

Be Healthy, Stay Healthy NEWSLETTER



BENEFITS OF BERBERINE

Berberine is one of our most popular products here at Norland Avenue Pharmacy. So, what's all the hype about? Berberine is a natural compound found in a variety of plant species that has been shown in numerous clinical studies to provide several different health benefits! The benefits of berberine reach far and wide, helping to treat a variety of health conditions, and can be a great alternative for those who prefer not to go on prescription medications that may have negative side effects. While there's no such thing as a magical solution, berberine can be effective for certain patients when used the correct way. Here are four benefits of berberine:

1. Supports Healthy Blood Pressure

Berberine can be a great option for patients with hypertension, or high blood pressure. Several studies have shown berberine to be effective in lowering blood pressure when used in conjunction with lifestyle changes more so than lifestyle changes alone.

2. Lowers Blood Sugar Levels

Berberine has been proven to significantly reduce blood sugar levels in patients with type 2 diabetes. It works by decreasing insulin resistance, increasing glycolysis to help your cells break down sugar, decreasing the amount of sugar produced by the liver, slowing the breakdown of carbohydrates in the gut and increasing the beneficial bacteria present in the gut. Berberine has been shown to be as effective as metformin, a popular medication used to treat type 2 diabetes. Metformin can cause a depletion of nutrients including B12, D3, folate, magnesium, B1 and the microbiome, making berberine a solid alternative.

3. Lowers Cholesterol & Supports Heart Health

In numerous studies, berberine has been shown to help reduce total chole-

sterol, decrease LDL (or bad) cholesterol, decrease blood triglycerides, and increase HDL (or good) cholesterol. By working to reduce cholesterol levels, berberine can help to reduce your risk of heart disease, which is the leading cause of death in the world.

4. Could Help You Lose Weight

In addition to these benefits of berberine, this 2,500-year-old natural supplement could help you lose weight. Berberine activates AMPK, a pathway that upregulates metabolism, or the process of converting food into energy. It removes sugar from the blood and transports it to the cells, where it is then used for energy. A review of 12 different studies found that berberine led to significant improvements in body weight, body mass index, and belly fat! Berberine products can be used as an alternative to expensive weight loss drugs like Ozempic.

These impressive benefits of berberine are why this natural supplement has become increasingly popular! If one of your goals for 2025 is to improve

your health and/or lose weight, you may want to consider this supplement as part of your plan. Our favorite is Healthy Living Solutions Berberine 500mg.

If you think berberine could be an alternative that is beneficial for you, stop in and talk to one of our supplement specialists today!



MEET THE TEAM

Dr. Wayne Myers

Wayne grew up just down the road and graduated from Waynesboro Area Senior High School. He then attended Shippensburg University where he earned a bachelor's degree in chemistry. Following a mission trip to Brazil, Wayne decided to pursue a career as a pharmacist and attended the University of Maryland Baltimore Campus where he earned his Pharm.D. and met his wife, Wendy.

Early in his career, Wayne was presented the opportunity to open a pharmacy when Summit Health started a new building on Norland Avenue in Chambersburg. At the ripe old age of 28, he built Norland Avenue Pharmacy from the ground up. Then, in 2023, Wayne also took ownership of Carl's Drug Store in Greencastle.

Wayne's focus continues to be on glorifying God by educating the community on solutions that will improve quality of life. When he's not at work, Wayne enjoys running, hiking, and spending time with his wife and four kids.

FREE HEALTHY AGING & LONGEVITY SEMINAR

DATE: Thursday, January 30, 2025
TIME: 3:00PM
SPEAKER: Dr. Teresa Joy, Impressive Aesthetics & Wellness, Waynesboro, PA
LOCATION: Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA



Dr. Joy is a board-certified family medicine physician who has been treating patients for over 20 years. She graduated from Philadelphia College of Osteopathic Medicine and completed a residency in Kingston, NY. She went on to serve as a physician in the army at West Point and Aberdeen Proving Grounds. She settled down in Franklin County over 15 years ago to be closer to family.

Dr. Joy focuses on patient wellness by listening to their symptoms and concerns and develops an individualized plan that will improve their quality of life. She believes in slowing what most would call “the normal aging process” by starting on preventative therapy before problems begin. This includes the Biote BHRT therapy method to optimize hormone levels.

In this seminar, Dr. Joy will cover how to remain as healthy as possible throughout all your years and reduce the risk of development of Alzheimer’s disease, osteoporosis, diabetes, and cardiovascular disease. She will include what foods to avoid and what foods to include, essential vitamins and nutrients, hormone optimization, recommendations for cancer screenings, and lifestyle modifications (exercise including resistance training, sleep essentials, and stress management).

Seating is limited. Please be sure to reserve your spot: www.NorlandRx.com/events or 717-217-6790.



WINTER BLUES?

Vitamin D, the sunshine vitamin, helps protect against everything from depression to cancer to heart disease—even colds and the flu. Research suggests that vitamin D may protect against many autoimmune diseases including multiple sclerosis (MS) and lupus. There is even research showing that people with higher levels of vitamin D have an easier time losing weight. But in the winter months, getting enough vitamin D from the sun is nearly impossible, one reason for the winter blues.

Research suggests a whopping 42% of American adults are vitamin D deficient. That number increases the farther away from the equator you live. So in Pennsylvania, there’s a good chance you’re deficient.

The great news is that vitamin D is affordable, small, and easy to swallow. During the winter, when you’re getting less sun exposure, take 5000iu of vitamin D3 daily. You don’t want vitamin D2, because it is synthetic and will require your body to convert it to D3. Our favorite is Healthy Living Solutions’ Vitamin D-3 (12¢ per day).

If you get a decent amount of sun in the warmer months, you can cut the dose in half. If you don’t, keep your dose at 5000iu. As always, let us know if you have any questions.



AT YOUR FINGERTIPS

Some of the questions we hear regularly from customers on the phone include...

- Is my prescription ready for pick-up?
- Does my prescription have any refills left?
- Can I get a refill of my medication?
- What doctor wrote my prescription?
- When did I last have my medication filled?
- Can I give you my new insurance information?
- Will you print me a report of all my medications?
- Can you transfer my prescription from another pharmacy?

While we are happy to help answer any questions you have via phone, our free mobile app can also be used in each of these instances. Not only can you see your medication profile, request refills, and request to transfer prescriptions, you can also securely message a pharmacy team member if you can’t find the answer you’re looking for.

Download Rx365 today!



Rx365

**LAUGHTER IS
THE BEST
MEDICINE**

The police arrested a man selling "secret formula" tablets he claimed gave eternal youth. When going through their files, they noticed it was the fifth time he was caught for committing this same criminal medical fraud.

He had earlier been arrested in 1794, 1856, 1928, and 1983.

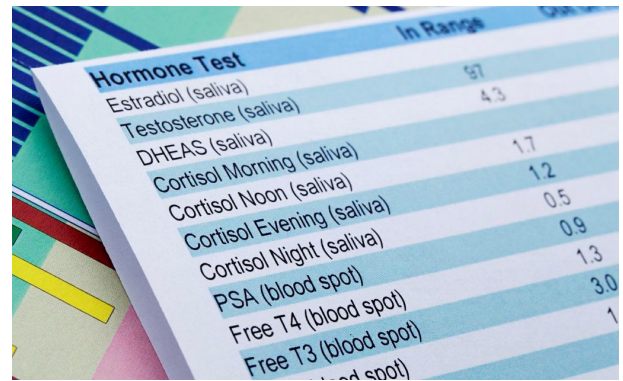
Did you hear about the painter who was hospitalized. The doctor said it was due to too many strokes.

If we remove all the margarine on earth, the world would be a butter place.

NON-PROFIT
of the month
**JOY EL
MINISTRIES**

Joy El Ministries is a Christian camp and retreat center located in the hills of Greencastle. Their mission is to provide opportunities for people to experience life-change through personal encounters with God, and their vision is to make disciples of Jesus Christ who will expand God's Kingdom around the world through spiritual multiplication.

For more information, visit joyelcamps.org or call 717-369-4539.



**HORMONES &
WEIGHT LOSS**

Bioidentical hormone replacement therapy (BHRT) has gained popularity as a natural, customized approach to addressing hormonal imbalances. One significant benefit of BHRT is its potential to aid in weight loss. By restoring hormones to their optimal levels, this therapy can correct metabolic dysfunctions, enhance energy levels, and improve overall well-being—factors critical for managing weight effectively.

Hormonal imbalances, especially during menopause or andropause, can disrupt metabolism, leading to weight gain. Declines in estrogen, progesterone, and testosterone levels can slow metabolic rate, promote fat storage, and increase cravings. Bioidentical hormones, which are chemically identical to the body's natural hormones, can help restore these levels, ensuring the body functions more efficiently. For instance, balanced estrogen levels can reduce fat accumulation around the belly, while optimal testosterone levels can support lean muscle mass and a more active metabolism.

Hormonal imbalances often lead to insulin resistance, making it harder for the body to manage blood sugar levels and encouraging fat storage. By restoring hormonal balance, bioidentical therapy can improve insulin sensitivity, helping the body utilize glucose more effectively and reducing the likelihood of weight gain. Improved blood sugar regulation also helps curb cravings.

BHRT can also address other factors that contribute to weight gain, such as poor sleep and chronic fatigue. Hormones like progesterone and melatonin play vital roles in sleep regulation, while testosterone and thyroid hormones impact energy levels. Poor sleep and low energy often lead to decreased physical activity and unhealthy eating habits.

Without addressing the underlying hormonal issues that contribute to weight gain, other tactics you try to lose weight may just not work. If you are unsure if hormones are playing a role in your weight gain, stop in and ask about our Hormone Saliva Test Kits. Knowing your levels allows us to put together a recommendation for a BHRT solution customized to your needs.

**FEATURED PRODUCT:
EYE CORRECTING
CREAM**

While a gracefully aging face is a beautiful thing, there are changes that occur with age that you may wish to slow down. Age-related change in your facial appearance reflects your joys and challenges of years gone by. Some people choose to embrace those changes while others might like to postpone embracing those changes.

NOW Solution's 2-in-1 Eye Correcting Cream may help tone those fine lines and improve the dark circles around your eyes.

Made with mulberry extract, which reduces the appearance of dark circles, and patented Sepilift DPHP, which helps to tone and smooth the appearance of fine lines, it's a unique formula at an affordable price.

We think you will notice the skin around your eyes feeling tighter and looking brighter so quickly that you will want to add this great product to your daily facial care routine morning and night.

Stop by the store and grab yours today. You won't regret it! (\$21.99)



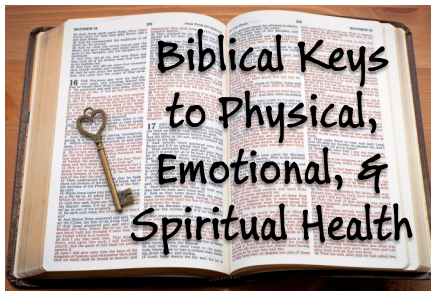
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MARK YOUR CALENDAR...

- Jan 1: Closed
- Jan 2: Winter Sale
- Jan 30: FREE Healthy Aging & Longevity Seminar (pg 2)

HAPPY NEW YEAR!



SEEK GODLY WISDOM

If you have godly wisdom you will be a peaceable, gentle, merciful, and fair person.

James 3:17 – But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial, and sincere.

Winter Sale

Deep Discounts on Gifts, Vitamins, Supplements, & Essential Oils

Starting January 2. While supplies last.

*These statements are culmination of the knowledge and experience of the team at Norland Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and this product is not intended to diagnose, treat, cure or prevent any disease.



www.NorlandRx.com
(717) 217-6790

- Psalms 23:1

*The Lord is my shepherd,
I shall not be in want.*

Return Service Requested

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