

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

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

Extra Winter Pounds? Here's How to Shed Them!

Avoid the Flu this Season!

I discussed it at length in your last newsletter, but it bears repeating: Viruses are not evil, they're merely opportunistic. *If your immune system is strong, they can't infect you.*

The best way to combat these viruses naturally is to take a two-step approach. Build the best anti-viral you have— your own immune system— **with a good natural remedy— one that has anti-viral properties and also boosts your immune-system.**

The two remedies I recommend most often are: **Olive Leaf Extract**, proven to be an exceptional anti-viral, as well as an anti-bacterial, anti-parasitic *and* anti-fungal. and **KingBio Colds & Flu Homeopathic**. which is so safe that it's even recommended for children and pregnant women.

Both Olive Leaf Extract and KingBio Colds & Flu work as preventatives as well as remedies.

I have the combination of Homeopathic Colds & Flu and herbal Olive Leaf Extract at a special price of just **\$29.99** throughout the flu season.

—Rick Pack, R.Ph.

Did you know that the average person consumes over 3000 calories and over 200 grams of fat during the Thanksgiving meal? You'd have to walk 30 miles to walk that one off! And that's not including all the snacking that goes on during the day, which can add another 1500 calories... or more.

But wait— it gets worse.

According to the Calorie Control Council (CCC) from Thanksgiving through New Year's Day, the average person will gain 5 to 10 pounds!

Here are nine simple, common-sense tips (that really work) to help drop those extra pounds if you've added some extra weight this holiday season:

1. **Eat less.** Pretty self-explanatory! Eat small portions and fewer calories. By cutting calories, you literally "force" your body to burn fat.
2. **Eat more frequently.** This is a very important step if you are trying to lose weight. The idea behind meal frequency is to increase metabolism speed in an effort to burn fat. This proven effective method works!
3. **Eat plenty of fruits and vegetables.** Few calories, lots of fiber! The best fiber sources include spinach, greens, green beans, lettuce, cauliflower, and broccoli.
4. **Avoid refined sugars.** And be aware of how much sugar you're eating— it's in most processed foods, not just soda, candy, cookies, and cake.
5. **Avoid alcohol.** Alcohol is nothing but "empty calories." This is by far one of the biggest fat-producing culprits.
6. **Avoid late night eating.** Your metabolism drops at night, storing calories instead of using them! One recent study found that one glass of water shuts down late night hunger pangs of 95% of dieters, so...
7. **Drink plenty of water.** 75% of Americans are chronically dehydrated. And in 37% of people, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down your metabolism as much as 3%. Drinking water also helps to reduce water retention from excess sodium.
8. **Avoid excess complex carbohydrates.** Bread, pasta, potatoes, and rice are all complex carbohydrates. They aren't necessarily sweet, but when broken down by body proteins, they turn right into sugar!
9. **Use our Bioptrin.**

We always recommend that our patients examine and address their diet and lifestyle problems rather than seek a "quick fix" to unwanted weight gain. However, we've discovered a product that is so phenomenal that just about anyone can benefit from its abilities to burn fat while preserving lean muscle mass, prevent over-eating, and increase energy.

It's called **Bioptrin Plus**, and it contains **Bioptrinol™**, a synergistically integrated weight-loss compound that, according to the manufacturer, *Mellen Medical*, "makes up for years of over-eating and bingeing, years of being too tired to exercise, years of taking something out of the closet and finding it no longer fits,

—over—

and years of dieting failure. You'll never say diet again!"

Biotrin contains:

- **Essential Amino Acids-** L-Phelylalanine, L-Lysine, L-Tyrosine, L-Carnitine have been scientifically proven to be able to elevate mood, decrease appetite, reduce body fat, and use stored fat as energy.
- **Glucomannan Fiber-** Glucomannan expands 50 times its own weight when taken with a glass of water- you will automatically eat less and stay full long afterwards
- **CLA-** Conjugated linoleic acid can help the body convert fat to lean tissue.
- **Guarana Seed-** Guarana naturally increases and sustains energy- you'll be more active and less tired.
- **Garcinia Cambogia (HCA)-** Garcinia can help suppress the appetite, and reduce the body's ability to produce and store fat
- **Yerbe Mate Bark-** A natural appetite suppressant.
- **Green Tea-** A fat burner that can regulate blood sugar.
- **Chromemate Chromium** - Metabolizes glucose, normalizes blood sugars and promotes fat loss
- **Enerplex Herbal Blend** - This proprietary blend of natural herbal ingredients that help metabolize fat, rid the body of toxins, stimulates the intestinal tract, aid the thyroid, and increase thermogenesis.

A bottle of 120 capsules is just **\$39.98**. Compare that to *Zotrin* at **\$89!**

Give **Biotrin** a try. Remember— **we personally guarantee your satisfaction 100% or your money back**. Please stop in and let us know how well it works for you!

Gentle Care for Your Biggest Organ

On another subject, what's the biggest organ in your body? Well, the biggest organ in your body is actually **ON** your body— it's your skin, also known as your *epidermis*.

Our skin protects our bodies, helps keep us at just the right temperature and allows us to have the sense of touch. It's very active too. It's constantly renewing itself. In fact, every minute of the day we lose about 30,000 to 40,000 dead skin cells off the surface of our skin. That's almost 9 pounds of cells every year!

Why does dry skin afflict us so in winter?

Well, the very outermost part of our skin— the part that peels when we get a sunburn— is called the stratum corneum. One of its main roles is to help us keep moisture in our bodies.

Dry skin results when there is not enough water in the stratum corneum for it to function properly. When we use heat, that dries out the surrounding air, and the water in our stratum corneum evaporates.

You'd think adding more water would help rehydrate the stratum corneum— and drinking it does— but showering or bathing doesn't. In fact, that can have the exact opposite effect on it, especially if the water is hot! Why? Because it removes the normal, protective skin oils that are needed to hold in moisture.

Dry skin is more than just irritating, however. As the stratum corneum dries out it shrinks and, as it shrinks, small cracks can occur. This exposes the underlying living cells to irritating substances and germs in the environment. Repeated scratching can produce areas of thickened, rough skin (lichenification). Dry skin and scratching may even result in a dermatitis!

The product we recommend most highly for combatting dry skin is Instaderm. Its active ingredient is a special extract of papaya. Because of its secret extraction process, no other skin cream has it.

We consider it to be the finest skin cream in the world. In fact, Instaderm renders all other skin creams obsolete! It's extremely gentle on sensitive skin, and a little goes a very long way.

A three ounce jar is just \$19.98.