson's, arthritis and various cancers

Many of the benefits associated with curcumin are related to its ability to suppress acute and chronic inflammation. Turmeric can be used to treat sore and achy joints due to daily activities such as exercise, or even osteoarthritis. In 2009, the *Journal of Alternative and Complementary Medicine* compared the active ingredient in turmeric, curcumin, to ibuprofen in over 100 patients with osteoarthritis. This study showed that the effects of curcumin on osteoarthritis were comparable to those of ibuprofen. Further research showed that curcumin is similar in activity to the anti-inflammatory prescription medication phenylbutazone, but has less side effects.

Turmeric also has the ability to scavenge free radicals and keep them from damaging cells and cell membranes. Free radical damage in joints is often the cause of rheumatoid arthritis, which indicates that turmeric can be an effective agent to control the joint pain associated with this disease. When compared to prescription rheumatoid arthritis medications, Turmeric has been shown to produce comparable improvements in shortened duration of morning stiffness, lengthened walking time, and decreased joint swelling.

Turmeric's antioxidant activity also protects against free radical DNA damage that is often associated with cancer. It is proven to be particularly useful in protecting against colon cancer. In addition, turmeric reduces the risk of cancer by inhibiting the formation of cancer causing enzymes. It is suspected that the anti-inflammatory and anti-oxidant properties of turmeric are also related to turmeric blocking the production of the NF-kB protein, which turns on the genes that allow new blood vessel growth necessary for both inflammation and tumor growth.

The potential health benefits associated with turmeric consumption are endless. Due to the improvements seen in inflammation associated with osteoarthritis and rheumatoid arthritis, as well as antioxidant effects on cancer and numerous other conditions that can be attributed to turmeric consumption, combined with the low risk and minimal side effects related to this supplement, it is worth your while to give turmeric a try. The recommended daily dose of turmeric is approximately 1.5 grams.

### **Ginger's Chicken Chili Curry Recipe**

-

#### *Ingredients:*

1 lb chicken breasts (cut into bite sized pieces)  
4 tablespoon turmeric  
1 tablespoon chili powder  
1 tablespoon horseradish  
1 teaspoon chopped fresh garlic  
1 tablespoon chopped fresh thyme  
Assorted vegetables

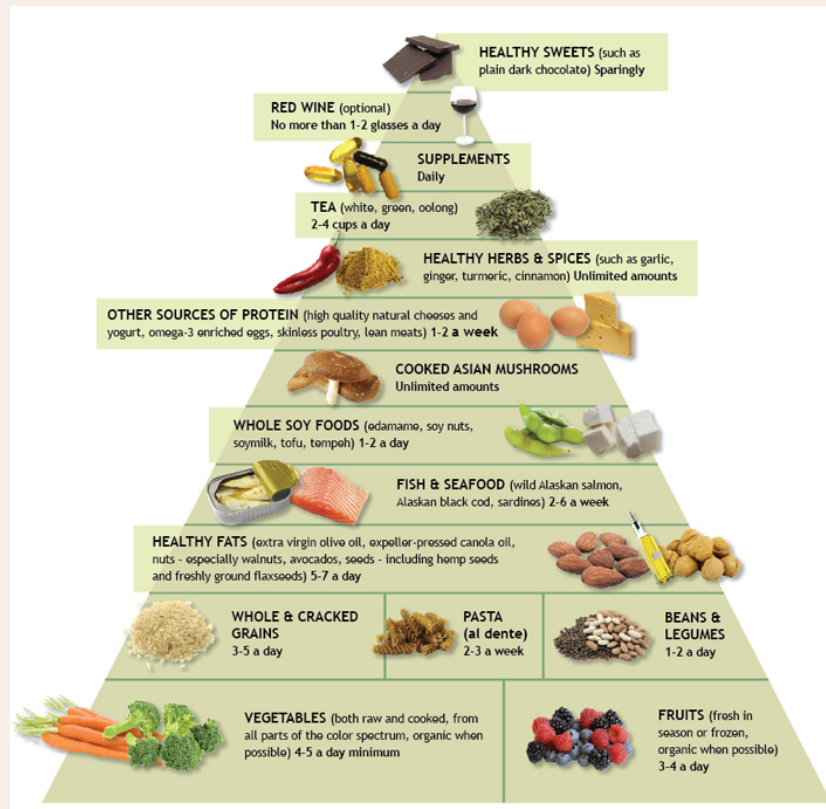
#### *Directions:*

Sear the chicken on both sides with salt and pepper. Turn the heat to low and add the turmeric, chili powder, horseradish, and garlic. If mixture is dry, add enough water for the seasonings to create a sauce. Add vegetables (I used assorted bell peppers and onions) and simmer for 20 minutes. Add thyme and stir a final time. Serve over rice.

## **Dr. Weil's Anti-Inflammatory Diet**

Chronic inflammation that is a root cause of many serious diseases, including those that become more frequent as people age. Normally we think of inflammatory responses as those that present on the surface of the body in the form of hives or a rash, but internal inflammatory reactions that are unresolved can damage the body and cause serious illness.

In addition to using turmeric to combat these conditions, Dr. Weil's anti-inflammatory food pyramid can further protect your body from the problems associated with inflammation. The anti-inflammatory diet is not a diet aimed towards weight loss, it is instead a way of selecting a preparing foods in such a way that will optimize your health. Dr. Weil's pyramid provides information on what foods influence inflammation.



More information, as well as an interactive version of this pyramid can be found here:

<http://www.drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html>

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  
**NOW COQ10 100mg 50ct or 150ct**

**Cannot be combined with other offers.**

Offer Expires: February 29, 2012

**Save  
25%**

Bring this coupon in and Save 25% on any  
**NOW COQ10 200mg 30ct or 90ct  
lozenge**

**Cannot be combined with other offers.**

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**Save**

**25%**

on

Bring this coupon in an Save 25%

***NOW Progesterone Cream 3oz***

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**Save  
Boosters**

**25%**

**On NOW Brand Immune System**

**Immune Renew OR OralBiotic**

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**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**