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# La Vita Volume 18 Happenings

LIVING | BETTER | LONGER



## What are your New Year's resolutions?

If you're like most people, we all make plans to better ourselves at this time of the year. Eat healthy, exercise more, lose weight. However like most people, these promises don't last long.

Here at La Vita, we want to help you achieve your goals and keep your promises. Our motto is help our patients live, better, longer and we mean it.

We have recently partnered with **TAKE SHAPE FOR LIFE**. A program designed for healthy living with a health coach that guides you through the process and teaches you healthy living habits. It's not just a weight loss program, it's a program built to change your life for good.

For information, events, and get started, visit [www.lavita.tsfl.com](http://www.lavita.tsfl.com) or call health coach Whitney Kell at 760.230.2286

## Ask the Pharmacist:

### Concerned about your Thyroid?

Six in 10 people with a thyroid disease don't know they have it, according to the American Thyroid Association. [More on the back...](#)

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

## Prescription Tip of the Month:

### Can't sleep lately?

One of the primary complaints heard from peri-menopausal women is insomnia. It can show up as an inability to fall asleep or being unable to stay asleep. This can be attributed to imbalances of Estrogen, Progesterone and Cortisol. [More on back...](#)

## Foods, Moods & Nutrition

Want to have more energy to achieve your New Year's resolutions? Then be sure to eat a nutritious breakfast every morning.

**BASTYR**  
University  
**CLINIC**

YOUR PARTNER IN  
NATURAL HEALTH CARE

**FIRST** - Focus on foods that contain protein and healthy fats. Try having an egg or oatmeal, topped with ground nuts. These nutrients will provide your body with long-lasting energy.

**SECOND** - A great healthy fat you should know about is coconut oil. This oil is one of the few good sources of medium-chain triglycerides (MCTs), which are more beneficial to the body than long-chain triglycerides (LCTs), found in the majority of fats and oils. Also, MCTs absorb easier than LCTs, providing quicker and easier nutrition for the body. Cook your egg in a bit of coconut oil or stir a teaspoon of it into your oatmeal.

**THIRD** - Avoid sugar and simple carbohydrates. Most breakfast cereals and breakfast bars contain these and do not provide lasting energy, leading to a "crash" later in the day.

By Nikodemas McNulty, ND, LMP, Bastyr University Clinic

## Tired of Being Tired?

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

wine,  
women,  
hormones &  
RELIEF IS ON THE WAY



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.**

1/21 Frogs Fitness with Dr. Linda Olafson, MD

3/04 Center for Health and Wellbeing with Dr. J. Gray, MD

Visit [WineWomenAndHormones.com](http://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!

Victoria Sweet, MD  
Author of award  
winning book  
"God's Hotel"  
In San Diego  
April 10th  
for a special dinner -  
Details coming soon

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

It's common in peri-menopause for estrogen's level to be dominant over progesterone. When this happens a woman will typically have difficulty sleeping. Pair that with the fact that as we age, Cortisol typically increases and gets out of balance which may also lead to restless nights. Balancing these hormones with customized hormone replacement often results in a deeper more restful sleep.

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

This could be because they were inadequately tested. Many people in their forties and fifties struggle with thyroid issues. Symptoms of low thyroid might be fatigue, weakness, depression, constipation, dry skin, hair loss and weight gain to name a few. Besides a basic TSH level, a practitioner should also test Free T3 & T4 and TPO antibodies at the very minimum to make an accurate diagnosis. If you have hypothyroidism (low thyroid) then thyroid replacement can greatly enhance your quality of life and prevent further health issues down the road.