

BE HEALTHY, STAY HEALTHY

A MONTHLY GUIDE DESIGNED TO HELP IMPROVE QUALITY OF LIFE.

SEPTEMBER 2024

GAS, BLOATING, PAIN, FATIGUE?

If you suffer from occasional gas, bloating, abdominal discomfort, and fatigue, you may have Small Intestinal Bacterial Overgrowth (SIBO). SIBO, sometimes called blind loop syndrome, is an imbalance of bacteria in the small intestine. These bacteria, which are typically found in the large intestine, can disrupt the normal digestive process and lead to a range of uncomfortable symptoms.

Understanding the causes, symptoms, and treatment options for SIBO is crucial for managing this condition effectively.

Several factors can contribute to the imbalance in the bacterial flora of the small intestine:

Motility Disorders: One of the most common causes of SIBO is impaired motility of the small intestine. Conditions such as irritable bowel syndrome (IBS) and diabetes can affect the natural movement of the intestines, allowing bacteria to accumulate. This slow movement, often referred to as “intestinal stasis,” provides an environment where bacteria can proliferate excessively.

Structural Abnormalities: Structural issues within the small intestine, such as diverticula (small pouches that can form in the intestinal wall), strictures (narrowing of the intestine), or surgical alterations (e.g., after bowel surgery), can create pockets where bacteria can thrive. These abnormalities disrupt the normal flow of digestive contents and create ideal conditions for bacterial growth.

Immune System Dysfunction: A weakened immune system can reduce the body's ability to control bacterial populations in the gut. Conditions such as HIV/AIDS, Crohn's disease, or other autoimmune disorders can compromise the immune system's function, making it more challenging to keep bacterial levels in check.

Use of Medications: Certain medications, particularly antibiotics, can disrupt the balance of gut flora. Overuse or misuse of antibiotics can kill off beneficial bacteria, allowing harmful bacteria to proliferate. Additionally, medications that reduce stomach acid, such as proton pump inhibitors (PPIs), can alter the intestinal environment and promote bacterial growth.

Dietary Factors: Diet plays a role in SIBO, though its influence is more indirect. High sugar and carbohydrate intake can fuel bacterial growth. Additionally, a lack of fiber can impair digestion and motility, further contributing to bacterial overgrowth.

The symptoms of SIBO can be quite varied and often overlap with other gastrointestinal conditions. Common symptoms include...

- **Bloating & Gas:** Excessive gas production from bacterial fermentation can lead to bloating and distension.
- **Abdominal Pain:** Discomfort or cramping is a frequent complaint.
- **Nausea:** The buildup of gas and toxins can lead to feelings of nausea or even vomiting.
- **Fatigue & Weight Loss:** Malabsorption of nutrients due to bacterial overgrowth can result in fatigue, weight loss, and deficiencies in essential vitamins and minerals.



testing. There are three common tests. The lactulose or glucose breath test is the primary diagnostic tool for SIBO. These tests measure hydrogen and methane gases in the breath after ingesting a sugar solution. The small bowel aspirate and culture involves collecting a sample of fluid from the small intestine and culturing it to identify bacterial overgrowth. While accurate, it is more invasive and less commonly used. In some cases, imaging studies such as abdominal ultrasound or CT scans may be used to identify structural abnormalities that contribute to SIBO.

Treating SIBO typically involves a multifaceted approach that addresses both the bacterial overgrowth and any underlying causes. We offer a natural, therapeutic approach, formulated by the digestive care experts at VITAL PRO Naturals. It works in two steps:

1. **Reduce Bacterial Overgrowth:** Start with Advanced Detox and Advanced Fiber to comprehensively work with your body to help reduce overgrowth of bacteria.
2. **Rebalance & Restore:** Use VITAL PRO Naturals Probiotics, Advanced Gut Renew, and Advanced Fiber to help rebuild and restore the proper bacterial balance, so you can go back to feeling like yourself again.

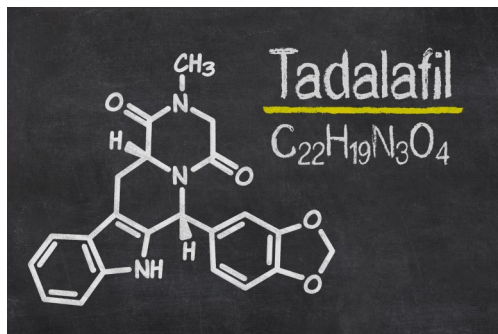
Gut health is essential for optimal health. If you have had any digestive issues or concerns, we invite you to join guest speaker, Dr. Tracy Kreider ND, CNC, for a FREE seminar. See page two for details. For more information on the VITAL PRO Naturals therapeutic approach to SIBO, please stop by the store and talk to Tracie, our supplement specialist. She will be happy to help you find the right product for your concerns.

ALTERNATIVE OPTION FOR ERECTILE DYSFUNCTION

Many of you are aware of the “little blue pill” that is available to help men who struggle with erectile dysfunction. And the generic version, Sildenafil, is available at a much cheaper price. However, if planning intimacy around the timing of your medication is a concern, we have another option.

Tadalafil is another potent medication for treating ED with a long duration of effectiveness. Tadalafil is in the same class of drugs as Sildenafil and works by increasing blood flow to penile tissues. The difference is that Tadalafil doesn't need to be taken immediately before sexual activity but can be taken on a daily basis at lower dosages. A single dose can be effective for up to 36 hours and only promotes an erection when sexually stimulated.

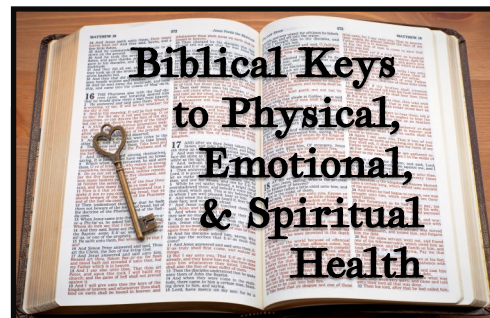
How does it work? Tadalafil works by inhibiting the enzyme PDE5 to increase blood flow to the penis. Inhibiting PDE5 assists in relaxation of the vascular smooth muscle that controls blood flow. When the vascular smooth muscles are relaxed, blood flow is increased to the penis, which helps maintain an erection. Without sexual stimulation Tadalafil will not cause an erection, which is why it can be taken on a daily basis. This gives more choices about when to initiate sexual activity than Sildenafil/Viagra.



What dose should I take? For daily use, patients are typically prescribed 3.75mg Tadalafil troches. Troches are small lozenges that dissolve between the cheek and gum. As it dissolves, the medication is gradually absorbed into the blood stream. It is recommended that you take the medication for a full week as directed for full effects. Studies have found that Tadalafil used daily can have a cumulative effect, leading to better results in the long term compared to using only as needed.

Tadalafil can also be compounded as a sublingual suspension (a.k.a. a liquid you can hold under your tongue) if that is preferred. You can even take Tadalafil on an as needed basis as well. Dosing for this is typically 10-20mg. When taking as needed, allow 30 minutes for full effects. Either way, a prescription is required from your practitioner.

If you would like more information, please stop by or give us a call. We can provide a handout to take to your physician.



SERVE NOW

Extended inactivity is disguised procrastination.

Ephesians 5:15-16 – Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.



A portion of our sales for the month of September will be donated to Young Life of Franklin County. Young Life's mission is to introduce adolescents to Jesus Christ, help them grow in their faith, and love them regardless of their response. They carry out this mission through local events and summer camp opportunities.

TRANSFORM YOURSELF FROM THE INSIDE OUT

Do you suffer from IBS, gas, bloating, reflux, skin problems, joint issues, or other health issues? Join Dr. Tracy Kreider, ND, CNC, for a FREE seminar as she discusses the digestive system, gut immunity, and what you can do to improve your overall health using Gut Renew, Fiber, and Essential Oils.

WHEN: THURSDAY, SEPTEMBER 19TH, 3PM

WHERE: NORLAND AVENUE PHARMACY, 12 ST. PAUL DRIVE, CHAMBERSBURG, PA

Seating is limited, and Tracy is a very popular guest speaker.

Be sure to reserve your spot: (717) 217-6790 or www.NorlandRx.com/events.



FEATURED ESSENTIAL OIL PRODUCT

Experience soothing relief with Plant Therapy's Joint Relief Balm, a natural solution designed to ease discomfort. Infused with Clove Bud and Thyme, this balm provides a warming sensation that penetrates deep into your joints to alleviate pain and reduce redness and swelling, balanced with cooling Peppermint for a soothing effect. Its smooth texture glides effortlessly onto your skin, absorbing quickly without leaving a greasy residue, making it perfect for use anytime, whether you're at the office, home, or out and about. It's perfect if you're hitting the gym, running errands, or just getting through a long day.

Joint Relief Balm helps rejuvenate tired, tight, and achy joints, supporting your mobility and overall wellness. Made from all-natural ingredients, it's gentle on the skin and ideal for everyday use. Let Joint Relief Balm be your botanical ally in maintaining an active lifestyle, so you can rediscover the joy of movement. (cost: \$10.99)



FALL HARVEST SALE

VISIT THE STORE FOR 25% OFF ALL SUPPLEMENTS,
VITAMINS, CBD PRODUCTS, ESSENTIAL OILS, & FALL DÉCOR.

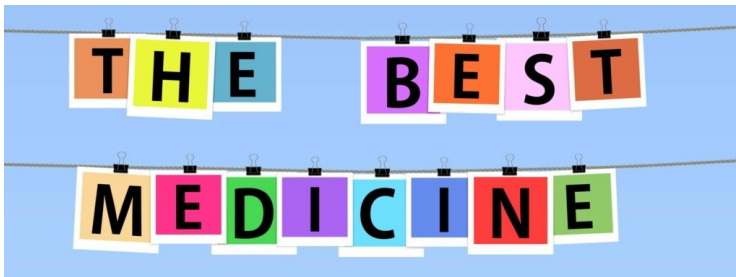
SEPTEMBER 16-30, 2024

20% OFF

SEPTEMBER 1-15, 2024



Warmies bring comfort to everyday life. Emotional well-being is foundational to living a healthier life. Warmies deliver soothing warmth, weighted comfort, and a calming aroma to help relieve stress, ease anxiety, and promote better sleep in people of all ages.



Five ants rented an apartment with five other ants. Now they're tenants.

I have a condition where I feel the need to steal library books. I should get that checked out.

The other day I held the door open for a clown. I thought it was a nice jester.

You know you're getting old when your son's hair is turning grey.

I want my children to have all the things I couldn't afford. Then I want to move in with them.

Ask us about MyMeds+

FORGETFUL, FRED
1/1/2001

- 1 HCTZ 25 mg
- 1 FAMOTIDINE 20 mg
- 1 CETIRIZINE 10 mg

Thursday Apr 28 MORNING

Notland Avenue PHARMACY
Compounding Pharmacy

Medication Made Easy

IN THIS ISSUE...

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Alternative Option for Erectile Dysfunction (pg 2)
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MyMeds+ Packaging (pg 3)

MARK YOUR CALENDAR...

Sept 1-15: Warmies Sale (pg 3)
Sept 16-30: Fall Harvest Sale (pg 3)
Sept 19: Free Digestive/Gut Health Seminar (pg 2)
Oct 16: Free ABC & Ds of Medicare Seminar (pg 4)



SAVE THE DATE

FREE SEMINAR: The ABCs & Part D of Medicare
DATE & TIME: Wednesday, October 16th, 2pm or 6pm
LOCATION: Norland Avenue Pharmacy, 12 St Paul Dr, Ste 105, Chbg
SPEAKER: Sharon Smith

Open enrollment is almost here again, now what? Mark your calendar to join Sharon Smith as she helps break down Medicare A, B, C, & D. Sharon had her insurance license for over ten years and specialized in Medicare supplement products. In more recent years, she has been helping our patients compare and choose Medicare prescription drug plans. If you or your loved ones are on Medicare and find much of it confusing, this FREE educational seminar will be of value to you. After attending this seminar, you will be equipped to review and choose from your Medicare prescription drug plan options.



**Seating is limited. Please reserve your spot:
NorlandRx.com/events or (717) 217-6790.**

*The information provided on this website is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Please consult your healthcare provider with questions concerning any medical condition. Compounded medications are not reviewed by the FDA for safety or efficacy. CBD, Supplement and Vitamin statements have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. While we try to update our content often, medical information changes rapidly. Therefore, some information may be out of date.

**www.NorlandRx.com
(717) 217-6790**

*Finally, all of you, live in
harmony with one another;
be sympathetic, love as brothers,
- 1 Peter 3:8*

**Return Service Requested
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