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La Vita Happenings

Volume 20



How can DNA and Lifestyle Choices Affect your Health?

DNA may provide your genetic blueprint; however outside factors can affect how that plan is expressed.

EPIGENETICS is the study of how lifestyle and environment influence the expression of your genes. Genetic changes may affect your health and also get passed onto future generations.

Through the Human Genome Project, the MTHFR genetic mutation was discovered among others. MTHFR affects how the body uses and absorbs B vitamins through a process called methylation.

Over 40% of the population is affected by this mutation.

Methylation happens a billion times per second in our bodies. If a mutation is present, it can lead to several chronic diseases if not treated. To find out if you have an MTHFR mutation, order a Basic, affordable saliva test kit today at www.epigeneticsrx.com.

Ask the Pharmacist:

My Doctor has me on Estrogen and Progesterone. Do I need to be on Testosterone too?

If you have low levels, then “maybe”. [More on the back....](#)

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

Prescription Tip of the Month:

Importance of Estrogen for Beautiful Skin

Bio-Identical estrogen’s many benefits to our health have been well documented in countless studies, but did you know that estrogen plays a key role in the [More on the back....](#)

Foods, Moods & Nutrition



YOUR PARTNER IN
NATURAL HEALTH CARE

Tips to Fight Seasonal Allergies Naturally

Instead of reaching for antihistamines when seasonal allergies strike, try taking these natural steps to reduce your exposure to allergens:

SPRING CLEANING. Frequent rinsing of the face and hair and washing of clothing can help, as well as good household ventilation and filtration systems.

AVOID IRRITANTS such as perfume, smoke or exhaust.

EAT A WHOLE-FOODS DIET rich in antioxidants and omega-3 essential fatty acids, and low in processed and pro-inflammatory foods to maintain a healthy immune system. Supporting the body's routes of detoxification, such as the liver, gastrointestinal tract, kidneys and lungs, can also reduce your overall body burden.

HERBS AND NUTRIENTS that can modulate immune responses include probiotics, green tea, turmeric, nettles, licorice and quercetin.

The **NETI POT** is an excellent and gentle way to soothe an inflamed nose, and remove allergens that get stuck in the nasal passages and perpetuate a runny nose.

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.

Events resume September 2015.

Visit WineWomenandHormones.com

For free registration and up to date event information.

CUSTOMER REFERRAL OFFER

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

EVENT HOSTING OPPORTUNITY

Bring this event to your local community. Do you know a good host site such as hair salons, yoga studios, cafes?. If you have a good place in mind, contact ana@lavitarx.com

Do you have a pet?
La Vita custom formulates medications with different flavors, and delivery forms for healthy pets.

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

health of your skin? Applied topically, estriol has been shown in studies to increase water content of the skin, significantly decrease wrinkle depth & increase collagen fibers. There is no systemic absorption & no ill side effects reported. Treat your skin & talk to your physician or La Vita pharmacist about prescription only skin care containing estriol.

Ask the Pharmacist: [continued...](#)

Testosterone can play a lead role in the health of both males and females. Benefits of testosterone include strengthening bones, boosting libido, decreasing body fat, increasing the ability to focus and it can boost your mood by promoting a sense of well-being. The key to good hormone health is balance. All hormones need to be in perfect harmony with one another which is why it's important to be in close communication with your physician and to follow your prescribed treatment. Ask your physician if you might benefit from testosterone replacement!