

BE HEALTHY, STAY HEALTHY

A MONTHLY GUIDE DESIGNED TO HELP IMPROVE QUALITY OF LIFE.

DECEMBER 2024

TEN WAYS TO KEEP CHRIST IN CHRISTMAS

One of our core values at Norland Avenue Pharmacy is to be God-centered. We strive to keep God at the center of our business and our interactions with both customers and each other every day. Unfortunately, it seems to be getting harder and harder to keep Christmas God-centered. Here are ten ideas that may help.

1. Make an advent prayer garland.

Cut 24 strips of colored paper and write a person's name on each strip. Staple or tape the strips into rings, linking one to the next to create a colorful garland. Each day in December, remove one ring and spend time praying for the person listed.

2. Shop holiday sales for the needy.

Take the focus off of buying gifts for your family and friends, and, instead, look for deals for those in need. There are many ways and places to donate to, especially during the holiday season.

3. Set up a nativity scene.

Be sure your decorations include a nativity scene. Consider keeping baby Jesus out of the scene until Christmas morning, so the kids can anticipate His arrival. You may also choose to include an outdoor nativity scene as well.

4. Plan a service project.

Plan a project that you and your family or friends can do to serve someone else. Jesus came to earth to serve, and He is glorified when we do likewise. Maybe you know a family that could use some help cleaning or a single mom that could use a break to do her errands. Opportunities are all around. Ask God to help you see them.

5. Write an uplifting letter to a missionary.

It can be hard to be away from your family and friends for the holidays. Send a note of encouragement to lift their spirits! Don't know a missionary? Call your local church and ask what missionaries they support.

6. Go Christmas caroling.

Fill up your thermos with hot chocolate, grab some friends, and carol through a local development. Or, call a nursing home and schedule to take a group caroling there instead. Cell phones can make it even easier to have the lyrics and music to play along.

7. Give a surprise present.

Pick someone you don't usually exchange gifts with and surprise them with a present. Sometimes the best gifts are unexpected! It doesn't have to be big, even a \$5 gift card can come in handy.

8. Read the Christmas story from the Bible.

Plan a time to read the Christmas story straight from the Bible either on Christmas eve or Christmas day. Try reading from Luke 1:5 through Luke 2:20. If you have kids or grandkids, let them take turns reading!

9. Attend a Christmas church service.

You may not attend church regularly or it might just be hard to find time in the busy Christmas schedule, but pick a church service to attend to celebrate the birth of Jesus. There are usually many options to choose from including some at midnight.

10. Sing "Happy Birthday" to Jesus.

Before any presents are open, take a minute to sing "Happy Birthday" to Jesus. This might be the perfect time to add Him to your nativity scene.

This Christmas season, we hope that you and your family experience the joy and peace that comes with keeping Jesus at the center of your celebration.

*Merry Christmas,
from our family
to yours!*



FREE WEIGHT LOSS SEMINAR

GUEST SPEAKER: Nik Rosenberry, MS, CSCS, CES, USAW, BLS Instructor, Head Strength & Conditioning Coach Wilson College

WHEN: Thursday, December 19th, 3pm OR 6:30pm

WHERE: Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA

Nik has spent over a decade working in the fields of health, wellness, fitness, and education. His expertise is in educating people on how to make decisions designed to improve current health, wellness, and/or fitness levels as well as how to create programs and plans that incorporate these decisions into everyday life. His primary mission is to help individuals become the best version of themselves to maximize both lifespan and healthspan.

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



COMBINING SCIENCE & NATURE TO COMBAT SCARS

Scars remind us of the struggles we have overcome and the strength we have gained as a result. Sometimes though, you just don't want to see those scars anymore! If this is the case, we have a great product available exclusively at Norland Avenue Pharmacy and Carl's Drug Store: **Praxicare** ointment.

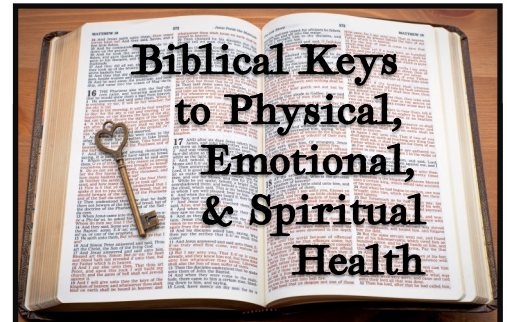
Praxicare is a unique topical anhydrous silicone base that can be used alone or with various active ingredients in compounded prescriptions. A great product designed for scars and other skin conditions, Praxicare is an ideal choice for...

- new scars,
- old scars,
- surgical scars,
- keloids,
- stretch marks (from pregnancy or growth),
- acne scars, and
- any skin conditions that would benefit from barrier protection.

Praxicare is infused with unique ingredients and technology, giving it potential healing and soothing power, emolliency, and mild penetration. The ingredients include Pracaxi oil derived from the seed of the Pracaxi tree found in the Amazon rainforest. A unique ingredient with anti-inflammatory, antioxidant, antibacterial, and antifungal properties, Pracaxi oil is used for a variety of dermatological conditions, including skin spots, severe acne (and scars), psoriasis, and rosacea.

The directions for use are typically "apply twice daily (estimate of 2-6 grams) for 10-14 weeks." Praxicare is available only at Norland Avenue Pharmacy and Carl's Drug Store. You can purchase it over-the-counter for just \$45 (30gm).

If you would like to know more about this exclusive product, please stop in and ask!



TRUST GOD

God wants you to know that if you will do what you can do, He will do what you can't do.

Psalm 46:1 – God is our refuge and strength, an ever-present help in trouble.



A portion of our sales for the month of December will be donated to Mercy House, an end-of-life care facility. Their mission is to offer comfort-based personal, emotional, and spiritual care to guests; to provide support for families and friends of guests; and to coordinate community education, engagement, and involvement.

INBODY TEST APPOINTMENTS



We are excited to partner with Nik Rosenberry from Wilson College to offer free InBody Test appointments (15 minutes each). Your first InBody Test will give you a baseline for understanding your body composition and setting informed health goals. Tracking your 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 Mondays, December 9th and 16th, from 10:30am-1:30pm. Please call 717-217-6790 to schedule your appointment.

NEW INSURANCE?

If you are changing insurance coverage for 2025, please call and provide us with your new insurance information as soon as you receive it.

If you wait until you come to pick up your medications to tell us that your insurance changed, you will have to wait for us to re-process the medication before you are able to check out.

When you call, we will need you to provide the following:

ID # RX BIN RX PCN RX GRP

Thanks for helping us serve you best!

FEATURED PRODUCT: NERVE BODY OIL

Support your nerve health naturally with Plant Therapy's Nerve Body Oil with Arnica (4 fl oz, \$24.99). This revitalizing blend of botanical ingredients offers a holistic approach to comprehensive nerve support by harnessing the potent properties of some of nature's most effective alleviators.

Help soothe your perception of pain and discomfort with Arnica, a rare herb with an affinity for calming redness and promoting the healing of bruises and scars, which penetrates deeply to reach the source of the discomfort. It is also known to support blood circulation, which helps promote nutrient and oxygen delivery to the nerve tissues in distress and aids in the healing process. Combined with other soothing ingredients like Cedarwood, Thyme, Basil, Sandalwood, and Kunzea, this body oil offers a comforting effect to calm irritated nerves.

Experience the benefits of this non-greasy, lightweight oil, as it nourishes and hydrates your skin while supporting your overall well-being. Embrace the power of nature and restore balance to your body with Nerve Body Oil with Arnica.



HEALTHY BRAIN FUNCTION

People are living longer than any other time in history, which is good news. The bad news is that—because of this—you will see an unprecedented number of brain health issues affecting your family and friends. Rising interest in optimal brain performance, active aging, and cognitive health has now passed immune support and bone/joint health as the number one area of consumer interest in natural health and wellness.



Scientists estimate you lose 85,000 brain cells per day, or over 31 million brain cells every year! If you are interested in being proactive in maintaining healthy brain function, we recommend supplementing with **Advanced Brain Support** from Healthy Living Solutions.

This formula includes four patented and trademarked ingredients at clinically supported doses that can offer an advanced brain solution for the elderly, gamers, competitive athletes, working parents, and anyone who seeks better mental processing speed and sharper focus for optimal productivity:

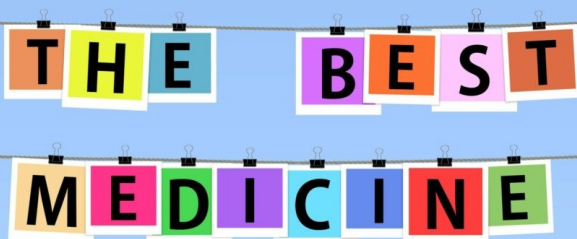
1. **BacoMind® (300mg):** Clinically researched to support cognitive performance with five human efficacy clinical trials—two in elderly populations, two in children, and one human safety study.
2. **Cognizin® Citicoline (250mg):** Multiple studies suggest this helps aid brain energy, focus, motor speed, and memory.
3. **NutriPS™ Phosphatidyl Serine (100mg):** A highly researched ingredient, clinically studied to improve cognition, relieve daily stress, and have benefits for skin and muscle health.
4. **Brainberry® Aronia Berry (65mg):** Tested in a 12-week, double-blind, placebo-controlled trial in 101 subjects. After 12 weeks, concentration increased by 43% in the non-placebo group who consumed 65mg of Brainberry.

In addition to these four patented ingredients, Advanced Brain Support also includes Velvet Bean (*Mucuna Pruriens*) Seed Extract to support healthy mood and mental alertness, as well as stimulating the secretion of Human Growth Hormone, promoting a sense of well-being. Take two capsules daily at mealtime (60ct bottle, \$54.90).

If this premier product doesn't match your supplement budget, we also carry Healthy Living Solutions' **Brain Support**. This product includes Choline, Phosphatidyl Serine Complex, DHA powder, L-Carnitine Tartrate, Ginkgo Biloba Leaf Extract, and Inositol. Take two capsules daily at mealtime (60ct bottle, \$29.90).

As always, Norland Avenue Pharmacy offers a money back guarantee if you are unsatisfied with the product after 30 days. Just bring back the bottle with the original receipt for a full refund.

If you have questions about this product or any vitamin or supplement, please call or stop by and talk to any of our supplement specialists.



Whoever stole my antidepressants, I hope you're happy.
The man who fell into an upholstery machine is fully recovered.
I buy my guns from a guy named T-Rex. He's a small arms dealer.
Do people in electric cars listen to AC/DC or something current?
Why do cows have hooves, not feet? They lactose.
I told my wife she was drawing her eyebrows too high. She looked surprised.

IN THIS ISSUE...

Ten Ways to Keep Christ in Christmas (pg 1)
Combining Science & Nature to Combat Scars (pg 2)
InBody Test Appointments (pg 2)
New Insurance? (pg 2)
Featured Product: Nerve Body Oil (pg 3)
Healthy Brain Function (pg 3)

MARK YOUR CALENDAR...

Dec 19: FREE Weight Loss Seminar (pg 1)



MERRY CHRISTMAS!

HOLIDAY HOURS

Christmas Eve: 8am-1pm
Christmas Day: Closed
New Year's Eve: 8am-3pm
New Year's Day: Closed

The graphic features a green wreath with a red bow, yellow and red ornaments, and a bell. Below the wreath, the text "MERRY CHRISTMAS!" is written in colorful, blocky letters. Underneath that, "HOLIDAY HOURS" is in bold black, followed by a list of holiday hours.

All Christmas Gift Items are on sale now!

While supplies last, stop in soon for the best selection.

50% OFF

A PAIR OF CHRISTMAS SLIPPERS WITH ANY PURCHASE OF \$50 OR MORE.

While supplies last.

Expires 12/31/24



*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

- 1 Peter 3:8

Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.

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



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