

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

February 2018

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



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.

<https://my.clevelandclinic.org/health/articles/stress>

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Talk to our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. to discuss supplement options that could help with stress management.

SCHEDULE A CONSULTATION

MD Custom Rx AND Brookfield Longevity & Healthy Living Clinic PRESENT:

Milwaukee Black Mold and Biotoxin Summit

With Dr. John Whitcomb, M.D.

Saturday, February 17th, 2018
Doors open at 8:00am
Event runs 8:30am - 11:30am

At Redeemer United Church of Christ
 W220N4915 Townline Rd.
 Sussex, WI 53089

Call 262-373-1050 to Register.
Space is Limited.
This event will fill up FAST!

Registration: \$35 per person



MD Custom Rx is now offering an app!

Our app transforms how we help you to improve your health outcomes and ultimately reduce your costs. The app is available in the [Apple iTunes](#) and [Google Play](#) stores. Improve you and your family's health, reduce your healthcare costs and increase your medication compliance.

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