OPTIMAL Wellness Pharmacy
"A Different Kind of Pharmacy"
Monday - Friday: 10am - 6:30pm
Saturday: 10am - 4:00pm
Sunday: Closed

Healthy Living Naturally

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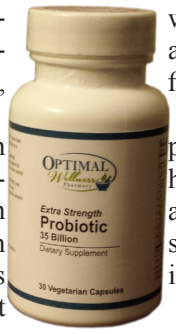
If you suffer from chronic sinusitis and are unable to get your nebulizing medication treatment due to the unavailability of products from ASL, Sinus Dynamics and/or TAG pharmacies. Give us a call. WE CAN HELP!

Skin Health: What's it got to do with Probiotics?

As described by Dr. Mizock, MD., FACP, FCCM, in the July 2015 *Science Direct* journal, the relationship between gut health and human disease has been recognized since 460-370 BC by Hippocrates who stated: All diseases begin in the gut. In 1907, Dr. Metchnikoff, considered as the Father of the Probiotic Concept, described in his book, *The Prolongation of Life*: Death begins in the Colon. He theorized that the human body is aging because it is gradually being poisoned by the toxins produced by proteolytic microbes in the intestines. Aging, then, could be halted or slowed by supplying the body with "useful microbes" to decrease the number of putrefactive, or dying, bacteria. Probiotics was first used as "Functional Food" in Japan as foods that can promote health and prevent diseases. In 2002, the World Health Organization (WHO) defined probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host".

Human microbiota (microorganisms that reside in the body) consist of 1000 trillion organisms that have myriads of beneficial functions: extracting energy and nutrients from food, vitamin biosynthesis, bile salt transformation, developing innate and adaptive immunity, maintaining gut integrity, metabolizing chemicals and drugs, as well as keeping harmful microorganisms in check by forming physical barriers and competing with them for resources. Dysbiosis, or alterations in gut microbiota compositions, have been linked to chronic diseases such as inflammatory bowel diseases, diarrhea, diabetes, atherosclerosis, obesity, vaginitis, and various skin conditions such as eczema, atopic dermatitis, and acne vulgaris.

How are Probiotics helpful for skin health? As proposed by dermatologists Dr. Stokes and Dr. Pillsbury in 1930, there is a connection between the Gut-Brain-Skin axis, expressed as inflamed skin conditions in the host when anxiety, depression and stressful conditions alter the gut microbiota, which then cause systemic inflammation and cellular oxidative stress. One study discovered constipation (one symptom of Dysbiosis) is common in patients with acne as it promotes gut permeability and sets the stage for systemic and skin inflammation. In these patients, their stool samples were found to have significantly reduced amount of beneficial lactobacilli and bifidobacilli bacteria species.



At an appropriate quantity and strain population, Probiotics can support skin health by first acting as "detoxifying agents" in the gut. Many harmful substances entering the body can be neutralized in this way before they are absorbed

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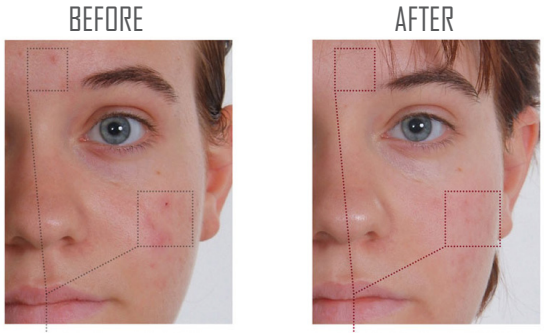
Rx SKIN THERAPY
Active levels of ingredients that work.

PARABEN FREE / GLUTEN FREE / FRAGRANCE FREE

Real RESULTS



18 pharmaceutical-grade products
5 personalized therapies

Ns normal skin | Os oily skin | Ds dry skin | Bl blemish | Aa anti-aging

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Healthy Living—*Naturally*

Ginkgo Biloba: A Gift From Antiquity

Article contributed by Dr. Jarek Jabczynski

Ginkgo Biloba, known as the maidenhair tree, is one of the oldest trees on Earth, once a part of the flora of the distant Mesozoic period. It is indigenous to China, Japan, and Korea, but also thrived in North America and Europe prior to the Ice Age. The drastic climate change destroyed the wild gingko tree throughout much of the world. The only places that might have saved its existence were Chinese temple gardens that cherished them for their beauty and medicinal properties, thus assuring their survival there for thousands of years. Currently, millions of ginkgo trees grown for the harvest of the medicinal leaves are raised on plantations in the U.S., France, South Korea, and Japan, and are exported to Europe for pharmaceutical processing.

Ginkgo biloba's remarkable healing properties have been recorded as far back as 2800 B.C. in the oldest Chinese materia medica. Its leaf extract has been used in Asia for thousands of years to treat allergies, asthma, and bronchitis. It is also valued in Chinese medicine as a heart tonic, helpful in the treatment of cardiac arrhythmia.

Ginkgo acts to increase blood flow throughout the body, particularly cerebral blood flow. It acts as a circulatory system tonic, stimulating greater tone in the venous system. The herb is a useful and proven remedy for numerous diseases caused by restricted blood flow. European physicians prescribe the extract for treatment of Raynaud's disease, a condition of impaired circulation to the fingers. German herbalists recommend ingesting the extract for treatment of leg ulcers, and large doses are used to treat varicose veins. Ginkgo is widely recommended in Europe for the treatment of stroke. The dried leaf extract may act to prevent hemorrhagic stroke by strengthening the blood capillaries throughout the body.

Ginkgo extract also greatly benefits the elderly. It acts to enhance oxygen utilizations and thus improves memory, concentration, and other mental faculties. The herbal extract significantly improves long-distance vision and may reverse damage to the retina of the eye. Studies have also confirmed its value in the treatment of depression in elderly persons, relief for persons with headache, sinusitis, and vertigo.

Today, ginkgo biloba is one of the most commonly purchased herbal remedies/supplements world-wide, particular in Asia, the U.S., and Europe. Several clinical studies have shown benefits of Ginkgo Biloba in reducing intraocular pressure as compared to standardized treatment with beta-blockers. Other researches have shown benefits of Ginkgo towards the treatment for PMS, dementia, anxiety, ADHD, allergies, and sexual dysfunction. When purchasing a good quality product, one needs to ensure that it contains the standardized leaf extract of 24-25% of Flavoneglycosides and 6-8% Terpenoids. GB seeds can be consumed but be aware of the amount one can consume per day. Check with our pharmacist for the safe daily dose. Patients who are on prescription drugs should check with their doctors or pharmacists for potential drug-drug interactions as well.

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and transported to the liver for further breakdowns, packaged, and become eliminated. Probiotics also help to act as barriers to the gut lining, compete for resources, and gain a strong foothold in the gut against harmful microorganisms, and help to maintain the balance of the immune system. Functional fibers and dietary supplements can be combined with Probiotics to further provide fuel and to tone down systemic inflammation and improve skin conditions.

As skin conditions may express the function of one's digestive health, optimal microbiota environment can be the critical first and foremost approach to maintaining "the Fountain of Youth". If you have specific questions on probiotic strains and other supplements and skin care products for your personal skin health, please call (949) 861-3170 for a complimentary consultation.

Ginkgo Biloba
Standardized Leaf Extract
Professional Grade

$51.98
120mg
100 capsules

Ask us for the Optimal Wellness brand loyalty program's specials.

Clean Burn Shape

CHALLENGE

7 REASONS to start the CHALLENGE NOW

30 DAY MONEY BACK GUARANTEE
You won't need it, but just in case

LOSE 10 BLS - EVERYONE IS A WINNER
You win a "Lost 10" t-shirt

A CHANCE TO WIN $1,000
Be one of our best 10lbs losers & win $1000 cash

LOSE 20 LBS - FITBIT FORCE
You win a Fitbit Force

LOSE 35 LBS - LULULEMON OUTFIT UPGRADE
We send you to LULULEMON for a $250 outfit upgrade

TAHITI
Be our best CBS success story and win a 5 night vacation to Tahiti

A NEW YOU
Nothing tastes as good as skinny feels

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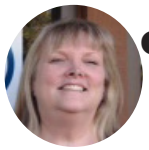
YOUR PHARMACIST KNOW

The Evolution of Pharmacy



Article contributed by Dr. Kathleen Schilli

My earliest memories as a child were that of my grandfather's drugstore. It was a place of wonderment, filled with all kinds of interesting things to look at and explore. Drugstores back then were not just places get your prescriptions, but also to shop, buy gifts, and many of them had the old-fashioned soda fountain that kids especially liked to meet and gather after school or an event.

Most of the drug stores of that time era had a raised dais where the actual processing took place. At any given time, you might see half a dozen white-coated pharmacists dressed in a smock that buttoned up the side of their neck busily milling about, concentrating on their work. There were no computers, nor Kirby-Lesters (electronic pill counters), and pharmacists had to do everything manually themselves. Pharmacy technicians hadn't been "invented" yet, and everything from the hand compounding of specialty formulations to the typing, filling, and filing was done by the pharmacist, a process that my grandfather used to refer to as "fill, pour, lick, stick". Although there were some chain pharmacies out there such as Sav-On and Rexall, most neighborhood pharmacies were small-business owned and operated. It was not uncommon for customers to get to know the owners and store employees by name and vice-versa, since many pharmacies retained their crewmembers for decades.

I saw my grandfather transition with the changing times in the world of pharmacy. Pharmacy was his passion, not just a job, and he always gave 200% of himself to the profession. He had a wonderful way with customers and his coworkers alike. When he first started as a pharmacist, it was not mandated that a patient be told what he was taking or why, and in fact, pharmacists were discouraged from patient consultation, as that was considered to be the doctors' job. Pharmacists were also not allowed to recommend things over the counter. If a patient wanted to know the difference between two over-the-counter drugs (OTC), that were allowed, but no recommendations or preferences. Any time a patient would ask questions about a drug, the pharmacist simply had to say "ask your doctor".

1955 is when the Doctor of Pharmacy degree – the first formal clinical training in academic settings – first came into being. That marked the beginning of a slow forward process, as the practice of pharmacy began to change from a "behind-the-counter" profession to a more interactive and patient-care oriented one. It would still be many decades, however, before the medical disciplines would even begin to work together. However, it is fair to say the advent of the Doctor of Pharmacy program has put in motion the transformation of the profession to embrace *Pharmaceutical Care* and thus resulted in many specialties within the practice of pharmacy.

Today, with new advances in medicine and pharmacology, and the changing practice of health care driven by patients' needs, accessibility and third-party insurers, pharmacists have evolved into advocacy of patient care and clinical practice roles in various health settings – hospitals, clinics, re-

Continued on page 4...

October is Pharmacist Month! To celebrate this occasion...

We would like to heighten the public's awareness of medication safety by offering free initial personalized health consultation for all patients having their prescriptions filled or compounded at our pharmacy for the months of November and December.

Dear Patients and Clients,

With cold & flu season quickly approaching, we urge you to take actions to prevent the spreading and the contracting of bacterial and influenza viruses commonly associated with severe illnesses, hospitalizations, and the loss of days at works for many people. To assist you and your loved ones prepare for this cold & flu season, our pharmacy is offering comprehensive approaches for each patient, depending on their health status and preferences, to prevent and reduce the possibility of contracting influenza related illnesses. As such, we are proud to announce the rolling out of our new ***IMMUNIZATION PROGRAM – BEYOND THE SHOTS!*** to all our clients and patients. In your best interest, please call and schedule an in-depth assessment as soon as possible for your immunization needs throughout this fall season.

Along with the above immunization program, we are also offering ***TRAVEL HEALTH*** services for those who plan on traveling abroad both short and long term and are interested in protecting themselves against commonly known pathogens such as influenza, malaria, typhoid, traveler's diarrhea, hepatitis, among others.

Yours in Good Health!

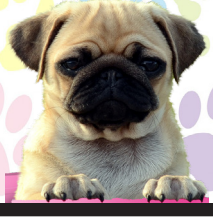
Dr. K. Diep-Kwei, PharmD. & Team

Our pharmacy is now carrying a natural pet product line and pet supplements. Please stop by and check us out.

$10 OFF

any pet product purchase

Offer good until Dec. 31, 2015.



Immunity Boosting "Better than Chicken Soup"

This immunity-boosting soup is made with a virtual garden of powerful ingredients that contain beneficial nutrients for your immune system. Turmeric adds a subtle flavor and a beautiful yellow color. The active ingredient is curcumin, a powerful antioxidant. Black pepper also has antioxidant properties. Cayenne pepper can clear congestion due to the main active compound capsaicin, which has anti-inflammatory properties. Shiitake mushrooms are rich in vitamins and minerals and contain unique phytonutrients that contribute to good health.

Ingredients

1 Tbsp extra-virgin olive oil
1 small yellow onion, chopped
4 cloves garlic, sliced
1 tsp ground turmeric
1½ cups finely sliced kale
1 cup cubed butternut squash
2 Tbsp grated fresh ginger
1 tsp cayenne pepper (optional)
6 slices astragalus root (optional)
1 fresh lemon, Juice of
1 tsp miso
8 fresh shiitake mushrooms, stemmed and sliced
4 cups low-sodium mushroom or vegetable broth

Instructions

1. In a sauce pot over medium-high heat, add oil and cook onion and garlic, stirring frequently, for 3 minutes.
2. Stir in turmeric and mushrooms, and cook 2 minutes more.
3. Add broth, kale, squash, ginger, cayenne, and astragalus. Bring to a boil, reduce heat, cover, and simmer 15 minutes.
4. Remove from heat and let cool slightly, add lemon juice and miso. Cover and let sit 5 minutes before serving.

***Nutrition Information per Serving**: 90 calories (5 from fat), 0.5g total fat, 0g saturated fat, 0mg cholesterol, 160mg sodium, 19g carbohydrate (6g dietary fiber, 5g sugar), 2g protein*

An exciting offer for our readers from one of our preferred Integrative Health physicians right here in Irvine:

Tumesh for Optimal Health Clinic, under the leadership of Dr. Tamara Kurmanalieva, MD., is now offering the use of your own plasma for cosmetic procedures!

Platelet Rich Plasma (PRP) is an established treatment technique where a person's own blood is used. By processing a fraction of blood drawn from a person (according to standard Harvest Techniques) we separate blood's components, and one of them is PRP. PRP is then activated to release number of growth factors which in turn amplifies the healing process.

Platelets are very small cells in your blood that are involved in the clotting process. As they organize into a clot, they release number of growth factors and enzymes that helps tissue regeneration/ remodeling. This process attracts stem cells to repair a damaged area. As a result, new collaged begins to develop. It will eventually tighten and strengthen weakened and damaged tissue and even restore it.

PRP has been widely used to treat affected joints (acute and chronic injuries, arthrosis, arthritis, etc). Since activated PRP stimulates new collagen production and brings to a treated area stem cells, it has recently started being used in cosmetics to rejuvenate and improve quality of the skin on face, neck, and hands. We can also use your plasma as filler, and prepare personalized cream with the help of Optimal Wellness Pharmacy.

If you'd like to learn more about PRP, please call 949-387-8422 for a complimentary consultation.

Continued from page 3...

search, consult and retail. Many pharmacists became specialized into many sub-specialties such as Pediatric, Geriatric, Infectious Diseases, Informatics, Radiology, Administration, Ambulatory Care, Long-Term Care, Managed Care, Compounding, Specialty Pharmacy, and most recently Genomics. By the same token, other healthcare professions have also changed with the times, and pharmacists are finding themselves in positions to fulfill "gaps" for much needed care, such as medication management, patient consultations for self-remedy uses of non-prescription arrays of OTCs, nutritional products and home-use medical devices.

As pharmacists collaborate with physicians and other healthcare providers, it is now commonly found that many pharmacies offer patient care services such as Medication Therapy Management (known as MTM), immunization, emergency contraception, and smoke-cessation therapy. Many independently owned pharmacies can be found specializing in personalized medication solutions, Travel Health, Nutrition, Hormonal Health, as well as heading educational programs for patients and other clinicians, and providing a variety of other healthcare initiatives, both in community and government settings.

October is the Pharmacist Month designated by the Congress. It is often the month pharmacists encourage patients and the public to engage in Medication Safety Awareness programs. We encourage our patients and readers to *Know Your Medicines, Know Your Pharmacist!* Pharmacists are often your most accessible advocacy to medication safety, whether they are prescriptions, over-the-counters or the internet. And, on behalf of Optimal Wellness Pharmacy, we thank you for your appreciation in our dedication in serving you and your family.