



Doug Chadwick

## Tired for No Reason? Rundown?

Do you feel tired and rundown even after plenty of sleep? Do you have trouble bouncing back after stress or illness? Do you crave salty snacks? These are all symptoms of Adrenal Fatigue. Although it's estimated that up to 80% of adult Americans suffer some level of Adrenal Fatigue during their life, it remains one of the most under-diagnosed illnesses in the U.S. I know that many of you are suffering from Adrenal Fatigue and are not even aware of it.

Adrenal Fatigue is a collection of signs and symptoms, known as a syndrome, that results when the adrenal glands function below the necessary level. Most commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis, or pneumonia. As the name suggests, its paramount symptom is fatigue that is not relieved with sleep but it is not a readily identifiable entity like measles or a growth on the end of your finger.

Even if you have Adrenal Fatigue, you can look and act relatively normal and may not have any obvious signs of physical illness. Yet you live with a general sense of unwellness, tiredness, or "gray" feelings. People experiencing Adrenal Fatigue often have to use coffee, colas, and other stimulants to get going in the morning and to prop themselves up during the day.

Adrenal fatigue can wreak havoc with your life. In the more serious cases, the activity of the adrenal gland is so

diminished that you may have difficulty getting out of bed for more than a few hours a day. With each increment of reduction in adrenal function, every organ and system in your body is more profoundly affected. Changes occur in your carbohydrate, protein, and fat metabolism; fluid and electrolyte balance; heart and cardiovascular system; and even sex drive. Many other alterations take place at the biochemical and cellular levels in response to and to compensate for the decrease in adrenal hormones that occurs with adrenal fatigue. Your body does its best to make up for under-functioning adrenal glands, but it does so at a price.

We have two great products from Natural Creations that we recommend to anyone suffering from Adrenal Fatigue:

1. **NutriPlenish Adrenal:** Specific nutritional support for the adrenals during periods of continued stress. Take two tablets, three times daily.
2. **Adrenal Complex:** Feeling tired and sluggish? Talk to us about your optimal dosing.



## BUY 4 GET 1 FREE

Ginger Snaps are a new style of interchangeable jewelry that features "fashion snaps," button-like charms you snap in and out of stylish bracelets, rings, and more. Ginger Snaps are all about heart and soul, sweetness and sass, and brazen individuality. The snaps range in price from \$6.99-\$12.99, while the jewelry prices range from \$11.99-\$49.99.

**We have a great deal for the month of March: Buy four snaps and get the fifth for free!**



Joey Dougan

# Beware: Medications Can Rob You

**Are you suffering from a lack of energy? Depression? Memory loss or brain fog? Joint pain and muscle aches? Palpitations? Digestive problems? Chronic pain? Headaches?**

While these conditions seem unrelated, they may all result from the medications you are taking. Although prescription and over-the-counter (OTC) drugs can have beneficial and even life-saving effects, millions of Americans suffer from an almost completely ignored epidemic of drug-induced nutrient depletion that can cause serious health problems. Most people, including healthcare professionals, are completely unaware of the dangerous side effects these medications create in depleting vital nutrients. In fact, *it's estimated that up to 30% of pharmaceutical side effects are the result of drug-induced nutrient depletion.* Drugs can rob your body of its natural stores of vitamins, minerals, and enzymes. While some of these side effects may be merely unpleasant, others can be life-threatening and can increase the risk of developing additional chronic illnesses.

## What drugs cause nutrient depletion?

More than 1,000 of the most commonly prescribed prescription drugs and many OTC medications rob your body of specific vital nutrients. These include:

- Anti-inflammatory
- Anticonvulsants
- Oral contraceptives and hormone replacement therapy
- Antibiotics
- Cholesterol-lowering statins
- Anti-acid/heartburn
- Antidiabetic
- Antihypertensive

## Who is at risk for drug-induced nutrient depletion?

Most Americans already fall short on their dietary intake of important vitamins and minerals because they regularly eat nutritionally deficient meals. If these already nutritionally deficient people take medications, the drugs will further starve their bodies of essential nutrients. And that will increase their likelihood of developing additional health problems and chronic illnesses, including heart disease, high blood pressure, diabetes, osteoporosis, anemia, and neurologic symptoms.

## Does your doctor know about this?

Unfortunately, the subject of drug-induced nutrient depletion is rarely part of medical school curricula, so most doctors are unlikely to instruct their patients to supplement the prescriptions they give them. Despite hundreds of scientific studies on drug-induced nutrient depletion that have appeared in medical journals for decades, most of this information has not been publicized to health professionals or the general public.

## How do drugs cause nutrient depletion?

Drug-induced nutrient depletion can occur through several mechanisms. Some drugs interfere with the absorption of nutrients, while others may lead to increased excretion. Some drugs may block the action or production of certain nutrients within the cells. Eventually, these nutritional deficiencies can

become significant, causing severe side effects, especially when the medications are taken for long periods. Well-known mechanisms are...

1. **Absorption**—Drugs can change the environment in the gastrointestinal tract in a way that reduces the absorption of needed vitamins and minerals that are in food. For example, anti-acid/heartburn medications decrease the acidic environment in the gut, decreasing calcium absorption that requires an acidic environment for optimal absorption. People who take an acid suppressor can have reduced calcium absorption, leading the risks of osteoporosis and skeletal fractures.
2. **Excretion**—Some drugs can increase the rate at which your body breaks down a nutrient or eliminates it through the kidneys. Diuretics increase fluid and electrolyte loss through the urine, causing depletion of water-soluble nutrients, including vitamin B, magnesium, and potassium, leading to muscle spasms, cramping, palpitation, and headaches.
3. **Metabolism**—Drugs can change how your body utilizes certain nutrients or change biochemical pathways involved in the formation of a nutrient. Statin drugs inhibit the pathway of cholesterol production; at the same time, they inhibit the production of coenzyme Q10, which is vital for cellular energy and heart health, causing increased fatigue, muscle aches, or even heart failure.

## How can you avoid drug-induced nutrient depletion?

The only solution to averting drug-induced nutritional deficiencies is to replace the depleted nutrients through nutritional supplements, dietary sources, or both. If you are one of the many Americans needing to take medications on a long-term basis, then you must supplement the essential nutrients that they steal. Taking a natural supplement along



with the medication will replenish the essential vitamins and minerals that are lost. Supplements will not only minimize or prevent unwanted side effects caused by the drug, but also increase the effectiveness and compliance of the medication.

**If you would like to know if a medication you are taking is robbing you of essential nutrients, please stop by and talk to our professional staff members.**



# Shingles... Firsthand

My name is Doug Chadwick, and I recently suffered from shingles. Like many people, I didn't know why I was itching so badly until I woke up the next morning with raised whelps on my chest and back. The blisters came a day later. Thankfully, I have seen shingles before, so I called my doctor and got started on an anti-viral prescription immediately. I believe this quick action shortened the overall length of my case of shingles.

The problem with shingles is that they hurt like crazy. They are so sensitive that you don't want anything to come in contact with the blisters, even clothing. Heat and cold can affect shingles differently. I had mine in the winter, so when I was cold, the shingles ached. People are most often prescribed oral pain medicine for shingles, but the result is typically drowsiness and not so much pain relief.

Because I did not want anything to touch the shingles, I worked with my physician to compound a topical spray that I could mist directly on the area and achieve pain relief almost immediately. This would allow me to rub a compounded pain cream on the area and have pain relief for three to four hours. Both of these compounds required prescriptions from my doctor.

It took several weeks, but the pain from the shingles has mostly subsided.

## After experiencing shingles myself, here's my advice to you:

- Shingles are most commonly caused by severe stress. If you are under severe stress be on the lookout for shingles. If you suspect shingles, don't wait. Go see a physician immediately.
- If you are over 50 years old, make it a priority to get a Zostavax (shingles) vaccination. Most insurances will pay all or part of the cost of the vaccination.
- If you get shingles, tell your physician you want compounded pain relief from Myers Drug.



*“Anger is the enemy of nonviolence and pride is a monster that swallows it up.”*

**- Mahatma Gandhi**

## THE BEST MEDICINE... LOL

A farmer was counting his cows and initially only counted 196, but when he rounded them up he had 200.

A man went to the doctor concerned about his low energy level. He told the doctor he wasn't able to do all the things around the house he used to do. After the examination, he said, "Now, Doc, give it to me in plain English."

"Well, in plain English," the doctor replied, "you're just lazy."

"Okay," said the man. "Now tell me the medical term so I can tell my wife."

## Biblical Health Tip... Being Proudful Brings Troubles

Your pride can damage your health because your pride will eventually bring problems and troubles into your life. The Bible says ....

*Proverbs 11:2a* – When pride comes, then comes disgrace.

*Proverbs 16:18* – Pride goes before destruction, a haughty spirit before a fall.

*Proverbs 26:12* – Do you see a man wise in his own eyes? There is more hope for a fool than for him.

### A prescription for pride:

*Proverbs 11:2b* – But with humility comes wisdom.

*Romans 12:16* – Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

**Be humble. It is good for your health and good for others.**



Sharon Conley

# Integrity Always

You may have seen the many news articles recently about the New York State attorney general’s office investigation into the store-brand supplements at four national retailers—GNC, Target, Walgreens, and Wal-Mart. The results reported that few of the supplements were found to contain the herbs shown on their labels and many of which included potential allergens not identified in the ingredients list.

We recognize that this type of news can be disheartening. There are so many vitamins and supplements on the market that it can be difficult to know what to look for. My job as supplement specialist at Myers Drug is to do the research to ensure that the vitamins and supplements we carry are high quality products that you can trust.

One of our core values at Myers Drug is “Integrity Always.” We strive to provide you with the best service and products that we can at reasonable prices. We carry brands that I believe in like Nordic Naturals and Natural Creations.

If you have any questions or concerns about the supplements you have been taking, please stop in and ask.

# 20% OFF

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