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## La Vita Happenings

Volume 6

LIVING | BETTER | LONGER



### Are There Options for Pain- Other Than Taking Pills?

Yes! With oral pain medications, there are often unwanted side-effects including stomach upset, drowsiness, liver toxicity and the possibility of addiction. La Vita works with some of the best pain physicians in San Diego and throughout the country to offer prescription transdermal pain creams customized exclusively for you!

These creams offer the positive effects of oral meds and often succeed where oral meds fail. Transdermal pain creams are useful for indications ranging from sports injuries to chronic pain such as arthritis.

Please see our offer of 25% off your first transdermal pain prescription on the back page of this newsletter.

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

### Ask the Pharmacist

#### Does Estriol Play a Protective Role in Breast Cancer?

Answer: Estriol is the weakest of the 3 bio-identical estrogens, however studies have shown that Estriol binds to [More on back...](#)

### Prescription

Tip of the Month:

#### The 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 health of your skin?

[More on back...](#)

## Foods, Moods and Nutrition

### You are what you eat!

It's important to remember to get back to basics when it comes to food. The following points are often overlooked:



- Chew your food slowly with intention & gratitude. Take the time to consider all the forces that came together to bring you your meal. From the sunshine to the soil to the farmer to the gatherer, a lot of energy has come together to nourish your being.
- Include a minimum of 5 servings of vegetables daily, with 2 of those coming from green, leafy vegetables.
- Drink your weight in ounces of water daily. This will help you with weight loss & optimize your cellular health.

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 and become our "friend". Look for useful articles, photos, videos and more. We will soon be providing special offers for our Facebook "friends"!

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](http://www.lavitarx.com). If you know of a co-sponsor who would like to host one of these events, please contact [Melanie@lavitarx.com](mailto:Melanie@lavitarx.com).

## La Vita Custom Transdermal Pain Rx Offer:

Take 25% off your first transdermal pain compound.

## Prescription

continued...

Applied topically, estriol has been shown in studies to increase water content of the skin, significantly decrease wrinkle depth & increase collagen fibers. There are no ill side effects reported. Talk to a La Vita pharmacist about prescription only skincare containing estriol!

## Ask the Pharmacist

continued...

the "good" estrogen receptors in the breast & is beneficial to preventing breast cancer. Commercial "patches" are bio-identical, but lack the estriol needed for breast protection. A combo of estradiol & estriol can only be obtained at a compounding pharmacy. Call your physician or a La Vita pharmacist today!

## Upcoming Events:

- March 24<sup>th</sup> 6:30-9pm  
Wine, Women & Hormones™ with Dr. Gray
- April 21st 6:30-9pm  
Wine, Women & Hormones™ with Dr. Reese