

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



Top 10 Essential Vitamins and Minerals Your Body Needs

Along with other nutrients, such as proteins, carbohydrates and dietary fats, vitamins and minerals help our body to grow and thrive. Each of these 10 essential vitamins and minerals plays a different role in our overall health. Most of us get what we need in our daily diets, with different foods providing different vitamins and minerals. However, some people may have conditions that require vitamin or mineral supplementation in addition to what they get through their normal diet.

Vitamin A

Vitamin A keeps your heart, lungs, liver and other organs working properly. Also called beta-carotene, it's important for reproductive, vision and immune system health.

You can get vitamin A from beef liver, salmon, broccoli, carrots, squash, green leafy vegetables, cantaloupe, apricots, mangoes, dairy products and fortified cereals.

Vitamin B

There are eight different essential B vitamins — B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate) and B12 (cobalamin).

They all help convert carbohydrates, fats and proteins into energy. Several B vitamins are also necessary for cell development, growth and function.

You can get vitamin B from meat, poultry, fish, organ meats, eggs, legumes, seeds, nuts, whole grains, and fortified cereals, breads and pastas.

Vitamin C

Also known as ascorbic acid, vitamin C boosts the immune system and increases iron absorption from plant-based foods and supplements. Since it's an antioxidant, vitamin C protects our cells from damaging free radicals. It also aids in wound healing by helping our body produce collagen.

You can get vitamin C from citrus fruits and juices, kiwi fruit, red and green peppers, strawberries, cantaloupe, broccoli, brussels sprouts, tomatoes, tomato juice and baked potatoes.

Vitamin D

Vitamin D builds strong bones by helping our body absorb calcium from food and supplements. It also boosts the functioning of the immune system.

Vitamin D isn't found naturally in many foods. Known as the "sunshine vitamin," most of the vitamin D our body gets is absorbed from the sun through our skin. Foods with vitamin D include salmon, tuna, mackerel, beef liver, egg yolks, mushrooms, and fortified dairy and nut milks and cereals.

Vitamin E

Vitamin E protects our cells from free radicals, boosts our immune system and helps prevent blood clots.

You can get vitamin E from sunflower, safflower and wheatgerm oils, sunflower seeds, almonds, peanuts, spinach, Swiss chard, avocados and butternut squash.

Vitamin K

Vitamin K is necessary for blood clotting and healthy bones. You may need more vitamin K if you have had bariatric surgery to lose weight or have a malabsorption disorder.

You can get vitamin K from spinach, kale, lettuce, broccoli, soybeans, blueberries, figs, meat, cheese, eggs and vegetable oils.

Calcium

Roughly 99 percent of calcium in the body is found in bones and teeth, where it is crucial for structural support. The remainder is found in the blood, muscles and intracellular fluids, where it is a critical part of many metabolic, neurological and muscular functions. Postmenopausal women (who have an elevated risk of osteoporosis) and people who don't consume dairy products (a primary source of calcium) are the most likely to require calcium supplements.

You can get calcium from dairy products, fortified non-dairy milks, fortified orange juice, sardines with bones, tofu, collard green, kale and broccoli.

Iron

Iron is an essential part of building red blood cells, specifically hemoglobin, a protein that bonds with oxygen to oxygen through the blood from the lungs to the cells throughout your body. Vegetarians need to consume almost twice as much iron daily because the iron in plant-based food is less available to the body than the iron found in animal products. Pregnant women and people with iron-deficient anemia may also need supplements.

You can get iron from meat (especially red meat and liver), seafood, lentils, beans, tofu, cashews and broccoli.

Magnesium

Magnesium plays an important role in the function of more than 300 enzymes that regulate various processes in the body, including muscle and nerve function, heart rhythms and glucose control. Older adults and people with diabetes may need supplements.

You can get magnesium from almonds, spinach, cashews, peanuts, beans, potatoes, brown rice, dairy products, oats, chicken, beef and broccoli.

Zinc

Zinc is a mineral that plays an important role in immune function and is essential for normal growth and development during pregnancy and childhood. Vegetarians may also need supplements since the zinc found in plant-based foods is less available to the body than that found in meat and fish.

You can get zinc from red meat, poultry, seafood, dairy products, whole grains, beans and nuts.

Health & Fitness Three Strategies for Creating More Time in the New Year

When you're overwhelmed and pressed for time, you have little room to fit in changes that can positively impact your overall health and happiness. Incorporating these three strategies can help you create more time in the new year for what brings you joy.

Tackle email overload. The average person spends 28 percent of his or her workday answering email, according to a report by McKinsey. Reduce inflow by unsubscribing to e-newsletters and turning off social media notifications. Reply to emails as they come in, deleting all irrelevant emails on the spot. Move emails that require follow up to just one separate folder. Filing emails in multiple folders takes up 10% of time spent on emails. Instead, the time management firm recommends using the search function to locate old emails.

Step back from screens and social media. A study by MediaKix found that the average social media user spends almost two hours per day on various apps and platforms. This time has health consequences, too. A survey of young adults published in *Depression & Anxiety* found social media use was associated with increased depression. The National Sleep Foundation cautions that electronic devices can disrupt your circadian rhythm, making it harder for you to fall asleep. To cut back, download social media-limiting apps to lock you out after a set time. Newer smartphone models also allow you to set screen time limits.

Stop multitasking. You might think multitasking makes you more efficient. The exact opposite is true, especially where at least one complex task is involved. Multitasking hurts your productivity because it contributes to mental overload. Switching between tasks can cost as much as 40 percent of your productive time and can also contribute to serious mistakes, according to the American Psychological Association. To limit distractions, turn off your phone and your email notifications while you work. Instead, set regular intervals (like the top of every hour) where you check emails and voicemails.



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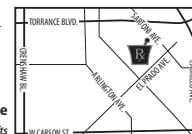
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Prep Time
20 minutes

Cook Time
4 hours

Total Time
4 hours, 20 minutes

Serves
4

January Recipe Slow-Cooker Coconut and Lemongrass Soup with Chicken and Sweet Potato

Lemongrass and ginger aren't everyday ingredients for many people, but they're sold in most supermarkets and all Asian markets. You can make this soup spicy by adding sliced serrano pepper, or make a mild version without it. And don't be scared off by the 4-hour cook time — you can let the soup cook during the day in the slow cooker and come home to a dinner that's ready to go!

Ingredients

- 1 5-inch piece fresh lemongrass
- 1 2-inch piece fresh ginger
- 6 cloves garlic
- 2 tablespoons canola oil (or another neutral oil)
- Salt and pepper
- 1 pound boneless, skinless chicken thighs
- 3 medium sweet potatoes
- 3 cups low-sodium chicken stock
- 1 15-ounce can full-fat coconut milk
- ½ serrano pepper (optional, if you want it spicy)
- 1 5-ounce bag fresh spinach
- 1 lime

Tools

- Cutting board
- Chef's knife
- Skillet
- Slow cooker
- Rubber spatula

Instructions

1. Mince and saute the lemongrass, ginger and garlic

Remove the green outer layer from the lemongrass stalk, and finely mince the softer, white layers. You should have about 3 tablespoons of minced lemongrass. Peel and finely mince the ginger. You should have about 2 tablespoons of minced ginger. Mince the garlic cloves. You should have 1-2 tablespoons of minced garlic. Heat oil in a skillet over medium-low heat. Add lemongrass, ginger and garlic. Season with salt and pepper. Cook, stirring sometimes, until everything is very fragrant and ever so slightly starting to brown, about 7 minutes. Transfer the mixture to a slow cooker using a rubber spatula to make sure nothing is left in the skillet.

2. Prepare the soup

Cut the chicken into roughly 1-inch pieces. Peel the sweet potatoes and then cut them into roughly 1-inch pieces. Add the chicken to the slow cooker, and season it with salt and pepper. Add the sweet potatoes to the slow cooker, and then pour in the chicken stock and coconut milk. Season with an additional ½ teaspoon of salt. If you're using the serrano pepper, thinly slice it, and add it to the slow-cooker. Stir everything together, and cook the soup, covered, for 4 hours on the low setting. When the soup is finished, stir in the spinach, cover the slow cooker, and let it sit for 5 minutes so that the spinach wilts.

3. Serve

Just before serving, cut lime into 4 wedges. Divide into four bowls, and serve each with a lime wedge.

Kids Can!

- Peel the ginger.
- Peel the sweet potatoes.
- Measure the chicken stock.
- Stir everything in the slow-cooker.
- Add the spinach to the slow-cooker.
- Juice the lime.

Ask a Pharmacist How Do I Know Which Vitamins and Supplements Are Right for Me?

Mark Szilagyi, Pharmacist
The Gateway Pharmacy
Phoenixville, Pennsylvania

It is important to ask your doctor or pharmacist which vitamins and supplements are appropriate for you. Some prescription medications can remove naturally occurring vitamins and minerals. "Statin" medications are known to remove Co-Enzyme Q 10, which helps your muscles work properly. This may result in painful leg cramps. If you experience these cramps, I recommend this as a supplement. In addition, when taking an antibiotic, I always recommend adding a probiotic such as florajen. This will help put back the good bacteria in your gut that the antibiotic may remove. At The Gateway Pharmacy, we try to personalize each vitamin or supplement to each patient depending on his or her medication list.

Our patients can also start the new year on the right foot with our new independent health and wellness business housed within our pharmacy called Victus. Many aspects of our lives contribute to our health and risk for diseases like cardiovascular disease, diabetes and obesity. Victus allows us to work with you in addressing these factors through nutrition, physical activity and behavioral health. Our services, programs and support can help you develop a long-term approach for managing your health and wellness through the expertise of our founders and management, which includes Executive Director and Registered Dietitian Nutritionist Tricia Psota, Director of Fitness and Certified Personal Trainer Jen Wilkins and Pharmacist Nick Katra.

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Local Love
McFadden Pharmacy
BAINBRIDGE, OHIO

"We strive to know every name that comes in the door."



How many years has McFadden Pharmacy been in business?

I have been in business as the current owner of McFadden Pharmacy for 18 years.

What has been the most significant change within your pharmacy over the past 5 years?

The greatest change has been in the way our pharmacy delivers services. Pharmacists are turning away from just filling scripts and worrying about numbers to providing patient care aimed at patient disease state success. Pharmacists have begun using their expertise in medicine to help directly with quality patient care. Pharmacists have become an integral part of the patient care team and not just another step in picking up medications.

What are your favorite ways to get involved with your community?

I like to show the local community that McFadden Pharmacy and its employees care about the community. I try to be involved in as many local community events as possible, either physically or by providing financial help. Being involved in the community helps build relationships and shows our town that we care and want them to succeed.

How do your patients and community shape your offerings? What keeps your patients coming back?

The community is important to me. I offer a gift shop that is full of locally made gifts, souvenirs, shirts and honey and syrup. I am in a low-income area that includes a large Mennonite community, so travel isn't the easiest or cheapest. Because of this, we provide free delivery to help with this patient concern. Additionally, being in a rural area, we are several miles from the nearest hospital, so our pharmacist is always available to take a blood pressure, sugar level or just address medical or medication concerns 24 hours a day with the local patients. I try to instill in my employees that McFadden Pharmacy will go out of their way to help a patient with whatever concerns they have and provide the best possible medical care that we can. I feel like my patients come back because they know we care and put them first.

What do you think your patients love most about your pharmacy?

The personal service we offer is why our patients love us. We don't have a fancy interactive voice recording, so when you call here you talk to an actual person. We strive to know every name that comes in the door and do our best to provide the quickest and best healthcare we can.