

# Be Healthy, Stay Healthy NEWSLETTER



## MEET THE TEAM

### Karen McCardell

Karen was born in Chambersburg and grew up in St. Thomas. She graduated from James Buchanan High School, and currently lives in Chambersburg. Prior to joining the Norland Avenue Pharmacy team in 2012, Karen worked for PAB Roof Truss as an estimator for 23 years.

Karen not only serves as a customer care clerk at Norland, she also makes follow-up calls to patients taking compounded LDN or Semaglutide to help them get to the right dose and deal with any questions they may have. She has recently started to spend some time working at Carl's Drug Store, so you will see her here too.

When asked what her favorite part of working for the pharmacy is, Karen said, "Talking to the customers."

In her free time, Karen enjoys camping and riding the side by side with her husband and dog. Karen has been married for 28 years and has an adult son.

She's sure to know your name soon!



## KEEPING CHRIST IN CHRISTMAS

Every December, it happens. The calendar fills up faster than your supplement cabinet, the to-do list multiplies like Christmas cookies, and somewhere between "Silent Night" and "Jingle Bells," you start wondering: *Where is Christ in all this?*

You start with the best intentions — "This year, I'll slow down and keep Christ at the center." But then come the school concerts, the travel, the shopping, the late-night wrapping sessions, and the endless trays of sugar. Suddenly, peace on earth feels unreachable, and you're praying your stretchy pants make it to New Year's.

If that sounds familiar, you're not alone. But God never asked for perfection — He asked for presence. This year, maybe the healthiest thing you can do for your mind, body, and spirit is to put Christ back at the center of it all. Here's how — and it might even lower your blood pressure too.

**Start with the "Why," Not the "What."** Before the shopping lists and schedules take over, take five quiet minutes to remember *why* you celebrate in the first place. Christmas isn't about the tree or gifts — it's about God stepping into the mess of humanity with love and redemption.

Write your "why" somewhere you'll see it daily. When the day feels too full or the lines too long, pause and remember — even the first Christmas involved travel stress, unexpected guests, and a makeshift nursery. Yet through it all, God's presence changed everything.

**Simplify Like Your Soul Depends on It.** You live in a culture that worships "more" — more decorations, more gifts, more commitments. But "more" is often the thief of peace. Jesus wasn't born in a palace. He came quietly, simply, and surrounded by straw. If the Savior of the world can make an entrance in a barn, you can host Christmas dinner without the fine china. Simplifying isn't about doing less — it's about doing what matters most.

**Make Worship Part of Your Routine — Not an Afterthought.** You plan every other part of Christmas. Plan to worship, too. Attend a candlelight service, play your favorite worship songs while baking cookies, or gather your family to read the story from Luke 2 before opening gifts. If you have little ones, bake a "birthday cake for Jesus" and actually sing. It's silly, yes, but it plants a truth in their hearts that lasts longer than any toy.

**Give Generously — But Not Just from Your Wallet.** The most meaningful gifts cost nothing at all: time, forgiveness, presence, encouragement. Visit a shut-in neighbor. Drop off a meal to a struggling family. Call that friend you've lost touch with. The very first Christmas gift wasn't wrapped under a tree — it was wrapped in swaddling clothes, and it's still changing lives today.

**Laugh at the Chaos.** Because it's coming — the toppled tree, the burned cookies, the missing gift tag. It's okay. The first Christmas wasn't perfect either. Mary and Joseph faced full inns, cold nights, and crying animals. Yet somehow, God turned the imperfect into the miraculous. So when things go sideways, take a deep breath. Pour a cup of cocoa. Laugh. Let grace fill the gaps where perfection can't.

**Remember: Peace Comes from a Person, Not a Plan.** You can organize your schedule, color-code your wrapping paper, and still feel frazzled. True peace isn't found in having it all together — it's found in Jesus.

He is still Emmanuel — "God with us." That truth alone can steady your spirit when the world feels loud and demanding.

So this year, put Christ back in Christmas. Trade stress for stillness, hurry for holiness, and chaos for connection. And if you can manage to do it while keeping your blood pressure under control and your cat out of the nativity scene — well, that's just a Christmas miracle in itself.

**From all of us at Carl's Drug Store,  
Merry CHRISTmas!**

# NEW PRODUCT ALERT: GLP-1 PROBIOTIC PRO

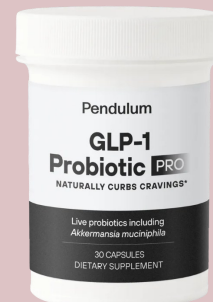
**Curb your cravings & appetite.** Pendulum GLP-1 Probiotic Pro is formulated with beneficial bacterial strains that naturally increase GLP-1, a satiety hormone that helps maintain a healthy weight. This dietary supplement naturally boosts your body's GLP-1 production. It does not contain GLP-1 and is not a GLP-1 agonist drug.

- 91% of patients reported reduced overall food cravings
- 87% of patients reported reduced carb cravings
- 88% of patients reported reduced sugar cravings
- 85% of patients reported reduced fast food cravings

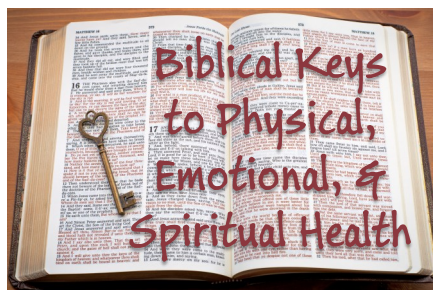
Pendulum GLP-1 Probiotic Pro includes Akkermansia muciniphila, Clostridium butyricum, and Bifidobacterium infantis, the strains that help your body produce more GLP-1 naturally. Here's how it works...

1. As you eat, metabolic processes are triggered in the body.
2. In the gut microbiome, the beneficial bacteria metabolize fibers into butyrate, acetate, and propionate; secrete key proteins such as P9; and stimulate mucin rejuvenation through consumption of "old" and rebuilding new mucin.
3. Butyrate and P9 stimulate GLP-1, the hormone that tells the pancreas to produce insulin, slowing down the emptying of the stomach and signaling to the brain that you are full.
4. These signals reduce appetite, helping you maintain a healthy weight.

We are excited to carry this and several other great products from Pendulum. Stop by today!



\*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.



## REMEMBER YOU ARE CHOSEN

You are God's special possession, a child of God. Never stop praising Him.

*1 Peter 2:9-10 – But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of Him who called you out of darkness into His wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy. But now you have received mercy*



## THE SEASON OF GIVING: HELP US HELP OTHERS

We are still asking you to bring non-perishable food items to donate to Five Forks Food Pantry in the month of December. Or, choose from our \$1, \$2, & \$3 at-cost baskets of personal care items to purchase and donate by our registers.

In exchange for your donation, you will receive a 20% off coupon good for a regularly priced gift item in the store, not limited to Christmas items.

Thanks for your support!

# TOP 5

## EVERYDAY SALE

Dr. Wayne recommends these five supplements for pretty much everyone: **a multivitamin, Vitamin D3, a probiotic, omega-3 fish oil, and CoQ10.** To help you reach optimal health, we offer a great discount on the top five products everyday!

Buy **two** different Top 5 products...  
receive **10% OFF** each.

Buy **three** different Top 5 products...  
receive **15% OFF** each.

Buy **four** different Top 5 products...  
receive **20% OFF** each.

Buy **all five** of the Top 5 products...  
receive **25% OFF** each.

*Discount applies to regularly priced items and cannot be combined with other offers. Discount available regardless of brand or quantity.*



## LAUGHTER IS THE BEST MEDICINE

Why was the sand wet? Because the seaweed.

I was going to tell you a joke about a girl who only eats plants, but you probably never heard of herbivore.

I bought a pair of Velcro sneakers. Don't do it though. They're a total rip off.

What do you call an old snowman? A puddle of water.

Of all the inventions in the last hundred years, the dry erase board has to be the most remarkable.

## NON-PROFIT of the month Shoebox Supply House

A portion of our sales for the month of December will be donated to the Shoebox Supply House. Located at 709 Marden Avenue in Shippensburg, this organization stocks items for purchase to help fill shoeboxes for Operation Christmas Child, to take on mission trips, for Vacation Bible School, or for church youth group activities. If you would like more information, visit [shoeboxsupplyhouse.com](http://shoeboxsupplyhouse.com).



## A PERFECT MATCH

Compounding and dermatology make a perfect match—like coffee and Monday mornings. When it comes to skincare, sometimes the *standard options* just don't cut it. Medications go on backorder, products get discontinued, or your insurance company suddenly decides that problem skin isn't "medically necessary." (Apparently, they've never met a teenager before.)

**Let's Talk About Acne.** Acne happens for many reasons, but here's the quick version: your sebaceous glands (oil producers) go into overdrive, and that extra oil mixes with dead skin cells to clog the follicle. Add in normal skin bacteria that decide to throw a party, and suddenly you've got the perfect recipe for a breakout.

The result? Papules, pustules, nodules, cysts—basically, all the things we'd rather not see in the mirror first thing in the morning. Common acne-fighting ingredients like benzoyl peroxide, tretinoin, and spironolactone can be highly effective—but how they're *delivered* makes a difference.

**The Secret Sauce: It's All About the Base.** In compounding, the "base" isn't just filler—it's the foundation that determines how well your medication works and how your skin tolerates it. (Think of it as the difference between a gourmet cupcake and one from a gas station vending machine.)

That's why we love PCCA's **Clarifying Base**, an ideal vehicle for acne and problem skin formulations. Clarifying Base helps decrease oil formation, moisturizes deeply, and uses natural ingredients that calm irritation and redness. Even better, it was designed specifically to hold benzoyl peroxide—one of the most effective (and sometimes most finicky) acne-fighting ingredients.

When we compound an acne medication, we can adjust both the *ingredients* and the *strength* to match your skin's unique needs. That means your treatment isn't just another one-size-fits-all approach—it's personalized care, made just for you. Here are a few sample combinations we can prepare using Clarifying Base:

**Benzoyl Peroxide 2.5% / Tretinoin 0.05%**

**Benzoyl Peroxide 10% / Erythromycin 3%**

**Clindamycin 1% / Benzoyl Peroxide 5%**

**Spironolactone 5%**

Of course, your exact formula depends on your skin type, medical history, and what you've already tried. Our sister store, Norland Avenue Pharmacy, will work closely with your provider to find the right ingredients and prepare a custom formulation that fits your goals, your skin, and your wallet. (then deliver it to Carl's 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 will NOT be applied to HSA or debit transactions. We appreciate your understanding and continued support of our locally owned, independent pharmacy.

## FEATURED ESSENTIAL OIL PLANT THERAPY'S DEFENDER

Help support your entire family against the threat of seasonal illnesses with the immune-boosting power of Defender. Its bright and fruity fragrance will freshen up your home and encourage a clean and welcoming environment. This dynamic combination of essential oils is a great way to support a healthy immune system while also uplifting your spirits with its pleasantly sweet aroma. Simply add 4 -6 drops into your diffuser and enjoy. (\$14.99)



Add Defender to your diffuser to refresh your home and help boost immune systems. Make a natural cleaning spray by adding 15 drops of Defender and 1 tablespoon of Castile Soap or dishwashing liquid to 4 ounces of distilled water. Just spray and wipe to help keep your home clean during times of seasonal illnesses!

**Aromatic:** Diffuse using 3-4 drops per 100 mL of water or use in a personal inhaler.

**Topical:** Dilute to 2-4% in a carrier.

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## HOLIDAY HOURS

Dec 24: 9am-1pm

Dec 25: Closed

Dec 31: 9am-3pm

Jan 1: Closed



**CHRISTMAS  
GIFT  
ITEMS  
ON SALE  
NOW**  
SALE EXCLUDES WILLOW TREE

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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

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