

# Winter Newsletter



## Eating Fish is Great for your Heart



There is good clinical evidence that eating at least two servings of fish a week could help lower your blood pressure and help improve your heart health.

Omega 3 fatty acids are from a family of unsaturated fatty acids essential for good health. There is strong clinical evidence that taking recommended amounts of Omega 3 fatty acids in dietary form or fish supplements can help your heart health by:

- Slightly lowering blood pressure
- Slowing the hardening of arteries which can lead to high blood pressure
- Reducing triglycerides – most common form of fat which is associated with heart disease and stroke.
- Reducing the risk of stroke and sudden heart events.

Like Vitamin C, your body can't make Omega 3 fatty acids – you have to get them through food. One of the best dietary sources is oily fish such as: tuna, kahawai, trevally, kingfish, warehou, dory, salmon, sardines and eel.

## Antibiotics and Probiotics

Probiotics are microscopic organisms that are important for good digestive health. They are similar to the "good" bacteria already in your body, particularly those in your gut.

Probiotics aid the maintenance of a normal healthy digestive system. Increasing the "good" bacteria in the body may be helpful for women with problems relating to a candida overgrowth (i.e. thrush) after taking a course of broad-spectrum antibiotics.

When you take antibiotics, both harmful and beneficial bacteria are destroyed, and by taking probiotics you can replenish your body's natural balance of good bacteria to promote good digestive health and help avoid thrush.

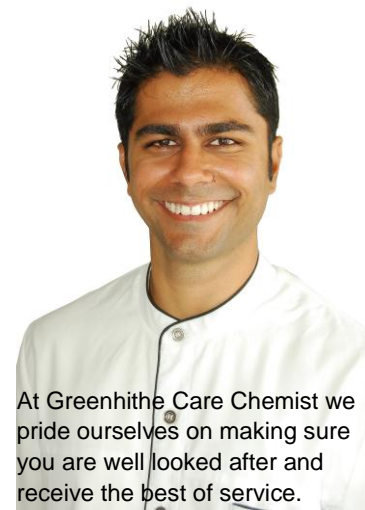


## Get Ready for Winter

**Now is the time to take steps to boost your immunity.** A recent study has shown that stress levels can have a harmful effect on your immune system. Natural therapies such as sleep, exercise and perhaps vitamins such as vitamin B and C can help to decrease your stress and or boost your immunity.

Natural endorphins are released while exercising which can help reduce stress. To be effective, the exercise period needs to be at least 20 minutes and performed at least three times a week. Stress can cause a lack of sleep.

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At Greenhithe Care Chemist we pride ourselves on making sure you are well looked after and receive the best of service. We have FREE health information booklets and seating to help make your visit with us as pleasant as possible.

We look forward to seeing you soon, and we'd love to hear your feedback anytime about your experience with us or what you would like to see in store.

*Samit Patel*  
Pharmacist

### Send to a friend

Your purchases in our VIP Club departments add toward your totals. Simply accumulate \$50 in a club department and you'll receive your first reward.

### Suggest a topic

Unlike other clubs or national points systems you may use, the points you earn don't disappear.

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Issue 1 • 2010

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A preliminary study found that people who slept an average of less than seven hours per night were three times more likely to get sick as those who averaged at least eight hours.

Vitamin C can enhance your immune system. Did you know that you need to eat more than 7 oranges just to have the same amount of Vitamin C as in a 500 mg tablet?

## The Latest News

The flu season has already started this year, so if you think you'd benefit from the flu injection, now's the time to make an appointment with your GP.

Another nasty bug we're seeing this season is Strep Throat. If you have an intensely sore throat that came on suddenly, you should visit your GP as soon as possible.

Strep Throat is a bacterial infection which will not go away on its own; you will need to be treated with antibiotics.

## 5 Tips for Digestive Health

The human digestive system is an engineering marvel but such a system requires careful maintenance. Otherwise, symptoms such as stomach cramps or pain, bloating, constipation, diarrhoea, heartburn, and indigestion can occur. Symptoms can usually be eliminated by changes in diet and sometimes by adding supplements and medications.

To keep your digestive system healthy, it helps to know a few key points.

**Be wary of dairy** - some people are lactose intolerant.

**Protect with Probiotics**- Probiotic bacteria are important in creating a healthy environment in the large intestine (colon) and they may keep more dangerous bacteria from flourishing in the GI tract.

**Feed on fibre** - besides lowering cholesterol, fibre also feeds the healthy bacteria and helps them to flourish.

**Rehab your habits** - Certain foods can interfere with healthy digestion, and also have been shown to cause reflux and worsen heartburn symptoms.

**Check your medicines and supplements** with us - medications, supplements and vitamins can cause digestive symptoms.

## What is Blood Pressure?

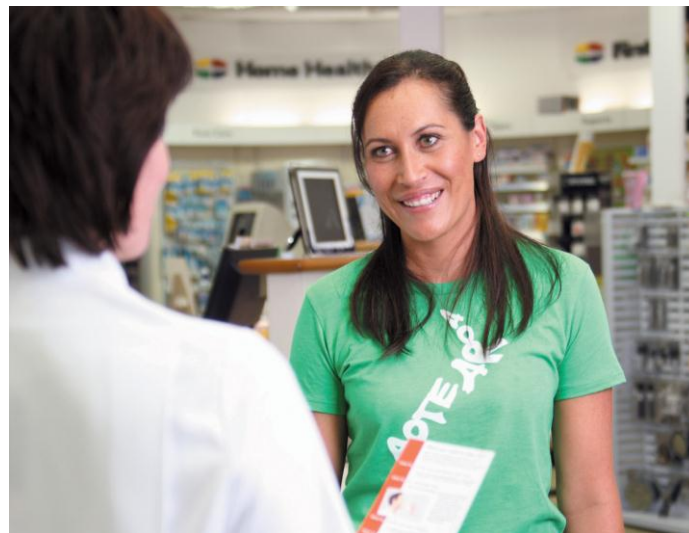
Blood Pressure is the force of the blood in the arteries as the heart pumps it around the body. As blood flows through arteries it pushes against the inside of the artery walls. The more pressure the blood exerts on the artery walls, the higher the blood pressure will be.

High blood pressure or hypertension makes the heart work harder to pump blood through the body. The extra workload can make the heart muscle thicken and stretch. When the heart becomes too enlarged it cannot pump enough blood.

Unfortunately, high blood pressure often has no symptoms and many people have hypertension without knowing it.

Hypertension is serious because people with the condition have a higher risk for heart disease and other medical problems than people with normal blood pressure. Serious complications can be avoided by getting regular blood pressure checks and treating hypertension as soon as it is diagnosed.

Regular monitoring of your blood pressure is essential. Care Chemist has a **FREE blood pressure wallet cards** to give out for you to keep a record of your daily blood pressure.



## Prescription Reminder Service

This new service has been designed so that you always will be reminded by email, when you need pick up your prescription repeats or need to arrange for a new prescription for your regular medications.

Registering for our Prescription Renewal Reminder Service couldn't be simpler. Simply sign up on the Care Chemist website at [www.carechemist.co.nz](http://www.carechemist.co.nz) and you are there!

**What's more, it's FREE!**