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La Vita Happenings

Volume 6



LIVING | BETTER | LONGER

How Can We Help You With Hospice, Pediatrics and your Pets?

When Mary Poppins sang “a spoonful of sugar helps the medicine go down” little did we know she was referencing compounding!

At La Vita, we know certain patients have special needs. Whether it is a loved one in a Hospice environment who is unable to swallow, a child who is terrified of shots or a stubborn pet who eats the treat but spits out their pill, we can help.

Compounding offers many options including transdermal creams and gels, sub-lingual drops (placed under the tongue), flavored solutions/suspensions and suppositories.

We work closely with physicians to customize medications, ensuring your loved ones will “take their medicine”.

Call a La Vita pharmacist today at (858) 453-2500 for more information on these highly effective options!

Ask the Pharmacist

Can Hormonal Imbalance Cause Memory Loss?

Answer: Forgetfulness is one of the main symptoms that drives a peri-menopausal woman to her physician. [More on back...](#)

Prescription

Tip of the Month:

Treating Puffy Eyes

Puffy eyes are caused by an accumulation of fluids in the tissues around your eyes. Possible causes include: lack of sleep, allergies, hormonal changes, water retention and stress. [More on back...](#)

Foods, Moods and Nutrition

You are what you eat!

Spring is a great time to detoxify your body. The benefits to a “detox” are numerous but ultimately you can think of it like an oil change for your system!



- YES! All types of berries, brussel sprouts, watercress, arugula, kale, bok choy, radishes, garlic, quinoa, whole grain rice, olive oil, flaxseed oil, purified water (lots!), rice milk, almond milk, organic teas, rosemary, parsley, cilantro and thyme.
- NO! Oranges, grapefruit, canned fruits, corn, soy based foods, refined flour, peanuts, hydrogenated oils, all dairy based products, coffee, alcohol, eggs and non-organic meats.

Curious about your Nutritional Health? Ask your doctor about Spectracell™ Micronutrient Testing: “Advanced clinical testing for assessment of optimal health.”

Tired of Being Tired?

Are you tired most of the day? Forgetful? Emotional? Have a non-existent sex drive? Don't worry, relief is on the way!



La Vita's Wine, Women & Hormones™ event provides a great opportunity for women to come together, along with a team of experts, and learn more about their options regarding bio-identical hormones. Please visit La Vita's Facebook page & “like” us. Enjoy useful articles, photos, videos and more.

We do not do these events in June, July or August, so mark your calendar to come to one of our May events!

Please join us for an amazing “girls night out” that you won't soon forget! For more information call us at (858) 453-2500 or go to www.lavitarx.com. If you know of a co-sponsor who would like to host one of these events, please contact Melanie@lavitarx.com.

“Like” us on Facebook & receive FREE mailing on your next Rx order!

Prescription

continued...

Swelling can often be reduced by applying something cold to the area. This isn't always enough to reduce swelling and can be impractical. La Vita & your physician can recommend compounded, prescription-only formulas that greatly reduce puffiness & dark circles. Ask us for more info!

Ask the Pharmacist

continued...

Relief can typically be found with hormone replacement. However, if memory loss is extreme, it can be a sign of something more serious. Red flags include forgetting where you are & how you got there and having difficulty remembering how to handle money. For more info, call your physician or a La Vita pharmacist!

Upcoming Events:

- May 11th 6:30-9pm
Wine, Women & Hormones™ with Dr. Moein
- May 19th 6:30-9pm
Wine, Women & Hormones™ with Dr. Gray