



Pharmacy Solutions

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pharmacysolutionslincoln.com

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Happy Summer!

Can you believe that we are already in the middle of July?! Summer is flying by, and that means that we will be starting up our free health and wellness seminars before we know it! We would love suggestions as to seminars or workshops that you would like to see at Pharmacy Solutions.

Be sure to stop in and check out our Summer time care package that we mentioned in last month's newsletter. You will be receiving some great products to help with summer bites and burns at a great price!

Have you been to the [Pharmacy Solutions](http://PharmacySolutions.com) website since we redesigned? Stop by and check it out, and let us know what you think. We think that the aesthetic and flow of the website are much improved, and there are some great resources for patients and practitioners alike.

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The Burden of Unexplained "Female Pain"

This newsletter discusses a subject that is difficult for many women and health care professionals to talk about openly, yet in a recent study in a U.S. urban area was reported by almost 7% of women aged 18-64 years. Women should not suffer needlessly. It's a problem we can help with customized medications.

The problem is vulvodynia, defined as chronic pain in the area around the opening of the vagina (vulva) for which there is no identifiable cause. Vulvodynia can occur in women of any age. The burning or sharp knife-like pain, tingling or itching, or pain on contact can last for 3 months or longer, and can be debilitating. Pain or discomfort is typically only on one side and may be most pronounced while sitting, and least prominent when lying down.

The study revealed that only 3% of women meeting



[Read More about Hormone Therapy for Women](#)

vulvodynia criteria were actually diagnosed with vulvodynia. Most women remain undiagnosed following multiple physician visits. Physicians such as dermatologists, urologists, and gynecologists are largely unfamiliar with chronic vulvar pain not attributable to a specific disorder such as herpes genitalis, lichen planus, cancer (e.g. squamous cell carcinoma), or neurological disease (e.g. postherpetic neuralgia). Often, even with thorough testing, no obvious cause can be identified, and ongoing chronic vulvar pain becomes a true mental and physical burden for affected women.

In a substantial proportion of women, pain can be relieved with appropriate doses of prescription medications including tricyclic antidepressants, serotonin-noradrenaline reuptake inhibitors, pregabalin, and compounded topical gabapentin cream.

Contact our compounding pharmacist to confidentially discuss this or other problems. Our compounding pharmacists work together with physicians and their patients to customize medications based on each patient's unique needs. We welcome your questions.

Reference: [J Pain Res. 2015; 8: 845-849.](#)

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One-Bowl Morning Glory Muffins

Recipe from: bakerbynature.com/my-favorite-morning-glory-muffins

1 and ½ cups whole wheat flour
½ cup All-purpose flour
¾ cup packed brown sugar
1 Tbsp. baking powder
2 tsp. baking soda
2 tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. salt
¾ cup unsweetened applesauce
½ cup coconut oil, melted
1 tbsp. vanilla extract
2 cups grated carrot (about 3 medium carrots)
½ cup raisins
½ cup flaked coconut
½ cup walnuts, chopped



Line a muffin tin with paper liners and set aside. Preheat oven to 400F.

In a large bowl, add the flours, sugar, baking powder, baking soda, cinnamon, ginger and salt; whisk well to combine. Add in the applesauce, oil, apple and vanilla; whisk until just combined. Fold in the carrot, raisins, coconut and walnuts, stir until ingredients are combined. Divide batter evenly among prepared muffin cups.

Bake at 400F for 10 minutes***, then reduce heat to 350F and bake for an additional 10 minutes. Cool muffins in the pan for 5 minutes before transferring them to a wire rack. Serve warm at room temperature, or chilled.

***if you make these into mini muffins, decrease the bake time to about 10 minutes, or until the tops are golden and the centers are fully cooked.



ARE THE HOT SUN AND THOSE PESTY BUGS GETTING THE BEST OF YOU THIS SUMMER?

SAVE 30% WHEN YOU PURCHASE OUR SUMMERTIME CARE PACKAGE!

- ❖ **BUG REPELLENT-WILL HELP TO KEEP THOSE ANNOYING BUGS AWAY. DEET FREE!**
- ❖ **BURN REPAIR SPRAY-WILL HELP TO SOOTHE YOUR SUNBURNS**
- ❖ **INSECT BITE SPRAY – WILL AID IN THE RELIEF OF THOSE ITCHY BUG BITES**
- ❖ **CORT SYM – WILL HELP TO RELIEVE ITCHY IRRITATED SKIN CAUSED BY BITES, STINGS, AND NETTLES AND POISON IVY!**



RESTRICTIONS MAY APPLY. OFFER GOOD THROUGH AUGUST 2016. MUST PURCHASE ALL 4 PRODUCTS TO RECEIVE DISCOUNT.

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