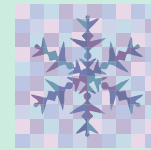




FARMACY

WINTER
2007



Newsletter

2506 Wildwood Road
Wildwood, PA 15091-0238
(412) 486-4588 or

Toll free 1-877-289-7478

Website: www.nutrifarmacy.com

Hours: Mon-Fri 9:00am - 6:00pm

Saturday 9:00am - 3:30pm

Dr. Daniel T. Wagner, R.Ph.,MBA,Pharm.D.



HE'S BACK ON THE RADIO - DR. DAN WAGNER

"ADVENTURES IN NATURAL MEDICINE"

WKHP, RADIO 620AM,

FRIDAYS, 12 NOON TO 1 PM

Live talk radio- Call in (412) 825-6262



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NEW CASTLE, PA
PERMIT #121



WESTERN PA'S ONLY ALL NATURAL PHARMACY

FOOD STATE VITAMIN D3 HAS ARRIVED!!!



NutriFarmacy is very pleased to announce the arrival of the newest product in the DR. DAN'S UNIQUE SUPPLEMENT LINE. FOOD STATE VITAMIN D3 is the most nutritious vitamin D3 on the market today. Imported from Wales, British isles, this product is totally derived from a whole food supplement, natural and free of any dyes, gluten, dairy, or flavorings.

Vitamin D3 has a myriad of health benefits relayed to aging and life extension. Vitamin D3 has cardiovascular benefits, immune boosting potential, anti-cancer effects, and is essential for our musculoskeletal system. In addition, vitamin D3 aids in hair growth, hearing improvement, healthier skin, oral health, better respiration, and a healthier sexual system.

**60 vegetarian tablets,
hypo-allergenic - Only \$17.95 !**

ORAC TAST ON ANTIOXIDANTS SOUTH AMERICA'S "POOR MAN'S JUICE" IS HIGHEST IN ANTIOXIDANTS MEASURING A FOOD'S "ORAC" SCORE

The next new exotic fruit craze may very well be Brazil's acai berry. This highly nutritious fruit grows in a palm plant that grows in the fertile plain along the Amazon River. It has been consumed as a "poor man's juice" in South America. This prolific fruit has a deep purple color and contains the powerful antioxidant anthocyanin, which is also found in grapeseed, blueberries, kidney beans, and pycnogenol from the bark of the Maritime French tree.

Years ago, the National Institutes on Aging created a method of measuring antioxidant capacities in various foods. It was called the Oxygen Radical Absorbance Capacity (ORAC). In 2004, scientists at the U.S. Department of Agriculture published a list of ORAC values for over 100 common foods commonly consumed by Americans. The common American foods with the highest ORAC score include:

- | | |
|---------------------------|-------------------|
| 1) Small red beans | 2) Wild blueberry |
| 3) Red kidney beans | 4) Pinto beans |
| 5) Blueberry (cultivated) | 6) Cranberry |
| 7) Artichoke hearts | 8) Blackberry |
| 9) Prune | 10) Raspberry |

The next top ten include the strawberry, apple, sweet cherry, plum, Russet potato, and black bean.

Surprisingly, the acai (pronounced ac-ca-si-e) fruit was almost twice as high in the ORAC score than the small red bean. Cocoa also has a high ORAC score (baking chocolate much higher than milk chocolate). Another high ORAC product is medical mushroom (especially the Siberian kind).

Acai juice, chocolate and mushrooms are carried by NutriFarmacy. Call Dr. Dan if you are interested in more information.



BULLETIN BOARD



WHICH FISH ARE SAFEST TO EAT??

With so much contradictory information available, figuring out which species of fish to feed your family can be confusing. This list is the most current and reliable information. After 2004, the Food and Drug Administration recommended that pregnant woman and young children avoid eating shark, swordfish, king mackerel, tilefish and too much tuna. Taking fish oil supplements is generally much safer, but even pregnant women should take them only upon advice of a qualified practitioner.

THE BEST FISH TO EAT:

Atlantic/Pacific Herring, Atlantic/Pacific Mackerel, Wild SocKeye Salmon, European Anchovies, Caviar.

GOOD FISH TO EAT:

Wild Pink and Coho Salmon, Halibut, Alaskan King crab, Blue Crab, Shrimp, Smelt, Squid, Sardines

SAFE DOSE OF VITAMIN D?

According to scientists, one day of "full-body" exposure to sunlight (for an adult) results in the formation of about 10,000 IU of vitamin D in the skin. This, one may assume, is a safe upper limit. The consensus from the FDA over recent years has been a "safe upper limit" of 2,000 IU daily. Recently, research teams have re-examined this data and have discovered "no observed adverse-effect limit" and that 2,000 IU daily is too low, and 5 times that amount appears safe. I am recommending in the face of recent credible information between 1,000-5,000 IU daily of vitamin D3, depending on the patient's condition. See the article on our new Whole Food Vitamin D3 that just arrived from Wales, Great Britain.

DON'T DRINK YOUR MILK!

Frank Oski, MD, pediatrician at John Hopkins, recently wrote a book called Don't Drink Your Milk! Dr. Oski wrote about the myriad of problems with cow's milk including digestive problems, cow's milk allergy (the number ONE food allergy), eczema, nasal congestion, ear infections (the number ONE reason for baby's and ear infections), recurrent bronchitis, and strep throat. Other researchers have linked cow's milk consumption to the development of juvenile diabetes, cataracts, and ovarian cancer. Now a link has been established between cow's milk consumption and prostate cancer. Vitamin D3 supplementation may be a preventative. For Goodness Sake! If you need to consume cow's milk products, choose organic and get rid of the steroids, antibiotics, and especially hormones that lace our country's dairy foods.

DRUGS THAT INTERACT WITH GRAPEFRUIT JUICE

It has been 15 years since it was discovered that grapefruit juice inhibits cytochrome P-450A4 in the wall of the small intestine. To keep you up-to-date, here is a list of the drugs that **SHOULD NOT** be taken with grapefruit juice:

Amiodoraone, Atorvastatin, Buspirone, Carbamazepine, Diazepam, Felopidine, Halofantrine, Lovastatin, Nifedipine, Nitrendipine, Simvastatin, Terfenadine, Triazolam, and Verapamil.

STUDY TIES VITAMIN C TO CANCER IN A NEW WAY

The November *Whole Foods Magazine* reported that researchers have long thought that vitamin C and other antioxidants may fight cancerous tumor growth by preventing DNA damage from free radicals. According to a new study published in *Cancer Cell*, vitamin C may slow tumor growth in a new way! According to the National Institutes of Health (NIH), vitamin C and N-acetylcysteine mediate cellular and systemic homeostatic response to reduced oxygen availability. This can limit tumor growth in lymphoma, prostate, cervical and colon cancer. So, take your vitamin C!!!



Dear friends:

I have set up a preliminary departure date for our 2008 medical mission to Nigeria. I hope to garner a larger professional team for our next trip.

Hospitals in developing Third World countries like Nigeria are hampered by inadequate supplies and lack of medicines and equipment to perform even the simple task such as taking a blood glucose reading. Our team serves in a small way, but in many cases the results can be huge. We have already shipped over to Nigeria thousands of glucose strips, dozens of meters, an EKG machine, vitamins, drugs, homeopathy products for HIV, and other ancillary products. We are especially excited about instituting a "vitamin A program" to rural villages to help decrease the risk of xerophthalmia (blindness in early ages caused by lack of vitamin A. (For more information log onto www.nutrifarmacy.com and click on Nigeria)

As you enjoy the Holiday season with family and friends in our most fortunate country, I would appreciate if you would consider making a small donation to benefit our Medical Mission program in Africa. This will be my 11th trip to Africa, and I can tell you with all sincerity that the program is professionally, emotionally, and spiritually fulfilling!

Thank you and remain blessed.

Dan Wagner, PharmD, RPh, MBA
Team leader 2008

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Name: _____

Address: _____

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Donation: ___\$15 ___\$25 ___\$50 ___\$100 \$___Other

Credit Card donations may be emailed to:

dtwherb@yahoo.com

OR

Phone toll-free 1-877-289-7478

Please Mail check to: "SRF- Dr. Dan Wagner"
Dr. Dan Wagner, P.O.Box 238 Wildwood, PA 15091

Thank you for your continued support !!!

NEW EXCITING NEWS ABOUT...



FLEX NOW Joint Formula

Research published just this month from Brisbane, Australia showed that in addition to its excellent profile to reduce inflammation, FLEX NOW also provides unprecedented reduction in cartilage deterioration for a natural product, 44X higher than that reported for glucosamine.

(Ask for a free copy of the report)

90 tablets only \$43.99



The Face Place

Is Growing Again!

The Face Place is expanding and offering more massage services.

Now it's even more convenient to schedule or even get a "walk-in" massage service with one of several massage therapists. Customized Integrative Sessions are available for \$70 per hour and \$40 per half hour. Experience the latest in massage technology with the new Hi-Tech Cyber-Relax massage machine. A computer analysis is performed on your back and a customized massage session is developed for your specific needs all for the low price of \$20 per session.

****Experience For Yourself The Ultimate In Specialty Services****

CALL TODAY FOR YOUR APPOINTMENT TODAY

412-492-9882

www.nutrifarmacy.com

MIGHTY MAGNESIUM

Did you Know?

Very few people are aware of the enormous role magnesium plays in our bodies. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies. Magnesium is vital for activating over 300 different biochemical reactions in your body (zinc activates about 60) all necessary for your body to function properly. More problematic is that magnesium is not found in adequate quantities in the American diet. Calcium is everywhere, but like magnesium it is poorly absorbed (mostly water-soluble) and needs to be supplemented. Even for building strong bones- magnesium is more important than calcium. Magnesium also lends toward muscle and nerve regeneration. In addition, too much calcium (ratio should be calcium to magnesium 2:1) will create a magnesium deficiency. "The improper use and recommendations of magnesium among our health professionals is deeply responsible for many of the failures encountered daily in treating chronic health conditions nationwide."

-The Gilliam Health Report

What are the symptoms of magnesium deficiency?

Millions suffer daily from restless leg syndrome, fibromyalgia, migraines and headaches, heart ailments, muscle tension, chronic fatigue, constipation, osteoporosis, depression, spasms, kidney stones, irregular heartbeat, hypertension, PMS, backaches, anxiety and accelerated aging.

What foods are good sources of magnesium?

Some of the best food sources include almonds, cashews, Brazil nuts, soybeans, spinach, and halibut (the only fish with adequate amounts). Other good sources include oatmeal, peanuts, wheat bran, blackeyed peas, yogurt, baked beans, brown rice, avocado, kidney beans, banana, cereal and potato. Not many of these foods are "high" on the American food list. Is it best to supplement? Yes! Supplementing magnesium daily in doses of 400-600 mg for adults and 200 mg for youngsters is wise and beneficial. Just remember- like all good things, too much can cause a problem. If you get too much magnesium you'll likely get loose stools and/or diarrhea. Taking a balanced supplement of calcium citrate, magnesium, and vitamin D is the best combination for stronger bones, regardless if you are taking Fosamax or Boniva. Every woman passed 30 years is starting to lose 1-2% of her bone yearly (that's nature), so supplementing with calcium/magnesium/vitamin D at that time is a priority in my practice.

Health Coupons

FOR UNIQUE COMPLEMENTARY DIAGNOSTIC TESTING
AT NUTRIFARMACY !!!

THE ANODYNE THERAPY SYSTEM

New hope for painful and numb feet. The Anodyne system is FDA approved and used to relieve the pain of diabetic & peripheral neuropathy. REG \$30/treatment



\$5.00 OFF
Treatment
Expires 3/31/2008

ION CLEANSE

An efficient way to "detox" the whole body with this safe and effective foot ion-cleanse.

\$3.00 OFF Cleanse
Expires 3/31/2008

REBA TEST DEVICE



The newest diagnostic device that Dr. Dan utilizes to detect deep-seeded emotion conflicts that block energy flow. There are many amazing applications for this machine.

\$5.00 OFF Application
Expires 3/31/2008

Our ACHILLES HEAL MACHINE

Can accurately measure the bone density in you foot to determine if you have osteopenia or osteoporosis. Regularly a \$10 charge, this 5 minute test is only \$5 until March with coupon.

50% OFF Test
Expires 3/31/2008

The ARL HAIR ANALYSIS

One of the best ways to look thru the "window" of your body to detect mineral and vitamin balance, heavy metal toxicity, fat, carbohydrate and protein utilization, and an accurate "protocol" of the nutrients your body really needs.

\$8.00 OFF Test
Expires 3/31/2008



...UPDATE ON SUCCESS OF REBA (PSYCHOSOMATIC) TEST DEVICE

Last month Dr. Wagner passed 275 people tested on the new REBA TEST DEVICE. The REBA is a state-of-the-art micro-processing technology instrument that can measure energy frequencies and wavelengths. Akin to kinesiology, REBA can accurately measure deep-seeded emotional conflicts and energy "blocks" that contribute to physical and emotional stress and conflicts. It is pure energy medicine which some European doctors have called "the medicine of the future."

Many of these "deeply hidden emotional conflicts" are an underlying cause of the symptoms or diseases we suffer today, even though they occurred many years ago and they are not our fault. Whether your problems deal with stress, anxiety, depression, insomnia, migraines, phobias, fatigue, and fibromyalgia, it is likely the REBA can help identify your deeply hidden conflict (something psychotherapy will never accomplish) and in most cases "melt" the conflict away in 4-8 months with simple homeopathy.

Treatment cost \$70, children under 18, \$35. The treatment takes about 40 min.

HEALTHY THYROID GLAND FUNCTION by Dr. Dan

The thyroid gland is an important organ of the endocrine system. The thyroid gland is located in front of the neck below the larynx and consists of two lobes on each side of the windpipe. The thyroid secretes hormones that regulate our metabolism and oxygen consumption of the tissues. These hormones are comprised from iodine and amino acids from proteins. The pituitary gland regulates the release of hormones from the thyroid gland.

Poor function of the thyroid gland can cause many health problems. The thyroid helps control the hormones responsible for the sex glands, metabolism, body temperature, skin, hair growth, brain fog, and energy.

Hypothyroidism is caused by acute under activity of the thyroid gland or deficiencies of hormones. Low thyroid function can cause dry skin, hair loss, constipation, low body temperature, low sex drive, muscle weakness, weight gain, tiredness, and PMS symptoms.

Hyperthyroid symptoms from an over active thyroid gland or an overproduction of hormones can cause severe anxiety, diarrhea, fatigue, tremors, insomnia, rapid heartbeat, sweating, and weight loss. Graves Disease is a common disease that causes an over production of antibodies that stimulate the gland. An enlarged thyroid or goiter may be caused by an over production of thyroid hormone.

If under activity of the thyroid is caused by an autoimmune condition (thyroid blocking antibodies are produced), surgery or radio iodine therapy may be indicated.

Whatever drug is used to treat hypo or hyper thyroid function it is important to remember the synthetic and/or animal-derived glandular hormones will supplement thyroid hormones, but they will not necessarily improve the 'health' of your thyroid. For proper growth and development of the thyroid it needs the right nutrients to function. Iodine and all amino acids (especially tyrosine) are necessary for the body to complete this natural cycle.

Iodine has many important functions. If iodine intake is too low, the thyroid gland is deprived and becomes less efficient. Iodine helps to calm the body and relieve nervous tension. Iodine helps relate to clearer thinking improves metabolism, detoxifies the body of heavy metals, and protects the thyroid gland from the damaging effects of radiation. Other essential nutrients for the thyroid gland includes: B-complex, beta-carotene, vitamins C, A, and E, and essential fatty acids.

NEW PRODUCTS

?? ASK DR.DAN ??

Q: Dear Dr Dan,

I heard that when a person takes Glucophage (metformin) for diabetes, they must be careful about losing vitamins and nutrients. What is your response? -C.K.K., Greensburg

A. Dear C.K.K.,

Metformin (Glucophage) is the most widely used glucose-lowering drug in America for Type-2 diabetes. But the longer you take the drug, the more likely the patient will develop vitamin B12 deficiency.

Researchers have known since the early 1970s that more than one-third of patients taking metformin have problems absorbing vitamin B12 which can reduce blood levels over time up to 30 percent. People taking metformin for more than 3 years were almost 2 1/2 times more likely to develop vitamin B12 deficiency. B-12 is important for energy production and decreasing homocysteine (which has a direct affect on heart function).

Also, pernicious anemia is prompted by a vitamin B12 deficiency along with problems such as fatigue, weakness, depression, increased cancer risk, muscle weakness, and lower immunity. Since metformin also depletes vitamin B6, folic acid and CoQ10,

[Dr. Wagner recommends that they all be supplemented along with your diabetes medications. Call for a free consultation at 412-486-4588.]

NORDIC NATURAL

HEART SYNERGY- The perfect blend of concentrated omega 3 fish oil with CoQ10, L-carnitine and selenium for Documented heart-healthy benefits. This product meets all pharmaceutical-grade standards, and is a great adjunct for medications used for heart and/or cholesterol management. **90 soft gels/1000mg/\$49.98**

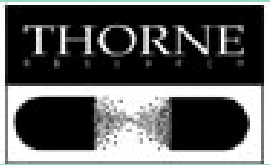


OMEGA-3 PET- Give your dog or cat the best optimal omega-3 blend from Nordic Naturals. Omega-3's will support your pet's healthy skin, coat, joints, heart, eyes and brain. It's complete health for your dear pet. **90 softgels \$23.99**



NEW PRODUCTS FROM THORNE

BIODERM- A patented composition of bioactive peptides to help balance immune function, acting to heal not just visible skin surface, but also systemic causes of conditions associated with scaly, itchy skin, a common dermatological problem affecting millions. **\$56.99**



PHARMACOL-40 - A unique, patented form of chitin that has been clinically shown to help maintain healthy cholesterol levels. Pharmacol-40 binds to cholesterol in the gut preventing its absorption, is safe, well-tolerated and does not interact with other medications or supplements. **90 veg caps/\$41.99**

MACULAR PROTECT COMPLETE-S (for smokers)- In addition to the macular protection multi-vitamin for powerful protection of your eyesight with a comprehensive nutritional support for overall health, ScienceBased Health has introduced the formula specifically designed for smokers (high lutein and low beta carotene content). Ophthalmologist-recommended. **\$34.99/120 caps**



ESTRIUM by Metagenics- A new nutritional support and medical food for symptoms related to hormonal imbalance. A great blend of vitamins, minerals and phytoestrogens, ESTRIUM can ease the complications of hormonal imbalance. Natural Tropical Mango taste. **\$46.99/ 620 grams**

FIBROPLEX PLUS by Metagenics

The newest all-purpose dietary supplement for patients suffering with fibromyalgia and chronic fatigue. FIBROPLEX PLUS powder will support muscle tenderness and discomfort. **\$25.75 for 273 grams.**



CLASSES AT NUTRIFARMACY

ESSENTIAL YOGA WITH DR. DAN WAGNER

2007 WINTER SCHEDULE

Level I

Thursdays 12:00 - 1:00pm

\$8 per session, \$7 for Club Members

412-486-4588

Winter 2007 Workshops

With Janice Polansky

Create Bath Salts & Gels for Holidays

Thursday, December 6, 6:00-8:00pm Fee \$15.00

Protect Yourself Against MRSA & SuperBugs

Monday, December 10, 6:00-7:00pm Fee \$10.00

Creating a Healthy YOU for the New Year

Wednesday, Jan 16, 2008 6-8 PM \$10

Trouble Free Digestion

Thursday, Jan 31, 2008, 6-8 PM \$10

CALL (412) 486-4588 to SIGN UP !!!

David Speer, PhD

REFLEXOLOGY - Cost \$25 Tuesday, Nov. 27 7:00 - 10:00pm

MIND YOGA I - Cost \$25 Tuesday, Dec. 4 7:00 - 10:00pm

MIND YOGA II - Cost \$25 Tuesday, Dec. 11 7:00 - 10:00pm

LOVE HEALING - Cost \$25 Tuesday, Dec 18 7:00 - 10:00pm

GROUP HEALING - Cost \$25 Tuesday, Jan. 8 7:00 - 10:00pm

ELECTROMAGNETIC HEALING - Cost \$25 Tuesday, Jan. 22 7:00 - 10:00pm

Call (412) 362-3569 for details.

GRAND OPENING 'PILATES CENTRE'

Pilates will be coming to the NutriFarmacy Building the beginning of January

Pilates Reformers, Chairs, Rings and Balls will be used

Private and Semi-private lessons are available

First Session FREE....Private \$35.00 per hour/Semi-private \$20.00

Contact: Andrea Haney, Certified Peak Pilates Instructor (level 1), Current CPR, Finishing Bachelor of Science Degree in Wellness at the University of Pittsburgh, Department of Health and Physical Activity

Andrea has taught aerobics, body toning, and aqua-aerobics at Club One, Oxford Athletic Club, Rolling Rock Club and Spring Mini-Courses at The Ellis School

412-877-0616 for info on The PILATES CENTRE

EAR CONING WORKSHOP

Presented By:
Massage Therapist
KOSTA BOUNOS
Of Elements
Body Works

He will demonstrate the techniques of ear candling (coning). You will be given 2 ear candles to be taken home or perform coning on each other.

Cost: \$10

Tuesday, Jan. 15th 7-8 PM

TRY TODAY !

DR. DAN'S QUALITY LINE OF SUPPLEMENTS

Advanced Multivitamin & Mineral Complex

High B12 & Folic Acid

CoQ-10 Extra

Healthy Glucose Control

EPA-DHA Blend

Food State Vitamin D3

To register for any of the above classes—please call NutriFarmacy at (412) 486-4588.