

# Be Healthy, Stay Healthy NEWSLETTER



## THE BEST KEPT SECRET IN MEDICINE?



### MEET THE TEAM

#### Wendy Myers

For the past 24 years, Wendy has been both a business and life partner to Dr. Wayne Myers. Together, they have raised four children while managing the demands of running Norland Avenue Pharmacy and, more recently, Carl's Drug Store.

Wendy was the gift buyer and bookkeeper during the early days of Norland Avenue Pharmacy. As their family grew, Wendy shifted her focus to raising their children while continuing to select gifts for the store—often with a little one by her side. She works closely with several reps and attends the Philadelphia Gift Show annually to handpick unique treasures for the stores.

Originally from Baltimore County, Wendy attended Loyola University, where she majored in Elementary Education and played volleyball. Before she and Wayne were married, she designed educational software for the Calvert School in Baltimore.

Beyond business, Wendy has a deep love for growing and sharing flowers. Her faith is a cornerstone of her life, and she finds joy in studying the Bible and following and serving Jesus.

Next time you visit Norland Avenue Pharmacy or Carl's Drug Store, you'll likely find Wendy crunching numbers or carefully arranging a gift display.

Lisa had almost given up hope. For years, she battled multiple sclerosis (MS), a relentless autoimmune disease that left her exhausted, in pain, and struggling to live the life she once knew. Her doctors prescribed the usual treatments—steroids, immunosuppressants—but none of them seemed to slow the progression. Then, through an online support group, she stumbled upon something unexpected: Low Dose Naltrexone (LDN). Skeptical but desperate, Lisa convinced her doctor to let her try it. Within weeks, she noticed improvements. Her fatigue lessened, her pain subsided, and for the first time in years, she felt like herself again.

**What Is LDN?** Naltrexone was originally approved by the FDA in the 1980s to treat opioid and alcohol addiction. In standard doses (50mg+), it blocks opioid receptors in the brain, preventing the effects of drugs like heroin and reducing alcohol cravings. However, in the 1980s, a physician named Dr. Bernard Bihari made a surprising discovery: At much lower doses (typically 0.5mg to 4.5mg), naltrexone had a completely different effect on the body. Instead of simply blocking opioids, it appeared to **modulate the immune system, reduce inflammation, and enhance the body's natural production of endorphins.**

Since then, LDN has been used off-label to help people with a wide range of chronic conditions. Although LDN isn't yet FDA-approved for these new uses, growing research and patient experiences suggest that it may be one of the most promising under-the-radar treatments available.

**How Does LDN Work?** LDN works by temporarily blocking opioid receptors. This brief blockade triggers the body to **increase its production of endorphins and enkephalins**, natural chemicals that regulate pain and the immune system. As a result, inflammation decreases, immune

function improves, and many people experience relief from chronic conditions that have resisted conventional treatments.

**What Conditions Can LDN Help With?** Although research is still ongoing, people across the world are using LDN to manage conditions such as...

**Autoimmune Diseases:** LDN has shown promise in helping people with autoimmune disorders by balancing the immune system and reducing inflammation.

**Chronic Pain Conditions:** LDN's ability to increase endorphins and reduce inflammation makes it a promising option for chronic pain sufferers, including fibromyalgia and migraines.

**Mental Health & Neurological Conditions:** Because LDN increases endorphins, it may have potential benefits for depression/anxiety, autism, and Parkinson's.

With more research and awareness, LDN could revolutionize treatment for autoimmune diseases, chronic pain, and other difficult-to-treat conditions. For Lisa, the results were life-changing. Today, she is back to doing what she loves—hiking, spending time with family, and living without the crushing fatigue and pain that once defined her days. While LDN isn't a miracle cure, for many people, it's the **best-kept secret in medicine**—and it might just be the answer they've been searching for.

If you or a loved one are struggling with chronic illness, it may be worth exploring LDN. While it may not be the right fit for everyone, the growing body of evidence suggests that this small but mighty medication could offer hope where other treatments have failed.

LDN requires a prescription and a compounding pharmacy. We can provide you with information to take to your doctor and/or a list of doctor's who are already prescribing LDN.

# WEIGHT LOSS SEMINAR



**DATE:** Thursday, April 24, 2025  
**TIME:** 6:00pm  
**SPEAKER:** Courtney Bohn, MSN, RN, CRNP, CNM, NP-C, Elevation Healthcare, Waynesboro, PA  
**LOCATION:** Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA

Being overweight or obese—especially if you carry extra fat around your waist—may increase your risk for many health conditions including...

- Diabetes
- High blood pressure
- Heart disease
- Stroke
- Metabolic syndrome
- Fatty-liver diseases
- Some cancers
- Breathing problems
- Osteoarthritis
- Gout
- Kidney disease
- Pregnancy problems
- Fertility problems
- Sexual function issues
- Mental health problems
- Gallbladder disease

Reaching and staying at a healthy weight can help prevent these problems, stop them from getting worse, or even make them go away completely.

Courtney is a board certified Family Nurse Practitioner and also a board Certified Nurse Midwife. Prior to opening Elevation Healthcare, she worked in the local community providing women services. Courtney is a caring provider who has always had an overwhelming passion to help people. Prior to becoming a Nurse Practitioner and midwife Courtney worked as a registered nurse in the Medical ICU and in women and children services.

**Seating is limited. Please be sure to reserve your spot: [www.CarlsDrug.com/events](http://www.CarlsDrug.com/events) or 717-597-2426.**

## 20% OFF ALL JEWELRY

(SALE EXCLUDES PIERCING EARRINGS)



**APRIL 16-30**



## FREE REWARD PROGRAM

We are excited to celebrate our 200th anniversary this summer, and we recognize that we wouldn't be here without YOU, our loyal customers. That's why we offer our FREE Reward Program. After signing-up, members receive one point for every dollar they spend in the store, no matter what they are purchasing. When they reach 100 points, we mail them a \$5 reward that can be used on anything in the store except for prescription medications.

Our Reward Program covers both Carl's Drug Store and Norland Avenue Pharmacy, so you can earn and redeem points at either store. The best part is, you don't have to remember your member number or carry a card or tag to earn points. We will attached your membership number to your prescription profile in the store so that anytime you pick-up prescriptions you will automatically earn points. And, if you are just buying gifts or supplements, we can easily look up your account using your phone number.

**Ask any of our team members to sign-up for FREE!**



LAUGHTER IS  
THE BEST  
MEDICINE

I've decided I'll never get down to my original weight, and I'm okay with that...

After all, six pounds, three ounces is just not realistic.

The pretty lady at the DMV recommended to me that I sign up to be an organ donor. That's when I realized she was a girl after my own heart!

Why did the health coach send her new client to the paint store?

Because she knew you could get thinner there.

NON-PROFIT  
*of the month*  
NEW HOPE  
SHELTER

The New Hope Shelter in Waynesboro was founded in 1998 to provide temporary housing for the homeless from Franklin, Fulton, and Adams counties. They offer food and lodging to men, women, and children and provide the tools necessary to find employment and permanent housing.

For more information visit [newhopeshelter.org](http://newhopeshelter.org) or call 717-762-5840.



ALLERGIES? OPT  
FOR NATURAL

Spring brings beautiful transformations in nature, but for millions of people, spring also ushers in the misery of seasonal allergies. Sneezing, congestion, itchy eyes, and sinus pressure can make daily life unbearable. While over-the-counter (OTC) antihistamines and decongestants may seem like an easy solution, they often come with unwanted side effects such as drowsiness, dizziness, dry mouth, and even long-term dependency. Fortunately, a more natural approach to allergy relief exists—one that supports overall health while addressing symptoms without harsh chemicals.

Many common allergy medications work by blocking histamines or suppressing the immune response. While they can provide temporary relief, they often mask the symptoms rather than address the root cause of the allergic reaction. Additionally, prolonged use of OTC antihistamines can lead to tolerance, requiring higher doses to achieve the same relief. Some decongestants, such as pseudoephedrine, can raise blood pressure and cause restlessness or insomnia. These risks make it worthwhile to consider a natural approach that works with your body rather than against it.

Instead of relying on synthetic medications, many people are turning to natural ingredients that help combat inflammation, support the immune system, and reduce histamine production. Unlike OTC medications, natural allergy relief supplements work in harmony with your body to reduce histamine levels, support immune function, and promote overall well-being. They offer a sustainable approach without the risk of dependency or harmful side effects. Additionally, many of the ingredients provide other health benefits, such as improved digestion, reduced joint pain, and enhanced cardiovascular health.

If you're tired of dealing with the side effects of OTC allergy medications, it may be time to consider a natural approach. **We recommend Healthy Living Solutions' All Season Support** which includes vitamin C, MSM, quercetin, stinging nettle, bromelain, feverfew, AND Seasonal Seven Comfort Blend. Be sure to ask us for our special directions when you pick up your bottle.

*Feel better, be healthier, start now.*

FREE ESSENTIAL OILS  
BLENDING CLASS

Join essential oils specialist Sharon Smith as she teaches about four oils that pack a powerful punch. You will learn valuable information about Lemon, Lavender, Frankincense, and Tea Tree. During the class you will have the opportunity to observe twelve different recipes being blended that feature these four oils. You will follow along with a free recipe book, containing all twelve recipes, that is yours to take home. The recipes include...

1. Pain Gel
2. Anxiety Inhaler
3. Hand Sanitizer
4. Clean Air Blend
5. Headache Blend
6. Healthy Home Blend
7. Smoothing Skin Serum
8. Detoxing Foot Soak
9. Mold & Mildew Fighter
10. Calming Body Spray
11. Sore Muscle Relief
12. Respiratory Support Blend



Seating is limited!  
Visit [CarlsDrug.com/events](http://CarlsDrug.com/events)  
or call 717-597-2426 to  
reserve your spot.

Wednesday, April 30<sup>th</sup>, 6pm

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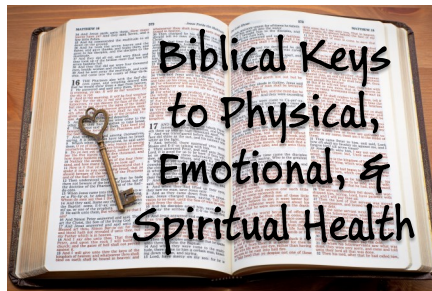
## MARK YOUR CALENDAR...

**Apr 16-30:** Jewelry Sale (pg 2)

**Apr 18:** Closing at 3 in honor of  
Good Friday

**Apr 24:** Weight Loss Seminar  
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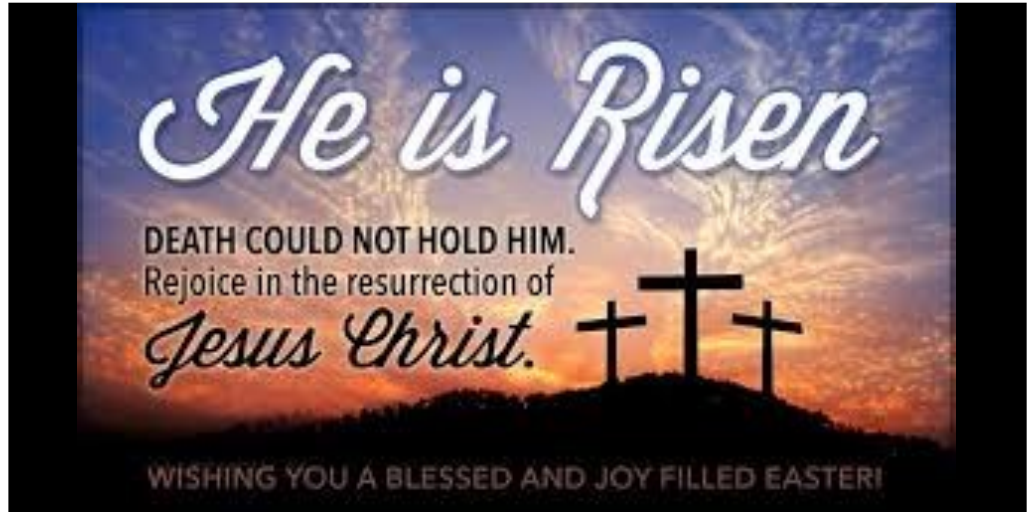
**Apr 30:** Essential Oils Blending  
Class (pg 3)



## GOD'S WORD IS ETERNAL

Life is constantly changing, but, in the midst of all this change, you can trust God's Word.

*Isaiah 40:8 – The grass withers and the flowers fall, but the word of our God stands forever.*



\*These statements are culmination of the knowledge and experience of the team at Carl's Drug Store. 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 these products are not intended to diagnose, treat, cure or prevent any disease.



[www.CarlDrug.com](http://www.CarlDrug.com)  
(717) 597-2426

- Psalms 23:2

*He makes me lie down in green pastures, He leads me beside quiet waters.*

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