



**Health and Wellness Newsletter**

**January 2008**

**New Equipment to Serve You Better**



Scott Popyk, R.Ph. FIACP  
Founder

Health Dimensions wants to be the compounding pharmacy that you turn to for all of your compounded prescription and nutritional needs. We have implemented a new automated telephone system to make refilling your prescription easier.

This system will speed up the refill process and provide more accurate information for faster processing of your prescriptions. It will also notify you when there are no refills available, so that you may contact your physician or request us to do so on your behalf.

By implementing this system, we are able to serve you better and help you to feel great in 2008!

**More Than a Specialty Pharmacy**

Health Dimensions offers a variety of quality products and services to help you regain and maintain your health, including:

- A full line of nutritional supplements\*
- Automatic Refill Program
- Custom prescription compounding for humans & animals
- Pain treatment consultations
- Menopause consultations
- Nutritional and healthy lifestyle seminars
- Sterile compounding services

\* If you are already purchasing supplements from your medical professional we encourage you to continue doing so.



**CASH FOR YOUR OPINION**

**See back page for details!**

**Reading is Nutrition for the Mind**

Health Dimensions carries a selection of great books on nutrition and health.



This month we are featuring a new book written by **Dr. Mary Beth Short-Ray**, from the Royal Oak Medical Center. **Surviving Toxic Black Mold Syndrome** is a chilling account of her personal encounter with toxic black mold and its devastating effects.

*“Indoor toxic black mold, found in homes, schools and workplaces, can make you sick! Symptoms can vary depending on the individual and the type of mold exposure. Most common symptoms range from headaches, cough and muscle aches, to severe fatigue, flu-like symptoms and neurological (multiple sclerosis-like) symptoms.”*

-excerpted from book

Dr. Short-Ray gives valuable step-by-step advice on topics, such as:

- Recognizing the symptoms of toxic black mold syndrome
- Tests used to diagnose this syndrome
- How to test a building for toxic black mold
- and much more!

**Pick up your copy today!**

**Snore No More**

*“Second hand’ snoring (by someone sleeping near you) may have a harmful effect on your hearing.”*

*- According to Dr. André Tan, in the Journal of Otolaryngology*



Snoring not only effects your hearing, but it can also indicate a medical condition. If your physician has ruled out any medical reasons for your snoring and you are considering other forms of treatment, why not give us a call? Health Dimensions compounds **“Snor-No-More”** an oral spray that can safely reduce, if not eliminate snoring. Instead of patches or surgery, consider the oral spray that can make snoring go away! Best of all, it’s available without a prescription. Call us today to learn more about **Snor-No-More!**

Health Dimensions Health and Wellness Newsletter is published as a courtesy to our customers to provide information and motivation to live a healthier lifestyle. The content within is in no way intended as medical advice, which should be obtained from your health care provider.

- Turn over for money saving coupons and tips -

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## Physician Focus

Dr. Richard Linsk is a graduate and former faculty member of the University of Michigan. He earned his PhD in genetics from the University of California, Berkeley and his MD from Columbia University in New York City. He has been treating children who suffer from autism since 2003 and applies this knowledge to other pediatric behavioral and physical disorders as well.



Dr. Linsk recently opened Integrative Pediatrics in Ann Arbor Michigan. Integrative Pediatrics offers the best of functional medicine, along with the newest in alternative medicine to provide patients with the highest quality care available to meet healthcare needs of children.

From primary care to behavioral coaching, Integrative Pediatrics lives up to its name, by integrating special compounded medications, traditional medicine and alternative therapies.

Dr. Linsk is accepting new patients. Integrated Pediatrics is located at 1310 S. Main Street in Ann Arbor, MI 48104.

For questions or for an appointment, contact their office at (734)786-3833 or visit their website at [www.integrativepediatrics.net](http://www.integrativepediatrics.net)

## Ask Your Pharmacist

Dear Health Dimensions,

My veterinarian said my cat has diabetes and has to take medication. I can't get her to take her pills and she refuses her food when I mix the medication into it. Do you have any suggestions?

- Jonathan W.

Dear Jonathan,

There is an easier way to administer your cats medication, through the skin. In our last newsletter we featured an article on the ease of using transdermal medications for your pet. We can formulate your pets medication into a lotion form and you can apply to your cats ear.

While there are some medications that cannot be applied topically, many of them can. Check with your veterinarian to see if your pets medication can be compounded in a lotion form or give us a call at 248-489-1573.

If you have questions for our pharmacist please submit them via e-mail to: [dwarterian@hdrx.com](mailto:dwarterian@hdrx.com) or mail it to our pharmacy address.

## Best Testimonial Contest!

As a valued Health Dimensions customer we'd like to hear about your experience at Health Dimensions. We are looking for the best testimonials that can be used in future advertising. Become part of Health Dimensions message by telling others why you choose Health Dimensions as your specialty pharmacy.



Send your brief testimony along with your name and address to **39303 Country Club Drive, Suite A-26 Farmington Hills, MI 48331** or you can e-mail it to [dwarterian@hdrx.com](mailto:dwarterian@hdrx.com) and write "testimonial" in the subject line.

**1st Prize - \$50 Cash**

**2nd Prize - \$25.00 off in store merchandise**

**3rd Prize - \$15.00 off in store merchandise**

## In Store Clearance Event

Come in today and save!  
We have a selection of protein bars and nutritional supplements on sale for up to 45% off!

Up To  
45% Off

**While Supplies Last!**

## Newsletter Exclusive

BRING IN THIS COUPON AND RECEIVE

**15% Off**

Omega Nutrition™

**Flax Oil and Flax Seed Products**

(EXCLUDES SALE ITEMS)

EXPIRES JANUARY 31, 2008

### Internet Option

If you would like to receive this newsletter via the internet, send an email to: [dwarterian@hdrx.com](mailto:dwarterian@hdrx.com) write **subscribe** in the subject line.