



262.373.1050
MDCustomRx.com

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Greetings!

At MD Custom Rx, 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,
Dan, Monica and John



Help to Prevent and Relieve Stress

Ironically, stress is pervasive during “the most wonderful time of the year”. Stress involves every system and organ in the body, especially the adrenal glands, nervous system and endocrine system. Whether positive (e.g., exercise) or negative (e.g., death of a loved one), stress can have a significant impact on a person’s health and nutritional status. The body’s requirements for B vitamins and vitamin C may increase during times of stress. It is important to replenish and or maintain optimal levels of these nutrients so the body can better handle stress and limit the potential physical and emotional damage. In addition to B vitamins and vitamin C, magnesium and calming herbs - such as valerian, hops, and skullcap - provide synergistic support to help calm the body. A regular bedtime can also be helpful. It is important to get the sleep you need (usually eight hours per night). New research shows that irregular sleepers are more likely to say they suffer from stress and depression. Ask our pharmacist about quality supplements to help with sleep and stress support.



Happy Holidays!

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Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

UPCOMING EVENT

Gut Health: Truth, Lies, and Best Kept Secrets

With Dr. Dan Zatarski, PharmD, RPh.

Come and Learn:

Stomach acid is GOOD for you - the "Purple Pill" is not!!



PPIs wreak havoc in the body causing a litany of problems and withdrawal. However, the body can be healed!

Wednesday, December 19th
6:30pm – 8:00pm

Events are held at

M D Custom Rx
19035 W Capitol Dr #105
Brookfield, WI 53045

Cost: \$10 per person – receive back as supplement credit the day of event. Call 262-373-1050 or register online!

[REGISTER NOW](#)

