

Be Healthy, Stay Healthy NEWSLETTER



MEET THE TEAM

Kim Dockman

Meet Kim, our Marketing Director and the Store Manager at Norland Avenue Pharmacy. Kim was born in Okinawa, Japan, and lived in Germany for five years before settling just down the road in Waynesboro.

After graduating from Waynesboro Area Senior High School, she attended California University of Pennsylvania where she played volleyball and earned a Bachelor of Arts degree in English with a minor in Marketing.

Prior to working at the pharmacies, Kim worked as a Marketing Director at First Data. When asked what she loves about her job, she listed her coworkers, the joy of knowing we are helping people to feel better, and getting to be creative. (Kim does the window paintings at Carl's.)

When she's not at work, Kim enjoys spending time with her husband and five kids, playing or coaching volleyball, and watching her kids in whatever activities or sports they are involved in.

BENEFITS OF BERBERINE

Berberine is one of our most popular products here at Carl's Drug Store. So, what's all the hype about? Berberine is a natural compound found in a variety of plant species that has been shown in numerous clinical studies to provide several different health benefits! The benefits of berberine reach far and wide, helping to treat a variety of health conditions, and can be a great alternative for those who prefer not to go on prescription medications that may have negative side effects. While there's no such thing as a magical solution, berberine can be effective for certain patients when used the correct way. Here are four benefits of berberine:

1. Supports Healthy Blood Pressure

Berberine can be a great option for patients with hypertension, or high blood pressure. Several studies have shown berberine to be effective in lowering blood pressure when used in conjunction with lifestyle changes more so than lifestyle changes alone.

2. Lowers Blood Sugar Levels

Berberine has been proven to significantly reduce blood sugar levels in patients with type 2 diabetes. It works by decreasing insulin resistance, increasing glycolysis to help your cells break down sugar, decreasing the amount of sugar produced by the liver, slowing the breakdown of carbohydrates in the gut and increasing the beneficial bacteria present in the gut. Berberine has been shown to be as effective as metformin, a popular medication used to treat type 2 diabetes. Metformin can cause a depletion of nutrients including B12, D3, folate, magnesium, B1 and the microbiome, making berberine a solid alternative.

3. Lowers Cholesterol & Supports Heart Health

In numerous studies, berberine has been shown to help reduce total chole-

sterol, decrease LDL (or bad) cholesterol, decrease blood triglycerides, and increase HDL (or good) cholesterol. By working to reduce cholesterol levels, berberine can help to reduce your risk of heart disease, which is the leading cause of death in the world.

4. Could Help You Lose Weight

In addition to these benefits of berberine, this 2,500-year-old natural supplement could help you lose weight. Berberine activates AMPK, a pathway that upregulates metabolism, or the process of converting food into energy. It removes sugar from the blood and transports it to the cells, where it is then used for energy. A review of 12 different studies found that berberine led to significant improvements in body weight, body mass index, and belly fat! Berberine products can be used as an alternative to expensive weight loss drugs like Ozempic.

These impressive benefits of berberine are why this natural supplement has become increasingly popular! If one of your goals for 2025 is to improve

your health and/or lose weight, you may want to consider this supplement as part of your plan. Our favorite is Healthy Living Solutions Berberine 500mg.

If you think berberine could be an alternative that is beneficial for you, stop in and talk to one of our supplement specialists today!



FREE HEALTHY AGING & LONGEVITY SEMINAR

DATE: Thursday, January 30, 2025
TIME: 3:00PM
SPEAKER: Dr. Teresa Joy, Impressive Aesthetics & Wellness, Waynesboro, PA
LOCATION: Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA



Dr. Joy is a board-certified family medicine physician who has been treating patients for over 20 years. She graduated from Philadelphia College of Osteopathic Medicine and completed a residency in Kingston, NY. She went on to serve as a physician in the army at West Point and Aberdeen Proving Grounds. She settled down in Franklin County over 15 years ago to be closer to family.

Dr. Joy focuses on patient wellness by listening to their symptoms and concerns and develops an individualized plan that will improve their quality of life. She believes in slowing what most would call “the normal aging process” by starting on preventative therapy before problems begin. This includes the Biote BHRT therapy method to optimize hormone levels.

In this seminar, Dr. Joy will cover how to remain as healthy as possible throughout all your years and reduce the risk of development of Alzheimer’s disease, osteoporosis, diabetes, and cardiovascular disease. She will include what foods to avoid and what foods to include, essential vitamins and nutrients, hormone optimization, recommendations for cancer screenings, and lifestyle modifications (exercise including resistance training, sleep essentials, and stress management).

Seating is limited. Please be sure to reserve your spot: www.CarlsDrug.com/events or 717-597-2426.



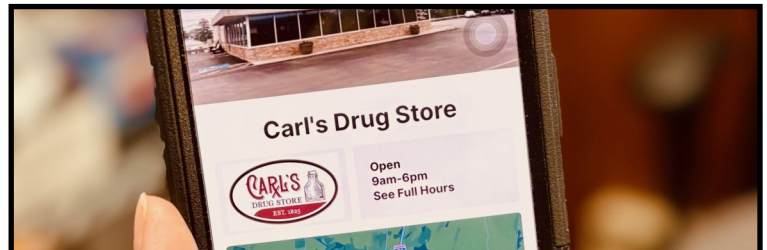
WINTER BLUES?

Vitamin D, the sunshine vitamin, helps protect against everything from depression to cancer to heart disease—even colds and the flu. Research suggests that vitamin D may protect against many autoimmune diseases including multiple sclerosis (MS) and lupus. There is even research showing that people with higher levels of vitamin D have an easier time losing weight. But in the winter months, getting enough vitamin D from the sun is nearly impossible, one reason for the winter blues.

Research suggests a whopping 42% of American adults are vitamin D deficient. That number increases the farther away from the equator you live. So in Pennsylvania, there’s a good chance you’re deficient.

The great news is that vitamin D is affordable, small, and easy to swallow. During the winter, when you’re getting less sun exposure, take 5000iu of vitamin D3 daily. You don’t want vitamin D2, because it is synthetic and will require your body to convert it to D3. Our favorite is Healthy Living Solutions’ Vitamin D-3 (12¢ per day).

If you get a decent amount of sun in the warmer months, you can cut the dose in half. If you don’t, keep your dose at 5000iu. As always, let us know if you have any questions.



AT YOUR FINGERTIPS

Some of the questions we hear regularly from customers on the phone include...

- Is my prescription ready for pick-up?
- Does my prescription have any refills left?
- Can I get a refill of my medication?
- What doctor wrote my prescription?
- When did I last have my medication filled?
- Can I give you my new insurance information?
- Will you print me a report of all my medications?
- Can you transfer my prescription from another pharmacy?

While we are happy to help answer any questions you have via phone, our free mobile app can also be used in each of these instances. Not only can you see your medication profile, request refills, and request to transfer prescriptions, you can also securely message a pharmacy team member if you can't find the answer you're looking for.

Download Rx365 today!



Rx365



**LAUGHTER IS
THE BEST
MEDICINE**

The police arrested a man selling "secret formula" tablets he claimed gave eternal youth. When going through their files, they noticed it was the fifth time he was caught for committing this same criminal medical fraud.

He had earlier been arrested in 1794, 1856, 1928, and 1983.

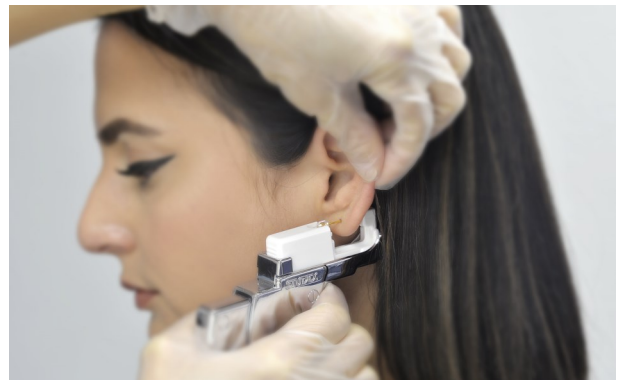
Did you hear about the painter who was hospitalized. The doctor said it was due to too many strokes.

If we remove all the margarine on earth, the world would be a butter place.

NON-PROFIT
of the month
**CAMP
TOHGLO**

Camp Tohiglo is a Christian camp situated on 54 beautiful acres outside of Mercersburg. It was established over 40 years ago to be a place where people of all ages can enjoy God's creation and grow deeper in their relationship with God through Jesus Christ. It is operated by the Fellowship of Bible Churches.

For more information, visit camptohiglo.org or call 717-328-2784.



**FREE
EAR PIERCING**

Coming soon to Carl's Drug Store: free ear piercing services to anyone six years of age and older with the purchase of a pair of Studex earrings. We have a few more details to get in place, but we are almost ready to get started! Here's what you need to know...

All earrings are non-allergenic with no nickel strike. Gold plated stainless steel and stainless steel earrings are \$35, while 14K gold and white gold earrings are \$65. We recommend anyone concerned with metal allergies to consider the 14K gold options.

In order to ensure an excellent ear piercing experience, you will need to visit CarlsDrug.com or call the store to make a piercing appointment. You must be 18 years of age or have a parent or legal guardian present identification to have your ears pierced.

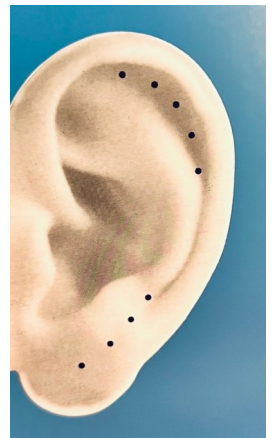
Our piercing specialists always wear single use disposable gloves to be as hygienic as possible. Our tools are cleaned before and after each use, and our earrings are always prepackaged and pre-sterilized. Before piercing, your ears will be cleaned with an alcohol swab. Our "touch-free" ear piercing process highlights safety and hygiene.

For anyone who would prefer, and for all customers under the age of ten, we will have two piercers pierce both ears simultaneously. Please note, we retain the right to turn away any customers who are not cooperating with our piercers.

The dots on this photo represent the areas we are able to pierce. Everything required is included: earrings, cleaning solution, and aftercare instructions.

Keep an eye on our website and Facebook page to see when we are ready and scheduling appointments.

As always, give us a call if you have any questions: (717) 597-2426.



**FEATURED PRODUCT:
EYE CORRECTING
CREAM**

While a gracefully aging face is a beautiful thing, there are changes that occur with age that you may wish to slow down. Age-related change in your facial appearance reflects your joys and challenges of years gone by. Some people choose to embrace those changes while others might like to postpone embracing those changes.

NOW Solution's 2-in-1 Eye Correcting Cream may help tone those fine lines and improve the dark circles around your eyes.

Made with mulberry extract, which reduces the appearance of dark circles, and patented Sepilift DPHP, which helps to tone and smooth the appearance of fine lines, it's a unique formula at an affordable price.

We think you will notice the skin around your eyes feeling tighter and looking brighter so quickly that you will want to add this great product to your daily facial care routine morning and night.

Stop by the store and grab yours today. You won't regret it! (\$21.99)



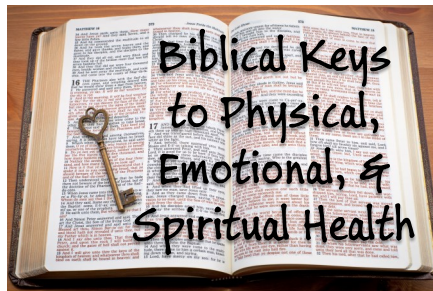
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MARK YOUR CALENDAR...

- Jan 1: Closed
- Jan 2: Winter Sale
- Jan 30: FREE Healthy Aging & Longevity Seminar (pg 2)

HAPPY NEW YEAR!



SEEK GODLY WISDOM

If you have godly wisdom you will be a peaceable, gentle, merciful, and fair person.

James 3:17 – But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial, and sincere.

Winter Sale

Deep Discounts on Gifts, Vitamins, Supplements, & Essential Oils

Starting January 2. While supplies last.

*These statements are culmination of the knowledge and experience of the team at Norland Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and this product is not intended to diagnose, treat, cure or prevent any disease.

www.CarlsDrug.com
(717) 597-2426

- Psalms 23:1

*The Lord is my shepherd,
I shall not be in want.*

Return Service Requested

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