



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

---

Volume 24

# La Vita Happenings



---

## Express your best DNA!

EpigeneticsRx has joined forces with La Vita to bring the power of precise, personalized, preventative medicine to you!

Start living an inspired, healthy life. Join the EpigeneticsRx community at [www.epigeneticsrx.com](http://www.epigeneticsrx.com). Gain access to an online learning center, list of recommended physicians currently implementing genetics in their practices, and access a trusted supplement online store where you will find the highest grade supplements from quality companies.

Want to get an affordable genetic test? EpigeneticsRx offers access to 3 levels of genetic tests. Consult with your doctor to find out which one is best suited for your needs. Get informed. Get empowered. Make the right choices for you and your family.

---

## Ask the Pharmacist:

### The Sun and Hyper-pigmentation

It's exciting that summer is coming but with the fun in the sun comes an increased change of developing [More on the back....](#)

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

---

## Prescription Tip of the Month:

### Never Miss a Dose Again

Life can be hectic! Grocery shopping, careers, picking up the kids from school and taking them to soccer practice. Wait, it doesn't end there! Don't forget about making dinner, doing homework and finishing that last report for work. Exhausted yet? Well, [More on the back....](#)

## Foods, Moods & Nutrition

### 3 Natural Tips to Fight Spring Allergies



YOUR PARTNER IN  
NATURAL HEALTH CARE

Spring is officially here and leaving allergy sufferers looking for relief. Natural medicine can help you minimize and even eliminate symptoms caused by allergies year round. Consider:

- DIET AND LIFESTYLE:** strengthen your system by cleaning up your diet to aid digestion and increase nutrition. Eating a diet high in inflammatory foods, such as fried foods and processed sugars, can cause your symptoms to flare up. Stick with whole foods such as fruits, vegetables and whole grains.
- HERBAL MEDICINE:** Herbal medicine can strengthen your immune system along with fighting symptoms. Quercetin has been shown to reduce allergy symptoms, but the flavonoid's anti-inflammatory properties also support your overall body function. Quercetin is a plant pigment found in fruits such as apples but can also be taken in a pill form such as in Vital Nutrients' Aller-C.
- ACUPUNCTURE.** For some people, acupuncture also can help with symptoms. As an added bonus, an acupuncture treatment can help reduce anxiety or improve mood and sleep, which can decrease the severity of allergy symptoms.

## Tired of Being Tired?



It's not you. It's your hormones!

Join our fun, informative event and learn about your options regarding bio-identical hormone replacement therapy.

**BRING A FRIEND - WINE, SNACKS & LAUGHS INCLUDED.**

Upcoming events:

5/12	Eco Chateau	Sorrento Valley	Dr. Leverone, ND
5/19	Nakoa Fit	Carlsbad	Dr. Orian, ND
5/26	Gila Rut	Torrey Hills	Dr. Reese, ND
5/31	Gila Rut	Hillcrest	Dr. Gray, MD

**FREE REGISTRATION AT [WWW.WINEWOMENANDHORMONES.COM](http://WWW.WINEWOMENANDHORMONES.COM)  
CUSTOMER REFERRAL OFFER**

Get \$10 off our next La Vita Rx when you refer a friend to attend a Wine Women & Hormones event!  
Join our facebook and twitter community

Help us win  
BEST of SAN  
DIEGO  
visit  
[www.sandiegouniontribune.com/bestof/](http://www.sandiegouniontribune.com/bestof/) and Vote

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

you can cross one item off your "to do list" and that's to remember to order your refills. Simply tell us you want to go on Auto Ship and your prescription(s) will be automatically sent to your home. Nothing to remember or have to do. Now, go take a bubble bath and relax! La Vita can make sure you never miss a prescription again. To go on Auto Ship, call our friendly staff at 858.453.2500 and place your request.

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

Hyper-pigmentation of the skin. Hyper-pigmentation is an area on the skin which is darker than the surrounding area and typically affects the face. Pigments caused by sun exposure are often referred to as sun spots, age spots or liver spots. Treatments include combining ingredients in a dual action to both lighten skin and exfoliate the existing spot. Talk to your practitioner or your La Vita pharmacist for advice on a customized prescription only solution.