



REFILLS  
HRT CONSULTATIONS  
IDEAL PROTEIN/WEIGHT LOSS  
SUPPLEMENTS  
RX SKIN THERAPY  
EVENTS

## News from Good Life

At Good Life Pharmacies, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,  
Jim Andreesen, R.Ph., Angie Svoboda, Pharm.D. FIACP, and Ray Scott, R.Ph

## Help to Prevent and Relieve Stress

Ironically, stress is pervasive during “the most wonderful time of the year”. Stress involves every system and organ in the body, especially the adrenal glands, nervous system and endocrine system. Whether positive (e.g., exercise) or negative (e.g., death of a loved one), stress can have a significant impact on a person’s health and nutritional



status. The body’s requirements for B vitamins and vitamin C may increase during times of stress. It is important to replenish and or maintain optimal levels of these nutrients so the body can better handle stress and limit the potential physical and emotional damage. In addition to B vitamins and vitamin C, magnesium and calming herbs - such as valerian, hops, and skullcap - provide synergistic support to help calm the body. A regular bedtime can also be helpful. It is important to get the sleep you need (usually eight hours per night). New research shows that irregular sleepers are more likely to say they suffer from stress and depression. Ask our pharmacist about quality supplements to help with sleep and stress support.

*Happy Holidays!*

## Shop our product of the month

Good Life Pharmacy's Relaxation Formula, which is 20% off throughout December, is formulated to help the body "let go" of tension and anxiety without causing drowsiness. The blend of ingredients helps to counteract feelings of anxiety by supporting normal alpha brain wave activity, which promotes a state of relaxation. Relaxation Formula supports the hormone cortisol to help provide a normal, healthy response to stress. Stop by and talk to our pharmacist about how we can help you feel your best!



## Share your experience with Good Life Pharmacy

If you have received excellent care or service from the pharmacists and staff at Good Life Pharmacy, we would appreciate an online review.

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