

The Mortar & Pestle

Volume 4 Issue 3 – March 2013

Stafford Pharmacy and Home Healthcare

SPECIAL EDITION: LIFESTYLE THERAPY



PREVENTATIVE HEALTHCARE

Stafford Pharmacy is pleased to introduce a wide selection of new services to help you improve your health. For too long, our healthcare system has tried to fight disease after it has begun with the use of prescription medications. The reality is, the best way to treat disease is to prevent it from occurring in the first place. Additionally, for some of the most common medical conditions (high blood pressure, diabetes etc.) the most effective treatment is to make lifestyle changes. This special edition of our newsletter will describe how the pharmacists at Stafford Pharmacy can help you to become healthier, prevent disease and decrease the use of prescription medications through lifestyle changes to diet and exercise.

YOUR BODY ELECTRIC: BIOELECTRICAL IMPEDANCE ANALYSIS

Bioelectrical Impedance Analysis (or BIA for short) is a new tool that our pharmacists can use to determine your **body composition**. The BIA is a key component of a health and nutrition assessment as it measures the amount of body fat in relation to lean body mass.

Research has shown that body composition is directly related to health. Excess fat in relation to lean body mass can greatly increase your risk of cardiovascular disease, diabetes and other medical conditions. By using BIA, we can not only determine your body composition, but we can use it to measure your progress as we work towards improving your health. BIA results help to guide the creation of a personalized diet plan, exercise recommendations as well as recommendations for nutritional supplements.

A BIA measurement is simple, and takes only a few minutes of time. The measurement is performed in our office, with the help of a sophisticated machine. The computer generates a report which contains information on your body composition and a whole host of data about your metabolic rate and daily calorie requirements.

BIA measurement can help you monitor your own workout and diet progress or it can be used in combination with our Metagenics First Line Therapy program. Come in or call us to schedule your first measurement today!

BIA Measurement and Printout of Results - \$20

BIA Follow-Up Measurement - \$20

BIA Measurement and Pharmacist Interpretation of Results - \$60



Set-up shown is typical of ImpediMed devices intended for estimation of whole body composition

INTRODUCING METAGENICS FIRST LINE THERAPY PROGRAM

Good health is something everybody strives for—high energy, mental clarity, full function and the absence of disease well into old age. If this is what you are looking for, no matter where you are starting from, First Line Therapy can help you reach your goal. First Line Therapy is a “therapeutic lifestyle program,” offering guidelines to help you live your life in a way that improves your health. A “therapeutic lifestyle” means making choices every day that will enhance your health and help to prevent disease, enabling you to achieve a full, healthy life.

First Line Therapy is based on extensive scientific research demonstrating that many of the chronic diseases associated with aging are largely caused by lifestyle choices. Many of these health problems can be prevented or even treated by adopting a healthy lifestyle. Some of these conditions include: heart disease, high blood pressure, stroke, osteoarthritis, cancer, diabetes, high cholesterol, osteoporosis, Alzheimer’s disease and metabolic syndrome.

Adopting healthy habits of living can delay the onset of illness in old age **and** increase your years of good health and full function. First Line Therapy will put you on the path to optimal health and optimal body composition through a combination of balanced eating, regular exercise, stress reduction and appropriate nutritional supplementation.

First Line Therapy will help you:

- Address the underlying cause of common health problems
- Take control of your health by providing you with the necessary tools
- Live your life in a way that improves your health
- Feel good now, and maintain good health for years to come



First Line Therapy works because it is based on:

- The most current scientific research
- Concepts proven in recent controlled clinical studies

At Stafford Pharmacy, our pharmacists are trained to assess your body composition (with BIA measurement), and work with you to provide you with a program that will help you to improve your body composition and in turn, your health.

Body Composition Assessment and Consultation - \$120

Includes:

- BIA measurement and interpretation
- Basal metabolic rate calculation
- Recommended Diet Plan and Activity Levels
- Recommendations for a medical food supplements and nutritional supplements

Additional Add-On's

1 Week Meal Plan - \$60

- The pharmacist will work with you to develop a full meal plan for a full week

Health Assessment - \$100 + \$35 per follow up

- Full assessment of medical conditions, medications and full symptom assessment
- May include recommendations for therapy changes to physician and order of lab test if necessary. Will also include recommendations for the best vitamin/herbal supplements.
- ****Certain individuals may qualify to have this service covered by Alberta Health**

METABOLIC DETOXIFICATION

Stafford Pharmacy offers **metabolic detoxification programs** specifically designed to support the body's natural defense and cleansing processes. Detoxification assists the liver, lungs, kidneys, colon, skin and lymphatic system which can become overwhelmed with chemicals, waste, metabolic end-products, pathogens and heavy metals.

The question is no longer are we toxic, it is how toxic are we. We live in a polluted world and are in contact with harmful chemicals in every aspect of our day to day activities. There is a direct correlation between external pollution and pollution of the human body. Toxic food, air and water always cause toxicity of blood, tissues and cellular fluids. These toxic conditions become the breeding ground for disease and degeneration. A successful way to reverse any chronic disease or degenerative condition and prevent future health problems is by ridding the body of toxins that pollute the blood and tissues, attract germs and weaken resistance and immunity.

The top 5 commonly encountered toxins (along with 207 others) have all been found in the blood of Americans. Here are the top 5 and where they are found:

- 1) Polybrominated diphenyl esters (PDE's) – Used as a flame retardant. Builds up and damages the nervous system, kidney's and liver
- 2) Bisphenol A (BPA) – Found in plastics, largest problem in food containers. Affects the reproductive system.
- 3) Perfluorooctanoic acid (PFOA) – Found in non-stick cookware and stain resistant clothing. Liver and immune dysfunction are associated with PFOA.
- 4) Acrylamide – formed when foods are cooked at high temperatures and found in plastics and cosmetics. Exposure linked to cancer and neurological dysfunction.
- 5) Methyl tert-butyl ether – Exposure from second hand smoke. Causes neurologic and reproductive problems.

Detoxification of the body, its organs, tissues and cells, as well as of the mind and emotions, is important to stay healthy and feel your best. If you are often tired or struggle with ongoing aches or digestive issues, you might benefit from a cleansing program. A cleansing program or detox restores energy and well-being. Just like scheduling regular oil changes for your car, nurturing your body with a periodic detox can help it to run more efficiently so that it supports you in accomplishing your goals. By encouraging the body to release substances that it normally doesn't, a detoxification diet can help relieve poor digestion, fatigue, headaches, brain fog, a dull spirit, rashes, eczema, acne, bad breath or joint pain.

Detoxification helps to clear your organs, tissues and cells and gives the body and the mind a chance to recuperate and heal. As the body and mind detoxify, the majority of symptoms begin resolving.

Metabolic Detoxification Assessment and Consultation - \$60

- Full assessment of detoxification needs by one of our pharmacists
- Program/product recommendations and guidance
- Program information and literature as well as sample meal plan and recipes



PREVENTATIVE HEALTHCARE SERVICE MENU



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BIA Measurement and Pharmacist Interpretation of Results - \$60

BIA Follow-Up Measurement - \$20

Health Assessment - \$100 + \$35 per follow up

- Full one-on-one pharmacist assessment of medical conditions, medications and full symptom assessment
- May include recommendations for therapy changes to physician and order of lab test if necessary. Will also include recommendations for the best vitamin/herbal supplements.

***Certain individuals may qualify to have this service covered by Alberta Health. To find out if you qualify, ask a member of our pharmacy team when you schedule your appointment.*

Metabolic Detoxification Assessment and Consultation - \$60

- Full assessment of detoxification needs
- Program/product recommendations and guidance
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Body Composition Assessment and Consultation - \$120

Includes:

- BIA measurement and interpretation
- Basal metabolic rate calculation
- Recommended Diet Plan and Activity Levels
- Recommendations for a medical food supplements and nutritional supplements

Additional Add On

1 Week Meal Plan - \$60

- The pharmacist will work with you to develop a full meal plan for a full week

**Please note that the above costs do not include the cost of products required for the programs (medical foods, vitamins or herbal supplements)*

Make a change to improve your health and prevent disease today! Schedule an appointment with one of our pharmacists for the following services.

To book your appointment you may speak with a member of our pharmacy team or phone us at 403-320-6500 Ext 1.

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