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La Vita Volume 17 Happenings

LIVING | BETTER | LONGER



The Difference in B12 Vitamins

Two forms of B12: Methylcobalamin and Cyanocobalamin.

- 1) Methylcobalamin has a methyl group which makes it the active form of B12 which is a critical nutrient the body needs to function properly.
- 2) Cyanocobalamin has a cyanide group which is the in-active form. The body has to convert this form into methylcobalamin in order for the body to be able to utilize it.

Over 50% of the population has a genetic mutation known as MTHFR which can greatly hinder their ability to convert cyanocobalamin to methylcobalamin. Therefore it's important to give the active form to most people.

Furthermore, studies have shown that methylcobalamin remains in the body longer and attains higher levels than cyanocobalamin.

Ask the Pharmacist:

Tired, can't sleep and gaining weight?

Does this sound like you? Tired of being tired? Gaining weight around the middle? Can't fall asleep or stay asleep? [More on the back...](#)

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

Prescription Tip of the Month:

Prescription strength pain creams

Find out what professional athletes have known for years! With oral pain meds there are often unwanted side effects including stomach upset, drowsiness and liver toxicity.

[More on back...](#)

The next time you buy B12 supplements or multivitamins, check the ingredient listing and know which form you are getting. Ask our pharmacists which B12 is right for you.

Foods, Moods & Nutrition

BASTYR
University
CLINIC

Seven herbs to support immunity

How would you like to spend a winter free of congestion, sniffles and sneezes? Cold and flu actually can be avoided through healthy lifestyle practices — including a sensible diet, exercise, enough sleep and low stress — along with the addition of common herbs to keep your immunity strong all season long:

ELDER strengthens our first line of defense against cold and flu
YARROW is anti-inflammatory and anti-microbial, and can help alleviate symptoms.

MINT has anti-inflammatory and anti-microbial properties; can be used to relax tight muscles and reduce gas or bloating; and helps reduce pain.

BONESET is great for alleviating flu aches, and it stimulates the immune system.

YERBA SANTE can help alleviate a wet cough.

THYME has anti-inflammatory and calming effects.

CHAMOMILE is a tonic to the nervous system; is anti-viral and

Tired of Being Tired?

wine,
women,
hormones &
RELIEF IS ON THE WAY



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.

2015 DATES COMING SOON!

Visit winewomenandhormones.com for event dates.

Do you think your local hair salon, fitness club or other place of biz is interested in getting free promotion and bringing in new clientele? We are always looking for new places to host our events.

Give us call at 858.354.4050 or email ana@lavitarx.com with your recommendations.

Ask your Doctor
how to get tested
for the MTHFR
gene mutation.

A simple saliva test will
provide life changing
results

Tip of the Month: *continued...*

La Vita works with your physician to offer transdermal pain creams customized for you. These creams offer the positive effects of oral meds without all of the side-effects. Call today to find out what doctors and patients are so excited about and start living pain free in a healthier way.

Ask the Pharmacist: *continued...*

You aren't alone and you aren't crazy, it's your hormones! Many women experience these when going through peri-menopause. These symptoms happen when we are hormonally unbalanced. The good news is that with the help of a healthy aging practitioner you can get relief and get balanced again. Call La Vita today for a practitioner referral.

For more information, please visit lavitarx.com. We can help you find the path to living, better, longer.