



Wellness Newsletter

March 2008

The Vitamin Issue

A Dynamic Approach to Vitamins, Enzymes and Minerals

We are doing a special vitamin issue this month which introduces our series on vitamin and mineral supplements.



Scott Popyk, R.Ph. FIACP
Founder

As an active outdoor enthusiast with a young family I have seen the positive outcomes of supplementing my diet and my family's diet with nutritional supplements. No matter how healthy we eat, I know that sometimes our bodies require more nutrients than what we get from our food.

I hope you enjoy this month's newsletter and take advantage of our special customer appreciation discount of 15% off all of our supplements during the month of March.

We are here to serve you and I welcome any questions that you may have and hope that you are off to a healthy start in this new year!

In the first part of our series on nutritional supplements, we will define a few terms and then delve deeper on the various supplements and their benefits. Please note that this is not an exhaustive list, but a brief overview with many terms that you may be familiar with. We will begin by defining the terms: vitamins, enzymes and minerals.

Vitamins

Essential to sustaining life, vitamins contribute to our health by regulating our metabolism and helping our bodies to release energy from food. Vitamins are micronutrients, which means that you only need them in small amounts compared to carbohydrates, proteins, fats and water.

Enzymes

Necessary for the proper digestion of food, enzymes assist in the digestion process and also stimulate your brain. They provide energy to your cells and aid in repairing tissues, cells and organs.

Minerals

Every living thing on the planet depends on minerals for proper function and structure. From body fluids to the formation of muscle and bones, minerals are essential for the proper utilization of vitamins and other nutrients.

In our next issue we will break down the different vitamins and how they can help you lead a healthier life!

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.



Heath 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 -

Physician Focus



Edward Pazuchowski,
M.D.

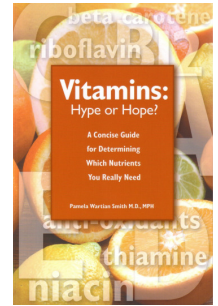
Dr. Pazuchowski has been in family practice for over 20 years. He is affiliated with St. John Health and is a proactive advocate in the field of custom hormone replacement therapy and functional medicine.

St. John Center for Wellness
and Family Medicine
18303 East 10 mile Road Suite #500
Roseville, MI 48066

586-498-5160

Reading is Nutrition for the Mind

Pamela Wartian Smith, M.D. is an internationally known speaker and author on the subjects of wellness, nutrition and anti-aging.



She has written several books on hormone replacement therapy, nutrition and weight loss. This month we are featuring her book:

Vitamins: Hope or Hype?
A concise guide for determining which nutrients you really need

In this book you'll :

- Discover the role of medications, vitamin interactions, soil depletion, antioxidants and how other factors play in determining your nutrient needs.
- Learn which chronic diseases are associated with a lack of vitamins.
- Understand how to optimize your health with vitamins.

Pick up your copy today!

Ask Your Pharmacist

Dear Health Dimensions,
If I follow the five basic food groups, why do I need to take any vitamins or minerals? Isn't my food supposed to provide me with all that my body needs?

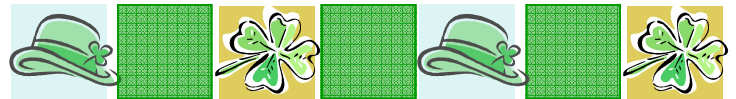
- MM

Dear MM,

Ideally, it is best to get your nutrition from the five basic food groups, yet many factors, including the lack of nutrients in the soil can effect how much nutrition we actually receive from our food. Supplements help us to get the nutrition that we are not getting from our food.

No two people have the same nutritional needs and therefore need to supplement their nutritional intake based on their specific needs.

If you'd like more information or would like to set up an nutritional consultation with one of our pharmacists call us today at 248-48-1573.



Newsletter Exclusive

BRING IN THIS COUPON AND RECEIVE

March Madness
15% Off
All Supplements

(EXCLUDES SALE ITEMS)

VALID THRU MARCH 31, 2008

39303 Country Club Drive A-26 • Farmington Hills, MI 48331

248-489-1573

800-836-2303

WWW.HDRX.COM