



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

La Vita Volume 15

Happenings

LIVING | BETTER | LONGER



New “Get the Answers” videos!

Announcing the launch of “Get the Answers” video series. Hear responses straight from our distinguished physicians on the topics that matter most to you- from hormone questions to skincare solutions to the importance of genetics. La Vita and Wine Women & Hormones Facebook pages will be providing weekly Q&As from different physicians to get various angles on the same question. Join our Facebook family today as we will be featuring various physicians throughout the coming months along with contests and giveaways.

Need to self-inject and don't know how? Visit our You Tube channel @lavitarx for a detailed, easy to follow self-injection video, for both intramuscular and subcutaneous injections. We even show you how to practice with an orange first. Don't be intimidated, you can do it. It's easy and more importantly, it's for your good health.

Ask the Pharmacist:

Can Low estrogen lead to Alzheimer's?

The American Alzheimer's Association released the staggering statistic that 1 out of 6 women age 65 or older [More on back...](#)

Prescription

Tip of the Month:

Low Libido?

Although women are typically associated with low libido issues, men are often affected as well, however don't talk about it. Sometimes low libido can be attributed to taking commercial medications such as blood pressure meds or anti- [More on back...](#)

Foods, Moods & Nutrition

BASTYR
University
CLINIC

4 Natural Ways to Improve Digestion

CHEW MORE: Eating while talking, driving or doing something else prevents the enzymes in your saliva from breaking down carbohydrates. Try to chew at least 15 times per mouthful before swallowing.

STRESS LESS: Stress inhibits the production of gastric acid, the bitter sludge in our stomachs that helps to break down food so that we can absorb its nutrients. Take a moment before you engage your plate. Sit. Breathe. Relax.

GET BITTER: Bitter flavors kick-start the digestive process by stimulating the production of gastric acid in the stomach. Try adding bitterness with coffee, unsweetened cocoa, beer, olives, citrus peel, dandelion greens, wild chicory, escarole, chamomile.

KEEP A DIET DIARY: Recording what you eat, when you eat, how you eat, how you feel and various other factors can help you increase awareness of what you eat and how your body reacts.

By Jamie Corroon, ND, at Bastyr University Clinic

Tired of Being Tired?



Emotional? Foggy Brain? It's not you. It's your hormones!

Our event provides an amazing opportunity for women to come together, along with a team of experts to learn more about their options regarding bio-identical hormone replacement therapy. BRING A FRIEND. WINE. SNACKS. LAUGHS. ALL INCLUDED.

Next event:

9/17 All About Me Medical Spa with Dr. Andrea Cole
Register at Eventbrite today!

Future events, visit winewomenhormones.com

For co-sponsorship opportunities, contact ana@lavitarx.com

Got PAIN?
Our Transdermal
Pain Creams are
a great alternative
to oral pain meds.

Talk to your doctor or call
La Vita today!

Tip of the Month: **continued...**
depressants. But often it may involve hormones being out of balance and/or being low. Although all 3 sex hormones: estrogen, progesterone and testosterone are involved in maintaining a healthy libido, testosterone is the key player. It's important to know your hormone levels and to replace hormones if needed.

Ask the Pharmacist: **continued**
suffer with Alzheimer's disease. Several studies tie low estrogen to an increase in Alzheimer's disease. One study explored the possibility that estrogen loss associated with menopause may contribute to the development of Alzheimer's disease. The results were eye-opening and revealed that Alzheimer's and dementia were less in estrogen users compared to nonusers. Even more powerful was the revelation that the risk of Alzheimer's decreased significantly with both increasing estrogen dose and duration of use. For more info visit lavitarx.com