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CUSTOM HEALTH  
PHARMACY INC.

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# Custom Health News You can Use

## ADRENAL FATIGUE

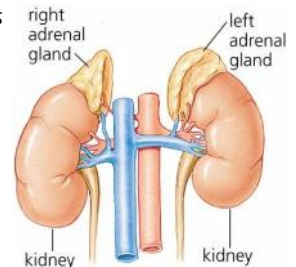
What *is* Adrenal Fatigue? Most commonly associated with intense or prolonged stress or toxicity, it is the result of various symptoms which causes the adrenal glands to function below their necessary levels. The adrenal glands, located above each kidney, are responsible for providing hormones important to a person's ability to deal with mental and physical stress. Here are some of the signs & symptoms associated with Adrenal Fatigue:

- Excessive fatigue and exhaustion, chronic fatigue
- Non-refreshing sleep
- Sleep disturbance, insomnia
- Feeling overwhelmed or unable to cope
- Craving salty and/or sweet foods
- Sensitivity to light
- Low stamina and slow to recover from exercise
- Slow to recover from injury or illness
- Difficulty concentrating, brain fog
- Poor digestion
- Irritable bowel syndrome, IBS
- Low immune function
- Premenstrual syndrome
- Menopause symptoms
- Low blood pressure
- Sensitivity to cold
- Fearfulness
- Allergies
- Frequent influenza
- Arthritis
- Anxiety
- Irritability
- Depression
- Reduced memory
- Low libido, sexual drive or interest
- Lack of lust for life and/or food
- Excess hunger
- Low appetite
- Panic/anxiety attacks
- Irritability, impatience, quick to anger. If quick to anger, the person will often tend to back down quickly if confronted.

Studies have shown that a diet high in sugar and processed foods also leads to adrenal fatigue. Most major diseases start with symptoms of adrenal fatigue and adrenal fatigue can lead to many serious conditions if not treated.

There is a simple saliva test available that measures your hormone levels. You can come into Custom Health Pharmacy to pick it up. We will explain how to take the test and once the results are in, we will sit down with you and go over it with you. We can help you get back on track to good health.

On Tuesday, December 6th at 6:30pm, we will be holding a Talk on Adrenal Fatigue. Stop by and find out more about Adrenal Fatigue, what it is and how to treat.



## ARTHRITIS

By: Angel Avina

There are many people that suffer from arthritis. Arthritis is defined as an inflammation of one or more joints. Arthritis can be caused from bacteria, fungal, viral infection or simply wear and tear on the joints. There are different types of arthritis, the two most common being, Rheumatoid and Osteoarthritis.

**Osteoarthritis** is a degenerative joint disease, the cartilage begins to wear down and the bones become irregular and pitted. **Rheumatoid arthritis** usually is found in people under the age of forty. Rheumatoid Arthritis is actually an autoimmune disorder where the immune system attacks the cell lining inside of the joint. This type of arthritis can be brought on by poor nutrition, bacterial infections or stress. In many cases arthritis can be turned around but if left untreated can cause permanent irreversible damage.

Supplement wise, I recommend a good Glucosamine & Chondroitin. (The NOW brand has an excellent reputation with *both* quality and quality control with *all* their products.) Glucosamine is classified as an Amino Sugar and it aids in the formation of bones, tendons and ligaments. In over three hundred studies it has been proven to actually build cartilage! Chondroitin helps in maintaining healthy joint cartilage. It can also protect the cartilage that you already have and prevent it from premature degeneration. If you are diabetic and you start taking this, check your blood sugars more often in the beginning to make sure that it is not raising your blood sugars.

Using Yucca Root along with Glucosamine & Chondroitin can have amazing effects. Yucca Root is an essential supplement you should be taking. It is the only herb that produces natural cortisone and is used especially in the reduction of inflammation. It also has the ability to break up inorganic mineral deposits and/or blockages. A great many of us don't realize that toxins can be contributed to both pain and inflammation. So it is imperative to rid the body of these toxins and Yucca Root will aid in doing exactly that.

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# CUSTOM HEALTH PHARMACY INC.

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- Join us Tuesday, December 6th at 6:30pm for a Health Seminar—Adrenal Fatigue - learn about causes & cures. Open to the Public.
- Listen to Angel Avina on *For the Health of It*, radio show **WOMT(1240AM)** every Thursday at 10:15am
- We carry **NOW** Supplements, which are all natural



## Arthritis

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Making your own vegetable juice is the best thing that you could possibly do. Carrots and dark greens are full of natural calcium that the body can assimilate with no problem at all and are even more beneficial in juice form. Since the nutrients are “extracted” they have a much stronger content (90% range) than when eating them (approx. 40% range).

Contrary to popular belief, pasteurized milk is one of the worse things to consume! When milk is pasteurized it is turned into inorganic calcium which the body cannot break down. It creates calcium deposits and/or bone spurs. Again, the best calcium is going to be found in making your own juices; however a good calcium supplement would be the next best thing. Normal recommended dosages are from 1200mgs to 1500mgs. Make sure it says Calcium Citrate and has Vitamin D included. Another supplement that is high in calcium would be Spirulina; a one-celled form of algae that contains 26 times the calcium as milk along with a great deal of phosphorus and niacin. A great thing to know is that *organic* calcium will break down *inorganic* calcium.

Topical creams containing Glucosamine, Arnica, MSM, and/or Celadrin give much needed relief from sore joints and really work in harmony with any of the above mentioned supplements that are ingested internally.

Any type of Arthritis is not fun to live with. The pain that is associated with it can at times be debilitating. Most people will notice that the pain seems to be at its worse in the morning or after exercise. However, there are people that deal with the pain chronically and are unable to function in simple daily routines that many of us take for granted.

Being informed will help in taking steps in a positive direction because we all need to remember just how important our health *truly* is.



Are you tired of yo-yo and fad diets? Do you want to get healthy and *stay* healthy? Now is the time to **TAKE CHARGE** of your life and make health a priority!

The US currently ranks #1 in obesity the world. Sedentary lifestyles, unhealthy food choices, diets high in fat and simple sugars all contribute to the obesity problem. Not only that, but they also increase your risk for heart disease, high blood pressure, diabetes, breast & colon cancer, gallbladder disease and arthritis.

People with excess body fat, especially concentrated around the waistline, are more likely to develop heart disease and stroke, even if they have no other risk

factors. Because of the extra weight, your heart’s workload increases, causing strain, which leads to heart problems.

Healthy lifestyle choices including eating healthy, weight management, and exercise are remedies to improve your health.

**Take Charge** is the foundation and structure for lifestyle/disease management.. We help you determine a healthy body weight and composition. From there an individualized plan is created especially for *you* to help you achieve your goals, in a healthy way. We also help with maintenance after your goals are reached.

The **Take Charge** system allows you to

maintain and enhance your health while losing body fat. The emphasis is on total body composition, not just “scale” weight loss. We personally monitor and support your progress.

We will educate you in good nutritional practices, promoting healthy lifestyle changes, and continue to support you through those changes. The most important goal is long-term success in disease prevention and management through developing and maintaining sound, healthful eating habits and an effective, enjoyable exercise program.

If you ready to **Take Charge** and get healthy, contact us TODAY! We will show you how.