

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

FEBRUARY A special publication for our Very Important Patients from your Hometown Health & Wellness Center

The One Thing You Should Do Every Day to Fight Everything from Colds to Cancer

**It's not your chronological age that counts—
—it's your biological age!**

Possibly the most important thing you can do to fight the aging process is take an active role in your own good health.

Good health goes vastly beyond merely “not being sick.” When you are healthy, you know it. You have energy. You feel truly *alive*.

In this light, I have been re-thinking the term “anti-aging.” We don't want to fight chronological aging (how could we possibly do that?), we want to fight premature aging, or *premature biological aging*.

Many of the processes associated with premature aging are avoidable! So rather than strive for anti-aging, I'm going to refocus on *healthy aging*. Improving our bodies and our minds so that our biological age is younger than our chronological age.

Yes, you will get on in years. But you do not have to rapidly age biologically at all.

Please read every word of each of the articles in this, and succeeding newsletters so that you benefit more and more from this information. And if you have any questions, do phone us at **352-7161!**

Yours in good health & healthy aging,

Rick Pack, R.Ph.

What fights colds, cancer, and a host of other diseases? What helps your body to function optimally and boosts your immune system?

The answer is vitamins. Specifically, a good multivitamin/multimineral complex.

Vitamins and minerals are important. The standard American diet simply does not provide your body with enough of the vitamins and minerals your body needs. Nor does it give you enough antioxidants.

Just about everybody can benefit from taking a daily multivitamin/multimineral complex. When choosing the right multivitamin for you, it's important to keep a few things in mind:

- You want something that's going to give you the vitamins and minerals your body needs in the correct proportions. Most multis out there today give only the minimum recommended daily allowance. Often, this is not enough. You want the *optimal* amount, not necessarily the *minimum* amount.
- Also, it's important to get enough antioxidant value from your daily multiple. Antioxidants are what stop dangerous free-radicals from destroying cells and damaging arterial walls. Because antioxidants only stay in your system for six-to-eight hours, it's important to take a multiple vitamin that replenishes those throughout the day.
- And finally, you want to ensure that the vitamin you choose is pharmaceutical grade. Pharmaceutical-Grade vitamins must be at least 99% pure with no binders, fillers, excipients, dyes, or unknown substances. Quality control is the cornerstone of good manufacturing practices and you should select *Pharmaceutical-Grade* to ensure maximum benefits and peace of mind.

We have several brands of vitamins available, but my favorite so far, the one that provides the most “bang for the buck” is UltraGenesis Multivitamin/Mineral Complex. This pharmaceutical-grade multivitamin/mineral is rich in antioxidants, coenzyme B vitamins, and macro and micro minerals chelated to the best mineral transporters for ease of absorption. Even though it's powerful, it's not high-priced—you can get a bottle of 120 for just \$19.98.

Will the Passage of Time Ravage Your Body?

Not necessarily! There are steps you can take to fight the aging process. Possibly the most important thing you can do is take an active role in your own good health. Good health goes vastly beyond merely “not being sick.” When you are healthy, you know it. You have energy. You feel truly alive.

Over the years, I have been studying the effects of the aging process on the body. Human Growth Hormone (hGH) is being touted as one of the best anti-aging supplements ever found. Doctors are prescribing it in increasing numbers nationwide because study-after-study shows that Growth Hormone may reverse human biological aging.

For instance: one study in The New England Journal of Medicine showed that 6 months of hGH injections **reversed the aging process by 10 to 20 years**. Other studies have shown similar results.

Until recently, the only way to get Human Growth Hormone was from a needle, with a doctor’s prescription. And treatments were prohibitively expensive.

Until now, I have discovered a homeopathic form of this supplement: KingBio Homeopathic hGH. It’s safe, effective and available without a prescription— without the needle— and no pills. Just spray it under your tongue. It quickly enters your system bypassing your stomach. It’s quick, effective, and it doesn’t cost an arm and a leg!

Clinically-proven results of using Homeopathic hGH include reduced body fat, increased lean body mass, more energy, greater libido, reduced blood pressure and better sleep patterns.

It is so safe that I have absolutely no qualms about recommending it to all my patients, and offer my unconditional money-back guarantee. A bottle is just **\$24.98**.

Cholesterol-lowering Statin Drugs— Are They Safe Enough?

You may remember the cholesterol-lowering statin drug Baycol making headlines across the nation in 2001, due to increasing reports of side-effects like rhabdomyolysis, and its subsequent withdrawal from the market.

On January 10th, 2005, AstraZeneca, the makers of Crestor (another cholesterol-lowering statin drug) reported a death linked to its product.

Don’t get me wrong— statin drugs can be lifesavers. However, statin drugs can cause hepatitis, jaundice, and other unwanted side-effects, too, including the depletion of the body’s stores of CoQ10, a vital coenzyme.

That’s why I recommend a truly **SAFE** and comprehensive approach to LDL cholesterol management called LIPITROL. It contains antioxidants to combat free radicals. Several other all-natural components reduce cholesterol and triglycerides and also provide additional heart and liver support. And **LIPITROL doesn’t** cause “niacin flush” like most other cholesterol-reducing medicines.

*“My name is Barbara. When my cholesterol reached 280, my doctor prescribed Lipitor. But I was apprehensive because of the negatives and side-effects I was reading and hearing about. Then I talked to my pharmacist. He recommended **Lipitrol**, and I’m sure glad he did. After taking **Lipitrol** for just one month, my cholesterol dropped significantly. Since then it has been dropping more slowly, but consistently, recently being measured at 225. **My cholesterol has gone down by 55 points!** I feel really terrific about his recommendation, especially since my HDL has remained nearly as high as it was. I am absolutely elated.”*

LIPITROL works so well that **I guarantee your satisfaction 100%**. It’s just \$34.98 for a bottle of 90.

Please note: you should *never* discontinue taking any prescription medication without talking to your doctor. Your doctor knows what’s best for you, and statins can truly be lifesavers. Lipitrol can be used safely in combination with statin drugs and, in fact, can complement almost any prescription regimen you are taking. Additionally, if you’re taking statin drugs, do talk to us about CoQ10.