

Atkins Pharmacy and Atkins Express

Atkins Apothecary News

Product Review

Atkins Pharmacy Brand Cholesterol Support

This product contains herbs and nutrients which can help lower cholesterol levels.

Garlic, fiber, red rice yeast, niacin, and soy isoflavones may all lower total cholesterol and triglyceride levels. Prevention is the key, but these supplements may be helpful if you see that your cholesterol level is beginning to rise.

From The Pharmacist

Cholesterol-Lowering Foods: The Fabulous Five

You've been told to lower your cholesterol, a form of fat made by the liver and present in some foods. What's your first thought? If you're like many people, you may think first about what you need to *stop* eating. But did you know that *adding* certain foods to your diet may do as much to improve your cholesterol as medication? These foods are so effective that the Food and Drug Administration (FDA) says they can carry the health claim for managing cholesterol.

Here are the fabulous five foods.

1. Soluble fiber. Some-

times called roughage, soluble fiber reduces low-density lipoprotein (LDL) ? the "bad" cholesterol. Soluble fiber is the portion of plant products that pushes food through the digestive system. It seems to lower cholesterol levels by reducing its absorption in the intestines. Aim for 10 grams or more a day. Examples of soluble fiber include:

- Oatmeal
- Fruit
- Kidney beans
- Psyllium
- Barley

2. Nuts. Rich in polyunsaturated fatty acids, many kinds of nuts reduce cholesterol and



According to the FDA, adding certain foods can do as much to improve your cholesterol as medication!

help keep blood vessels healthy and elastic. Aim for a handful each day or about 1.5 ounces. Remember that nuts are high in

FLU Shots are available now!



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location - no
appointment
necessary!**

Aging...it is certainly unavoidable, but it doesn't have to be all bad news! Like most things in life—with a little effort and information you can age gracefully and with more energy and enthusiasm than you might expect!

We all know the basics of healthy eating and exercise, but beyond that things can get a bit confusing. So many supplements...so many commercials ...so many

directions! What is oxidative stress? What does it do? Should I be taking antioxidants? And what about Omega 3s? How are we supposed to decide what is best for our own individual situation?

Well, let's break it down -

Everyone needs a base of the essential nutrients—vitamins and minerals that we SHOULD get from food—but, over- farming of

land and over-processing of foods has made that nearly impossible without supplementing. So, a good natural multi-vitamin / mineral— preferably one made from food—is the best place to start.

Beyond that we would want to consider any specific health conditions you may have, or that "run in your family" and address those with the proper nutrients .

Words From The Wellness Desk —Aging Gracefully

Aging Gracefully (cont. from page 1)

Many common medications cause some nutrients to be depleted and long term use can cause additional health issues. Therefore, we would want to consider any medications you take and address what nutrients those are depleting and replenish them.

And, last, but certainly not least, are the inevitable factors of aging that everyone faces—energy, libido, mood, hormonal changes, vision, brain health, cardiovascular, bone and joint issues..

So, back to the problem of how to know what is right for you...how do you navigate the tangle of information facing you? Well, that's where we come in—as Wellness Specialists, our

focus is to help you assess your situation and make the most informed decision possible. Our goal is to help you get to the source of your health issues and correct the problem, not just cover up the symptoms. We work hard to keep up on current research to be able to provide you with the most current information. And, we will work with our Pharmacists to make sure everything you are taking is working well together.

So, from Vitamin A all the way to Zinc - we can help you select the products to help make these the best years of your life!



Remarkable Anti-Aging Supplement

Hyaluronic acid (HA) exists naturally in all living organisms. In the body, it is found in greater concentrations in the synovial fluid of joints for lubrication, the vitreous humor (fluid) of the eye and most abundantly in the skin.

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The Fabulous Five (cont. from page 1)

calories, so more isn't better. Being overweight increases your risk of heart disease. To keep fats to a minimum, make substitutions. For example, add nuts to salads instead of cheese or meat. Examples of nuts to include in your diet are:

- Walnuts
- Almonds
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Hazelnuts

3. Fish. Fatty fish is high in omega-3 fatty acids, which helps lower cholesterol and reduce blood pressure and the risk of blood clots. Aim for two servings of fish each week. You can also take an omega-3 or fish oil supplement or eat ground flaxseed or canola oil.

Examples of fish high in omega-3 fatty acids are:

- Mackerel
- Lake trout

- Salmon
- Albacore tuna
- Sardines
- Herring

4. Olive oil. Many people think all oil is bad. But it's not quite that simple. Olive oil packs a powerful punch that lowers "bad" cholesterol, but doesn't touch the "good" kind, high-density lipoprotein (HDL) cholesterol. Extra-virgin olive oil may have the best effects. Aim for 2 tablespoons of olive oil each day. You can use olive oil to sauté foods, baste meat, or as a salad dressing when mixed with vinegar.

5. Fortified foods. Some foods are now fortified with plant sterols or stanols. These are substances that block the absorption of cholesterol. Aim for 2 grams a day of plant sterols. That's equal to two 8-ounce servings of juice or about 15 grams of enriched spreads a day. Examples of the kinds of foods fortified with these substances are:

- Low-fat spreads
- Orange juice
- Yogurt drinks

Of course, it's important to add all this advice to the old standard: Eat less of saturated fats, including meats and some oils, and try to eliminate trans fats. Trans fats still show up in some baked goods like cakes, cookies, and crackers. They raise LDL and lower HDL. And remember: Exercise and weight control are two other pieces of the cholesterol-control puzzle. If you want to learn more, feel free to come by anytime and visit with us.

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