

# 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

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

## “Distinguish between what’s good for you and what is not”

Whether you eat it, surround yourself with it (your air and your environment), put it on you (cosmetics and personal care products), or think it—ask yourself: **is this good for me?**

If you feel confused about what is good for your health, I can’t blame you. There is so much information out there that is inadequate. In fact, some of what you may have read elsewhere could be misleading. Call us, talk to us. We’ll do a Health & Wellness Assessment, and discuss and evaluate it in a comprehensive way, offering you highly personalized health guidance advice unlike anything else you’ve ever received before.

Here are some “common sense” ways to help yourself stay young and healthy:

- **Drink plenty of clean, fresh purified water**—at least 64 oz. daily; more if you’re dehydrated, or drink coffee, tea or soda
- **Eat healthy**—make sure you get enough vitamins and minerals, and avoid processed food/drinks.
- **Exercise**—even a 20-minute walk will help.
- **Keep a positive outlook** on life. The connection between body and mind is very strong, and what you think can have an enormous impact on your health.
- Learn how to **manage stress**.

To learn more about healthy ways to improve the quality and quantity of your days, live without chronic pain, and increase your energy and happiness phone us at (434) 352-7161 for a **FREE** 15-minute consultation with Rick Pack, R.Ph.

## A DRUG-FREE Solution to ADD/ADHD that’s So Good... *We’ll Refund Your Money if You Don’t See an Improvement in 30 Days*

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

In an earlier issue, I mentioned that **the causes of ADD ADHD symptoms can be found in specific nutrients lacking in the body**. I presented five natural things your child can start doing today—and keep doing—to help stay focused, happy and successful during the upcoming school year:

1. Take a high quality multi-vitamin
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 spirulina

We have since found a natural supplement that takes these concepts and combines them with other well-researched nutrients—a supplement that goes far beyond our expectations.

It’s called **Attend**, and it has over 70 natural ingredients combined specifically to address the root causes of Attention Deficit Disorder ADD ADHD symptoms.

**Attend is, by far, the most complete supplement of ingredients proven to restore and balance brain functioning. And unlike prescription medicines, this blend is all-natural without harmful Ritalin side effects.**

Ingredients include essential fatty acids (over 20 of them!), amino acids, vitamins, minerals, specially-targeted nutritionals, an endo-membrane lipid complex, and homeopathic remedies.

Dr. Joseph Elrod, a specialist in alternative health and author of the best-selling book “Reversing Fibromyalgia” states: “Attend could be the answer to getting our kids off drugs and on natural products that work better without side-effects.”

### **Attend:**

- is a doctor-formulated supplement
- is all-natural, completely-safe and non-toxic
- works to stimulate neural growth and regeneration
- works without the harmful side-effects of Ritalin or Adderall

- helps calm and reduce stress and frustration
- helps focus attention and improve concentration
- helps flush toxins, plaque and free radicals from brain pathways
- helps increase flow of nutrients, oxygen and energy to the brain
- can be used while transitioning from less preferred Attention Deficit Disorder medicines.

I am very impressed with this product. We're just as impressed with the company that makes it.

Vaxa's supplements are manufactured in an FDA registered and inspected facility. All ingredients contained within each Vaxa formula are considered dietary food entities or supplements. But that's not all.

There are over 1,000 nutritional manufacturing facilities in the United States. Less than  $\frac{1}{2}$  of 1% of them match the exacting standards followed in the Vaxa facility. From raw material selection, to the water they use to clean their equipment, it is hard to match the intense attention to detail that goes into all of Vaxa's products.

I cannot recommend **Attend** enough to those suffering from ADD/ADHD. It's \$39.99 for one month's supply.

## **Why Suffer from Fall Allergies? You Don't Have To!**

Fall can be just as troublesome for those who suffer from allergies as spring, even moreso for some people!

The biggest culprits for allergies in the fall are weeds, especially ragweed, trees and grasses, and mold.

Ragweed's season is mid-august to first frost, and it's a huge problem this time of year. Ragweed is an annual plant that only lives one season, yet in that one season, a single plant can produce a billion grains of pollen. And that pollen can be dispersed for over 400 miles, meaning that you can be affected by ragweed, even if you don't live anywhere near it.

Mold is also a very big problem at this time of year in many parts of the country. Mold just loves warm and humid conditions, which means mold loves summer. You can find mold outdoors in soil, vegetation, rotting wood, and fallen leaves. What's particularly bad about mold is that it can live all over inside your home as well. Sometimes it looks like a black or brown or other color growth, but other times, it's nearly invisible. It can hide on walls, in upholstery, under rugs, in insulation-- pretty much everywhere.

Add all of that to the many trees and grasses that pollinate in the fall, and it's no wonder your allergies are just going crazy this time of year!

Over the counter remedies can provide some relief... but they fight only the symptoms, have side effects like drowsiness and dry mouth/eyes/nose, and ultimately worsen your allergies over the long haul.

We have something that can help relieve your symptoms without the side-effects of over the counter medications.

**For quick natural allergy relief without side effects, we recommend the following one-two punch:**

**Natural D-Hist:** the most comprehensive approach to fighting allergies that we have yet found. It contains five of the most powerful all-natural antihistamines on the planet.

**King Bio Allergies and Hayfever:** This water-based homeopathic offers fast relief of head & nasal congestion, mucus discharges, sneezing, cough, hoarseness, sore throat, itchy/watery eyes, sensitivity to light, ears that ring or itch, and dry mucus membranes or lips.

This all-natural combination doesn't cause drowsiness, won't keep you up all night, and really keeps allergy symptoms in line while helping to build the body's defenses. Separately, they're \$44.98, but during the fall allergy season, you can get the combination for just **\$39.99**, and your satisfaction is guaranteed **100%**.