

The Mortar & Pestle

Volume 4 Issue 1



Stafford Pharmacy and Home Healthcare

THE BENEFITS OF EXERCISE AND A HEALTHY DIET

Welcome to 2013! January 1st means the start of a New Year, and with that comes New Year's resolutions and promises to improve ourselves. Statistics show that the #1 New Year's resolution is to lose weight. They also show that after one month only 64% of people have stuck to their resolution plans. After six months, only 46% remain strong in their resolve. This year, consider making specific changes in your lifestyle to improve your health, not merely to lose weight or look better.

Let's look at your lifestyle in a new light—*as medicine*. Did you know that the first line therapy (the best and first therapy that should be tried to treat a disease) in many cases is lifestyle change? Have you ever considered that in many instances increasing your activity level and eating healthier can prevent the need for medications?

Lifestyle changes are considered first line therapy for the following medical conditions:

- High blood pressure
- High cholesterol
- Type 2 Diabetes
- Osteoporosis
- Metabolic Syndrome
- Cardiovascular Disease
- Conditions related to aging
- Obesity

In addition to the conditions listed above, lifestyle changes are imperative for the management of:

- Hormone Imbalance
- Fatigue
- Low Sex Drive
- Stress-Related Symptoms
- Poor Memory or Lack of Mental Clarity

If you have chosen to become healthier through lifestyle changes this year, the pharmacists at Stafford Pharmacy can help you make the change. We are now offering the **Metagenics First Line Therapy Program®**, a lifestyle program that helps people dealing with the conditions listed above. This is **NOT a diet**, because we all know they rarely work! Our first step includes body composition analysis using a bio-impedance analysis meter. Results from this test are used to create an effective and personalized lifestyle and dietary program including meal planning, nutritional supplements, and exercise to help you achieve and maintain optimal health and well being for a lifetime.

This year, choose a lifetime of good health. For more information on the Metagenics First Line Therapy Program and to find out how you can enroll, speak with one of our pharmacy staff today!

AN OUNCE OF PREVENTION

This year, make it a New Year's Resolution to take care of yourself! For both men and women alike, an [annual preventative physical exam with your family doctor](#) can help to detect medical problems before they become serious. These exams are crucial in identifying early warning signs of disease and diagnosing disease early, making treatment easier and more effective.

If you take medications, you should also schedule an [annual medication review with your pharmacist](#) in addition to your annual physical with your doctor! Medication reviews help to identify any issues with your current medications. During one of these reviews, the pharmacist will be able to determine if you are taking the right medications (too many or too few) and ensure you are using each medication correctly. These one-on-one appointments with your pharmacist also allow you to ask any questions about your health and medications that you may have.

Here are some medical conditions/screening tests you should ask your pharmacist* and/or doctor about this year:



Men and Women: high blood pressure, diabetes, high cholesterol, colon cancer

Men: prostate changes (PSA blood test)

Women: pap test, mammogram

Speak with your family members about health and ensure that everyone is living the healthiest and happiest in 2013. To book an appointment with one of our pharmacists, speak with a member of our pharmacy team today!

**Pharmacists are now able to order routine lab tests when required.*

HOMEOPATHIC SPOTLIGHT

Oscillocochinum (**Oscillo** for short) is a fast-acting homeopathic preparation that is used to reduce the development of flu-like symptoms. Oscillo is available for both adults and children. It works best to minimize symptom severity and duration when taken at the first sign of symptoms, including fever, chills, shivering, and associated aches and pains.

As with many homeopathic remedies, Oscillo is non-toxic and has no known adverse reactions. Using Oscillo is simple—dissolve the contents of one tube under your tongue and repeat every 6 hours for a total of 3 doses. Once you experience the benefits of Oscillo, you won't leave home without a package in your purse or car, to ensure you are prepared if flu symptoms begin. For more about Oscillo and other homeopathic products, speak with your Stafford Pharmacy pharmacist today!



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