



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

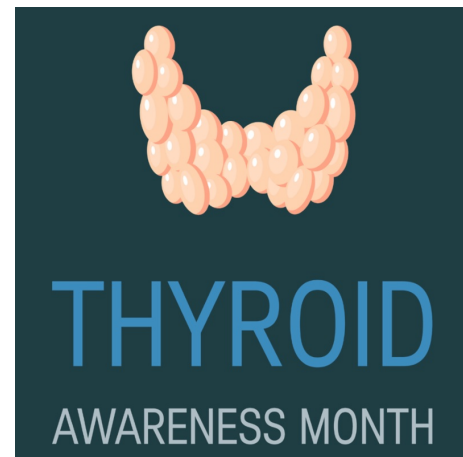


January is Thyroid Awareness Month.

The thyroid is the “master gland” of the body. Located in the neck just below the Adam's apple, this small gland plays a huge role in our bodies, influencing the function of many of our most important organs, including the heart, brain, liver, kidneys and skin. The thyroid gland is vitally important to overall well-being.

More than half of all people affected by thyroid disease are unaware of the cause of their problems. Individuals with low levels of thyroid hormones (hypothyroidism) may have several of the following symptoms, but may not be diagnosed for years:

- Slowed metabolism and slowed heart rate
- Cold and heat intolerance – cold hands and feet
- Fatigue
- Fluid retention - face, legs, eyelids and abdomen
- Dry skin, eyes and/or hair
- Yellowed skin
- Loss of eyebrows
- Constipation
- Headaches, migraines
- Depression, apathy and anxiety
- Irritability - low self esteem
- Low sexual desire
- Infertility
- Memory and concentration impairment



- Enlarged tongue, deep voice and swollen neck
- PMS, Irregular menstrual periods
- Lack of exercise tolerance
- Weight gain (especially in the stomach)
- Hypoglycemia (low blood sugar)

Women are more vulnerable to thyroid imbalances due to hormonal changes throughout their lifetime (puberty, birth control pills, pregnancy, menopause, HRT). Many symptoms of hypothyroidism and menopause overlap. It is especially important for menopausal women who decide to use hormone replacement therapy (HRT) to have their thyroid function tested, because oral estrogens can lower the amount of bioavailable thyroid hormone.

Our pharmacists will work together with you and your doctor to restore thyroid health and proper function. Ask us for more information - and feel good again!

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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).

SCHEDULE A CONSULTATION

UPCOMING EVENTS

Events are held at

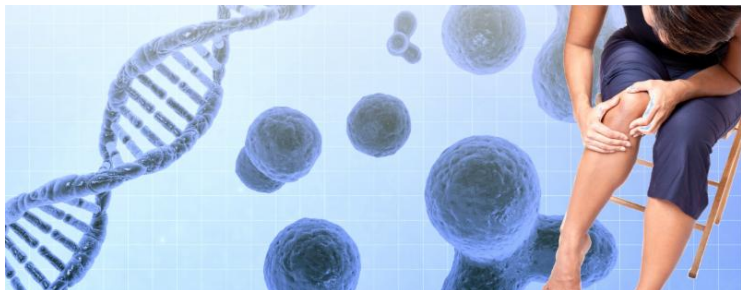
M D Custom Rx
19035 W Capitol Dr #105
Brookfield, WI 53045

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

REGISTER NOW

What You Need to Known About Stem Cell Therapy

With Dr. Rick Dale, D.C.



Come and Learn:

Come hear how Stem Cell Therapy may be an easy and effective alternative to surgery and pain medication without the down-time and risks.

**Wednesday, January 23rd
6:30pm – 8:00pm**

The Importance of Detox

With Dr. Dan Zatarski,
PharmD, RPh

FINALLY...

A detox program you can
enjoy
New Flavors / Less Sugar /
Fewer Carbs / More Fiber
Come and try it!

The importance of DETOX

By lowering exposure to environmental toxins and cleansing those that have accumulated in your body, you can feel better and create optimal wellness. Not to mention promote optimal body composition!

Wednesday, February 13th
6:30pm – 8:00p

The Benefits of CBD Oil

With Dr. Dan Zatarski, PharmD, RPh

Benefits of Cannabidiol

Source: British Journal of Pharmacology

- Reduces Nausea and Vomiting
- Suppresses Seizure Activity
- Combats Psychosis Disorders
- Combats Inflammatory Disorders
- Combats Neurodegenerative Disorders
- Reduces Blood Sugar Levels
- Combats Anxiety and Depression Disorders



Wednesday, February 27th
6:30pm – 8:00p

