

Be Healthy, Stay Healthy NEWSLETTER



4 SURPRISING BENEFITS OF MAGNESIUM



MEET THE TEAM

Debbie Gift

We would like to introduce you to our newest pharmacy technician, Debbie Gift. Debbie has lived in Waynesboro most of her life and now lives in Five Forks. After graduating from Waynesboro Area Senior High School, she attended Penn State Mont Alto where she earned an Associate's Degree in Physical Therapy. She worked for 15 years as a physical therapist assistant before opting to work as a childcare provider.

In 2010, Debbie became the Tax Collector for Quincy Township and continues to serve in that role today. She joined our team part-time earlier this year. When asked what she enjoys about this job she replied, "I have always enjoyed serving others, and the staff at Carl's are wonderful, conscientious, and caring people."

Debbie and her husband, Brad, have been married 32 years and have five children. In her free time she loves to crochet, read, and spend time with her five grandchildren.

Magnesium is a mineral that serves in numerous crucial roles for both your brain and body. In fact, magnesium is involved in more than 300 different enzyme activities that regulate diverse biochemical reactions in the body, such as protein synthesis, blood glucose control, blood pressure regulation, muscle and nerve function, and more. A shortage of magnesium in your body could be negatively impacting you in more ways than you know. Here are four surprising benefits of magnesium:

1. Can Improve Sleep Quality

There's nothing worse than staring at the ceiling all night long, unable to get quality shut-eye. Drift peacefully into your sweet dreams with the help of magnesium! Researchers believe that magnesium may help to relax the central nervous system and start a series of chemical reactions that can increase the feeling of sleepiness, making this one of the most popular benefits of magnesium. Studies suggest that magnesium supplements may help reverse age-related changes in sleep often experienced by many older adults.

2. Mental Health Support

Magnesium plays an important role in the regulation of a healthy mood. Patients with low levels of magnesium can often experience anxiety, depression, and fatigue. Research has shown that many adults and children don't get enough magnesium which could be related to increased rates of mood and mental health issues. Magnesium supplementation could provide your body with that extra boost of magnesium to get you feeling better and more like yourself.

3. Relief from Migraines

People with migraines often have lower

levels of magnesium than those without them. Researchers found magnesium oxide to be as effective as valproate sodium at preventing migraines without adverse side effects during a 2021 study. Taking daily magnesium supplements can be effective at preventing menstrual-related migraines according to another study. Magnesium oxide is frequently used to prevent migraines with a general recommended dosage of 400-500mg a day to achieve optimal benefits.

4. Strengthening of Bones

Magnesium is needed for healthy bones! In fact, magnesium is the fourth most abundant mineral in the body with about 60% of it stored in the bones. Magnesium interacts with a number of different nutrients—calcium, vitamin D, and phosphorus—to affect bone health. Magnesium plays an important role in the function of the parathyroid hormone (PTH) which controls calcium and phosphorus levels in the body.

So which magnesium supplement should you trust to be both safe and effective? Our **Healthy Living Solutions' Advanced Magnesium** contains magnesium lysinate glycinate (mineral amino acid chelate) and chelated dimagnesium malate—both formulated for enhanced absorption. Malic acid (from dimagnesium malate) supports energy production and lactic acid clearance. Malic acid may also support antioxidant systems by enhancing glutathione and antioxidant enzymes. This product is often used to support energy production and muscle health. Take two capsules daily (57¢ per day).

For the entire month of March, ALL magnesium products will be BOGO 50% off!

FREE SLEEP SEMINAR

DATE: Thursday, March 27, 2025
TIME: 3:00pm & LIVE on the Norland Avenue Pharmacy Facebook page
SPEAKER: Dr. Wayne Myers
LOCATION: Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA

Poor sleep may put you at higher risk for...

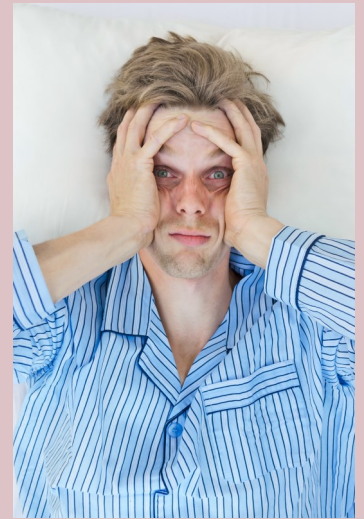
- Cardiovascular disease
- Cognitive decline and dementia
- Depression

The benefits of good sleep include...

- Better brain function including alertness, decision making, focus, learning, memory, reasoning, and problem solving
- Healing and repair of cells, tissues, and blood vessels
- Stronger immune system

Join Dr. Wayne as he helps you identify why you may not be sleeping well and what steps you can take that may help you to improve your sleep to reach optimal health.

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



YOUR VACCINATION STATION

At Carl's Drug Store, we offer the following vaccinations to anyone ages 18 and older without the need of a prescription or appointment:

- Engerix (Hepatitis B)
- Prevnar 20 (Pneumonia)
- Arexvy (RSV)
- Shingrix (Shingles)
- Pfizer (COVID)
- Boostrix (Tetanus, Diphtheria, & Pertussis/Whooping Cough)

We administer these vaccinations Monday through Friday from 10am until 5pm and Saturdays from 10am until noon. We also offer regular and high dose flu shots in season.

Some insurances may cover all or part of vaccines and/or administration fees. Medicare A & B will cover Pneumonia and Flu. Most Medicare D plans will cover a good share of Shingles. We will try your insurance first and let you know the cost to you before administering the vaccination. We also have cash prices posted for those without insurance coverage.



PENNSYLVANIA PRIDE

We are excited to introduce a new line of gift items featuring Pennsylvania! Show your PA pride with this great selection including...

- Coasters
- Puzzles
- Artwork
- Stickers
- Fleece Blankets
- Mugs
- Magnets
- Tote Bags
- And More!

Stop in today for the best selection!



LAUGHTER IS THE BEST MEDICINE

People ask why I eat so much chocolate. Easy: my body doesn't make it, so I take it as a supplement.

A tour guide was showing a tourist around Washington, D.C. The guide pointed out the place where George Washington supposedly threw a dollar across the Potomac River.

"That's impossible," said the tourist. "No one could throw a coin that far."

"You have to remember," answered the guide. "A dollar went a lot farther those days."

NON-PROFIT *of the month* PREGNANCY MINISTRIES

Pregnancy Ministries, Inc.'s mission is to uphold the sanctity of human life by providing Christ-centered assistance in pregnancy and related areas. Their services include free pregnancy testing, free ultrasound scans, free pregnancy options education, free parenting education, and infant supplies.

To find out more you can call 717-267-3738 or visit their website at pregnancyministries.org.



DIABETES BOOTCAMP

- Are you struggling with figuring out what to eat and how to exercise?
- Do you want to learn how to prevent hospitalizations from diabetes?
- Do you want to figure out how to monitor your glucose most effectively?
- Are you confused or overwhelmed by your medications and want to learn more about all your options?
- Do you need help with setting and achieving goals and want to learn how to lower your A1C?

Join Norland Avenue Pharmacy's ADCES accredited Diabetes Self-Management and Education Program: DIABETES BOOTCAMP!

When you sign up for Diabetes Bootcamp you will get:

- Initial phone meeting with pharmacist Dr. Ashli Yoder to review your medications, labs, and goals
- Six weekly one-hour long group workshops each focused on a different aspect of diabetes
- Help setting and tracking one lifestyle change over the course of six weeks
- Healthy food tasting at every class
- Ongoing support options after the bootcamp

WHEN: Mondays (4/14, 4/21, 4/28, 5/5, 5/12, 5/19) from 11:30am-12:30pm

WHERE: 12 St. Paul Drive, Chbg (2nd floor conference room, directions will be provided)

COST: \$125 for the entire bootcamp!

Take back control of YOUR diabetes, YOUR health, and YOUR life!

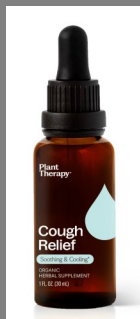
For more information or to sign up, call Norland Avenue Pharmacy at 717-217-6790.

WHEN YOUR COUGH WON'T QUIT



Breathe easy with Plant Therapy's Cough Relief Clearing Chest Rub. This is a plant-powered formula designed for those seeking a clean, petroleum-free alternative to traditional vapor rubs. Infused with pure Eucalyptus, Peppermint, and Ravintsara essential oils, along with a cooling touch of menthol, this chest rub offers a crisp, invigorating aroma that clears the senses and supports easy breathing. Perfect for helping to ease congestion, calm coughs, and soothe headaches, this formula provides relief when you're feeling under the weather. Plus, its skin-nourishing oils provide a touch of moisture, so you can enjoy soothing comfort without the dryness. Crafted in small batches with the highest attention to quality, this formula features ingredients you can feel good about — no hidden additives, just natural goodness you know and trust. Not recommended for children under 6. (\$10.99)

When a stubborn cough hits, finding relief shouldn't be complicated. Plant Therapy's Cough Relief Organic Herbal Supplement combines nature's most trusted herbs into a soothing blend designed to calm your throat and support easier breathing. Elecampane Root works gently yet effectively to clear mucus, while Sage Leaf provides a refreshing, cooling sensation that comforts irritation. As your throat relaxes, Wild Cherry Bark helps quiet coughs, while Licorice Root forms a protective coating, easing discomfort with every drop. To promote a sense of calm, California Poppy supports relaxation, helping your body rest and recover. Sweetened naturally with flax-derived vegetable glycerin, this certified organic tincture is as pleasant to take as it is effective. Trust in its simple, time-tested formula for comforting relief whenever you need it. (\$24.99)



IN THIS ISSUE...

Four Surprising Benefits of Magnesium (pg 1)

Meet the Team (pg 1)

Your Vaccination Station (pg 2)

Pennsylvania Pride (pg 2)

The Best Medicine (pg 3)

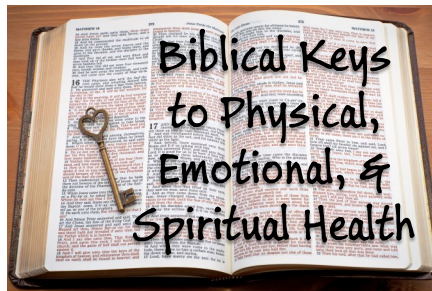
Non-Profit of the Month (pg 3)

When Your Cough Won't Quit (pg 3)

MARK YOUR CALENDAR...

Mar 17-31: Candle Sale

Mar 27: FREE Sleep Seminar (pg 2)



GOD IS NOT MAN

It is always good to remember that God is the Creator not the created.

Numbers 23:19 – *God is not man, that He should lie, nor a son of man, that He should change His mind. Does He speak and then not act? Does He promise and not fulfill?*



20% OFF ALL CANDLES & CANDLE ACCESSORIES

MARCH 17-31

*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.CarlsDrug.com
(717) 597-2426

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

- Psalms 23:2

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