

CLASSES AT NUTRIFARMACY

ESSENTIAL YOGA WITH DR. DAN WAGNER

Level I

EVERY Thursday 12:00 - 1:00pm
\$8 per session, \$7 for Club Members

Call NutriFarmacy at (412) 486-4588 to register!

'Essential Yoga' Video available for \$9.95

FREE LECTURE by Dr. Dan

"Medical Missions in the Third World"

THURSDAY, JUNE 10 from 7:00 - 9:00 P.M.

Dr. Dan will highlight his twelve medical mission trips to Nigeria & Ecuador. He will discuss his group's work there and give insight into their customs.

Herbal Tea Time



Please join Scott Heineman for a talk on herbal teas. We will be discussing the properties and uses of different teas. Tea sampling, recipes, blending and brewing instructions recipes will be offered. There will be a select number of teas available for purchase.

Location: Wildwood Wellness Center
Dates: June 12, 2010 and July 17, 2010
Time: 12 pm - 2 pm
Charge: \$5.00 per person

Call Scott at 412.352.0201 for details.

Hatha Yoga with Colleen Lynch

Tuesday Evenings
6:30pm - 7:30pm



Call Colleen at 412.638.8589 for details.
\$10/session

The perfect combination of Pilates infused with yoga and light weights. Tone and firm your body while building flexibility and balance!

Only \$75 for a 10-class package (7 person per class minimum) or \$10 walk-in fee. Please bring a mat and a set of 1-3 pound weights.

Please contact Sherri with any questions at 412-310-1968

CLASSES BEGIN MAY 5 in the NutriFarmacy Building, 2506 Wildwood Road in Hampton Twp. (across from the post office)

Monday 9:30 A.M.
Monday 6:30 P.M.
Tuesday 10:30 A.M.
Wednesday 9:30 A.M.
Friday 9:30 A.M.
Saturday 9:30 A.M.

Are you confused about the myriad of treatments available to you?

Join Julie Hundley Saturday June 5, 2010 from 10-2 and experience a Zyto Compass hand scan. Using bio-feedback technology, the compass communicates with your body to determine your top metabolic needs and priorities. The compass identifies which doTERRA Essential Oils will bring your body back into balance.

This is a wonderful tool to experience!

The \$10 scanning fee can be used toward the purchase of any recommended product.



NEW! NEW PRODUCTS NEW!

OUR NEWEST 3N (New Natural Nutrition) PRODUCT 3N PURE OMEGA-6 FATTY ACID 1000 MG A Rich Source of Omega 6's from 100% Pure Borage Oil 100 capsules Dietary Supplement \$13.99

NutriFarmacy is introducing an Omega-6 Fatty Acid or pure borage oil containing GLA (gamma linoleic acid). GLA is one of the world's natural anti-inflammatory agents. Borage Oil's acute anti-inflammatory response defends the body against micro-organisms and damaged cells, and is essential for wound healing and tissue repair. Chronic inflammation damages tissues and can lead to or worsen chronic diseases such as arthritis, heart disease, cancer and dry eye syndrome. In diabetics, Omega-6 Fatty Acids improve nerve conduction velocity leading to improved blood flow and reduced tingling in extremities. Omega-6 Fatty Acid has consistently been found to be a safe adjunct to medications in the treatment of arthritis, and may reduce the need for prescription medication*.



*This statement has not been evaluated by the Food and Drug Administration or any governing body. This product is not intended to diagnose, treat, cure or prevent any disease.

OMEGA JOINT and OMEGA JOINT XTRA by Nordic Naturals

OMEGA JOINT is now available. It is one of the few Shell-fish FREE Glucosamine sulfate products for arthritis and joint pain and inflammation coupled with Omega 3 fish oils and Vitamin D3. Taking just 3 capsules daily will support joints, cartilage, and the body's natural anti-inflammatory response. 90 soft gels \$29.95 OMEGA JOINT XTRA has the same ingredients as OMEGA JOINT plus an undenatured Type-II Collagen Concentrate. 90 soft gels \$49.95



SUPER TURKEY TAIL from Mushroom Wisdom

There are few supplements on the planet as powerful for boosting the immune system then mushrooms. The best of the best is called TURKEY TAIL (Coriolus). This new mushroom extract also contains Maitake mushroom, Ginger, and Vitamin C. Turkey Tail has been reported to be one the best immune boosters for those suffering with cancer. 120 veg caps \$39.95



BRAIN BOOST by Nutritional Frontiers

Another great product in the family of Nutritional Frontiers is BRAIN BOOST. This dietary supplement supports mental focus and acuity. All the ingredients have been well researched to help balance mood and cognition. Suggested dosage: 3 capsules daily. 180 veg caps \$63.99



QUICK FACTS.....FRUITS>>>

Conventional Fruit Labels.....Four digits starting with 4

Organic Fruit Labels.....Five digits and starts with number 9

Genetically Modified Fruits.....Start with the digit 8

Shop Safe : This is good to know because stores aren't obligated to tell you if a fruit has been genetically modified.



Yoga & Pilates with Ursula

KUNDALINI YOGA, WEDNESDAY 7:00-8:00 PM
Ongoing Class
\$10 per class OR 6-class card for \$50

HATHA YOGA, SUNDAY 4:00-5:00 PM
Ongoing Class
\$10 per class OR 6-class card for \$50

YOGA THRIVE

Yoga Program for Cancer Survivors
Scheduled By Request

Small Group and Private Instruction Available

Watch For Upcoming Launch of Website
www.ursulayogapilates.com

Watch for Addition of New Classes

For More Information
contact Ursula at 412.855.9096 or
ursula.yoga.pilates@verizon.net

Nutri FARMACY

Summer
2010
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

Have a personal health question? Email Dr. Dan at dtwherb@yahoo.com



HEALTH CLUB MEMBERSHIP

"A whole year with 12.5% discount on any item that we sell, including classes, diagnostic testing, books, and hair analysis.

\$3.00 OFF

Expires 8/31/2010

WESTERN PA'S ONLY ALL NATURAL PHARMACY

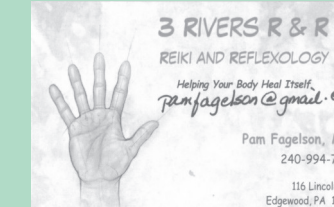
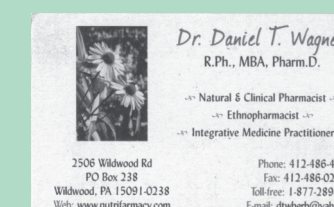
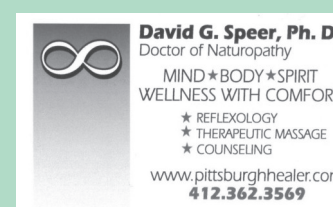
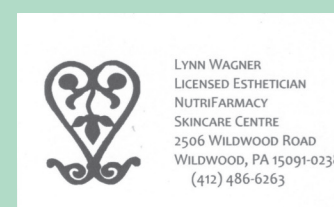
Let's meet the practitioners of the NEW WILDWOOD WELLNESS CENTRE !!!

This winter, NutriFarmacy opened a new extension and dimension to its successful natural business model that began in 1997. In a never-ending pursuit to better meet the natural and holistic medical needs of the surrounding community, we are pleased to offer exciting new services to our many loyal patients, customers and patrons.

The new WILDWOOD WELLNESS CENTRE is located on the right side (follow the wooden porch) of the NutriFarmacy building at 2506 Wildwood Road in Hampton Township. This natural health day spa and clinic is dedicated to expanding your health choices in new areas of treatment.

Listed below are the business cards of the participating practitioners. Each individual is a highly skilled alternative health care professional whose specialty will coincide with the mission statement of our natural medicine pharmacy.

The new phone number of the WELLNESS CENTRE is (412) 486-6263.



Introduction to Essential Oils by Lynn Wagner, Licensed Esthetician

Nutrifarmacy is pleased to announce we are now selling doTERRA essential oils. These oils were first introduced to our customers at The Women's Wellness Day in February and Our Open House in April. The response and requests were so positive that we chose to make doTERRA oils available for everyone.

What are essential oils? They are the life force as well as the regenerating and oxygenating immune defense properties of plants. These precious drops are extremely concentrated. They have been reported to be 70 to 80% more concentrated than herbal powders. Essential oils are non-toxic, harmless to human tissue and promote healing. These oils contain natural antibacterial, antiseptic and antifungal properties.

doTERRA's (CPTG) certified pure therapeutic grade essential oils are 100% pure natural aromatic compounds extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities. They are free of contaminants such as pesticides or other chemical residues.



These products are an exciting new dimension to our business. We look forward to the opportunity to educate our customers on the many ways essential oils promote good health.

BULLETIN BOARD

MORE REASONS TO AVOID PHONY SUGAR SUBSTITUTES

Since ASPARTAME came out in the early 1980s as an artificial sweetener (sold as *Nutrasweet*, *Equal* and *Spoonful*), there have been 92 documented adverse reactions. The most common side effects include: anemia, memory loss, birth defects, heart palpitations, diarrhea, migraines, food cravings, personality changes, confusion and autoimmune-like symptoms. The fact that aspartame has been added to about 6,000 diet and sugar-free foods, desserts, yogurts, supplements and laxatives is disturbing.

Aspartame is made up of aspartic acid (40%), phenylalanine (50%) and methanol (10%). On his book, *Excitotoxins: The Taste That Kills*, Dr. Russel Blaylock documents that over time, aspartate concentrates in the brain and slowly stimulates neural cells to death. Methanol is wood alcohol. In my personal investigation with the ETAScan that can accurately measure the energetic field of any food, vitamin or drug, aspartame tested LOWER than any other substance. It has a life-force of only 30%. This is a tragic food substitute and I encourage you and your love ones to avoid it.

IS TOO MUCH OF SODIUM BICARBONATE A BAD THING?

A few issued ago I wrote a late-breaking article about the benefits of alkalizing the body with sodium bicarbonate (baking soda) as a potential benefit to cancer patients. This fact has been researched by Dr. Tullio Simoncini, an Italian oncologist. But too much of a good thing is just that....too much and potential problems. Adverse reactions from too much bicarbonate can include metabolic alkalosis, edema due to sodium overload, congestive heart failure, hyperosmolar syndrome, and hypertension due to increased sodium. Symptoms of alkalosis (the blood is too alkaline) include: confusion, hand tremor, light-headiness, muscle twitching, nausea, vomiting and prolonged muscle spasms.

Generally, sodium bicarbonate is well tolerated but I recommend taking it with meals to avoid stomach upset. Check your pH regularly, and limit intake to 1-3 heaping teaspoons daily.

ARE BOY'S BRAINS BEING DAMAGED BY MERCURY?

Many researchers and medical practitioners believe that mercury, an extremely toxic metal which kills neurons at low concentrations, has preferentially damaged the brains of a whole generation of young boys. Mercury is introduced into children during gestation mostly from food (mainly fish) that their mothers eat, air pollutants and silver dental fillings. In addition, the national childhood vaccination program, until recently, added quantities of thimerosal - a mercury compound used as a preservative - directly into the bloodstreams passing the blood brain barrier.

It is generally known, but not recognized by physicians and the medical industry, that female hormones help protect girl children against mercury; boys are more unprotected. Therefore boys' brains tend to suffer more damage than those of girls. Autism is almost more prevalent in boys than it is in girls. This is a question of paramount importance, but the medical profession refuses to address it.

NEW STUDY QUESTIONS VALUE OF CHOLESTEROL DRUG ZETIA, VYTORIN

A new study (as reported by the Associated Press in January, 2010) raises fresh concerns regarding the drug **ZETIA** and its cousin drug **VYTORIN**. These drugs are used by millions of Americans each day to lower cholesterol despite growing questions raise last year about how well they work.

In this study, Zetia failed to shrink buildups in artery walls, while a common supplement NIACIN did so quite effectively. Zetia users suffered more heart attacks and other problems. Dr. Roger Blumenthal, chief cardiologist at John Hopkins University stated, "Zetia has been on the market 7 years and we still haven't proven that it improves clinical outcomes. We should be trying to get more doctors to turn to niacin." Vytorin is a drug that combines Zetia with a statin drug. Both are sold by Merck & Co.

Quote:

"We currently don't have a health care system. We have an illness-treatment system."

I and I

Interesting and Intriguing new research in the Complementary-Alternative medicine (CAM) field by Dr. Dan

In the past few years there has been a steady stream of research on the anti-cancer potential of **avocados**. They appear to selectively induce **apoptosis** of cancer but not normal human cells.....Oral **DHEA** appears to increase **bone density** in elderly woman, but not men. A dosage of 50 mg for one year appeared to boost bone density by 3.9 percent.....In addition to the myriad health benefits of **Vitamin D3**, new findings also suggest that it improves muscle strength in the elderly.....Supplements containing **lutein** and **zeaxanthin** may help prevent **macular degeneration**, but new reports (ConsumerLab.com) shows that the levels of ingredients vary widely across the marketplace. Check with a qualified practitioner you trust before buying any eye vitamin.....**Dyspepsia** has many causes, notably peptic ulcers and gastritis, but it can also be caused by acid reflux, lactose intolerance and gall bladder inflammation. One of the best cures id not to eradicate **H. Pylori**, but to supplement with **mastic gum**.....In a review of products that best decrease anxiety levels and mild depression, the adaptogenic herb **ashwagandha** outperformed placebo by 85 percent. No drug could every meet that standard.....There now seems to be a correlation between high **homocysteine levels** and the early development of **dementia**. Simply supplementing daily with **Vitamins B6, B12 and folic acid** and greatly decrease that tendency....Dr. Jonathan Wright has reported that there is a new groundbreaking **skin cancer** cure with a mixture known as BEC5, a derivative of **eggplant**. See the web site (www.skincancer.org).

There was noticeable improvement in a study of woman supplementing with **N-acetylcysteine** at a dose of 1,200 mg daily for **obsessive-compulsive disorder**.....**Dr. Mehmet Oz** publically announced that his wife is a **Reiki** practitioner and that he frequently receives treatments at home.....**Co-enzyme Q10** is the 'everywhere' energy nutrient. The highest levels are found in your heart, liver, and skeletal muscles. Think of **CoQ10** as the spark plug in your engine helping to ignite and burn fuel more efficiently.....In their lifetime, 40 percent of Canadian woman and 45 percent of Canadian men will battle **cancer**.....The food which is the highest source of **Vitamin D** is cod liver oil first, followed by salmon, canned tuna and fortified milk.....A recent article in *Pharmacy Times Magazine* stated that the natural plant extract **Pycnogenol** from the bark of the French maritime pine tree has effective **anti-inflammatory** and **pain-reducing** properties....The *European Rev Med Pharmacol* reported that the combination of **Alpha-Lipoic Acid** and **Gamma-linoleic Acid (GLA)** showed marked improvement in the relief of **carpal tunnel syndrome**.....**Red Yeast Rice** and therapeutic lifestyle changes decrease **LDL Cholesterol** in patients with **dyslipidemia** who cannot tolerate statin drugs.....For people suffering with seasonal allergic **rhinitis**, a recent study has found that a significant number of patients received therapeutic effectiveness with supplementation of **Astragalus membranaceus**..... Beneficial health effects have recently been claimed for **pomegranate juice**. In vitro and in vivo studies have demonstrated its anti-atherosclerotic capacity, chemoprevention and chemotherapy for **prostate cancer**, and its antioxidant activity.....**Coronary artery disease** is an independent predictor of cardiovascular disease. According to Alan Gaby, M.D. writing in *Townsend Letter* (#316), increased **Vitamin K1** intake (green leafy vegetables and supplement) can prevent cardiovascular disease.....eating potato chips may lead to heart disease. In the same journal Dr. Gaby states that eating such foods high in advanced glycation end products increases **C-Reactive Protein** and **LDL cholesterol**.

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

Q: Dr. Dan,

I've been hearing more and more about the dangers of over exposure toradiation and cell phone smog. Can you give tell me your input? Nathan, Pgh

A: Dear Nathan,

This is an excellent question and one that has concerned me as I investigate this growing problem. Microwave radiation from cell phones, computers, wi-fi's, cell phone towers, microwaves, etc. are an invisible mushroom cloud over America's cities that may be causing havoc with the health of millions of people. I am picking up what I refer to as "e-smog" more and more frequently with my ETAScan energy device. Believe me, it is a PROBLEM! The first sign of e-smog appears to be insomnia or sleep interruptions. It is a common complaint today affected 100 million Americans. I am starting to suspect that the vast increase in the prescribing of C-Pap machines is mainly due to e-smog, albeit the medical profession is not ready to concede this possibility. Other problems from e-smog are hypertension, heart disease, fatigue, impaired brain function and cancer (especially brain cancer and leukemia).

There are steps one can take to minimize exposure and potential problems associated with radiation exposure. First, limit cell phone use to a few minutes and use the speaker if possible. The further you hold the cell phone away from your body the less exposure you suffer. Secondly, never RECHARGE your cell phone at night in your bed room! Our highest risk of exposure is at night when the body is in deep REM sleep. Keep all electronic equipment out of the bed room, except maybe for a clock radio. Lastly, don't keep the cell phone (when turned on) on your body for extended periods. Women can keep it in their purses, men should lay it aside on the car seat or desk.

There are international groups and organizations that are trying to alert governments to the potential danger of electromagnetic emissions especially for children. France is considering banning cell phones for anyone under 16 years old. It will be an uphill battle for sure. Awash in money (trillions not even billions of dollars), the telecommunications industry can buy the influence of government officials and the media marketplace. Be on guard and make decisions to limit your exposure. More on this subject will follow in the next newsletter.

INSPIRING HEALTH THROUGH INTEGRATIVE MEDICINE

By Dr. Dan

In 1997, shortly before I received my doctorate degree in clinical pharmacology, I decided to make the giant leap (since no one else in my profession had ever done so before) into being a full-time advocate for complementary care and what I refer to as "integrative medicine." This did not mean that I had abandon drug therapy and/or conventional medicine, it only meant that I needed to carry out my inner calling to and belief in a more holistic approach to health. Thus was the birth of a new concept 'farmacy' not pharmacy that I named NutriFarmacy.

Simply put, integrative care encourages patients to be pro-active about their health by adopting simple lifestyle habits such as healthy nutrition, stress management and reduction, correct supplementation, higher energy, emotional and social support, and a more evolved psycho-spirituality about healing that would complement, not compete against conventional medicine.

Besides helping people to recover from disease and improve their quality of life, research indicates such approaches may be associated with a decreased risk of disease (especially cancer) and disease recurrence.

That NutriFarmacy has been sustainable and successful in 13 years of practice is not the most important statement. The best outcome is that there has been a shift occurring when it comes to the way alternative medicines and treatments are being perceived. More and more people, patients and health care practitioners alike, are acknowledging the validity and benefits of integrative medicine.

We currently do not have a health care system in America. We have an illness-treatment system. There is a growing recognition that supporting our health can play as important, or even greater, a role as in the treatment of disease and illness. Many would agree that conventional medicine has been profoundly disconnected from the wisdom of the body. I have found undisputed proof that the wisdom of the body is beyond intellect, it is intent. This perception or intent is a powerful tool in raising the body's energetic field which will better alleviate imbalance in our body (dis-ease) than any drug, radiation or chemotherapy treatment.

As we begin to explore new ideas it will shift our concept of what illness really is. Words such as cancer, diabetes, heart disease, arthritis, etc. mean nothing other than the meaning orthodox medicine gives to them. To the body's intelligence it sees none of those terms as meaningful- it only sees imbalance.

Let's look at some of these natural approaches to health that are accumulating mounting evidence that s lends toward a disease risk of disease, increased longevity, and mainly an increase in cellular 'energy' that is the glue to HOW we cope with the stressors of this world.

NATUROPATHIC MEDICINE* Emphasizing preventative health, naturopathic medicine draws on a variety of therapies to promote well-being, including herbs, nutritional supplements, homeopathy and hydrotherapy.

ENERGY MEDICINE* based on the knowledge of quantum mechanics, energy medicine machines like the ETAScan can view various organs in the body to determine (energetically) its health status. It can determine if the low-energy organ is being affected by toxins, parasites, viruses, bacteria, allergies, food sensitivities, or simple emotions.

REIKI* A Japanese technique of light touch, reiki helps establish a normal and healthy flow of 'qi,' the body's life force and energy.

THERAPEUTIC TOUCH Often referred to a form of energy healing, therapeutic touch is said to reduce stress and promote healing. The practitioner does not touch the patient but rather positions her hands a few inches above the direct energy.

MEDITATION* This ancient practice focuses on calming and quieting the mind, connecting with the 'now' moment and your personal intuition.

ACUPUNCTURE A fundamental element of Chinese medicine that involves inserting tiny needles through the skin at specific points along the meridians of the body to help unblock 'qi.'

HOMEOPATHY* A science of 'similars' that treats illness with diluted remedies that are chosen on the principle that like cures like.

SHEN AND SHIATSU THERAPY* This hands-on physical-emotional release therapy is based on the way feelings affects the body and the brain. It can help people better process emotions.

MUSIC AND COLOR THERAPY Both music and color has creative and emotional qualities that can be used in a therapeutic way to enhance self-awareness, self-expression, and communication.

PSYCHOSOMATIC THERAPY* This machine measures subtle energy fields in the body that act as 'blocks' or deep-seeded emotional conflicts that can negatively affect our lives. In most cases the block needs to be 'melted' away with energy and homeopathy.

* treatments already available at NutriFarmacy and the Wildwood Wellness Centre



WWW.THEPILATESCENTRELLC.COM

FOR MORE INFORMATION OR CALL 412-487-0616.

WE OFFER PRIVATE, SEMI-PRIVATE AND GROUP CLASSES. PLEASE CHECK OUT OUR WEBSITE:

5 Steps to Perfect Posture, Lisa Bernardo, PhD, RN, HFS

Joseph Pilates said "You are as young as your spine".

There are 5 steps that we can take to have a healthy spine and posture.

1. Anatomy and alignment. The spine has natural curves in the neck, thorax, lumbar and sacral areas. These vertebrae are supported by muscles that help keep them in alignment. If these muscles are too weak or too strong, they will pull the vertebrae out of their alignment. Over time, this lack of alignment can lead to pain, discomfort and other problems. Therefore, it is important to balance our muscles to keep our spines strong and aligned to maintain good posture. When standing sideways, proper posture includes the alignment of ears over the shoulders, shoulders over hips, and the hip in line with the knee and ankle. Facing front, our ears, shoulders, hips and knees are even across the front of our bodies. From a bending position, the head, ribcage and pelvis are free of twisting or rotation.
2. Breathing. Breathing deep into the lungs allows for the proper exchange of nutrients and oxygen into the body and removal of wastes from the body. If we slouch in our upper backs, then our lungs cannot properly expand and we cannot achieve oxygenation in our blood. Practicing deep breathing throughout the day will facilitate oxygenation and cleansing.
3. Circulation of energy. Major nerves come through the spine and innervate our bodies. When our posture is not optimal, the nerves cannot send or receive messages properly. We also have energy (kundalini) that travels the length of the spine, and without good alignment, this energy becomes blocked, making us tired and sluggish.
4. Diet. Eating healthy foods that contain calcium, Vitamin D, and magnesium support our bones and spines. Sitting straight during mealtime facilitates proper digestion, breathing and spinal position.
5. Exercise. For optimal posture, exercises should include all movements of the spine (flexion, extension, lateral flexion and rotation). Pilates, yoga and GYROTONIC are exercise modalities that include these movements. Proper form while exercising is crucial to balance muscle strengthening and stretching. Exercises should be prescribed by a knowledgeable professional to achieve optimal results, and should include home practice every day, for at least 10 minutes. A home practice should include standing and seated exercises and include all four movements of the spine.

Good posture is literally the 'backbone' of our lives. Practicing proper alignment and deep breathing, eating healthy foods and performing exercises correctly and consistently lead to healthy spines for everyone.

WWW.THEPILATESCENTRELLC.COM

C O U P O N S

\$15.00 OFF
ETA SCAN
Expires 8/31/2010

\$10.00 OFF
REBA TEST
Expires 8/31/2010

C O U P O N S

SANTEVIA PURIFY. INFUSE. INVIGORATE.

SANTEVIA PURE EARTH WATER SYSTEM

NutriFarmacy is very proud to introduce a revolutionary PURE WATER FILTERING SYSTEM that is affordable and highly effective. The SANTEVIA PURE EARTH WATER system not only energizes your water...it ALKALIZES, RE-MINERALIZES and HYDRATES the water to be the perfect drinking water.

There is no longer a need to spend thousands of dollars on fancy water filtering system. The SANTEVIA is only \$229 and guaranteed.

Stop in today and look at our PURE water system. Keep in mind, as Dr. Dan has said many times before...the basic level of human health is keeping the body mildly alkaline. The SANTEVIA system utilizes all-natural mineral stones to normalize the pH of water to alkaline.