

JANUARY 2009

MONTHLY NEWSLETTER

THE PROBLEM SOLVER

Regel Pharmalab

1679 Bonnie Lane Suite 101

Cordova, Tennessee 38016

MONTHLY EVENTS

Changes on the horizon

Many are saying that the changes in our economy are just now starting to take effect and that the end of 2009 will look much different than it does right now.

If you are considering making changes to your lifestyle, may I suggest that you also consider your health. I know many of you are thinking that you are going to start eating right, exercising and taking better care of yourself. For the first few issues of this newsletter I will be discussing simple ways to incorporate preventive medicine into your lifestyle.

Preventive medicine is simply taking measures to prevent illness or injury. Most health professionals consider immunizations to be the most important form of preventive medicine. Immunizations have come a long way over the past several years. Most immunizations have eliminated preservatives that have potential to cause harm. The latest immunizations include the Human Papillomavirus(HPV) and Herpes Zoster virus. The HPV immunization is given to individuals between the ages of 9 to 26 years old to prevent HPV which increases the risk for cervical cancer. The Herpes Zoster vaccine (Zostavax) is given to individuals over the age of 60 and is to prevent Shingles. About 1 million cases of shingles occur every year in the US., and 1 out of 2 individual will experience shingles if they live to 85 years old. For more information go to www.zostavax.com.

If you would like to discuss these vaccines or any that I have not mentioned, don't hesitate to call me. Consider these simple steps for you or for your loved ones to prevent pain and the possibility of cancer.

Tuesday January 27th

Complete Hormone Makeover

Location: Regel Pharmalab

Time: 6:30 - 8:30pm

Pre-register at www.regelpharmalab.com or call (901) 757-9434

Monday February 23rd

Complete Hormone Makeover

Location:

Germantown Athletic Club

Time: 6:30 - 8:30pm

Pre-register at www.regelpharmalab.com or call (901) 757-9434

Please call (901) 757-9434 for reservations.

**Price for seminar is:
\$15 pre-registered
\$20 at the door**

SAW PALMETTO

At Regel Pharmalab you are not often going to hear us promote an herb or herbal formulation. The reason for this is the lack of evidence related to the herbal product. However, we do have several that we will encourage for specific conditions.

Saw Palmetto is an herbal nutraceutical that has proven to decrease the size of the prostate in men. Symptoms of prostate enlargement also known as Benign Prostatic Hyperplasia (BPH) usually start around the age of 50 but may occur earlier. The symptoms of BPH include:

- Trouble starting a urine stream or making more than a dribble
- Passing urine often, especially at night

- Feeling that the bladder has not fully emptied
- A strong or sudden urge to pass urine
- Weak or slow urine stream
- Stopping and starting again several times while passing urine
- Pushing or straining to begin passing urine

Normal dose of Saw Palmetto for BPH is 320 mg once a day.

Give us a call for more information on Saw Palmetto or BPH.

We recommend Pure Encapsulation Saw Palmetto Plus

Price: \$48.60 for two month supply.

Summer's Page



Summer Regel, Pharm.D., BCPS
Hormone Replacement Specialist

Probiotic Therapy and the Prevention of Winter Illnesses

You may be wondering what probiotic therapy has to do with winter illnesses. Recently, in the Journal of Clinical Gastroenterology, a study was done to determine if in fact there is a connection between our normal gastrointestinal flora and our susceptibility to illnesses. What they found is encouraging and provides us with information to protect ourselves from the common cold and flu.

This study looked at three patient groups for three years. The groups were given either placebo, probiotic therapy, or probiotic therapy plus a prebiotic.

Probiotic therapy is the replacement of natural gastrointestinal bacteria. The two bacteria our bodies utilize to maintain gastrointestinal homeostasis

are from the bifidobacterium species and the lactobacillus species. Unfortunately, antibiotics, steroids, and diets high in simple carbohydrates can alter this normal flora balance, resulting in increased amounts of bacteria or yeast over growth.

Supplemental probiotic therapy will replace natural levels of healthy bacteria to our gastrointestinal tract. It is important to not only replace the appropriate bacteria but also in the appropriate amounts. Most clinicians recommend the previously mentioned Pro-Biotic to be taken at a minimum dose of 10 billion units.

Prebiotic therapy is the food our healthy bacteria need to flourish in their environment. Common supplements including fructooligosaccharide (FOS) are used to enhance probiotic activity.

The results of the study showed using probiotics plus prebiotics will significantly shorten the length of a cold and decrease symptom severity. *Using probiotics alone will provide some benefit but the maximum benefit was seen using probiotic plus prebiotic therapy.*

For more information about this therapy, please feel free to contact our pharmacy at (901) 757-9434.

Summer's Fav-5 of essential nutrients

Multi t/d

Take 2 capsules daily

This is a well rounded multivitamin that is appropriate for most all patients. We featured this product in the June 2008 Problem Solver newsletter so see the past article on our website: www.regelpharmalab.com for more information.

Pro Omega

Take 2 capsules (1000mg) daily (we use Nordic Naturals products)

This is a fish oil product that contains > 1000 mg of fish oils. It is a mercury free product from a very quality source.

ProBiotic 5

Take 1-2 capsules daily (may take more based on individual patient)

This product is a probiotic which contains 5 bacteria to help maintain gastrointestinal health. Probiotics have been studied more recently and the data is overwhelmingly positive.

Vitamin D₃

Take 2000-5000 units daily based on individual patient

Vitamin D₃ has also been studied much more recently and the daily requirements of Vitamin D have been increased recently to support this new research.

Calcium Take 500-1500 mg daily in divided doses based on patient

Calcium has always been on the list of needed supplements, especially for women. The only two salts that are absorbed well are calcium citrate and microcrystalline hydroxyapatite. You can find both products in Pure Encapsulations in the products Calcium (MCHA) and OsteoBalance

Regel
PharmaLab

Regel Pharmalab provides custom formulated medication for individuals that have medication needs that cannot be solved with commercial medication.

That is why we are:

**The Mid-South Problem Solving
Pharmacy**

Gift Certificate

This Certificate entitles you to one of the following:

\$3.00 off any Pure Encapsulation or Nordic Natural Product

\$10.00 off Summer's Fav -5 package

Redeem this Certificate before 12/31/09