

SHEEFA



TIMES

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## In This ISSUE

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- Household Remedies
- Make your own Sports Drink!
- This Spring, Stay Green!
- Meet the Staff features...



*Coming Soon...*

## Healthy Heart Club



Sheefa Pharmacy and Wellness Center is proud to announce our new, life changing program, the **HEALTHY HEART CLUB!** The Healthy Heart Club is a wellness program designed for those struggling with managing blood pressure, cholesterol levels, or weight loss. Our pharmacists are excited to partner with you to provide the education and care you deserve so that you can be able to set and meet your Healthy Heart Goals.

Did you know that the pharmacist is the most trusted and accessible healthcare professional? With the Health Heart Club our pharmacists are ready, one on one, to answer your questions, anytime. We will partner with you and your doctor to be champions for your health. In addition to optimizing your medications, our pharmacists are ready to provide information, encouragement, and accountability.

Heart disease is a major health concern. High blood pressure and obesity affects 1 in 3 Americans! By partnering with your pharmacist, no matter what your aspirations, whether they are to lower your cholesterol, lose weight, or lower blood pressure, we will help you achieve them. Our aim is to help you lower your risk from chronic diseases such as high blood pressure, high cholesterol, diabetes, and obesity and encourage you to lead a healthier lifestyle. High blood pressure is known as the silent killer. Through the Healthy Heart Club, however, our trained pharmacists are here to empower you to overcome your chronic medical conditions. We will help educate you about the proper way to monitor these conditions, and your pharmacist will be there at each step of the way.

***Join our new wellness program for a small monthly fee and receive a FREE wellness kit! Our Healthy Heart Club kit includes: an automatic blood pressure monitor, pedometer, measurement tape, gym bag, full access to a 7 Day meal plan written by a Registered Dietician, monthly exercise routines, and easy to use charts to help track your progress. Furthermore, our specialized pharmacists become your health coach, connecting with you weekly in order for you to reach your goals.***

***So the next time you're at Sheefa Pharmacy & Wellness Center, ask about the Healthy Heart Club or contact us at (973) 673 – 6800 to sign up today! We look forward to coaching you through your efforts!***

## Pharmacist Tip of the Month!



### Tips for Stopping Snoring

Four out of five snorers are men who are forty or over. Here are tips for stopping snoring:

- Sleep on your side
- Sew a tennis ball into a back pocket of your sleep pants
- Lose weight if you are heavy
- Three hours before bed don't drink alcohol or eat a large meal
- Take an antihistamine or decongestant before going to bed

### It's Good to Laugh

*I won't say ours was a tough school, but we had our own coroner.*

*We used to write essays like,  
"What I'm going to be if I grow up."*

**Lenny Bruce**

*I went into a French restaurant and asked the waiter, "Have you got frog's legs?" He said yes, so I said, "Well, hop into the kitchen and get me a cheese sandwich!"*

**Tommy Cooper**

*Human beings are the only creatures on earth that allow their children to come back home.*

**Bill Cosby**

*I looked up my family tree and found out I was the sap.*

**Rodney Dangerfield**

*Another term for 'balloon' is 'bad breath holder'.*

**Demetri Martin**

## How To Win \$25

Have a useful household tip or remedy to share? If we use yours, you win \$25.

Please direct all entries to:

[Tips@HealthyHomeTimes.com](mailto:Tips@HealthyHomeTimes.com)

Please include your name, full mailing address and phone number.

## New Light Therapy Preserves Vision

Photodynamic therapy involves injecting a light-sensitive medication called verteporfin (Visudyne) into a vein in the arm of a patient with age-related macular degeneration (AMD). The drug circulates through the body to the eyes. When a laser is shone into the eyes, the drug is activated and destroys the abnormal blood vessels that cause the loss of central vision in AMD. The procedure is now considered the preferred treatment to slow the progression of AMD and it is covered by most insurance plans. – Sanjay Sharma, MD



## Vinegar Tip

Vinegar to heal bruises... soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

## Fast Pain Relief

Quaker Oats for fast pain relief... it's not for breakfast anymore! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.



## Cleaning Liquid that Doubles as Bug Killer

If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.



## Eliminate Ear Mites

All it takes is a few drops of corn oil in your cat's ear... massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.



## Protect Your Eyeglasses

Easy eyeglass protection... to prevent the screws in eyeglasses from loosening, apply a small drop of clear nail polish to the threads of the screws before tightening them.

## Mobile Phone Fun Facts

Mobile technology has shown tremendous growth in recent years and now rivals other outlets as one of the most powerful forms of mass media. While mobile phones will not be the death of print, television or the Internet, it has proven to be a huge and unique new platform for delivering content.

- The first mobile phone device was invented by Motorola and the device was named DynaTAC 8000X.
- The first text message was sent in 1992.
- There are 4.16 billion people who own a mobile phone.
- Up to 60% of the radiation emitted by a typical cell phone (enough to cause heating), will be absorbed by the user's head?
- 78% are from developing markets while only 22% are from developed markets.
- In Malaysia, market penetration for mobile devices is higher than television and PC's.
- Nokia makes up the highest market share of mobile operating systems.
- Mobile phones can be used almost anywhere in the world, although the common cell phone technology is just one form of mobile phone. In some places, satellite phones are needed to reach out to the rest of the world.
- There will be 5.8 billion mobile subscribers worldwide by 2013. No other media channel offers anything like this reach.
- Half a billion people accessed mobile Internet worldwide in 2009. Usage will double within five years as mobile overtakes the PC as the most popular way to get on the Web.

## National Gardening Month

Different varieties of flowers bloom at different times of the year. With a little planning, you can plant several types of flower bulbs and seeds so that something is always blooming, regardless of the time of year. Knowing when to plant - and when to expect results - is crucial.



### Rose-Growing Tips:

1. Sunlight, sunlight: Plan to place your rose bush in an area that will receive as much sun as it can -- at least six hours per day.
2. Water: Always water the rose bush from underneath, as opposed to spraying the leaves. Water drops on the leaves can cause burning and lead to black spot disease. Once a week, soak the earth at the base of the bush until it is damp (not soggy). A thorough weekly soak works better than several light waterings.
3. Preparing the Soil: In the spring, turn the soil to the depth of a spade, adding half as much again of compost mixed with coarse sand. This should be done at least a month before planting.
4. Clean Up: Gathering up withered petals and leaves is important to the health of your rose bush.
5. The Trick to Pruning: Prune about a quarter-inch around outward-facing buds, using a sharp knife or hand pruners. To insure strong new growth, cut off anything that grows below bud unions. Also, avoid pruning in the Fall!

*For further tips, ask the rose enthusiast at a local nursery.*

## Homemade Sports Drink Recipe

During strenuous workouts lasting an hour or more, sports drinks such as Gatorade and Powerade are sometimes a better option than water for replacing the carbohydrates and electrolytes depleted during exercise. Sports drinks that are made with a balance of carbohydrates and electrolytes allow longer extensive physical activity. However, these specialty drinks can get expensive. Athletes and gym-goers can make their own sports drink that will provide similar proportions of carbohydrates, potassium and sodium as Gatorade or Powerade at a fraction of the cost. Pour 1/2 cup of orange juice into a clean sports bottle or glass bottle. Stir in 8 tablespoons of table sugar until it is dissolved and then add 3/4 teaspoon of salt and stir until it is dissolved. Add the 2 liters of filtered water. Shake the mixture until it is combined. Pour over ice and enjoy!



### Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors last month!

Our business runs on the positive comments and referrals from people just like you!

We couldn't do it without you!

A special thanks to all these fine folks who referred us...

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Good or bad, we can't fix what we don't know is broken. Please call our toll-free testimonial hotline and let us know, good AND bad what you like most about doing business with us and what you don't like.

*We are committed to continuously improving because we want to be YOUR family's pharmacy.*

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*This* SPRING

at Sheefa Pharmacy & Wellness Center...

# HEALTHY HEART CLUB

**NEED TO LOWER YOUR BLOOD PRESSURE OR CHOLESTEROL?  
OR WANT TO LOSE WEIGHT?**

**Then join our new Wellness Program!!**

**Sign up today and each participant receives a Wellness Kit!**

**Package includes:**

*Automatic blood pressure monitor*

*Pedometer*

*Measurement tape*

*Full access to 7 Day meal plans written by a Registered Dietician*

*Monthly exercise routines*

*Easy to use chart to track your progress*

*Monthly Seminars*

*Our Specialized Pharmacists becomes your health coach, connecting with you weekly to help reach your health goals*

**SIGN UP TODAY**

# REUSE. RECYCLE. REDUCE.



Save energy to save money

Save water to save money

Less gas = more money

(and better health!)

Skip the bottled water

Think before you buy

Keep electronics out  
of the trash

Make your own  
cleaning supplies

Eat smart

Carpool

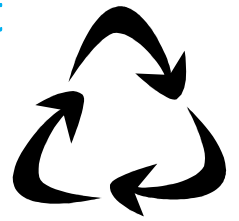
Buy smart

Plant a garden

Borrow instead of buying

Ride a bike instead of driving

Turn off the TV and head outside



# GO

# GREEN



**Sheefa**  
PHARMACY & WELLNESS CENTER  
*Better Health, Better Living!*

# Kick Bad Habits out the Window!

There are many proven methods for dealing with the psychological obstacles to quitting smoking. If you are trying to quit smoking, consider the following tricks and tips.

- *Remind yourself every day why you are quitting.*
- *Avoid places that you connect with the act of smoking.*
- *Listen to relaxing music.*
- *Watch a funny movie.*
- *Don't be afraid to ask for help. Rely upon your circle of friends, family and support groups for help.*
- *Avoid alcohol, which has been known to weakening resolve.*
- *Set a firm date by which you will have completely stopped - and stick to it!*
- *Expect withdrawal symptoms (even with "stop smoking" aids), and look at them as a sign of getting better, not worse. Withdrawal symptoms are stepping stones to success.*
- *Take it a day at a time. If you're really struggling, take it 15 minutes at a time. Cravings come in waves, and can be ridden out.*



## MEET THE STAFF *features...*

**Kameelah Abdul-Haqq**



Kameelah has been a Pharmacy Technician here at Sheefa Pharmacy & Wellness Center for the past 10 years. She is a very responsible and efficient worker. She goes above and beyond in order to take care of our customers' needs. Kameelah who is a certified technician assists in filling prescription, manages our inventory and helps out in our HR department. She is a dedicated and hardworking employee.

CALL SHEEFA PHARMACY AT (973) 673 - 6800

FOR **FREE** DELIVERY TODAY!

## Beware of Allergies/Reactions

Pay attention to what you eat. With so many wonderful restaurants, trying new dishes is exciting and fun. However, several foods are responsible for up to 90% of all allergy problems. If you notice after eating certain foods you suffer from headaches, upset stomach, or other problems, make note, you could be having an allergic reaction. The foods most likely to cause the problem include eggs, milk, peanuts, tree nuts, soy, shellfish, and fish. For children, the common foods include cow's milk, soy, eggs, and wheat.

### Washington Irving Quotes

*Temper never mellows with age,  
and a sharp tongue is the only  
edged tool that grows keener  
with constant use.*

*Great minds have purposes;  
others have wishes.*

*Age is a matter of feelings, not years.*

*Little minds are tamed and subdued by  
misfortune; but great minds rise above  
them.*

*Nothing is enough for the man  
to whom enough is too little.*

*One of the greatest and simplest tools for  
learning more and growing more is doing  
more.*

*There is never jealousy where there is not  
strong regard.*

### STAY CONNECTED FROM HOME!

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[Facebook.com/SheefaPharmacy](https://www.facebook.com/SheefaPharmacy)

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## The Lighter Side of Life

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about six years old.

Looking up and down at my uniform, she asked, "Are you a cop?" "Yes," I answered and continued writing the report.

"My mother said if I ever needed help I should ask the police. Is that right?" "Yes, that's right," I told her.

"Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"



It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me.

"Is that a dog you got back there?" he asked. "It sure is," I replied.

Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

A woman in Arkansas brought her baby in to see the doctor, and he determined right away the baby had an earache. He wrote a prescription for eardrops. In the directions he wrote, "Put two drops in right ear every four hours" and he abbreviated "right" as an R with a circle around it. Several days passed, and the woman returned with her baby, complaining that the baby still had an earache, and his little behind was getting really greasy with all those drops of oil. The doctor looked at the bottle of eardrops and sure enough, the pharmacist had typed the following instructions on the label: "Put two drops in R ear every four hours."

- From *Café Mom*



### Jelly Beans!

Jelly beans are likely descended from the Middle Eastern confection known as "Turkish Delight," which is a jelly-like substance coated with confectioner's sugar. The method of making the sugar shell coating was developed in the 17th century in France. While originally made from real fruit juice, jelly beans today are made from sugar, corn syrup and starch, with small amounts of lecithin, anti-foaming agents and edible wax, along with a touch of salt and confectioners' glaze. Added to that are artificial colors and flavors.



The first advertisement for jelly beans was published in the Chicago Daily News on July 5th, 1905. Jelly beans first became associated with Easter in the US during the 1930's. Each year, almost 15 billion jelly beans are sold during the Easter season alone.

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**&**

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Venous Insufficiency – Circulation Problems

Moderate Varicosities – Varicose Veins

Chronic Leg Fatigue

Tired, Aching Legs

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**For further details, give us a call at (973) 673 - 6800**

Percentage of Graduated Compression

