

HEALTH & WELLNESS NEWSLETTER

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WINTER IS HERE AND SO IS COLD AND FLU SEASON HOW CAN YOU PROTECT YOURSELF FROM GERMS?

We hear a lot of information everywhere we turn and we are never sure who to listen to, however it has become mainstream knowledge that certain supplements can reduce risk of disease and even the common cold and flu.

Dr. A Wojcicki M.D., recommends that certain supplements should be taken daily in order to maintain optimal health. **Is Vitamin D really necessary to take everyday?**

Vitamin D, is known as the sunshine vitamin, It is manufactured by UV rays on the skin. Vitamin D like Vitamin E, A, K are fat soluble. There is very strong evidence, confirmed by numerous studies and my own experience that Vitamin D

deficiency is a very common problem in Canada and other countries where the sun exposure is limited. I assess the level of Vit D on all of my patients and between 70-90% are either vit D deficient or at the low level of so called "normal". Lack of vit D is strongly linked to increased risk of bowel, prostate, breast cancer. Vit. D is crucial for absorption of calcium and subsequent bone growth and removal. It stimulates Vit C absorption. Vit D is also called pro-hormone. The precursor to this vitamin is manufactured from cholesterol in the skin (attention to all takers of cholesterol lowering medications) and converted to vit D3 with sunlight. Even

after its conversion it requires activation first by the liver and then by the kidneys to become fully useful.

As a supplement, synthetic Vit D2 (ergocalcitol) is the most common. The natural form of Vit D3 is usually derived from cod liver oil, cold water fish, butter (no margarine!) and egg yolks. Daily standard dose in my practice is 1000 U during spring and summer and up to 2000 U in fall and winter. However there may be personal variations based on the clinical assessment.

by: Dr. A Wojcicki, M.D.
Vivian Medical Spa

Comprehensive health assessments are available at the Vivian Medical Spa

CAN WE GET ENOUGH VITAMIN C FROM EATING FRUIT?

As we grow older, daily vitamin requirements increases and eating fruit may not be sufficient to meet our body needs. Vitamins are organic substances that are essential for keeping us healthy. Vit C deficiency is associated with increased bruising, poor wound heal-

ing and make us more susceptible for developing infections, allergies, diabetes and cancer and even colds.

While animals manufacture their own Vit C, humans can only obtain it from food and supplements. As one of the best antioxidant it pro-

TECTS the body from free radical damage to tissues, which ultimately leads to degenerative disease and early aging. I am recommending 1-3gr daily dose of Vit C higher doses during for example "flu season" and based on personal needs.
Dr. A Wojcicki M.D.

SPECIAL POINTS OF INTEREST:

- *Protect yourself from disease by taking proper amounts of Vitamin D.*
- *Vitamin C protects the body from free radical damage and cannot be absorbed through fruit alone!*
- *New Prices for hormone creams at Total Health Pharmacy*
- *Preservatives and Parabens, is there a concern?*

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THP'S NEW YEAR'S RESOLUTION

Dear Friends,

It's that time once again where we reflect on events of the passing year and look forward to changes in the coming year. The New Year is about resolutions and subsequent changes that will positively impact our health and overall well being. In an effort to ensure your health and wellness success in the New Year we have undergone a systematic review of our pricing for our bio-identical compounded prescriptions

and we have modified the pricing structure to be the most competitive. Because of the support and growing prescription base from Vivian Medical Spa we will be able to continue to achieve better volume discounts from our suppliers. We also resolve to provide an open dialogue regarding any changing costs for compounds and will ensure the most competitive prices for our patients. As always, Total Health Pharmacy provides value added services free of charge such as express mail

delivery in 1-2 days. We are always in the know of new cutting edge techniques and formulations that allow us to provide customized medications to meet your individual needs.

Our promise is that you stay in your best health and we want to make it affordable, accessible and convenient.

Miranda Tawfik, Proprietor

Total Health Pharmacy

PRESERVATIVE & PARABEN FREE CREAMS

The use of parabens is a controversial issue as some recent studies suggest that they may cause breast cancer, possess estrogenic effects as well as speed up the process of skin aging. At this point, there is not enough literature to draw any conclusive links, but it has generated enough attention that people began to worry. Parabens are a group of chemicals used as preservatives in the pharmaceutical and cosmetic industries. They cost very little and are effective preservatives

thus can be found in most household products such as makeup, moisturizers, toothpastes, etc.

So are parabens bad? Well some scientists say probably so with long term exposure. Cosmetic and pharmaceutical companies probably say absolutely not. Total Health Pharmacy says, why risk it? We use paraben-free creams in our bio-identical hormone creams, however they do contain some other common preservatives as alternatives to

prevent the growth of bacteria, yeast and mold. If you have allergies to other preservatives please let us know. Total Health Pharmacy may compound a preservative-free, paraben-free cream just for you.

Just remember the possibilities are endless with compounding. Please contact us at any time if you have any questions or concerns.

Miranda Tawfik

Total Health Pharmacy

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

-Edith Lovejoy Pierce

VIVIAN MEDICAL SPA & TOTAL HEALTH PHARMACY

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