



Specialty Medicine Compounding Pharmacy

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Kenny Walkup, RPh January 2009

Bio-Identical Hormones Featured On Oprah

An entire show dedicated to bioidentical hormone replacement therapy (BHRT) aired on "The Oprah Winfrey Show" Thursday, Jan. 15. Robin McGraw, Dr. Phil's wife and a BHRT patient, and Dr. Christiane Northrup, renowned author and speaker, shared the stage for the majority of the show.

Oprah interviewed several patients who were experiencing severe menopausal symptoms. Dr. Northrup discussed the science behind several of the major hormones used in BHRT. They discussed medication options and the basic differences between categories of available drugs. Dr. Prudence Hall, a gynecologist in Santa Monica, Calif., explained the tools (testing) used for diagnosis.

A taped segment was shown with Dr. Wulf Utian, executive director of the North American Menopause Society (NAMS), in which he discussed his negative feelings about BHRT. However, Dr. Northrup largely dispelled any concerns or negative sentiment that would have come from that segment. If you missed last week's show on BHRT you can see episode information at the Oprah website.

Remodeling Continues

The color on the can says it is Mohave Desert. The other can says the color inside is Pumpkin. These are the colors of the freshly

painted interior of the store. It has been many years since we painted the store and it was time for a facelift. You may remember that it was last summer that we remodeled the back of the store. At that time we added a new lecture/meeting room, sterile lab and storage room. This year we are framing in a new doctor office in the front of store and remodeling the store's office and employee break room. The next time you are in the store make sure to check out the new colors. They are warm and very inviting. At least we think so.



Countdown to 10, Years That Is

This is a special year for Specialty Medicine Compounding Pharmacy. It was May 25, 1999 that we opened our doors for the first time. That's right! This May we will celebrate our 10 year anniversary. Please

watch our newsletters and special e-mail alerts as we advertise store specials.

Mention you saw this in our newsletter and receive 10% off of your next vitamin purchase when you purchase

two bottles of vitamins or one bottle of vitamins and one book.





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Walkup Wins Again! And So Can You!

Last fall my wife and I embarked on a new diet. Actually, it was not really a diet, but a new way of eating. We bought the Prism program as written about by author Karen Kingsbury. The program is a combination of daily devotions, Bible readings and a new way to look at food. It worked! Together we lost 40 pounds over an eight week period. The book included a few recipes including one for Easy Chili. I entered that recipe in our church's annual chili cook-off. I used the recipe in the book, with a special touch of extra spices, to win the Best Tasting Hot Chili. The recipe is below. Feel free to make and enjoy.



2 lbs of lean ground beef
1 medium onion - diced
2/3 of a green pepper – diced without seeds
2 large cans of tomato juice
2 cans of Busch's dark & light red beans
3 cans of "chili ready" tomatoes
Chili powder, Black pepper and Habanero peppers to taste (I used a habanero paste that I have)

Combine the tomato juice, chopped pepper, beans and tomatoes in a large pot. Brown the ground beef with the onions. Drain the beef and onions and place in the pot with the other ingredients. I like to let my chili simmer for at least 5-6 hours and add spices throughout the day to get the desired degree of flavor. For those wanting more information on weight loss options be sure to join us next month for our program titled "What are you

WEIGHTing For" done by Dr. Keri Topouzian.

What is Hyperbaric Oxygen Therapy?

There is a new business in South Lyon that I wanted to tell you all about. The Oxford Hyperbaric Oxygen Therapy Center open at 21800 Pontiac Trail. They are about 1.5 miles south of the pharmacy. The business is owned by a great and very caring couple, Bruce and Tami Powell.

Hyperbaric oxygen therapy, also called HBOT, is simply 100% oxygen administered to the entire body at greater than normal atmospheric pressure. Pressurized oxygen creates reperfusion (continuation of normal blood flow) to areas that have been damaged or blocked off from normal blood flow due to ischemia or hypoxia. Oxford Hyperbarics has patients who have experienced healing benefits with Stroke, Neuropathies, Autism, Cerebral Palsy, Reflex Sympathetic Dystrophy, Arthritis and Pain Management. The Medical Director is Dr. James Nuenschwander and Bruce and Tami would be happy to consult individually with anyone to see if HBOT is right for them.

You can contact Bruce or Tami at Oxford Hyperbaric Oxygen Therapy Center by calling 248-486-3636. Their website is www.healingwithhbot.com and their email address is info@healingwithhbot.com. Give them a call and see if oxygen therapy would be right for you or a loved one.