



# Be Healthy, Stay Healthy.

November 2019

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## Diabetes: Putting Your Best Foot Forward

It's Diabetes Awareness month! For those of you with this disease, you know that managing diabetes can feel like a full-time job. It starts with checking your blood sugar regularly; researching, buying, and preparing healthy foods; and exercising consistently, not to mention going to doctors' appointments and taking medications as prescribed. It's enough to make anyone want to stop and put their feet up... and YOU SHOULD!

It is estimated that 60-70% of diabetics have nerve damage or neuropathy caused by high blood sugar levels. It is thought that high blood sugar may have a negative effect on your nervous system's cells and enzymes which leads to the nerve damage.

Several factors increase your risk of nerve damage:

- Having uncontrolled blood sugar
- Being overweight
- Being over 40 years of age
- Having diabetes for a long time
- Having high blood pressure
- Having high cholesterol

The parts of the body that are most commonly affected by nerve damage are the legs and feet. Symptoms of nerve damage can include numbness, tingling, and pain, or there may be no symptoms at all. Some diabetics lose the ability to feel heat, cold, and pain in their feet altogether. Without pain as a warning signal, you may not know when there is cause for concern.

Seemingly small issues like blisters, sores, and cracked skin can become very serious problems if left untreated. When nerve damage is combined with poor circulation (another diabetes complication), you are at higher risk for a foot ulcer that could become infected. Infections that go untreated or don't respond to treatment can lead to amputation. In order to prevent amputation as a diabetic, start off on the right foot:

- Manage your blood sugar to keep it on target.
- Don't smoke. Smoking reduces blood flow to your feet.
- Eat more fruits and vegetables and less salt and sugar.
- Take your medications as prescribed. Don't miss doses.
- Take care of your feet!

Each day you should check your feet for cuts, swelling, redness, corns, callouses, blisters, sores, etc. If you need to use a mirror or have someone help, please do. You don't want to risk missing anything. Everyday wash your feet gently with warm (not hot) water and dry completely. Do NOT soak your feet. If you have sweaty feet, consider putting an antiperspirant

on the bottoms of your feet. If you have dry feet, apply lotion to the top and bottom but not between your toes which can promote moisture and lead to infection.

Whether you are inside or outside, never go barefoot. This will help you avoid injury to your feet. Trim your toenails straight across and file off any rough edges. If you have a corn or callous, visit a podiatrist to have it removed. Don't try to do it yourself. Throughout the day find time to wiggle your toes and put your feet up to improve circulation.

Like an athlete needs the proper equipment to reach their full potential, you need to have the proper equipment to protect your feet. Consider socks made specifically for diabetics. These socks will be made from a moisture wicking fabric and will have extra cushioning, no elastic tops, and no seams. Shoe shopping will also require more attention to detail. Look for shoes with more depth in the toe box, good coverage on both top and bottom, and no seams inside. Since your feet may swell throughout the day, be sure to try shoes on at the end of the day. Find shoes that fit well and break new shoes in slowly, a few hours at a time.

Orthotic footwear is a great investment in protection and comfort. Many people think of diabetic shoes as bulky and unattractive. However, health and fashion can co-exist. If you don't love your shoes, you won't wear them. That's why we offer both Dr. Comfort and Apex shoes at Norland Avenue Pharmacy. These great looking lines are made with the finest materials.



There are many beautiful colors and styles to choose from, but finding the perfect fit is key. That's why we have a certified fitter on staff to help: Shelly Bowers. Call or stop by the pharmacy to schedule an appointment for your custom shoe fitting today. Medicare Part B will cover one pair of custom-molded diabetic shoes a year. **For the month of November, you will receive a free pair of diabetic socks when you order a pair of orthotic shoes.**

## NON-PROFIT SPOTLIGHT

A portion of our sales for the month of November will be donated to Women in Need. For more information visit [winservices.org](http://winservices.org).



### BIBLICAL KEYS TO PHYSICAL, EMOTIONAL, & SPIRITUAL HEALTH

#### BE ON YOUR GUARD

Don't grow weary in following Jesus. Be on guard for Satan's temptations.

1 Corinthians 16:13-14 - *Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.*

## THE BEST MEDICINE



After picking up his prescription at the pharmacy, a man sat down and starting cutting off the edges of each tablet.

When his wife asked him why he was doing that he responded, "I don't want any of the side effects!"

**"Few things are created and perfected all at the same time.**

**It takes effort, work, and dedication to achieve your goal."**

**- John Dillow**

## Hemorrhoids? Rectal Rockets to the Rescue

Got your attention! While the name can be humorous and a bit misleading, these rectal suppositories are really amazing. The unique shape—for which they got their name—provides three distinct advantages:

1. The suppository shape ensures it stays at the point of insertion.
2. The design enables the medication to treat both internal and external hemorrhoids simultaneously.
3. The opening that runs the length of the suppository allows the patient to expel gas without losing the suppository.

These unique suppositories are custom made in our compounding lab to your doctor's specifications. Most prescribers ask us to make them with lidocaine and hydrocortisone, and patients seem very pleased with the results. If you are interested in taking information to your doctor to get a prescription, please stop by the pharmacy and ask for a handout.



# BLACK FRIDAY

# SALE

30% OFF

NOV 29  
ONE DAY ONLY

ENTIRE ESSENTIAL OIL DEPARTMENT

# SMALL BUSINESS SATURDAY

# SALE

30% OFF

NOV 30  
ONE DAY ONLY

ENTIRE CBD DEPARTMENT

# Essential Oils

## CHRISTMAS COUNTDOWN DIFFUSER BLENDS

### MAKE & TAKE WORKSHOP

**TUESDAY,  
NOV 12TH,  
6:30-8PM**

Go station to station making 25 different diffuser blends to use from December 1st-25th. Your home will be filled with the scents of the season as you count

down to Christmas with each blend. You will receive 25 laminated recipe cards, a tin that holds the 25 bottles of oil, and a box to store everything in. The cost of the workshop is \$35 and must be paid in order to reserve your spot.



**SEATING IS LIMITED, PLEASE CALL OR  
STOP IN TO RESERVE YOUR SPOT.**

**20% OFF ALL NORDIC NATURALS PRODUCTS**  
November 15th-30th



**Start Your Christmas Shopping!**

**20% OFF**

**THE GIFT ITEM OF YOUR CHOICE**



Limited quantities. Stop by soon for the best selection!

Expiration Date: 11/14/19  
Code: VIP

## Digestive Enzymes

Naturally occurring digestive enzymes help break down food so you can soak up nutrients. Your mouth, stomach, and small intestine make some digestive enzymes. However, the majority come from your pancreas, which floods the small intestine with enzymes such as lipase to break down fats, amylase to break down carbohydrates, and proteases and peptidases to break down proteins.

Once nutrients are broken into small enough molecules, they are absorbed through the wall of the small intestine into the blood and then delivered throughout the body.

Sometimes the body doesn't make enough digestive enzymes. This can slow the digestion process and lead to uncomfortable symptoms. For example, if you don't make enough of the enzyme lactase, you'll have a hard time digesting lactose (the sugar in milk and milk-based products). The undigested lactose goes to the colon, which leads to more fluid entering the colon and more gas produced by bacteria in the colon. That creates bloating, flatulence, and diarrhea.

Diseases of the stomach and small intestine can reduce the number of enzymes produced, so people with conditions like irritable bowel syndrome (IBS), inflammatory bowel disease, or low stomach acid might find digestive enzyme supplements helpful. Same goes for people who have chronic pancreatitis, which can cause a deficiency of pancreatic enzymes. Having your gallbladder removed can also make it so that there aren't enough enzymes to break down fat properly, making supplementation a necessary measure to reduce digestive drama.

Digestive enzyme replacement comes from two sources: prescription medications and over-the-counter supplements. If you are going to try a supplement, keep in mind that they aren't regulated by the FDA. To ensure you are buying a good quality product, be sure to buy from a trusted source.

At Norland Avenue Pharmacy, we have a few products we recommend: Digestive Wellness from Solutions Rx (90 capsules, \$25.98) and Superzymes from Healthy Living Solutions (90 tablets, \$21.00). Both products are designed to work alongside your body's own digestive enzymes to fully and efficiently break down food into its smallest and most readily available forms, so it can be absorbed and utilized effectively by your body's metabolic processes.

As always, stop in or call our supplement specialists if you have any questions.





PLEASE JOIN US IN CELEBRATING  
JESUS' BIRTH AT OUR

## CHRISTMAS OPEN HOUSE

FRIDAY, NOVEMBER 15TH, 8AM-7PM

- ❄️ 20% Off All Gifts, Vitamins, Supplements, & Essential Oils
- ❄️ Grab Bag Coupons—Up to 50%
- ❄️ Door Prizes
- ❄️ Refreshments (10am-2pm)
- ❄️ Free Gift Wrapping

*We hope to see you there!*

# Upcoming Events

- Nov 12: Essential Oil Make & Take Workshop (pg 3)
- Nov 15: Christmas Open House
- Nov 15-30: 20% Off All Nordic Naturals Products (pg 3)
- Nov 19: FREE CBD Seminar
- Nov 29: 30% Off Black Friday Sale (pg 2)
- Nov 30: 30% Off Small Business Saturday Sale (pg 2)

**Seating is limited, please be sure to reserve your spot: [NorlandRx.com/events](http://NorlandRx.com/events)**

*“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” - 1 Thessalonians 5:16*

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**FREE SEMINAR**  
**The ABCs of CBD**  
Tuesday, Nov 19th, 7-8pm  
Dr. Wayne Myers  
Join us to find out how CBD is helping patients with chronic pain, insomnia, and anxiety. Be sure to RSVP!

Return Service Requested

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