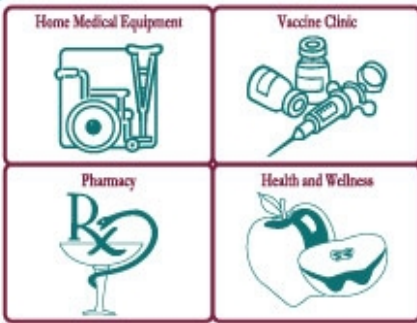


## MAY - JUNE 2009 NEWSLETTER

**HARTZELL'S**  
Pharmacy Inc.

40<sup>th</sup> ANNIVERSARY

1968-2008



300 American Street, Catasauqua, PA 18032

610/264-5471 toll free 1/800/325-6856

Visit us on-line at - [www.hartzells.com](http://www.hartzells.com)

Pharmacy hours: 9am to 9pm Monday thru Friday,  
9am to 5:30pm Sat., 10am to 1pm Sunday

Medical Equipment hours:  
9am to 7pm-Mon. thru Fri. , 9am-5:30pm Sat.

ARE YOU READY FOR  
BATHING SUITS AND SHORTS?

This year be ready for shorts, bathing suits and a healthier you by having the experienced staff at Hartzell's help you lose that extra weight. Our programs will not only change your appearance but also improve your health! Hartzell's has many options to help assist you with a personalized weight management program. If you are diabetic we have a weight management program to help you lose weight while keeping you healthy.

### TAKE CHARGE WEIGHT MANAGEMENT PROGRAM

This program teaches clients to live healthier lives through proper nutrition and fitness. It is a 13 week program with weekly sessions to provide education on weight management and healthy lifestyle choices.

### ULTRA-LITE WEIGHT MANAGEMENT PROGRAM

Is the number one weight-management program in Australia. It was developed by a naturopathic physician. You eat normal food in correct proportions to balance carbohydrates, protein and fats. There is also a supplement packet to use between meals to supply the necessary amino acids, vitamins and minerals.

Need to lose 10 to 12 pounds fast? - The Ultra-Lite 3 week program is a detox and weight loss program that will help you meet your goal!

Contact Bob, Donna or Shelley for all the details

Factors that contribute to weight gain are: lack of exercise, excess sugar intake, excess fat intake, food allergies and sensitivities, nutritional deficiencies, chronic dieting, digestive problems and genetics. You need to burn 500 calories per day to lose one pound per week. A study at the University Hospital of Angers, France showed that most people will underestimate the amount of food they eat.

Lifestyle changes, not just eating less or eating only specific foods, are needed to assure a continued success with weight management. Start by eating whole foods in moderation, chewing foods thoroughly to aid digestion, avoiding food additives and sugar, drinking plenty of water and *NOT* skipping meals.



### UPCOMING EVENTS MAY

- High Blood Pressure Education Month
- MAY 3- 9 - National Pet Week
- MAY 5 - Nurses' Day
- MAY 10 - Mother's Day
- MAY 10-16 - National Women's Health Week
- MAY 25 - Memorial Day Observed

**MAY 14** - Thursday - Spring Cleaning your CPAP - see details on page 3

**MAY 16** - Third Annual Women's Swimsuit and Fashion Show - Hartzell's is having the show at Kirkland Village - Call for details, directions and number attending

### JUNE

- June 14 - Flag Day
- June 21 - Father's Day & First Day of Summer



## POISON IVY, OAK AND SUMAC SEASON IS HERE

**Poison Ivy Soap** - Remove the urushiol, stop the itch, prevent the rash!

reg. \$7.99, **On Sale \$6.39**

**Poison Ivy/Oak Relief** is a homeo-



pathic product with no side effects that can be sprayed orally 6 to 8 times daily and also on the effected area. **On Sale \$15.99**, reg. \$20.00

**Zanfel™** - is a soap mixture that will inactivate the urushiol.

**On Sale \$28.79**

Reg. \$35.49



**Good Neighbor Formula Poison Ivy Wash - Compare to Zanfel - On Sale 17.99**

It's that time of year to be aware of the possibility of contracting allergic contact dermatitis (ACD), from these plants. Poison ivy, oak and sumac contain an oil called Urushiol, that is made of a mixture of chemicals occurring in the plant's sap which is responsible for the allergic reaction. Onset of symptoms occurs within 24 to 48 hours of exposure. The appearance of the rash varies with the amount of allergen contact and the degree of sensitivity. Urushiol will remain active in the dead plant for up to five years, so the plant should not be burned or handled even during winter when they appear dead. It is best to cover all exposed

skin areas when going outdoors if you are sensitive. Prior to the season and during the season Hartzell's has a very effective homeopathic preventative formula. If exposure and rash occur Hartzell's carries Poison Ivy Soap and Zanfel, two products that have been shown effective in removing the toxin urushiol.

**Hartzell's Brand Poison Ivy Preventative**

Is a homeopathic product which will actually prevent outbreaks from occurring. Take 15 tasteless drops in water every day for two weeks.

**1.5cc \$14.95**

**Sovereign Silver First Aid Gel is a natural first aid gel for a broad spectrum of applications. It works in three ways to help minor wounds heal fast. It reduces pain, calms skin inflammations and fights minor skin infections to promote skin healing**  
**2 oz . \$15.00**

## OSTEOPOROSIS, OMEGA-3, CALCIUM & VITAMIN D

Most people associate osteoporosis with women, but this disease can also occur in men. Osteoporosis causes the bones to become weak and brittle, making them more prone to fracture. Caucasians and Asians are more likely to suffer from the disease. One in four MEN over the age of fifty will develop an osteoporosis related fracture at some point in their lives. Most of us think lack of calcium is the cause of osteoporosis, but our bone is a complex of minerals and is a living tissue. The body constantly makes new bone and removes old bone. Recent research suggests that certain fats in the diet contribute to bone loss, while others may help with new bone formation. Contact Hartzell's to make an appointment for an Osteoporosis Screenings to determine your bone health and learn more about osteoporosis and nutrients to help improve your bone health.

**EPA (omega-3 fatty acid)** - one of several omega-3 fatty acids used by the body has powerful anti-inflammatory actions. Higher levels of omega-3 fatty acids were associated with greater bone density at age 22 and with gains in bone density in the spine between ages 16 and 22. EPA has also been shown to be beneficial in coronary heart disease, high blood pressure and rheumatoid arthritis. When asked what supplements he takes, Mr. Robert Hartzell answers " a good omega-3 supplement followed by a probiotic and a multi vitamin."

**Vitamin D and Calcium** - Studies show that vitamin D supplementation in combinations with calcium can reduce the risk of hip fracture. The data shows a 25% reduction in hip fracture with vitamin D and calcium supplementation.

**Got hay fever? Take a probiotic.**  
- Studies suggest that probiotics or friendly bacteria might balance the immune response to pollen a common cause of allergic rhinitis in nearly 35 million Americans.

For a healthy snack try one of **Green's Protein Energy Bars** - The Green Energy Bar delivers a low glycemic carbohydrate essential fatty acid and biologically active protein balance to supply a steady stream of energy. Try all the great tasting varieties—reg. 2.99 **Now on Sale-\$1.99**

**Vincent A. Hartzell, PharmD,** Director of Patient Services  
**Wins the APhA - American Pharmacists Association's, Immunization Champion Award for 2009.**

Vince practices here at Hartzell's Pharmacy and has made a tremendous impact on local and national immunization efforts. Since Vince established Hartzell's Pharmacy Vaccine Clinic, in August 2007, he has administered more than 1,500 vaccines to date and is already well known for immunization services and travel health services. The Vaccine clinic offers flu immunizations and most other vaccines by appointment or on a walk-in basis.

Vince collaborates with local health care professionals through his efforts in serving on the local immunization coalition. He also serves as a national faculty member for the APhA Pharmacy based Immunizations Delivery Certificate Training Program.

COME TO HARTZELL'S FOR BIG SAVINGS ON GIFTS THEY CAN TRULY USE FOR MOTHER'S DAY AND FATHER'S DAY

**ON SALE - May, 2009**



**Supportwear Sale!**

**All Women's  
8-15 & 15-20 mm/HG  
stockings and Sensifoot  
Socks on sale**

**Buy 2— Get 1 FREE**

**ON SALE - June, 2009**



**Men's Compression**

**Leg wear and  
Sensifoot Socks**

**8-15 & 15-20 mm/HG**

**Buy 2—Get 1 FREE**

**GREAT SAVINGS  
ON MOBILITY  
GIFTS**

**\$50.00 OFF**

the BUZZ around



**\$100.00 OFF**

the retail price  
on all

**Stairway Lifts**

Call today for your  
free

estimate!

**FOOT FACTS - HEAL SPURS**



The heel bone is the largest bone in the foot and absorbs the most amount of shock and pressure. A heel spur develops as an abnormal growth of the heel bone. Heel spurs can cause extreme pain in the rear foot, especially while standing or walking. Calcium deposits have formed due to the plantar fascia pulling away from the heel area. Come to Hartzell's for these and other products that help relieve the pain from heal spurs.

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**E730 Essence Eliza Lace Up  
(Black)**

The Aetrex E730 Essence Eliza Lace Up is made from luxuriously soft full grain leather and incorporates lining made with moisture transferring polyester fabric for maximum comfort and breathability.



**X521 Men's &  
Women's Boss Runner**

The Aetrex® X521 Women's Boss Runner provides unmatched cushioning, shock absorption and motion control to protect and comfort your feet while you run.



**G500 Gramercy Black Lace Up  
Plain Toe**

The Aetrex G500 Gramercy Men's Black Lace Up Plain Toe is crafted from luxurious, full-grain leather and is lined with soft, full grain leather for optimum comfort & breathability.

**AWAKE IN THE VALLEY**

**May 14 - Spring cleaning  
your CPAP— Two sessions  
2 to 4 pm & 6:30 to 8 pm**



FREE cleaning and filters

Call to let us know which session you will attend and how many are attending—REMEMBER to bring your CPAP with you!

**THIRD ANNUAL  
WOMEN'S SWIMSUIT  
AND FASHION SHOW**

**May 16 - 10am - 12 noon**

At Kirkland Village



Joins us for fun, food and fashion.

Please call for directions and number attending

**Employee Connie Quinn**

Has recently completed all requirements for her certification through B.O.C. - Board for Orthotist/prosthetist - for Certified Mastectomy Fitter. Connie earned her first mastectomy fitter certification through Amoena products, within the first to years of employment at Hartzell's. With her B.O.C. certification, Connie now adds to her knowledge and her ability to help our post mastectomy customers feel and look their best with the most comfortable and natural fit for their prosthesis and bras. Congratulations Connie!

*Make sure to visit our new photo kiosk to develop your digital pictures.*

*Develop only the pictures you want the way you want.*

*Play all the latest lottery games on our computerized lottery machine located in the pharmacy area next to the photo kiosk.*

**MAY-JUNE PROMOTIONS**

Relief from Poison Ivy & Oak..... see page 2

ITEM	SALE PRICE
Vitamin D3.....	6.96
EPA Liquid 8 oz.....	20.99
Sovereign Silver	
First aid gel 12oz.....	12.00
Sinusave 1.75oz.....	4.79
Green Bar .....	1.99
Signal Calcium .....	12.78
Superior Source	
Vitamin D 5,000U.....	11.19
N.C. Enterobiotic Plus	
Probiotic.....	25.46

**Osteoporosis Screenings:  
Monday, May 18th and  
Monday, June 22nd  
Special price  
\$15.00  
Please call for  
an  
appointment**

**Ladies,  
Visit our  
website at**



**[www.hartzells.com](http://www.hartzells.com)**

To print out a money saving coupon offer you can use when you come to the fashion show.

You can also print out directions to Kirkland. from our website.