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La Vita Happenings

Volume 21



Got Pain?

Tired of taking pain medications that don't seem to work? Worried about unwanted side effects? Talk to your doctor about La Vita's transdermal pain creams. Applied directly to the effected area without medicating the entire body. Pain management compounds may help with joint inflammation, swollen painful knees, post-operative pain relief, arthritis, back/neck pain, muscle spasms, sleep disturbances, pinched nerve and more.

Read Claudia's story on finding relief: "After 2 years of excruciating pain, taking countless addictive pain meds without relief and with a hip replacement diagnosis, I felt defeated. That is until I was introduced to La Vita... they worked with my Doctor to customize my own transdermal pain cream. I was shocked, the relief came relatively quickly... I cannot tell you how much this cream has changed my life . . ." This can also be you! Talk to your doctor and find the pain relief treatment that is right for you.

Ask the Pharmacist:

What Are Bio-Identical Hormones Made From?

Bio-Identical hormones are natural in that they are sourced from yams and soy. [More on the back.....](#)

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

Prescription Tip of the Month:

What's The Best Way To Learn How To Self-Inject?

La Vita has its own You Tube channel for this very purpose. Once on You Tube, search under lavitarx to find our educational channel. You can scroll down to find [More on the back.....](#)

Foods, Moods & Nutrition

Which foods can help keep you both healthy and happy?



YOUR PARTNER IN
NATURAL HEALTH CARE

CARBOHYDRATES – When we eat breads, rice and pasta our bodies convert these foods to glucose (sugar), which is what our brains need to help us think clearly and feel our best. Consuming whole grain carbohydrates (brown or wild rice, bulgur, oats) will provide your brain with a longer lasting source of glucose making you feel happier, longer!

OMEGA-3 FATTY ACIDS – Salmon, mackerel and trout are good sources of these healthy fats. Add fish to your weekly menu ... your brain will thank you for it!

VITAMIN D – This important vitamin increases serotonin levels in the brain which may prevent feelings of depression. Mushrooms, whole milk and fish contain vitamin D. Exposing skin to sunlight (without sunscreen) also triggers our bodies to make vitamin D naturally! If you are fair-skinned check with your dermatologist before using this method.

By Neal Malik, DrPH, MPH, RDN, core faculty member at Bastyr

Tired of Being Tired?

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



Come to our fun, informative event to learn more about your options regarding bio-identical hormone replacement therapy.

BRING A FRIEND - WINE, SNACKS & LAUGHS INCLUDED.

- 9/1 Hera Hub, San Diego - Dr. Reese, ND
- 9/9 Ability Rehabilitation Specialists, La Jolla - Dr. Fitzpatrick, ND
- 9/22 Urgent Care 3D, Carlsbad - Doe Asombrado, FNP
- 10/15 Gila Rut, Hillcrest - Dr. Gray, MD
- 10/22 2Good2B, Encinitas - Dr. Dudek, ND

REGISTER AT WINEWOMENANDHORMONES.COM

CUSTOMER REFERRAL OFFER

Refer a friend to attend a Wine Women & Hormones event and get \$10 off your next prescription from La Vita!

Greater insurance coverage for you!
La Vita was approved to continue in the Express Scripts pharmacy network!

Tip of the Month: [continued...](#)

several informative videos that walk you through self-injection of either an intramuscular injection or a subcutaneous injection. Once you've watched the appropriate video you can even watch a video that will help you to practice on an orange! Now you're ready to go! We also have handouts that can walk you through each step. Our pharmacists are also on hand to answer your questions.

Ask the Pharmacist:

[continued...](#) They are then synthesized into a form in which a compounding pharmacy can work with in order to make various dosage forms. La Vita uses only yam sourced hormones as so many people have sensitivities to soy. The true significance is not that they are naturally sourced but rather that they are bio-identical and exactly like the hormones already in your body. Talk to your doctor about bio-identical hormones and see if they are right for you.