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# La Vita Volume 13

## Happenings

LIVING | BETTER | LONGER



### Are my compounds safe?

You may have heard concerning comments about compounding pharmacies in the news lately. Many pharmacies say they do compounding, but only a select few truly specialize and focus on compounding medications.

La Vita is a PCAB Accredited® Pharmacy for both sterile and non-sterile compounding. You can trust our compounds are unsurpassed in quality and safety. Only 23 pharmacies in California hold this prestigious honor. PCAB Accredited® Pharmacies are held to much higher quality and safety control standards. When researching compounding services and prices be sure to ask if your pharmacy is PCAB Accredited®.

In Nov. 2013, Congress passed the “The Drug Quality Security Act” creating more regulation around sterile compounding. La Vita will be an industry leader, working closely with appropriate agencies ensuring the continued safety of our sterile compounds.

### Ask the Pharmacist:

#### MTHFR Mutation

A recent discovery of a genetic mutation in the body which prevents a process called methylation may [More on back...](#)

### Prescription

Tip of the Month:

#### Nail Fungus

Get your nails in great shape for sandals and flip flops. Now may be the perfect time to remedy the nail fungus issues that have been hiding inside covered shoes. [More on back...](#)



## Foods, Moods & Nutrition

### You are what you eat!

Are chronic digestive issues, sinusitis, mood issues or skin problems getting you down?

Food sensitivities are common causes of many chronic health symptoms and digestive problems can affect your ability to derive nutrients from food. Find out if you have food allergies. Eliminating foods from the diet can improve health.

Switch to fish. The fats in fish have anti-inflammatory effects. Eating more fish and taking a fish oil supplement can reduce inflammation.

Take a probiotic. Probiotics are helpful in preventing infections and improving digestive symptoms.

If chronic symptoms are impacting your health, call your physician to schedule an appointment. (Notes provided by Bastyr University Clinic)

## 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!

Our Wine, Women & Hormones™ event provides an amazing opportunity for women to come together, along with a team of experts to learn more about their options regarding bio-identical hormones.

Have fun. Bring a friend. Laughs, wine, prizes, treats are included.

For upcoming events and information:

Visit: [winewomenandhormones.com](http://winewomenandhormones.com) or [lavitarx.com](http://lavitarx.com)

Call: (858) 354.4050

For co-sponsorship opportunities, contact [ana@lavitarx.com](mailto:ana@lavitarx.com).

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the Healthy  
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Award!

Learn more at [lavitarx.com](http://lavitarx.com)

## Tip of the Month

continued...

Nail Fungus can be difficult to treat and the longer you wait the deeper the fungus imbeds in your nail. Call your La Vita pharmacist today for advice on treating these stubborn and unsightly infections. Let's get you ready for summertime fun!

## Ask the Pharmacist

continued...

have a massive impact on preventing disease. Methylation must occur in your body and if you have the mutation it may manifest as cardiovascular disease, neuropathy, depression, migraines, autism and cancer to name a few. Studies show that up to 40% of Americans have some form of the mutation. A simple blood test can detect it and the good news is that it can be treated. For more information, ask your La Vita pharmacist.