



Annie's Apothecary



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Meeting Customized Prescription Needs with friendly Neighborhood Service

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Winter Newsletter

Included in this edition:

1. The Importance of Hydration
2. Sterile Compound B-12-
Methylcobalamin
3. The "Miracle Molecule" Nitric
Oxide
4. Having trouble losing weight?
Check your hormones!



The Importance of Hydration

Hydration is crucial for our bodies to function properly.

An adult's body is composed of 40 to 60% of water. How much muscle you have versus fat plays into how much water your body is composed of. It is important to pay attention to signs that you might be dehydrated. Swelling in the arms and legs, dry eyes, tiredness and loss of concentration are all indicators that you might be dehydrated.

In order to maintain hydration, it is important to drink water every day. This sounds simple, and it can be, but many people drink sodas and coffee and they do not replace their water after consuming these products. Water and coffee are both diuretics, which deplete the body of...you guessed it, water! How much should you drink? Six to eight glasses of water a day is what many practitioners recommend.

This is a good place to start, but body weight and exertion play into the amount of water one should consume. Remember that you need to drink more water if you are in the sun, exercise and drink coffee or soda



A good rule of thumb is to drink half of your weight in ounces of water. For example, if you are a woman who weighs 150 pounds and you divide that number by two you have your answer....75 ounces.

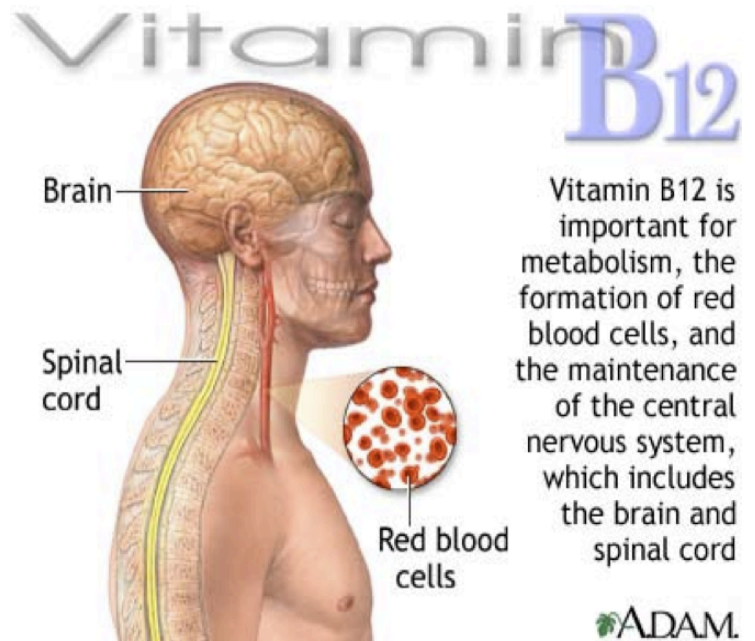
Checking the color of your urine can help you in determining if you are dehydrated. If your urine is a dark color opposed to light yellow or colorless, you could be dehydrated. The importance of hydration can not be understated, check how much water you are drinking today!

The Benefits of B-12 Methylcobalamin Injection

B12 deficiency is more prevalent than many people realize. Consuming B vitamins is challenging if you are looking to get adequate amounts from food alone. Organ meats, such as liver, are the best source of B12 and deliver the highest amount for the body to assimilate. Meats and eggs are also a good source, but do not carry as high an amount of B12 as the organ meats do. There are many people who could benefit greatly from a B12 supplement. Before taking any vitamin or injection, it is always suggested to speak with your doctor first.

Many people take B12 for energy and weight management, but there are several other reasons to consider regular B12 injections:

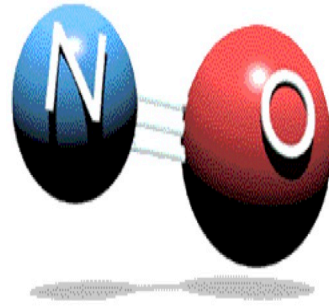
8. Genetically predisposed to a B12 deficiency
9. Vegetarians, since the primary source from food is through meat
10. People who have undergone gastric bypass surgery, or other stomach related surgeries
11. Individuals who take antacids and histamine blockers. These items can interfere with absorption of B12.



1. Absorption of B12.
2. Migraines
3. Women who are taking a form of hormones or oral contraception
4. Chronic Depression, stress or anxiety
5. Chemical sensitivities, people who have suffered from alcohol or drug dependency issues in the past
6. Fibromyalgia and chronic fatigue syndrome
7. If you are suffering from persistent fatigue, depression, nerve pain, numbness, memory loss, headache and premature aging, you may want to ask your doctor if vitamin B12 therapy is right for you.

There are several forms of B12 vitamins that you can consume, but the type of B12 and the method of delivery are both very important. Taking a sublingual, topical cream, or an injection of B12 are the most effective forms for the body to absorb. B12 breaks down quickly if ingested in a capsule or a pill form by the acid in our stomach. Using the three forms mentioned previously, they will bypass the stomach and penetrate into the bloodstream. Methylcobalamin is a better source for B12 than Cyanocobalamin. Cyanocobalamin contains a cyanide molecule. Your body can accept trace amounts of cyanide, but your elimination and detoxification system has to work harder to remove this molecule from the body.

People who begin a regular B12 program have reported increased energy, improvement in their metabolism and can experience relief from depression. There could be other factors that are affecting the above mentioned symptoms. Having a consultation with a physician who will check what your B12 and current vitamin levels are is extremely beneficial in determining if B12 therapy is right for you.



The "Miracle Molecule" Nitric Oxide

Nitric Oxide (NO) is a molecule created in the body. One primary purpose of NO is to signal blood vessels to expand and contract. Nitric Oxide also sends oxygen throughout the tissues in your body.

NO can also help people who are suffering from hypertension. Nitric Oxide is manufactured in the body from the amino acid L-arginine. NO directs vasodilation in the body.

Webster's Medical Dictionary describes Vasodilation as "widening of blood vessels resulting from relaxation of the muscular wall of the vessel" and vasoconstriction as "contraction of blood vessels in the body." This expansion in the vessels occurs to aid in transportation of blood flow throughout the body. NO also has an anti-inflammatory effect.

An imbalance of Nitric Oxide can be associated with several types of diseases including, arthritis, diabetes and multiple sclerosis. Taking Nitric Oxide as a supplement can have a drastically positive effect on the bodies ability to transport blood. Healthy levels of blood flow in the body assists our brain functioning and can increase energy. Taking a Nitric Oxide supplement is also beneficial for the immune and nervous system.

Annie's Apothecary offers nitric oxide as a supplement called Neo 40. Neo 40 has conducted a series of clinical trials through the Houston Institute for clinical research. Their findings were extremely positive. The patients who participated doubled their plasma nitrate levels, had a statistically significant reduction in triglycerides and over half felt more energized. In 1998 Nitric Oxide received the Nobel Prize in medicine for being a critical signaling molecule. How do you know if taking a NO supplement is right for you? We have test strips that use your saliva to check your NO levels. This can help you determine if Neo 40 is right for you.



Having Trouble Losing Weight? Check your hormones

There are several symptoms that can be indicators of unbalanced hormones.

You might have a hormone imbalance if you are suffering from any one of the following symptoms:

12. Hair Loss
13. Fibrocystic Breasts
14. Uterine Fibroids
15. Bone Loss
16. PMS
17. Allergy Symptoms
18. Water Retention
19. Bloating
20. Memory Loss
21. Unexplained Weight Gain

Annie's Apothecary offers saliva testing to help you find out if your hormones are the culprit!