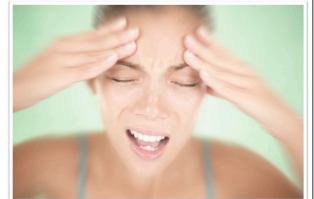




3978 SORRENTO VALLEY BLVD. | SUITE 300
SAN DIEGO, CA 92121 | (858) 453-2500
lavitarx.com

La Vita Volume 27 Happenings

LIVING | BETTER | LONGER



Are you one of the 100 million Americans suffering from chronic pain?

According to the American Academy of Pain Medicine, there are about 100 million American suffering from chronic pain, affecting their sleep, productivity, and quality of life. Pain management is a concern for healthcare providers and patients as the costs for oral prescription medications can be high and the side effects from these medications can be an issue for patient's long term.

At La Vita, we recommend the efficacy of transdermal pain creams. They are effective and can be applied directly onto the affected area without medicating the entire body. Pain management compounds may help with joint inflammation, swollen painful knees, post-operative pain relief, arthritis, neck & back pain, muscle spasms, pinched nerves and more. Talk to your doctor about the benefits of transdermal pain creams.

Ask the Pharmacist:

Are sublingual vitamins better than oral supplements?

Much has been written about MTHFR mutations as of late. Having a mutation at this gene is actually quite [More on the back....](#)

Please keep receipt for your records.
Do not sign and return. Thank you!

Prescription Tip of the Month:

Low Dose Naltrexone (LDN)

Low Dose Naltrexone (LDN) is known to boost the immune system, activating the body's own natural defenses. In people with diseases that are partially or largely triggered by a deficiency of endorphins

[More on the back....](#)

Foods, Moods & Nutrition

Eating Right in 2017: Vegetables for Breakfast!

It is recommended that we eat 5 to 9 servings of vegetables each day. Consider adding vegetables to your breakfast:

GREENS AND EGGS: Egg omelets, scrambles and frittatas are a great vehicle for all kinds of vegetables. Try peppers and onions or spinach and tomato, and try adding broccoli for crunch!

SAVORY OATMEAL: Add pureed sweet potatoes or squash to your morning oats and top with cinnamon and a crunch of walnuts.

COLORFUL SANDWICHES AND BURRITOS: Boost your breakfast sandwich by adding raw spinach, thinly sliced zucchini or tomato, and avocado.

BREAKFAST SALAD: Who says salads are just for lunch? Start your morning with a salad with and add a couple of cooked eggs!

GREEN SMOOTHIES: Add spinach, kale, parsley or other greens to the protein base and round it out with apples, carrots or other fruit.

Set yourself up for a successful day of healthful eating.
By Elizabeth Potter, dietetic intern 2015, Bastyr University

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Tip of the Month: *continued...*

(including cancer and autoimmune diseases) restoration of the body's normal production of endorphins is the major therapeutic action of LDN. There is evidence it is possibly effective in treating cancers and autoimmune diseases.

Speak to your doctor to see if you are a candidate for LDN treatment.

For more information, visit or call us and talk to your pharmacist today.

Tired of Being Tired?

wine,
women,
hormones &
RELIEF IS ON THE WAY



It's not you. It's your hormones!

Join our fun, informative event and learn about your options regarding bio-identical hormone replacement therapy. Bring friends. Wine, snacks & laughs included.

3/02 Dr. Janette Gray, MD, CHWB, San Diego
4/20 Dr. Aliza Cicerone, ND, Trilogy Financial, San Diego

For details on future events, visit
www.winewomenandhormones.com

CUSTOMER REFERRAL OFFER

Get \$10 off our next La Vita Rx when you refer a friend to attend a Wine, Women & Hormones event!

Ask the Pharmacist: *cont...*

common and can cause the gene to operate sub optimally and may lead to issues with insomnia, neuropathy, depression, anxiety, cardiac markers and more. Many practitioners recommend methylfolate vitamins to mitigate this mutation.

The sublingual (under the tongue) version has the advantage in that more may get absorbed than by the oral route.

Ask your La Vita pharmacist for more information.