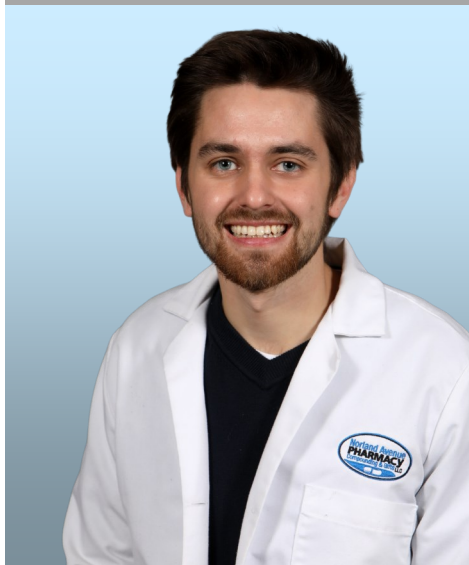


Be Healthy, Stay Healthy NEWSLETTER



4 SURPRISING BENEFITS OF MAGNESIUM



MEET THE TEAM

Dr. Grant Frey

We would like to introduce you to another one of our phenomenal pharmacists, Grant Frey. Grant grew up in Chambersburg and graduated from the Duquesne University School of Pharmacy. He started working at Norland Avenue Pharmacy as a pharmacy intern in 2017 and was hired on as a pharmacist in 2020. Grant now splits his time between Norland and Carl's Drug Store in Greencastle, so you have a chance at seeing him at either store.

Grant got married in September of 2023 to his wife, Kara. They reside in Chambersburg with their newborn son, Jack, and their dog. In his free time, Grant enjoys riding his motorcycle, playing guitar, and watching sports.

When asked what he loves about working at the pharmacy, Grant replied, "Interacting with and supporting my local community."

Magnesium is a mineral that serves in numerous crucial roles for both your brain and body. In fact, magnesium is involved in more than 300 different enzyme activities that regulate diverse biochemical reactions in the body, such as protein synthesis, blood glucose control, blood pressure regulation, muscle and nerve function, and more. A shortage of magnesium in your body could be negatively impacting you in more ways than you know. Here are four surprising benefits of magnesium:

1. Can Improve Sleep Quality

There's nothing worse than staring at the ceiling all night long, unable to get quality shut-eye. Drift peacefully into your sweet dreams with the help of magnesium! Researchers believe that magnesium may help to relax the central nervous system and start a series of chemical reactions that can increase the feeling of sleepiness, making this one of the most popular benefits of magnesium. Studies suggest that magnesium supplements may help reverse age-related changes in sleep often experienced by many older adults.

2. Mental Health Support

Magnesium plays an important role in the regulation of a healthy mood. Patients with low levels of magnesium can often experience anxiety, depression, and fatigue. Research has shown that many adults and children don't get enough magnesium which could be related to increased rates of mood and mental health issues. Magnesium supplementation could provide your body with that extra boost of magnesium to get you feeling better and more like yourself.

3. Relief from Migraines

People with migraines often have lower

levels of magnesium than those without them. Researchers found magnesium oxide to be as effective as valproate sodium at preventing migraines without adverse side effects during a 2021 study. Taking daily magnesium supplements can be effective at preventing menstrual-related migraines according to another study. Magnesium oxide is frequently used to prevent migraines with a general recommended dosage of 400-500mg a day to achieve optimal benefits.

4. Strengthening of Bones

Magnesium is needed for healthy bones! In fact, magnesium is the fourth most abundant mineral in the body with about 60% of it stored in the bones. Magnesium interacts with a number of different nutrients—calcium, vitamin D, and phosphorus—to affect bone health. Magnesium plays an important role in the function of the parathyroid hormone (PTH) which controls calcium and phosphorus levels in the body.

So which magnesium supplement should you trust to be both safe and effective? Our **Healthy Living Solutions' Advanced Magnesium** contains magnesium lysinate glycinate (mineral amino acid chelate) and chelated dimagnesium malate—both formulated for enhanced absorption. Malic acid (from dimagnesium malate) supports energy production and lactic acid clearance. Malic acid may also support antioxidant systems by enhancing glutathione and antioxidant enzymes. This product is often used to support energy production and muscle health. Take two capsules daily (57¢ per day).

For the entire month of March, ALL magnesium products will be 24% off in honor of our 24th anniversary!

FREE SLEEP SEMINAR

DATE: Thursday, March 27, 2025
TIME: 3:00pm & LIVE on our Facebook page
SPEAKER: Dr. Wayne Myers
LOCATION: Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA

Poor sleep may put you at higher risk for...

- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- High blood pressure, blood sugar and cholesterol
- Obesity

The benefits of good sleep include...

- Better brain function including alertness, decision making, focus, learning, memory, reasoning, and problem solving
- Healing and repair of cells, tissues, and blood vessels
- Stronger immune system
- Improved mood and energy
- Less risk of chronic disease

Join Dr. Wayne as he helps you identify why you may not be sleeping well and what steps you can take that may help you to improve your sleep to reach optimal health.

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



24th ANNIVERSARY CELEBRATION

THURSDAY, MARCH 20TH

24% OFF EVERYTHING IN THE STOREFRONT

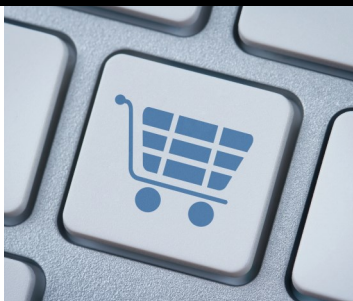
CAKE & PUNCH FROM 11-1
DOOR PRIZES

*Thanks for your continued support!
We hope you will join us to celebrate.*

COMING SOON

We are excited to announce that we will be launching a new and improved website with an online store. Keep an eye out for this updated feature starting later this month!

NorlandRx.com



PERSONALIZED SKINCARE

Your skin is as unique as you are. We are able to make personalized skincare solutions in our compounding lab for problem skin. We will work with your doctor to write a prescription that will address your unique needs.

Acne, Oily Skin, or Rosacea: We recommend Clarifying Base with active ingredients like Benzoyl peroxide, Salicylic acid, Tretinoin, Erythromycin, Clindamycin, Niacinamide, Sulfacetamide, or Meronidazole. Clarifying Base may improve red, blotchy skin and decrease oil formation.

Scarred & Damaged Skin: We love PracaSil Plus, which can dramatically improve the appearance of scars and/or prevent scarring. Common active ingredients include Pentoxifylline, Tranilast, Tamoxifen, Fluticasone propionate, and Collagenase.

Eczema, Psoriasis, & Xerosis: We typically use XemaTop for these patients which can help improve the appearance of red and irritated skin. Common active ingredients added to this base include Corticosteroids, Vitamin D and E and derivatives, Cyanocobalamin, and Zinc pyrithione.

If you are struggling to find something that works, give us a call and ask to talk to Dr. Tony, our compounding pharmacist. He will work with you and your doctor to develop a formula just for you!

LAUGHTER IS
THE BEST
MEDICINE

People ask why I eat so much chocolate. Easy: my body doesn't make it, so I take it as a supplement.

A tour guide was showing a tourist around Washington, D.C. The guide pointed out the place where George Washington supposedly threw a dollar across the Potomac River.

"That's impossible," said the tourist. "No one could throw a coin that far."

"You have to remember," answered the guide. "A dollar went a lot farther those days."

NON-PROFIT
of the month
**SWEET GRACE
MINISTRIES**

Sweet Grace Ministries' mission is to offer resources to families enduring ectopic pregnancy, miscarriage, stillbirth, life limiting diagnosis, and infant death. They offer help and support in the form of baskets, comfort bags, photography, support groups, remembrance events, mentor couples, and more.

If you would like more information, call 717-414-7772 or visit sweetgraceministries.com.



**DIABETES
BOOTCAMP**

- Are you struggling with figuring out what to eat and how to exercise?
- Do you want to learn how to prevent hospitalizations from diabetes?
- Do you want to figure out how to monitor your glucose most effectively?
- Are you confused or overwhelmed by your medications and want to learn more about all your options?
- Do you need help with setting and achieving goals and want to learn how to lower your A1C?

Join Norland Avenue Pharmacy's ADCES accredited Diabetes Self-Management and Education Program: DIABETES BOOTCAMP!

When you sign up for our Diabetes Bootcamp you will get:

- Initial phone meeting with pharmacist Dr. Ashli Yoder to review your medications, labs, and goals
- Six weekly one-hour long group workshops each focused on a different aspect of diabetes
- Help setting and tracking one lifestyle change over the course of six weeks
- Healthy food tasting at every class
- Ongoing support options after the bootcamp

WHEN: Mondays (4/14, 4/21, 4/28, 5/5, 5/12, 5/19) from 11:30am-12:30pm

WHERE: 12 St. Paul Drive, Chbg (2nd floor conference room, directions will be provided)

COST: \$125 for the entire bootcamp!

Take back control of YOUR diabetes, YOUR health, and YOUR life!

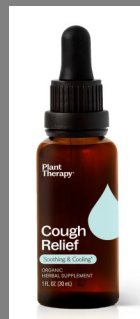
For more information and to sign up you can call the pharmacy at 717-217-6790.

**WHEN YOUR COUGH
WON'T QUIT**



Breathe easy with Plant Therapy's Cough Relief Clearing Chest Rub. This is a plant-powered formula designed for those seeking a clean, petroleum-free alternative to traditional vapor rubs. Infused with pure Eucalyptus, Peppermint, and Ravintsara essential oils, along with a cooling touch of menthol, this chest rub offers a crisp, invigorating aroma that clears the senses and supports easy breathing. Perfect for helping to ease congestion, calm coughs, and soothe headaches, this formula provides relief when you're feeling under the weather. Plus, its skin-nourishing oils provide a touch of moisture, so you can enjoy soothing comfort without the dryness. Crafted in small batches with the highest attention to quality, this formula features ingredients you can feel good about — no hidden additives, just natural goodness you know and trust. Not recommended for children under 6. (\$10.99)

When a stubborn cough hits, finding relief shouldn't be complicated. Plant Therapy's Cough Relief Organic Herbal Supplement combines nature's most trusted herbs into a soothing blend designed to calm your throat and support easier breathing. Elecampane Root works gently yet effectively to clear mucus, while Sage Leaf provides a refreshing, cooling sensation that comforts irritation. As your throat relaxes, Wild Cherry Bark helps quiet coughs, while Licorice Root forms a protective coating, easing discomfort with every drop. To promote a sense of calm, California Poppy supports relaxation, helping your body rest and recover. Sweetened naturally with flax-derived vegetable glycerin, this certified organic tincture is as pleasant to take as it is effective. Trust in its simple, time-tested formula for comforting relief whenever you need it. (\$24.99)

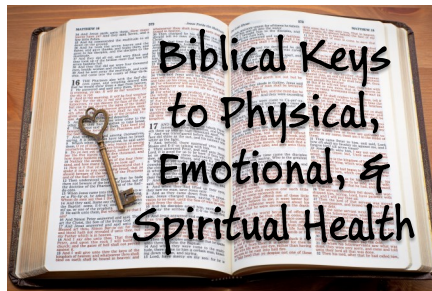


IN THIS ISSUE...

- Four Surprising Benefits of Magnesium (pg 1)
- Meet the Team (pg 1)
- Personalized Skincare (pg 2)
- The Best Medicine (pg 3)
- Diabetes Bootcamp (pg 3)
- When Your Cough Won't Quit (pg 3)

MARK YOUR CALENDAR...

- March 20:** Anniversary Celebration (details on page 2)
- March 27:** FREE Sleep Seminar (details on page 2)
- March 31:** InBody Tests (pg 3)



GOD IS NOT MAN

It is always good to remember that God is the Creator not the created.

Numbers 23:19 – *God is not man, that He should lie, nor a son of man, that He should change His mind. Does He speak an then not act? Does He promise and not fulfill?*

INBODY TEST APPOINTMENTS



Your InBody Test will give you a baseline for understanding your body composition and setting informed health goals. Tracking weight is not enough. To understand your health, it's necessary to monitor all your body's components including muscle, fat, and water.

For optimal results, we suggest the following guidelines. Don't wear heavy clothing, socks, jewelry, or lotion when testing. Don't eat for at least three hours before testing. Don't consume alcohol or excess caffeine 24 hours before testing. Don't train heavy before testing.

Appointments are available Monday, March 31st from 10:30am-2:30pm. Call 717-217-6790 to schedule your FREE 15 minute appointment today.

*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 these products are not intended to diagnose, treat, cure or prevent any disease.



www.NorlandRx.com
(717) 217-6790

- Psalms 23:2
He makes me lie down in green pastures, He leads me beside quiet waters.

Return Service Requested
Chambersburg, PA 17201
Suite 105
12 Saint Paul Drive



PRRT STD
U.S. POSTAGE
PAID
CHAMBERSBURG,
PA PERMIT NO. 426