

# Be Healthy, Stay Healthy NEWSLETTER



## MARK YOUR CALENDAR FOR OUR CHRISTMAS WINDOW REVEAL



Save the date...

### Friday, November 14th

Not only will we be having our Christmas Open House starting at 9:00am (see details on page 4), we will also be having our second annual Christmas Window Reveal ceremony at 6:30pm.

Bring the whole family for...

**Hot chocolate:** not just instant hot chocolate packs, but our special recipe that alone makes the trip worth it!

**Cookies:** homemade with love by our own store manager, Sharon, and her mom.

**Carolers:** From Shalom Christian Academy.

**Shopping:** The store will be open with all the Christmas Open House sales and specials until 8pm.

The evening will include a Christmas story perfect to set the tone for the entire Christmas season.

***We hope to see  
you there!***

## SURVIVING THE HOLIDAYS

The holidays are upon us: the lights, the carols, the cookies... the endless to-do lists, surprise family dynamics, and the dreaded budget acrobatics. If you've ever found yourself muttering "I need a break" during the holidays, you're not alone.

At Carl's Drug Store, we believe that enjoying the season should not mean surrendering your health to the whirlwind. So let's talk about what stress is doing inside your body this time of year — and how you might support yourself.

Stress isn't just about feeling frazzled. It's a biologic response. When your calendar has more entries than a Christmas shopping list, your brain and body go into "stay alert" mode. Your adrenal glands pump out cortisol (the "stress hormone"), your heart may beat a bit faster, digestion may slow down, sleep may get cut short, and your immune system can get taxed. Here's a breakdown of key effects:

**Elevated cortisol and adrenaline** — These hormones help you handle immediate threats (last-minute gift panic), but when they stay elevated chronically, they impact sleep, mood, blood sugar, and even promote inflammation.

**Poor sleep** — With social events, late-night shopping, and sugar-rich treats, sleep suffers. That weakens resilience, lowers mood, and reduces your body's ability to recover.

**Weakened immune response** — Stress suppresses parts of the immune system, making you more susceptible to colds and viruses.

**Digestive upset & appetite changes** — Some people overeat holiday treats, others skip meals. Stress can slow digestion, trigger bloating, or prompt cravings.

**Mood and cognitive impact** — "Holiday stress" can look like irritability, brain fog, worry, or a sense of being "on edge".

In short: even though the holidays are supposed to be merry and bright, they can take a toll on your body's equilibrium.

You may be wondering what you can do to stay balanced. We believe in a two-pronged approach: **basic self-care + targeted support**. Here are some practical steps:

**Prioritize sleep:** Think of sleep as your "reset button".

**Move your body:** A 10-minute walk helps clear stress hormones and boosts your mood.

**Mindful moments:** Deep breathing, meditation, or just sitting quietly with a cup of tea helps cut the "stress signal" loop.

**Watch the triggers:** Sugar, caffeine, late nights, skipping meals — these amplify stress. Try moderation, and include nutrient-rich foods.

**Support your body:** Among the many tools we can offer is a high-quality supplement from Healthy Living Solutions—**Advanced Stress Support (20% off in November)**.

This is not a magic pill, but one well-designed option that blends botanicals and calming amino acids to help your body adapt to stress and support clearer mood and better sleep. It includes **Holy Basil** (an adaptogen known for helping the body maintain balance under stress). **Ashwagandha** (a premium form associated with stress, vitality, and cognitive focus support), **L-Theanine** and **GABA** (both of which support relaxation without drowsiness — so you can face the holiday hustle without turning into a couch potato elf).

During the holidays, you deserve more than surviving — you deserve thriving. The twinkling lights will stay through New Year's, and your to-do list may grow. But while everyone else is trying to "do it all," you can choose to *care for yourself* too. Because the best gift you can give yourself — and your loved ones — is your well-being.

Stop by and ask about how we can help you manage stress this season, or plan to join our free Stress Seminar (details on page 2). Let's make this season not just busy, but balanced and joyful.

# FREE DEALING WITH STRESS SEMINAR

**SPEAKER:** DR. WAYNE MYERS  
**DATE:** MONDAY, DECEMBER 1<sup>ST</sup>, 6PM  
**LOCATION:** NORLAND AVENUE PHARMACY

Feeling overwhelmed as the holidays approach? You're not alone! Join us for a **free seminar on managing stress and protecting your health**. Dr. Wayne Myers will unpack how stress affects your body—from sleep and digestion to mood, energy, and immunity—and share practical, science-based strategies to help you stay calm, balanced, and healthy through the holiday hustle.

You'll walk away with simple, effective tools to reduce stress naturally, improve resilience, and truly enjoy the season ahead. Whether you're juggling family gatherings, gift lists, or just the pace of everyday life, this seminar will equip you to handle it all with more peace and confidence. **Reserve your spot today—your body and mind will thank you!**

***Seating is limited, and we expect this seminar to fill up fast.  
To reserve your spot visit [CarlsDrug.com/events](https://CarlsDrug.com/events) or call (717) 597-2426.***



\*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.



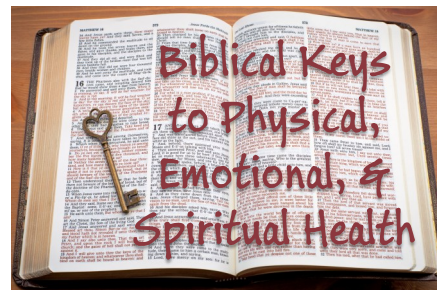
## MEDICATION SIMPLIFIED

Managing multiple prescriptions can be confusing and time-consuming—but it doesn't have to be. Medication synchronization (or "med sync") occurs when we coordinate all your prescriptions so they're filled on the same day each month.

If you choose to synchronize your medications, we will proactively request new prescriptions when needed and get them ready for you without you having to call in for refills. That means fewer trips to the pharmacy, less work for you, and fewer missed doses. On top of that, we also deliver to our med sync patients for free!

When paired with packaging, taking your medications becomes effortless. Each pack is clearly labeled with the date and time to take your dose, helping prevent errors and keeping you or your loved one on track. This service costs just \$10 per month.

Together, synchronization and packaging improve **adherence, safety, and peace of mind**—especially for patients with chronic conditions or caregivers managing multiple medications. Ask our pharmacy team how to enroll in our **Medication Synchronization & Packaging Program** and take the stress out of managing your prescriptions once and for all!



## BE ON YOUR GUARD

Don't grow weary in following Jesus. Be on guard for Satan's temptations.

1 Corinthians 16:13-14 – *Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.*



## THE SEASON OF GIVING: HELP US HELP OTHERS

When you come to the pharmacy this November or December, bring a non-perishable food item to donate to the Five Forks Food Pantry. In return for your donation, we will give you a 20% off coupon to be used on any regularly priced gift item in the store.

If you don't have a food item to donate, or forget it at home, we will have baskets of personal care items needed at the pantry that you can purchase at cost as your donation.

Thanks for helping us help others this season!



# LAUGHTER IS THE BEST MEDICINE

The waiter asked if I wanted a box for my leftovers. I told him I didn't like fighting.

Why can't you hear a pterodactyl going to the bathroom? Because the P is silent.

What do you call a lazy kangaroo? A pouch potato.

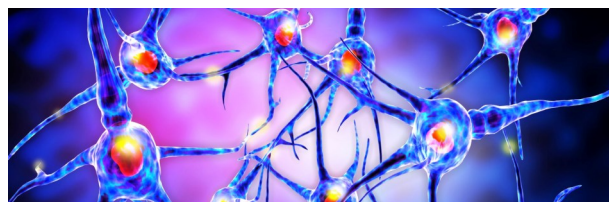
How many apples can you grow on a tree? All of them.

What do sprinters eat before they race? Nothing, they fast.

What do you call a lamb dressed up as a biker for Halloween? Baaaaa-d to the bone.

# NON-PROFIT of the month OSI

A portion of our sales for the month of November will be donated to Occupational Services, Inc. (OSI). OSI assists individuals with disabilities or other barriers to employment to lead more productive and meaningful lives by maximizing their abilities to achieve their highest potential through vocational programs and employment services. For more information visit [osinc.org](http://osinc.org).



# THE LITTLE-KNOWN THERAPY CHANGING LIVES: LDN

Low Dose Naltrexone (LDN) continues to gain attention among patients and healthcare providers for its ability to help the body heal, calm inflammation, and restore balance—especially for people struggling with chronic conditions that conventional medicine often overlooks.

Originally developed in much higher doses to treat addiction, naltrexone has shown remarkable benefits when used at very low doses (typically 0.5 mg –4.5 mg). At this range, it works very differently—**helping the immune system regulate itself rather than suppressing it.**

LDN works by temporarily blocking opioid receptors in the body, which in turn triggers a rebound increase in your body's natural endorphins—your “feel good” and “healing” chemicals. These endorphins don't just improve mood; they play a vital role in **modulating the immune system, reducing inflammation, and promoting tissue repair.**

Research and clinical experience suggest that LDN may be helpful for many conditions, including:

- Autoimmune diseases (such as Hashimoto's thyroiditis, rheumatoid arthritis, lupus, and multiple sclerosis)
- Chronic pain and fibromyalgia
- Crohn's disease and ulcerative colitis
- Chronic fatigue and long COVID
- Neurological conditions such as Parkinson's and neuropathy
- Depression and anxiety

While it's not a “quick fix,” many LDN patients report improved energy, better sleep, reduced pain, and a greater sense of well-being over time. And because LDN is not commercially available in these low strengths, it must be carefully prepared by a qualified compounding pharmacy. This is where choosing the right pharmacy truly matters.

Because dosing often starts very low and adjusts gradually based on your response, having a local compounding pharmacist who understands LDN makes the process smoother, safer, and more effective. We will check in with you and help you to find the right dose for the best outcomes.

It's not a cure-all—but for many, LDN is the missing piece that helps restore balance and improve quality of life. Stop by the pharmacy or visit [NorlandRx.com](http://NorlandRx.com) for more information. You can have LDN filled at Norland Avenue Pharmacy and delivered to Carl's Drug Store for FREE!

## Notice to Our Valued Patients:

**Beginning December 1, 2025, all credit card transactions will include a 3% processing fee.** This change is necessary due to the rising costs imposed by credit card companies. These fees have continued to increase, and in order to keep our prices fair and continue serving our community, we can no longer absorb these costs. We appreciate your understanding and continued support of our locally owned, independent pharmacy.

# ESSENTIAL OILS MAKE & TAKE WORKSHOP CHRISTMAS COUNTDOWN DIFFUSER BLENDS

TUESDAY, NOVEMBER 18TH, 6:30PM

BIBLICAL EDUCATION CENTER, 1542 BUCHANAN TR E

Make 25 different diffuser blends to use from December 1st-25th. Your home will be filled with the scents of the season as you count down to Christmas with each blend. You will receive 25 laminated recipe cards, a tin that holds the 25 bottles of oil, and a box to store everything in. The cost of the workshop is \$35 and must be paid in order to reserve your spot.

**Seating is limited, be sure to call 717-597-2426 or stop in the pharmacy to reserve your spot.**



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## MARK YOUR CALENDAR...

**Nov 14:** Christmas Open House &  
Window Reveal (pg 1)  
**Nov 18:** Essential Oil Make & Take  
Workshop (pg 3)  
**Nov 27:** Closed for Thanksgiving  
**Dec 1:** FREE Dealing with Stress  
Seminar (pg 2)



GET MERRY AND BRIGHT

# Christmas Open House

**FRIDAY, NOVEMBER 14, 2025**

**20% OFF EVERYTHING IN OUR STOREFRONT**

**GRAB BAG COUPONS UP TO 50% OFF**

**DOOR PRIZES & FREE GIFT BAGGING**

**(717) 597-2426**  
**www.CarlsDrug.com**

*Surely goodness and love will  
follow me all the days of my  
life, and I will dwell in the  
house of the Lord forever.*

- Psalms 23:6

**Return Service Requested**

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