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La Vita Volume 11 Happenings

LIVING | BETTER | LONGER



Get Gold Medal Pain Relief!

Olympic doctors prescribe athletes transdermal pain creams. These creams are cost effective and offer the positive effects of oral meds while reducing the unwanted side effects such as stomach upset, drowsiness, liver toxicity and the possibility of addiction.

You don't have to go out and become an olympic athlete to benefit from from these creams. They are effective for acute injuries but also provide relief from chronic pain such as carpal tunnel or arthritis.

"I have many of my patients on La Vita's topical anti-inflammatory meds. They are consistently very pleased with improvements in pain and function and are able to continue activity at a high level while continuing to heal."

- Dr. F. Allen Richburg, San Diego Sports Medicine Group

Ask your doctor if transdermal pain creams may be right for you.

Ask the Pharmacist:

Are you tired of being tired?

Do these sound familiar? Desire for afternoon naps, mood swings (more down days than up), irritability or difficulty [More on back...](#)

Prescription

Tip of the Month:

Sagging Skin? DMAE rescue me!

DMAE may be the first agent proven in a recent study to have some positive effect on facial sag. In the past, DMAE has been used orally to reduce age related decline in cognitive ability. Applied topically, DMAE has been studied less but is [More on back...](#)

Foods, Moods and Nutrition

You are what you eat!

It is estimated that chronic pain affects between 86 and 110 million people in the United States. This is more than heart disease, diabetes and cancer combined. We don't usually associate pain with nutrient status. Consider these nutrients when dealing with pain.



- Lipoic Acid: Very effective treatment for neuropathic pain.
- Copper: Supplementation can relieve arthritic pain.
- Calcium & Zinc: Play a role in the transmission of pain signals.
- Selenium: Improves muscle pain in deficient patients.
- Manganese: Fights free radicals, a known source of pain.
- Choline: Activates receptors in brain and spine lowering acute pain.

Start taking charge of your nutritional health. Mention this ad and receive 10% off Micronutrient Testing. Call your local representative Shannon Loudon at (619) 850-1610 for more details!

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 an amazing opportunity for women to come together, along with a team of experts, and learn more about their options regarding bio-identical hormones. Please visit www.winewomenandhormones.com for upcoming events and resources including research articles.

We have 6 of these awesome evenings scheduled this Fall so grab some girlfriends and join us for an amazing "girl's night out" that you won't soon forget! For more information, please call us at (858) 453-2500 or go to www.lavitarx.com, events page. If you know of a co-sponsor who would like to host one of these events, please contact Melanie@lavitarx.com.

Learn what the experts know about living better longer...
New blog at lavitarx.com

Prescription

continued...

certainly getting the attention of skincare formulators due to its ability to reverse sag and possibly prevent future sagging.

Ask your La Vita pharmacist about customized skincare with DMAE.

Ask the Pharmacist

continued...

managing your normal routine? If so, you might try exercising earlier in the day, eliminating stimulants or learn a new relaxation technique. If you still find no relief, you may want to consider a different approach.

Often the main culprit with fatigue is hormones being out of balance. As we age, issues with thyroid, estrogen, progesterone, testosterone and other hormones can surface.

Talk to your doctor about hormone testing and how hormone imbalance may relate to feelings of exhaustion.