



Rx Refills  
Compounding  
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## News from Good Life

At Good Life Pharmacies, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,  
Jim Andreesen, R.Ph.  
Angie Svoboda, Pharm.D. FIACP  
Ray Scott, R.Ph.



## Stressed out?

Stress is the body's physical, mental, and emotional response to change. Stress is a normal part of life. Even positive life changes such as a promotion or the birth of a child produce stress. The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert, motivated, and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors.

Persistent stress disturbs the body's internal balance, leading to physical symptoms such as headaches, an upset stomach, elevated blood pressure, chest pain, sexual dysfunction, trouble sleeping and emotional problems. Stress is linked to 6 of the leading causes of death:

heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide. When stressed individuals engage in compulsive behaviors or substance abuse in an attempt to relieve their stress, it only causes more problems and the distressed person becomes trapped in a vicious cycle.



The Cleveland Clinic offers the following tips for reducing stress:

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Assert your feelings, opinions, or beliefs instead of becoming angry or defensive.
- Learn and practice relaxation techniques such as meditation, yoga, or tai-chi.
- Exercise regularly.
- Eat healthy, balanced meals.

**Ask our pharmacist how we can help.**

**VISIT OUR WEBSITE TO SEE HOW WE CAN HELP YOU!**

## HOW CAN LOSING 10% OF YOUR BODY WEIGHT IMPROVE YOUR HEALTH?

### **DIABETES**

It can stabilize your blood glucose levels and even reduce or eliminate medications.

### **HYPERTENSION**

25-30% of hypertension cases are directly related to being overweight. By losing 10% of your body weight you'll see your blood pressure lower.

### **CHOLESTEROL**

Improve your lipid levels and lower your risk for heart disease.

### **INFLAMMATION**

Decrease your chance for heart attacks, strokes or needing a hip or knee replacement later in life.

**Good Life Pharmacy can help you lose 10% quickly and feel better fast!**  
**Save \$50** by attending a free workshop to learn more about our Medically backed Ideal Protein Weight loss program. Ask your Pharmacist today to register, seats are limited.

GoodLifeRx.com    *Like us on Facebook* for workshop dates and times.

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