

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, 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,
Jennifer L. Burch, Pharm.D., CDE

Support for Managing all Types of Stress

Stress can be debilitating and even cause or exacerbate health issues. Every April, healthcare experts nationwide unite to raise awareness about both the causes and remedies for the increasing stress epidemic.

Three Types of Stress

Stress impacts more than just the mind; it can also affect cellular functions. Long-term stress can cause various ailments, from headaches and stomach issues to depression, and even increase the risk of more severe diseases like stroke and heart disease.

Understanding the connection between mind, stress, and health can help in better managing stress for improved well-being.



- **Acute Stress** - Acute stress is short-lived, very common, and often arises from reactive thinking. It is typically triggered by recent or impending events, accompanied by negative thoughts.
- **Episodic Acute Stress** - This form of stress occurs when individuals frequently encounter acute stress or when their lives consistently present stressful situations. These individuals often find themselves in a perpetual state of turmoil.
- **Chronic Stress** - Chronic stress is the most detrimental type. Without intervention, chronic stress can seriously impact physical health and impair mental well-being.

Natural Ways to Help Manage Stress

- Exercise: Engaging in physical activities such as a 20-30 minute daily walk.
- Relaxation: Incorporating techniques such as meditation, journaling, yoga, and breathing exercises into daily routines.
- Have Fun: Enjoying time with loved ones or watching a favorite show.
- Visit Your Doctor
- Eat Well: Maintaining a healthy gut microbiota supports a stress-reduced mental state due to constant brain-gut communication.
- Sleep & Rest: Implementing relaxation techniques and minimizing technology use before sleep.

How Can Our Compounding Pharmacy Help?

Customizing medications to better suit an individual can help reduce stress caused by a complex regimen of medications or medications with undesirable effects. Combining medicines into one convenient dosage form or removing problematic ingredients may help.

Nutritional supplements can also complement compounded medications to help manage stress and symptoms associated with all three types of stress. Common supplements we recommend, magnesium glycinate, melatonin, ashwagandha, l-theanine, and vitamin D3. It is important to discuss with our pharmacist to help select the most appropriate supplement to complement your current regimen.

If chronic stress overwhelms you and the situation is beyond your control, adapting your approach is necessary. Being flexible and choosing how to respond to stressors can make a significant difference, and experimenting with various methods may be essential. If you need additional support to manage your stress, talk to our experienced pharmacist today.

Share your experience with Central Compounding

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

[REVIEW US ON FACEBOOK](#)

[REVIEW US ON GOOGLE](#)

ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)



REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm

Closed Saturday and Sunday



Central Compounding Center South | 2609 N Duke St, Suite 103, Durham, NC 27704

[Unsubscribe jenn.burch@gmail.com](mailto:jenn.burch@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@centralcompounding.com powered by



Try email marketing for free today!