

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

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

The Natural Cure for Urinary Tract Infections that Works as well as or Better than Antibiotics

If your child has ADD/ADHD, and you want him or her to be focused, happy and successful when school starts this fall, NOW is the time to make the nutritional changes that make a difference

Here are five natural things your child can start doing today—and keep doing—to help stay focused, happy and successful:

1. Take a good multi-vitamin (be careful: some kids chewables contain aspartame, and don't contain enough B vitamins and certain minerals. Get a high quality multi-vitamin, multi-mineral supplement)
2. Take Essential Fatty Acids
3. Avoid aspartame, MSG, and heavily chemical laden products. Read labels—you may be surprised at what your kids (you too!) are really eating
4. Eat whole foods, especially lots of green leafy vegetables.
5. Take blue green algae (also known as spirulina)

Obviously, the subject of nutrition and learning disabilities is a deep one, and one that cannot be covered in such a small space. We'll cover the topic in further depth in a future issue.

If you've ever had a urinary tract infection, you know how painful they can be. And if you've ever had one, you've probably had two, or ten, or more. This is a malady that often comes back to haunt people again and again. Some people are simply more likely to get them (we'll explain why in a moment).

There's a simple natural remedy that wipes out UTIs, and offers relief unlike anything else we've seen. It's a simple sugar. To understand how it works, we must first understand the true causes of UTIs.

There's a microflora called *E. coli* that lives in our gastro-intestinal tracts.

There are many different types of strains of *E. coli*. Most strains are "non-pathogenic," and do not cause disease. They live in our GI tracts and do us no harm. Other strains *can* harm us, if we're exposed to it, or exposed to it in a certain way. For example, there's a strain that causes severe food borne illness, even death. That one doesn't usually live in your GI tract. The strain that causes UTIs, however, *might*. It's not in everybody's gut, but it's in some people's, and that's why some folks get UTIs over and over again, and other people might never come down with it.

Now, this strain of *E. coli* is OK if it's in your gut. It's when it's *not* in your gut that you experience problems.

In the average UTI infection, the *E. coli* moves from your G.I. Tract (where it may belong) into the bladder and urinary tract where it absolutely does *not* belong. Fingerlike projections on the *E. coli* grab hold of the inside wall of the bladder and urinary tract. So it sticks there, and starts to colonize. The microflora replicate, and suddenly you have a UTI infection.

This is when you want to have that naturally-occurring simple sugar, which is called *D-Mannose*. Your body actually uses very little of it—surprisingly, it's the *D-mannose* your body *doesn't* use that helps you! You see, *D-Mannose* has one amazing property: *It sticks to the E. coli better than the E. coli stick to you!* So when you take *D-mannose*, the majority of it isn't used by your body and it goes directly into the urine, it grabs onto the *E. coli* and *rinses them away*.

Now, a lot of people swear by concentrated cranberry juice for recurrent UTI infections. People used to think it worked by changing the pH of the urine, but actually, it works like *D-mannose*. Why? Because it is, essentially *D-mannose*! Concentrated cranberry juice contains small amounts of *D-mannose*. However, it doesn't contain as much as straight *D-mannose*, and may not have enough "oomph" to really knock out a UTI. *D-mannose* is 10 times more effective than concentrated cranberry juice.

D-Mannose (SIZE).....

PRICE

—over—

Protect Your Entire Body with the Universal Antioxidant

Alpha Lipoic Acid is the most outstanding and beneficial antioxidant we have yet discovered.

According to the May, 1997, issue of *Life Services News*, Alpha Lipoic Acid is a *unique* free-radical destroyer because *it is the only such nutrient which is both fat and water soluble*. **So Alpha Lipoic Acid easily travels across cell membranes to fight free-radicals both inside and outside the cell!**

Additionally, Alpha Lipoic Acid can:

- Regenerate and prolong the activity of other antioxidants, offering enhanced protection.
- Bind and help eliminate heavy metals such as copper, iron, mercury and cadmium; risk factors for a wide range of degenerative diseases.
- Detoxify the liver and cause liver tissue to grow back healthier. Taken in conjunction with Silymarin, or Milk Thistle, it really can make a great difference in the liver.
- Help improve muscle strength and energy level.
- Protect intracellular DNA from damage by dangerous free radicals.
- Discourage the formation and growth of cancer cells.
- Possibly even improve memory, especially when taken in conjunction with Acetyl L Carnitine.

Alpha Lipoic Acid is also especially beneficial for those suffering from diabetes. It lowers blood sugar, and has received particular acclaim in the treatment of diabetes-related neuropathies. Since it acts as a free radical scavenger and since complications are thought to be secondary to oxidative stress, ALA may help with polyneuropathy symptoms

According to an article published on WebMD on April 11, 2003:

Alpha lipoic acid, an over-the-counter antioxidant supplement, eases the burning, pain, and numbness associated with diabetic neuropathy, say researchers. In a new study, alpha lipoic acid offered quick and dramatic relief without the side effects of drugs currently used.

After just 14 treatments, patients with diabetic neuropathy who received high doses of intravenous alpha lipoic acid had a threefold improvement in pain, numbness and other symptoms compared with those treated with placebo.

But it didn't act only as a pain medication," says researcher and Mayo Clinic neurologist Peter Dyck, MD. "Alpha lipoic acid seems to actually change the metabolism of the nerve or blood supply to the nerve, and we noted some relief in symptoms."

For all these reasons and more, Alpha Lipoic Acid is a terrific addition to your daily nutritional regimen. Like all antioxidants, alpha lipoic needs to be replenished throughout the day for best results.

Alpha Lipoic Acid (**SIZE**)..... **\$PRICE**

Announcements:

Congratulations to **Christina Harris** for passing her Pharmacy Tech Boards. She is now a Certified Pharmacy Technician.

I am happy to announce the appointment of **Jamie Mitchell** to position of Store Operations Manager Trainee.

Rick Pack, R.Ph.