



FARMACY

October
November
December
2008
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.

DR. DAN'S WEEKLY RADIO SHOW
"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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WESTERN PA'S ONLY ALL NATURAL PHARMACY

TWO LOCAL MAGAZINES PUBLISH ARTICLES ON THE NEW ETA-SCAN SYSTEM

By Dr. Dan Wagner

Dr. Dan and Nutri-farmacy are pleased and excited about the introduction of the new ETA-SCAN machine from Europe. This Bio-Energetic assessment, visualization and normalization device is the ultimate technology in balancing the energetic flow of the human body.

In the past 2 months there has been articles published on the Eta-Scan in the September 2008 edition of THE POINT NORTH, p. 12 (www.ThePointNorth.com) and the August/September, 2008 issue of POINT OF LIGHT (14:56), pp. 10-13 (www.pointolight.com).

After already doing the Eta-scan on over 100 people, I have found the results both fascinating and remarkably accurate. For the first time, a trained health practitioner can accurately identify and record the human body's own distinct wave frequency or oscillation. The results (based on the concept of kinesiology) can be measured and stored in the ETA-SCAN memory data bank as a graph. Each graph represents the exchange of information between the particular tissue or cell and the environment. The database is compiled for healthy tissue based on age and gender. The user can input patient data into the computer for recording the current condition and track changes with therapeutic direction. ETA-SCAN has detailed views of over 100 various organs, tissues and body structures that allow the practitioner to zero in on and visualize the details of any disturbance. Frequently displays appear as detailed as an MRI or CT Scan. Each energetic icon (displayed with various color codes) is assessing organ energetic health.

Another amazing feature of the Eta-Scan is that one can input any drug, vitamin, supplement, or affirmation into the system to see if it increases or decreases energetic flow. This is amazing technology and nearly all of the patients that have participated in a Eta-Scan screening how commented on the amazing technology. As one European physician aptly stated, "Energy medicine is truly the medicine of the future."

Our introductory cost for the ETA-SCAN is only \$85. The procedure to collect the initial data takes about 45 minutes, and follow-up evaluations are needed. Please call for more information, toll free 1-877-289-7478.



NEW FOOD STATE VITAMIN - A Real "BONE BUILDER"

BoneSure for bone support is the newest addition to Dr. Dan's "Food State" vitamin line. NutriFarmacy is proud to introduce our 10th product in the "Dr. Dan's Food State" line of highly absorbable and bioavailable vitamins. A unique formulation and a guarantee of success makes the health benefits of **Food State BioSure** "Bone-builder" substantial. This formula has been developed with the osteoporotic and severe osteropenic patient in mind. **BioSure** is made from a South American ocean algae rich in calcium, magnesium, and other bone-supporting trace minerals (Vitamin K2, Boron, Vitamin C and Vitamin D3). The manufacturers of **BioSure** have scientific evidence that this product can build bone in 12 months. Cost: \$49.50/ 100 vegan capsules. Dosage: Take 2-4 capsules daily as directed by a qualified practitioner.

See page 3 for our entire list of "Food State" vitamins.

WHAT'S NEW AT NUTRIFARMACY?

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BULLETIN BOARD

PLEXUS RENALIS AND 4 NODI LYMPH- A GREAT DISCOVERY FOR BOOSTING THE LYMPH GLANDS

A Canadian researcher has found a most effective way to boost the lymph system with energy medicine! The Lymph node is an organ consisting of many types of cells, and is part of the lymphatic system. Lymph nodes are found throughout the body. They contain white blood cells and act as filters for foreign particles, heavy metals, chemicals, infections, and other toxins. Thus they are critical for the proper functioning of the immune system. The Etascan can make an effective 4 NODI LYMPH formula, along with PLEXUS RENALIS which improves kidney (renal) function. No appointment is necessary. The 2 ounce bottle costs only \$19.99. Eight drops should be taken 3 times a day for 2-3 months. One 78 year old Canadian patient reported that after only 2 weeks his kidney function improved from 35% to 80% and his formerly high blood pressure was under control- he's off his pills! His adrenal function also improved. We're so confident about this homeopathic product, we'll ship it free!

TUMMY TROUBLES DOWN THE DRAIN?

A few months ago a 30 year old woman (Kim) came into Nutri-farmacy to see Dr. Dan about her ongoing 'tummy' problem. Kim had suffered from five years of painful stomach cramps which caused an embarrassing number of trips to the bathroom- that added to a 'miserable' life. "None of the traditional treatments work for me," she explained. "Is there anything else you know of that might help?"

My suggestion was to start on two Omega-3 fatty acid fish oil capsules twice a day to decrease the inflammation and promote healing. Just two weeks later...her cramps were gone! Her medical doctor, perplexed but impressed by her miracle cure that put her life back to normal commented, "Whatever you're doing, keep her up." [To read about Kim's natural cure - see article published in the 9/8/08 edition of *Woman's World Magazine*].

SHOPPING BY THE NUMBERS

It has been reported that the average supermarket contains up to 45,000 items! How can you best choose the nutritious choices versus the less-than-healthy ones. Recently, the Yale University Griffin Prevention Research center measured the overall nutritional quality index scores on many foods containing sugar, vitamins, nutrients, salt, and preservatives. Their impact on hypertension, diabetes and other health concerns were considered.

Here were the top 15:

1. Broccoli 2. Blueberries 3. oranges 4. Green beans 5. Pineapple 6. Radish 7. Summer squash 8. Apple 9. Green cabbage 10. Tomato 11. Clementine 12. Watermelon 13. Mango 14. Nonfat milk 15. Fresh figs

The bottom of the barrel (the worst included)

100. Popsicle 99. Soda 98. Saltine crackers 97. Apple pie 96. Milk Chocolate 95. Cheese puffs 94. Hot dog 93. Salami 92. White bread 91. Bacon 90. Diet soda

ZETIA FAILS CLINICAL TRIAL...WHY WAS IT EVER APPROVED?

On the heart disease front, scientists in 2008 reported in *the Townsend Letter* [May 2008, #298] the results of the long-awaited ENHANCE study of the cholesterol-lowering drug **Zetia** (ezetimibe). This drug alone or in combination with the popular statin drug **Zocor** (simvastatin) conveyed no medical benefit to patients. In 2006, Merck's patent on Zocor ran out, and the inexpensive generic was approved. In order to recapture the profitable statin market, Schering-Plough marketed **Vytorin** (a combination of these 2 drugs). Dr. Steven Nissen, chairman of the Cleveland Clinic's cardiology division stated, "This drug doesn't work. Period. Millions of people are taking a drug that does not benefit them, raising their risk of heart attacks and exposing them to potential side effects."

THE ANODYNE THERAPY SYSTEM

REG \$30/treatment

\$5.00 OFF/Treatment

Expires 12/31/2008

ION CLEANSE

\$3.00 OFF Cleanse

Expires 12/31/2008

THE REBA TEST DEVICE

for finding deep-seeded emotional conflicts.

Dr. Dan has now tested over 400 persons, many have successfully completed the homeopathic-remedy treatment for melting away these conflicts (also called pain bodies or energy blockages). This is amazing technology. According to founder Dr. Banis of Switzerland, "Deeply hidden emotional conflicts are the underlying cause of many symptoms and diseases."

(Regular \$70 for adults, \$35 for people under 20 yrs old)



\$10.00 OFF Application

Expires 12/31/2008

New Feature called...

"Interesting and Intriguing" New research in the Complementary-Alternative medicine(CAM) field

by Dr. Dan

World renowned natural physician Dr. Jonathan Wright claims that three of the most effective natural anti-fungals are **oregano oil**, **tea tree oil**, and saturated solution of **potassium iodide** (SSKI).....Clinical trials of ultra-high dose **Vitamin B12** (methylcobolamin) in the treatment of **Bell's palsy** has shown very encouraging results.A Yale professor has found that high doses of **Vitamin A** (not beta carotene) taken for 3-4 months can heal troublesome **callus(es)**.....Topically applied 4 percent **niacinamide gel** was compared with topical clindamycin gel (a widely prescribed patent medicine for acne) in a double-blind, randomized study of 76 individuals with severe inflammatory **acne vulgaris**. The results in 8 weeks showed that the **niacinamide gel** worked significantly better than the Rx drug.....*Alternative Medicine Review* states that **lycopene** has been found to inhibit the progression of **benign prostate hyperplasia**..... One hundred and two patients with **fibromyalgia** were randomly assigned to receive daily dose of 1,000 mg of **Acetyl-L-carnitine**. After ten weeks the improvements in depression, musculoskeletal pain and tender point pain were significantly greater than the placebo group.....Low **DHEA** levels have been associated with macular degeneration. A study in Wisconsin concluded that doses of 5-15 mg in women and 10-30 mg in men may improve this eye affliction, possibly because of the known 'anti-aging' effect of **DHEA**..... Mainline cancer therapies are improving only slowly. **Vitamin C** for **cancer therapy** is safe, effective, and with essentially no long term side effects. This was the conclusion of Drs. Linus Pauling and Abram Hoffer, two well-known doctors that have been testing the efficacy of **Vitamin C** since 1969.....An increasing number of alternative practitioners are investigating the potential link between **autism** and **Lyme disease**. Debate about whether **Lyme** causes **autism**, contributes to **autism**, or comes about after **autism** is an ongoing investigation. For more information on this research review [*the Townsend Letter, Aug-Sept 2008 #301-302*]. ...**Ave'** is a new unique dietary supplement that has been called a miracle of nature, a triumph of science. Medical experts around the world are astounded by the scientific research supporting the use of **Ave'** for supporting healthy cell metabolism, rejuvenating an aging immune system, and normalizing imbalances from diseases such as **cancer**. Nutri-farmacy now carries this product, call Dr. Dan for more information.....Supplementing with **pycnogenol** leads to less atherosclerosis and hardening of the arteries according to tests done of the new Eta-scan.



BIODIVERSITY POSTER READY FOR FALL, 2008 and 2009 !!!

Would you like to support the continuing student rainforest program that enables American college students (studying the health professions) to travel yearly to the world's last remaining rainforests? That's exactly what the SRF (Student Rainforest Fund, founded by Dr. Dan Wagner and Dr. Steve Morris in 1995) has been doing for 13 years. But we need your help! For generous donation of \$100 we will send you this first edition, beautiful poster on biodiversity. Why not donate one to your local grade or high school? Maybe give one to any student organization interested in saving our environment? Or just keep one at home to hang on the wall. We need your support to keep this precedent-setting program alive. Thank you. Send your check to: SRF, PO Box 238, Wildwood, PA 15091. Call toll free 1-877-289-7478 for credit card orders.



THE RAW TRUTH ABOUT MULTI-VITAMINS

It has been scientifically stated that since human beings were "cave" men and women, the only way we could obtain minerals and vitamins into our body was through food. Whether the food was a fruit, vegetable, meat or nuts/seeds, this is how we get body-building nutrients. It is general knowledge that with the advent of agribusiness and mega-farming practices in the last century, the crops yield less and less nutrients. In today's modern system of agriculture, the use of pesticides, fungicides, herbicides, and chemical fertilizers have increased crop yields, but the "flip-side" is that the fruits and vegetables are not as nutrient dense as they once were.

In order to combat the lack of nutrients in our food supply, a new industry is emerging that many believe bring the nutrients from food back into our vitamins. This process is called "Food State" and I have committed myself to advancing this breakthrough discovery. The vast majority of vitamins are chemically isolated and/or synthetic derivatives of various vitamins and minerals found in food. At the end of the day, food has been replaced by inorganic chemicals.

Here is a list of our common sense approach to supplementing- vitamins and minerals from real, organic, RAW foods.....



ADVANCED MULTIVITAMIN & MINERAL COMPLEX

The one-a-day multivitamin/mineral formula that is completely absorbed and will give you the basic complement of nutrients we need each day. All vegan tablets are hypo-allergenic. 60 tablets \$28.99; 120 tablets \$52.99



VITAMIN B-COMPLEX NUTRIENT FORMULA WITH MAGNESIUM & VITAMIN C

The perfect vitamin B blend for optimal cellular energy function. Vitamin C protects vitamin B complex nutrients from oxidation. Magnesium is required to get the vitamin B group into its active form in the body. 60 vegan tablets \$17.49



ANTIOXIDANT FORMULATION WITH CoQ10

A highly absorbed blend of the most essential antioxidant vitamins coupled with Coenzyme Q10. The body's ability to absorb CoQ10 declines in tandem with the aging process, so it is added for optimum immune benefit. 60 vegan tabs \$28.95



SELENIUM FORMULA WITH AMINO ACID BASE

Studies have found that supplementing with this whole complex selenium may produce a 50% decrease in prostate cancer mortality. I am recommending it for every man over 50. 60 vegan tablets \$22.95



VITAMIN C WITH BIOFLAVONOIDS

This formula certainly provides vitamin C in a sensible dosage based on clinical research. Bioflavonoids protect and enhance the action of vitamin C and increase its bioavailability and absorption. 60 vegan tablets \$15.99; 120 vegan tablets \$27.99



VITAMIN D-3 with AMINO ACIDS

This is the best vitamin D you can buy! The Food state vitamin D3 is not like any chemical form and has benefited not only bones, but can increase immunity, strengthen hair and nails, is anti-aging, and is cardio-protective. 60 vegan tabs \$17.95



GTF CHROMIUM with additional ANTIOXIDANTS and AMINO ACID FORMULA

This product is designed for the patient with Type2 or pre-Type2 diabetes, and may also help people who suffer from hypoglycemia. GTF Chromium may help lower serum cholesterol and raise HDL cholesterol. 100 vegan tablets \$49.59.



ESSENTIAL FATTY ACID COMPLEX OF MEGA 3,6,7,& 9

This is a new food-state formula, a unique blend of EFA found in nature but without fish. This EFA supplement can "communicate" with genes and specific proteins better than the isolated fish components. 60 Vegan tablets \$17.49; 120 vegan tablets \$32.49

AMAZING WATER THERAPY

The very best thing you can do for your health is to use The Amazing Water Therapy!

Here is why:

When you go to sleep for eight hours, your 100 Trillion cells are screaming for water, when you wake up. If you go have a cup of coffee (the caffeine tightens the tissue reducing circulation) and a donut (which absorbs any available water and takes it out through the intestines) your 100 Trillion cells are still screaming for water.

Since you ignored your opportunity to hydrate the cells, they start dying at an abnormal rate. This large number of dehydrated, dead cells clog your circulatory system, kidneys and liver. Any food you eat during the day absorbs any available water.

Plus, it takes time to replace the dead cells, so your body is cluttered with dead cell toxins and replacement of new cells cannot be done at the normal rate, so you bloat up with toxins and your body over time is deprived of many of the cells that are needed for optimum function.

You can imagine what happens as this process takes place over time. You become diseased from the toxin accumulation and age sooner from the lost cells. So, it behooves any one who wishes to stay on the air to be a firm user of this wonderful technique.

NUTRIFARMACY WILL BE INTRODUCING A NEW 'ALKALINE' WATER THERAPY SYSTEM.



CONTINUED SUCCESS WITH THE REBA (PSYCHOSOMATIC) TEST DEVICE- DR. DAN WILL TEACH A COURSE IN NEW YORK NEXT SPRING

Discover what practitioners in Europe have known and practiced for years: "that by uncovering deep-rooted energy blocks and emotional conflicts it is possible to effectively resolve a diverse range of patient health condition."

My ongoing success and fascination with the REBA TEST DEVICE continues to a source of amazement. I have now tested over 350 people, and in most cases the results have been stunning as old and new conflicts slowly "melt" away. I have been invited to teach a seminar for beginning practitioners in New York next May. The machine has truly "elevated" my practice over the last 2 years.

For more information see our website (www.nutrifarmacy.com) or contact Dr. Dan. Treatment cost \$70, children under 18, \$35. The treatment takes about 40 min.

ON SALE AT NUTRIFARMACY!!!

Essential Yoga with Dan Wagner CD

Back by popular demand, Dr. Dan's 55 minute yoga video is an invitation to a simple, yet practical course that can be a guide to a lifelong practice of various physical exercises, called asanas. The CD is for beginner's and intermediate participants. Cost: \$13.99

Everything Matters, Nothing Matters by Gina Mazza Hillier

Local author Gina Mazza Hillier has written a fascinating book for women who dare to live with exquisite calm, euphoric creativity, and divine clarity. A must read for women who find themselves overworked and under-inspired. \$17.95

Never be Sick Again by Raymond Francis, M.Sc.

Health is a choice, learn how to choose it. So states author Ray Francis who cured himself of cancer at the age of 70. He has been a frequent guest on Dr. Dan's weekly radio show. This book is a revelation! \$14.95

Remember!...All books are eligible for an extra 12.5% OFF for Club members

The Face Place

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Customized Integrative Massage Sessions are available for \$70 per hour and \$40 per half hour ... or ... experience the latest in massage technology with the new Hi-Tech Cyber-Relax Massage Chair. 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 \$15 per session with this ad only.

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Winter Blues Busters

*Customized Integrative Massage *Foot Soak & Massage *

*Body Polish Treatments *Customized Signature Facials

*Synergie LT Light Therapy *Gift Certificates

*Photo-Rejuvenation – Increase cellular metabolism & collagen production.

*Diabetic Skin Care Products Keyano Aromatics Skin & Body Products

NEW! **NEW PRODUCTS** **NEW!**

???? ASK DR.DAN ????

Q. After the leisurely days of summer I am having a hard time dealing with the stress of the children going back to school, and other obligations. I am waking up in the middle of the night feeling anxious. Anything I can do? - **L.W. Pittsburgh**

A. Dear L.W.

I hear regularly from women (men also) who find that in the autumn and winter their energy level falls and they simply feel more stressful. There is no doubt that getting up early in the morning, shopping during the day, working a side job, driving the kid's to soccer, and doing home work every evening can tax the body- especially the adrenal glands. The adrenal glands help to balance female hormones and secrete cortisol- our stress hormone. As time goes on, the cortisol levels drop and fatigue or exhaustion ensue. Naturally, the thyroid gland works with the adrenals as a feedback mechanism- one compensates for the other. So, after extended adrenal stress, the thyroid hormones are like the "cavalry coming over the hill" to rescue the adrenals. Afterwards thyroid hormone output declines and the adrenals are headed from fatigue to exhaustion. The symptoms of adrenal exhaustion include insomnia, hair loss, dry skin, low libido, weight gain, constipation, and temperature swings. Instinctively one starts to grab extra refined carbs for energy, more coffee for a stimulant, and salt cravings. The cycle can become viscous.

I frequently recommend reducing stress by any mechanism (yoga, walking, hot baths, meditation, going out into nature) or any way comfortable for the individual. Eating a healthy diet while finding a balance between work and play will help the adrenals do a better job. There are wonderful adrenal supplements that can be taken each morning and mid-day to relief stress symptoms. These products contain anti-stress herbals such as eleuthrococcus ginseng, rhodiola, ashwagandha, astragalus, and B-vitamins, zinc, and vitamin C. They may give you the adrenal boost you need to get through the toughest parts of Fall.



BARLEAN'S OMEGA SWIRL

For the first time take healthy Omega-3 Fish Oil in a pleasant tasting swirl! Barlean's has been the most trusted name in omega fatty acids since 1989. The oils are all organic and come in delicious Lemon Zest and Strawberry Banana. 16 oz for \$23.99

EC MATRIX by METAGENICS

This new formula from Metagenics is their most exciting product in years! EC Matrixx is used to support the health of connective tissue. It can relieve the pain and inflammation associated with tendon, cartilage and ligament inflammation. 90 veg tabs \$39.98.

PROB-ZYME

A new natural solution for optimal digestive health. Prob-zyme contains 5 strains of non-dairy probiotics and 6 beneficial, broad-spectrum digestive enzymes. GMP certified. 90 Chewable wafers \$ 38.99

CORVALEN CHEWABLE



The clinically proven bioenergy RIBOSE formula is now available in a chewable wafer. CORVALEN is a medical food that provides metabolic support to patients suffering from fibromyalgia, heart disease and chronic fatigue. Guaranteed to raise cellular energy in a week! 90 Chocolate wafers \$38.00

LYMPH-A-DERM

Just imported from Canada, Lymph-A-Derm is a homeopathic supplement that can be useful in aiding in lymph drainage. Use only under direction of a qualified practitioner. Available in both a cream form and a drop \$32.95.



New from Nordic Naturals...



Ultimate DHA Eye
\$49.95

Omega Woman
\$26.99



Omega LDL
\$29.95

CLASSES AT NUTRIFARMACY

ESSENTIAL YOGA WITH DR. DAN WAGNER
2008 FALL/WINTER SCHEDULE
Level I
Thursdays 12:00 - 1:00pm
\$8 per session, \$7 for Club Members
412-486-4588

Should be adding 2 classes by Michaela tessling - see Pam?????
??????????? **'LIVING A HEALTHY AND VIBRANT LIFE CAN BE EASY AND DELICIOUS'**
Janet McKee is a Board-certified Holistic Health Counselor and works with individuals and groups on how diet and lifestyle can affect one's overall health and well being. Her program will be from 7 PM to 8:30 on Monday, July 21 and Monday, August 4. The fee is \$15 and food samples will be served. Contact her for more information at 724-417-6695

'PILATES CENTRE'
Private and Semi-private lessons are available
Private \$35/hr Semi-private \$20/hr
Classes \$10
Visit our website for class schedules - www.thepilatescentrelc.com
Call 412-877-0616 for info on The PILATES CENTRE

???????????? Summer 2008 Classes
By Janice Polansky at NutriFarmacy
Trouble Free Digestion
Thursday, July 31 6:00-8:00pm Fee \$10.00
Tired or Toxic?
Do I Need to Detoxify? Am I Ready to Detoxify
Thursday, August 28 6:00-8:00pm Fee \$10.00
CALL (412) 486-4588 to SIGN UP !!!

David Speer, PhD

REFLEXOLOGY - Fee \$25	Wed, Oct 29	7:00 - 10:00pm
MIND YOGA I - Fee \$25	Wed, Nov 5	7:00 - 10:00pm
MIND YOGA II - Fee \$25	Wed, Nov 19	7:00 - 10:00pm
LOVE HEALING - Fe \$25	Wed, Dec 3	7:00 - 10:00pm
GROUP HEALING - Fee \$25	Wed, Dec 10	7:00 - 10:00pm
ELECTROMAGNETIC HEALING - Fee \$25	Wed, Dec 17	7:00 - 10:00pm

Call (412) 362-3569 for details.

MICKEY TESSLING RN, MASTER HERBALIST
Saturday, October 18 2 - 3pm FEE \$10
Simple Detox Strategy
"How To Clean Up Your Body To Promote Optimal Health"

Saturday, November 15 2 - 3pm FEE \$10
Herbal Medicine Cupboard
"Natural Remedies To Support Your Body Through Winter"

KEEP????? NutriFarmacy is carrying copies of the new book by Gina Mazza Hillier entitled "Everything Matters, Nothing

To register for any of the above classes- please call number listed OR NutriFarmacy at (412) 486-4588.
ALL CLASSES ARE TAKEN IN THE YOGA ROOM- IN BACK OF THE NUTRIFARMACY BUILDING