

# The Appomattox Drug Store Times

800 West Confederate Blvd. Appomattox, VA 24522 – (434) 352-7161 – M-F 8:30a-6:30p, Sat. 8:30a-4p  
Integrating Traditional, Herbal, Homeopathic and Nutritional Therapies

May A special publication for our Very Important Patients from your Neighborhood Health & Wellness Center

## If you've been taking Bextra or Celebrex (or even Advil) for your arthritis, read on...

### Why Your Body Needs "Friendly Flora" When Your Doctor Prescribes Antibiotics ...and even when (s)he doesn't!

What many people don't know is that a healthy intestine is *supposed* to have bacteria in it.

The friendly bacteria, better known as "friendly flora" or "probiotics" enable you to defend yourself against harmful bacteria. With an arsenal of biochemical weapons, these friendly bacteria are normally capable of wiping out the disease-causing kind, thus preventing problems like diarrhea, dysentery, colds and flu.

Friendly flora not only protect you from harmful bacteria, but serve a variety of other beneficial functions as well. They manufacture many essential vitamins, help you digest foods (especially lactose), help contribute to regular and healthy bowel movements, reduce fat and cholesterol in your blood, block the spread of yeast infections and some potent viruses, help keep your breath smelling sweet, and may even block tumor development in your intestine.

When you take antibiotics, you kill the good bacteria along with the bad! Once the good flora is gone, it's hard to replenish it without supplementation. As a result, many people come down with a secondary infection after antibiotic treatment.

Poor diet can affect your friendly flora as well, as can cortisone, birth control pills, stress— even the chlorine in water— so it's good to supplement with probiotics from time-to-time, even when you're not taking antibiotics.

We recommend Ortho Molecular probiotic. It's just \$19.98 for a bottle of 60.

The big news this month is *Bextra*. As you've probably already heard, this popular painkiller is now off the market... and the FDA is requesting that other NSAIDS have revised labeling to show the risk of gastrointestinal and cardiovascular problems.

Well, we have news for you. GI and CV problems are just the tip of the iceberg! NSAIDS also block the body's mechanism for healing joints and regenerating cartilage— especially bad news for arthritis sufferers, their "cure" is making their condition worse! NSAIDS can also create long-term complications for the liver. And a 2003 study by Kaiser Permanente showed that NSAIDS can increase the risk of miscarriage in pregnant women by as much as 80 percent.

You may be even more surprised at the mortality rate mentioned a May, 1999, issue of the *New England Journal of Medicine*. Approximately 14,000 deaths in 1998 were directly attributed to NSAIDS. Interestingly enough, this figure approximates the number that died that year from AIDS.

**Think about that for a moment. The same number of people that were killed by the AIDS epidemic in 1998 were killed by NSAIDS.**

Fact is, NSAIDS have side-effects, and some of them are very dangerous. And yet, in many cases, a natural alternative, one without side effects, will do the job just as well, or even better.

Now, we've written about the ultimate arthritis pain killing program before... since so many people who use NSAIDS do so to relieve arthritis pain, let me just touch upon that for a moment.

The arthritis fighting program is composed of three different products: Penetran, Joint Plex, and **Evening Primrose Oils (or EFAs)**.

Penetran is an excellent topical analgesic— kills arthritis pain like Lidocaine or Novocain, but without the needle.

Joint Plex is a longer term solution to advanced stage arthritis which contains five different natural pain-killers that also help heal the condition. Joint Plex contains: Glucosamine Sulfate (can actually help to regenerate cartilage when used properly) Boswellin (which has documented clinical evidence that it is useful in rheumatoid arthritis, osteoarthritis, low back pain, and soft tissue rheumatism), Sea Cucumber (which has been shown to effectively treat both rheumatoid arthritis and osteoarthritis-- in fact, studies reveal that some extracts act as an anti-inflammatory in laboratory

—over—

animals better than hydrocortisone), Bromelain (which blocks swelling and pain) and MSM;

Essential Fatty Acids help to lubricate the joints, as well as a great many other things. See below!

These three remedies work synergistically to help provide long-term pain relief by slowing or preventing the development of arthritis, healing and repairing joint cartilage, and lubricating your joints— helping to cure the symptoms by actually healing the condition itself. Very much unlike NSAIDS.

Also unlike NSAIDS, there are no side effects.

Separately, the items in our Ultimate Arthritis Fighting System retail for \$59.79. But you get the combination for just \$49.98.

It also comes with our 100% Satisfaction Guarantee: Give our Ultimate Arthritis Fighting System a try. If, after using it for one month, you don't agree that it's better than NSAIDS at relieving arthritis pain, return us the used portion (or the bottle/tube, if you used it all) and we'll refund your money. That's how convinced we are that it works!

## **Essential Fatty Acids— The Good Fats You MUST Keep in Your Diet!**

Most saturated fats are the bad fats we get from meat and dairy products. The worst of these are called trans-fatty acids, which are usually labeled on food products as “hydrogenated oil.” These are the fats that can cause premature aging and death. Stay away from them!

Essential Fatty Acids (Omega 3 and Omega 6) are the good fats that actually lower cholesterol and help keep us healthy. 40% of our brains are made up of these fatty acids. Supplementing with these fatty acids seem to make a significant difference in cognitive function, showing special promise in cognitive disorders like ADD/ADHD and Alzheimer's.

Here are some other very valuable benefits your body gets from these Essential Fatty Acids. They help:

- Regulate oxygen use, electron transport, and energy production—some of our cells' most important processes.
- Form red blood pigment (hemoglobin).
- Keep glands active.
- Help make joint lubricants.
- Help regulate blood pressure, platelet stickiness, kidney function and help our cardiovascular system.
- Help transport cholesterol.
- Help generate electrical currents that make our heart beat.
- Are precursors of derivatives like DHA, needed by the brain, retina, adrenal, and testes.
- Help our immune system fight infections and help prevent the development of allergies.

In fact, getting too little of these Essential Fatty Acids can cause more health problems than too much bad fat. According to Dr. David Williams, writing in *Alternatives for the Health Conscious Individual*: “Some very common and very serious health problems can now be directly linked to the shortage of omega three fatty acids as found in fish oils. A short list of some of the more common problems includes: food or airborne allergies, asthma, heart disease, kidney-stones, depression, multiple sclerosis, joint pain, inflammation and rheumatoid arthritis, weakened immune system and cardiovascular disease.”

Our bodies don't make these fats— they *must* be provided from dietary sources— and most of us don't get enough of them. They are found most abundantly in cold-water fish (not farm-raised) like salmon, mackerel, cod and halibut; flax seed, olive, sunflower and safflower oils; avocados and many nuts and seeds.

So the bottom line is: cut out most saturated fats from meat and dairy products and get plenty of essential fatty acids. You need a balance of omega 3, 6, and 9, which is why we recommend supplementation.

You can get a bottle of 90 for just \$11.98.