

# 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

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

## 270 Million Year Old Plant Quashes Free Radicals, Improves Memory and May Stave Off Alzheimer's!

Calling in your prescription refills couldn't be easier now.

When you call us you'll discover our new automated phone system that quickly helps you call in your prescription refills, connects you with a diabetic and medical equipment associate, gift counter associate, pharmacy counter and the office. The phone system is easy to use and gets you where you need to go with the touch of a button. Plus, you can even stay on the line to get connected directly with the pharmacy.

Below is a easy to use card to walk you through our system. Cut this out and include with your personal phone book or near your telephone to help you. We look forward to assisting you with all your needs.

**Appomattox Drug Store**  
(434) 352-7161

### Main Menu:

**Opt 1** to refill a prescription. Then Press:

- 1 for refill (type in rx number & press #, hang up to end call)
- 2 if you're a doctor or nurse calling in prescriptions
- 3 to leave a voice mail message for the pharmacy staff
- 0 or stay on the line for the pharmacy staff

**Opt 2** for Diabetic & Medical Equipment

**Opt 3** for Gift Counter

**Opt 4** for Pharmacy Counter

**Opt 5** for the Office

Or Just stay on the line for the pharmacy

One of the best-known natural supplements for enhancing memory and avoiding Alzheimer's comes from a tree that dates back to 270 million years ago— before the age of the dinosaurs. It may very well be the oldest living seed plant in the world!

This herb has been used as a health remedy for millennia. It said to be mentioned in the Chinese Materia Medica *Shen Nung Pen Tsao Ching* (from about 2800 BC) as an aid for blood circulation.

Right now, it's one of the most well-researched and most widely-prescribed herbs in Europe, where it, is among the best-selling herbal medications. It ranks within the top five of all prescriptions written in France and Germany. Over 10 million prescriptions are written worldwide.

What is it? It's Ginkgo biloba!

Two of the most important constituent parts of Ginkgo, *flavonoids* and *terpenoids*, are believed to have potent antioxidant properties. These antioxidants scavenge free radicals— damaging compounds in the body that alter cell membranes, tamper with DNA, and even cause cell death. Free radicals are believed to contribute to a number of health problems including heart disease and cancer as well as Alzheimer's disease and other forms of dementia. Antioxidants such as those found in ginkgo can neutralize free radicals and may reduce or even help prevent some of the damage they cause.

Laboratory and animal studies have shown that *flavonoids* protect the nerves, heart muscle, and retina from damage. Meanwhile, the *terpenoids* improve blood flow by dilating blood vessels and reducing the stickiness of platelets, actually helping your blood vessels to *expand* to allow more blood to flow. The result? More oxygen and nutrients get where they need to go.

These properties, combined with their antioxidant properties, appear to be what makes ginkgo so useful for treating dementia and brain disorders.

Clinical studies suggest that ginkgo provides the following benefits for people with Alzheimer's Disease:

- \* Improvement in thinking, learning, and memory
- \* Improvement in activities of daily living
- \* Improvement in social behavior
- \* Fewer feelings of depression

One recent study found that Ginkgo may be as effective as leading

—over—

Alzheimer's medications in delaying the symptoms of dementia in people with this debilitating condition. In addition, ginkgo is sometimes used preventively because it may delay the onset of AD in someone who is at risk for it (for example, family history).

Ginkgo is widely touted as a "brain herb" and is commonly added to nutrition bars and fruit smoothies to boost memory and enhance cognitive performance. Researchers recently reviewed all of the high-quality published studies on ginkgo and mild memory impairment (in other words, people without Alzheimer's or other form of dementia), and concluded that ginkgo was significantly more effective than placebo in enhancing memory and cognitive function.

Studies indicate that Ginkgo is helpful for many conditions, like allergies, PMS, diabetic neuropathy, asthma, hearing problems (especially ringing in the ears), eye problems (especially retinal damage in cases of macular degeneration), altitude sickness, depression, disorientation, headaches, high blood pressure, erectile dysfunction, vertigo, cholesterol-related disease, and many other diseases of aging. It appears to be of particular benefit to those who are seeking to improve their memory, and especially those who suffer from or are at risk for Alzheimers.

**Ginkgo 120** (60 Caps, 120 mg) ..... \$29.98

## **Surprise— a simple mineral can help you lose weight!**

A study in last April's issue of the *International Journal of Obesity* reveals that yogurt may help turn up the body's fat-burning ability – making it easier to lose fat while maintaining lean muscle.

The study – submitted by lead researcher Michael Zemel, Ph.D., professor of nutrition at the University of Tennessee – found that individuals who included yogurt as part of their weight loss plan lost significantly more weight compared to others who simply reduced calories. The yogurt eaters lost 22% more weight—an average of 14 pounds, 66% more body fat and 81% more trunkal (stomach) fat during the 12-week study.

Why yogurt? The answer is calcium.

According to Zemel, a diet low in calcium appears to stimulate the production of fat-producing enzymes and decreases the activity of enzymes that break down fat. This supports earlier findings of his. He's shown that calcium stored in fat cells plays a crucial role in regulating how fat is stored and broken down by the body. It's thought that **the more calcium there is in a fat cell, the more fat it will burn**.

In 2000, he did a study on mice bred to be obese. The mice were fed a special high-fat, high-sugar diet for six weeks. All had a 27% increase in body fat. Some were then switched to a calorie-restricted diet. Of those, one group was given calcium supplements and others were fed "medium" and "high" amounts of low-fat dry milk.

Body fat storage was markedly reduced by all three high-calcium diets. Mice getting their calcium via supplements had a 42% decrease in body fat, whereas mice eating without supplements had an 8% body fat loss. However, calcium from dairy products produced the best results. Mice on the "medium-dairy" diet had a 60% decrease in body fat, while those on the "high-dairy" diet lost 69% body fat.

Why were the results from the dairy products so much better than those from the supplements? Well, calcium carbonate, the supplement they used in the study, is NOT a very good form of supplemental calcium. It's very high in elemental calcium, but isn't very easily absorbed by the body. (Even though it got good results!)

So, why might they study a rather non-bioavailable form of calcium supplementation versus a dietary form of calcium? And why might they later move on to studying yogurt's effect on weight loss?

*These tests were funded by the National Dairy Council.* So, yes, their results do need to be taken with a grain of salt, as it were. However, the basic research itself is valid— calcium helps with weight loss. Particularly weight loss around the midsection. We'd recommend a different form, though— sugar and dairy is not necessarily good for you. Neither is calcium carbonate. We recommend Vinco's Osteosheath, which has a combination of the three most potent and best-absorbed forms of calcium (Microcrystalline Hydroxyapatite Calcium, Calcium Chelate and Calcium Citrate). Begin taking Osteosheath today! A bottle of 90 is just \$15.98