

BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.

Shopping for CBD Products in 2021



AUG 2021

It's clear that CBD has gone mainstream when you find out that Martha Stewart is offering a full line of CBD based products. CBD's powerful healing potential has anyone and everyone wanting to cash in, making it more and more tricky to pick CBD product.

To get the best outcomes from your CBD, you have to take a high quality product. Otherwise, you may be wasting your money, at best, and poisoning yourself, at worst. Here are some questions you should ask when buying a CBD product:

Where is the hemp cultivated? According to the 2018 Farm Bill, only CBD from hemp grown in the United States and under the supervision of the USDA is legal. If the hemp is imported from China or India it's not only illegal, it's likely contaminated with heavy metals.

Also important to understand, hemp is useful in pulling pollution from the soil. It has been used in the United States for this specific purpose in the past. Which means you want to ensure that the hemp is grown in clean soil with no pesticides or herbicides.

Is the CBD extracted from industrial hemp or marijuana? You will want to

know the answer to this question for both legality and health concerns. According to the 2018 Farm Bill, industrial/agricultural hemp is legal while marijuana is not. Marijuana provides higher levels of THC which is a concern for people attracted to the non-psychoactive nature of CBD.

How was the CBD manufactured? Look for certified Good Manufacturing Practices (cGMP). Otherwise it could be made in someone's garage (yes, this is happening).

What type of extraction method was used? Butane is not ideal for its toxicity, dangers of use, and difficulty in removing it from the end product. Supercritical CO2 is relatively clean but does not create a full-spectrum product. Ethanol is ideal as it maintains the integrity of the 500+ phytonutrients in hemp.

Is it full-spectrum, broad-spectrum, or CBD isolate? Full-spectrum means not only a blend of cannabinoids (CBD, CBG, CBDV, CBC, THC) and terpenes but also an array of other beneficial nutrients from hemp, like amino acids and polyphenols.

Has the CBD been third-party laboratory tested? To be completely sure that you are getting an authentic, high

quality CBD product, it is crucial the product is tested by a third-party lab that has no vested interest in the CBD company. The test will show cannabinoid and terpene levels as well as contaminants like metals, pesticides, residual solvents, and microbials. Watch out for synthetic cannabinoids which have been linked to permanent health problems. Test results are published in a Certificate of Analysis that should be available on the company's website.

Does the CBD have a batch number or QR code? A reputable company will include this information to allow you to search for the Certificate of Analysis for the exact product you are purchasing.

Is the CBD dosage listed clearly on the label? Clear and accurate labeling is necessary for accurate dosing.

Where are you buying it from? Most stores have a vetting process for the products they sell which offers safety. Online can be trickier as anyone can make a website. And we definitely don't recommend a gas station!

If you would like to learn more about choosing a CBD product or why you should be taking one in the first place, please join our free seminar this month

End of Summer Sale!

DEEP discounts (up to 60% off) on gifts, essential oils, vitamins, & more!

Limited quantities. While supplies last.

You don't want to miss it! Starts August 1st.

Norland Avenue
PHARMACY
Compounding & Gifts LLC



“What lies behind you and what lies in front of you pales in comparison to what lies inside of you.”

– Ralph Waldo Emerson

The Best Medicine

A mother and son were washing dishes while the father and daughter were watching TV in the family room.

Suddenly, there was a crash of breaking dishes, then complete silence.

The girl looked at her dad and said, “It was mom.”

“How do you know?”

“She didn’t say anything.”

I’m working on a new typeface for church: Baptismal Font.

Compounded Lollipops for Pain Relief

Being able to compound custom medications in our state-of-the-art lab is always rewarding; however, some of the most interesting and creative compounds we prepare are for kids. It can be problematic to get children to take traditional medication, but we have several compounded options that can make it easier: from changing a pill or capsule into a liquid to flavoring a medication to make it taste better.

One problematic symptom we hear from our pediatric patients quite often is a sore throat which often occurs with tonsillitis, strep throat, or a viral infection. In these cases, a popular choice for many patients and their parents are tetracaine lollipops.

These lollipops can be prepared in different flavors and strengths depending on the child’s preferences and needs. Higher strengths are usually reserved for post-surgical patients—often used after a tonsillectomy.

Remember, you will need to have a physician write a prescription for tetracaine lollipops. A typical dosage strength and our most popular flavors are listed here:

TETRACAINE 0.5% LOLLIPOPS

CHOOSE A FLAVOR: Bubble Gum, Grape, or Raspberry

As you can see in the picture, our lollipop packaging allows your child to use the lollipop for relief and save the rest for if and when the pain returns. Tetracaine lollipops should not be eaten as candy in one sitting.

If you or your physician has any questions, please don’t hesitate to call or stop by to ask.



Back to School Sale

Summer is already drawing to a close, time to be sure your child’s immune system and brain are ready for what school will throw at them. Here are some great Nordic Natural’s products on sale to get you started. Need help? Our supplement specialists are here to give advice on what may work best for your child.

20% Off Select Nordic Natural’s Products: August 16-31

DHA (capsules, tablets, liquid, & gummies)
Vitamin D3 Gummies
Vitamin C Gummies
Probiotic Gummies

Nordic Berries Multivitamin Gummies
Nordic Zinc Glycinate
Nordic Immune Daily Defense
Children’s Eye Health Gummies

Stop by and talk to our supplement specialists to determine which product(s) will most help your child.

Biblical Health Tip

Your Tongue & Your Health

The Bible says...

1 Peter 3:10—*For whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech.*

If you want to enjoy your life and experience good days, a great place to start is with your tongue. Keep your tongue from gossiping, slandering, and evil speaking. Make sure you do not lie or be deceitful with your words.

Why are your words so important to your health?

1 Peter 3:12—*For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.*

Try this prescription...

Ephesians 4:29—*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*



Featured Non-Profit

A portion of our sales for the month of August will be donated to the...

Five Forks Food Pantry

The Five Forks Food Pantry is located in the upper parking lot of the Five Forks Church. The Pantry provides one order of food per household per month.

For more information, please visit ffbic.org/foodpantry/.

Meet the Team: Penny Metzler

We have been fortunate to have Penny on the pharmacy team for about a year now. You will typically see her smiling face at the registers or drive-thru. Prior to joining our team she served as a manager at Lifeway Christian Bookstore. Penny lives with her husband, Lawrence, in Chambersburg. In her free time, Penny enjoys cycling, playing the keyboard in the worship band at Grand Point Church, and spending time with her grandkids.



On the Go Essential Oil Make & Take Event

Thursday, August 26th

2:00pm ♦ 4:00pm ♦ 6:00pm

We are so excited to get back to hosting Make & Take events! Specialist Sharon Smith has put together this great "On the Go" theme with practical carrying cases. You won't want to miss it.

There is a \$25 fee for this workshop. The fee includes five laminated recipe cards, your choice of a carrying case, and the following items that you will make during the workshop:

1. Anxiety Inhaler
2. After Bite Roller
3. Digestive Aid Roller
4. Energy Inhaler
5. Headache Roller

In order to maintain appropriate social distancing, we will be limiting each session to 24 participants. Spaces will fill up quickly, so be sure to RSVP soon.

Stop by or call today to reserve your spot!



FREE Seminar: The ABCs of CBD

Thursday, August 19th

2:00pm ♦ 6:00pm

We are thrilled to be getting back to educating our community on health solutions through our free seminars. As we discussed what topic to start back with, there was a clear winner. CBD has the potential to help the most people, without a prescription.

Join Dr. Wayne Myers as he explains the history of CBD oil, how it works, and what you need to know when buying and using it. We recommend attending this seminar if you or a loved one struggles with...

- chronic pain,
- anxiety,
- insomnia,
- migraines,
- fibromyalgia, or
- depression.



When you contact us to reserve your spot, please let us know if you will be attending the 2:00 or 6:00 time slot. To practice social distancing, we will limit each time slot to 30 attendees.

Seating is limited, reserve your spot:

717-217-6790 or www.NorlandRx.com/events.

Synchronize & Save

Synchronizing medications means that our pharmacy technicians work with your practitioners to have all of the medications you or your family takes regularly filled at the same time each month. If you choose to synchronize (or sync for short) your medications, you will...

- Save time calling the pharmacy for refills. Our technicians will take care of that for you.
- Save money and time driving to the pharmacy several times a month to pick-up.
- Save worrying about running out of your medications or having to come back to the pharmacy to pick up medication that is owed to you. Our technicians will have it all ready, when you need it.

When you choose to sync your medications, not only will we initiate your refills, we will also deliver them for free (within a 20 mile radius). If you would like to sync your medications, ask any of our team members the next time you visit.





If you know of a business that is interested in offering a flu shot clinic on-site for their employees, please let us know. We can bill insurance, charge the employer, or have the employee pay directly. Discount prices available. We also offer free COVID-19 vaccination clinics as well. Call us today to schedule your on-site vaccination clinic!

COVID-19 vaccinations are available on a walk-in basis Monday through Friday from 9am-6pm and Saturday from 8:30am-12:30pm. Pfizer is available every day to anyone 12 and older. Moderna is available on Mondays, Wednesdays, and Fridays to anyone 18 and older.

Mark Your Calendar

- Aug 1** End of Summer Sale (details on pg 1)
- Aug 16-31** 20% Off Select Nordic Natural's Products (details on pg 2)
- Aug 19** Free Seminar: The ABCs of CBD (details on pg 3)
- Aug 26** Essential Oils Make & Take Workshop (details on pg 3)

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“Be wise in the way you act toward outsiders; make the most of every opportunity.”
- Colossians 4:5



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