



TIMES
Secrets For Living
A Healthy, Wealthy
& Happy Life

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**Gordon's
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Could Your House Be Making You Sick? Uncover & Prevent This Hidden Health Threat Today.... (Part 1 of 2)

You are about to discover something that is presenting a real health risk to you and your family so you can take proactive steps to minimize any risks. This is something that you can't see, taste, or touch but it's quickly becoming one of the biggest health threats to families. It's your *indoor air quality*.

Why Has Your Indoor Air Quality Become an Issue in Recent Years?

The reason our indoor air is such a problem today is we have become so energy efficient. Our homes are sealed up tight – saving us on energy, but at the same time setting the stage for an environment of indoor pollution. Now, we all know how dangerous polluted outdoor can be but according to the EPA (Environmental Protection Agency) indoor air is 2 to 5 times more polluted than outdoor air! And today we spend about 90% of our time in these sealed up tight homes – trapped with all that indoor air.

Here are just a couple of ugly facts about indoor air pollution:

- Experts say pollutants indoors are 1000 times more likely to reach your lungs than pollutants outdoors.
- **Many homes have 25 to 100 times more pollutants in them than polluted outdoor air.**
- Today we spend 90% of our time indoors.
- **The bad effects on our health can range from mild irritations to our eyes and throat...to lifelong allergies, asthma, or worse.**
- Biological pollutants, including molds, bacteria, viruses, pollen, dust mites, and animal dander promote poor air quality.

According to the American Lung Association (lung.org): *"Carpets may trap pollutants like dust mites, pet dander...particle pollution, lead, mold spores, pesticides, dirt, and dust."* For years, cleaning experts have been comparing carpet to a "filter" that gets full and needs to be cleaned. Is your carpet full? If it's been 12 months since you had your carpets professionally cleaned, then you should look into some cleaning options.

"How Else Can I Make Sure My Indoor Air Is Clean & Healthy for My Family?"
Tune in next month and discover the 3 things the EPA suggests you can do to minimize your risk of indoor air pollution. But until then...breathe easy and be proactive by having your carpets, air ducts, and house cleaned.

April 2016

www.Lung.org

This is the website of the American Lung Association. This organization has been promoting information about lung health for over 100 years. Lung health may not be the sexiest of subjects, but considering the average adult needs about 550 liters of oxygen per day, it's fairly important to consider. This is very informative website helps educate people on how to keep their air and lungs healthy. And today it's more important than ever to be well informed on the issue.

www.TheStoneSoup.com

This is a cooking blog created by Jules Clancy, a blogger with a food science degree, who specializes in what she calls "healthy 5 ingredient meals." On her well-crafted blog you'll find recipes using 5 ingredients or less of fresh whole foods, (nothing processed) plus lots of fun educational nuggets about food and eating healthy. It's a great resource for inspiring a fresh, healthy, simple take on cooking.

Healthy Talk

Welcome
April

Honor The Earth & Your Health With This Earth Day Inspired Smoothie!

April 22nd is Earth Day! Every year on Earth Day people around the world promote the health and beauty of our gorgeous blue planet by participating in collecting garbage, planting trees, cleaning up polluted waters, and promoting petitions that will benefit the future of our earthly home.

In honor of this lovely day here is an Earth Day Inspired smoothie that will help you start Earth Day honoring the health and beauty of yourself.

Easy Breezy Earth Day Green Smoothie (Serves 2)

2 cups almond milk
2 frozen bananas
4-5 dates (or sweeten with honey or stevia)
4-5 cups spinach
1 cup pineapple
1 orange (peeled)

Give the ingredients a whirl in your high-powered blender and to pack more of a 'nutritional punch' add a scoop of your favorite protein powder. Then sprinkle this gorgeous green smoothie with a hand full of blueberries to represent our beautiful blue and green planet. Drink up and enjoy!

Pharmacist Tip of the Month!

Healthy Diet, Healthy Heart (April 2016)

A great way to maintain a healthy cardiovascular system is by adding flaxseed to your daily diet. Flaxseed actually contains what is called alpha-linolenic acid, which is a fatty acid essential in controlling blood pressure. They have a benefit of helping with digestion; just make sure the flaxseed is crushed for easier consumption and absorption.

Get Inspired

"If we had no winter the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome."

– Anne Bradstreet, 17th century English poet and author

April Birthstone

Diamond, The origin of birthstones is believed to date back to the breastplate of Aaron which contained twelve gemstones representing the twelve tribes of Israel. When purchasing a fancy-color diamond, the shopper should ask if any enhancements or treatments were used to improve its color and/or clarity.

April Tidbits



BERMUDA TRIANGLE REMEDY

Before putting socks into the washing machine, pin together the two that make a pair with a safety pin. You might lose two socks, but likely not just one!



CLEANING A FISH TANK

Place some non-iodized salt on a sponge and clean away. Make sure that the salt is not iodized or no more fish.

April Quotes

"The air soft as that of Seville in April, and so fragrant that it was delicious to breathe it." – Christopher Columbus, 15th century explorer.

"Here cometh April again, and as far as I can see the world hath more fools in it than ever." – Charles Lamb, 18th century English writer and essayist.

"There is no glory in star or blossom till looked upon by a loving eye; There is no fragrance in April breezes till breathed with joy as they wander by." – William C. Bryant, 18th century American poet

Happy Earth Day to You!

Earth Day is coming up on Friday, April 22, 2016. This is a day devoted to preserving the longevity of our beautiful blue planet. It's a great way to spread awareness about all kinds of issues affecting our earth. From pollution to preserving earth's natural resources, each of these issues concern all of earth's inhabitants. No matter where you live, Earth Day is probably observed. In fact, about a billion people in 190+ countries now participate and support Earth Day!

Here are some easy ways you can support Earth Day in 2016!

1. **Raise Awareness.** This is easier than ever with social media. Spread the word through all your social media outlets. Use hashtags like #earthday, #trees4earth, #recycle.
2. **Go Green.** Try to reduce your carbon footprint where possible. A cool fact: one person making use of public transportation or choosing to walk/bike just 2 times per week can reduce greenhouse gas emissions by 1,600 pounds per year. Also, experts recommend not idling our cars, which not just sends unnecessary pollution into the air, but wastes gas and money. And even something as simple as unplugging appliances when not in use can save you money and energy.
3. **Reduce. Reuse. Recycle.** Easy ways to do this is to donate items you don't need instead of hauling them to the dump. Buy used clothing, and goods from thrift shops and garage sales. Also, bringing your own bags to the store is a simple step that helps out in a big way. And by maintaining things we already have so we aren't such a "throw away society" we are living green.
4. **Plant a Tree.** It's a simple act of kindness to our earth and communities to plant a tree. According to some data found at www.EarthDay.org trees help combat climate change because they absorb excess and harmful CO2 from the atmosphere. They also help us breathe clean air and beautify the earth!

For more great ideas check out www.EarthDay.org
I hope you get a chance to show this planet some love!
Happy Earth Day!

We Don't Have a Business Without YOU!

Good or bad, we can't fix what we don't know is broken. Please contact us and let us know, good **AND** bad, what you like most about doing business with us and any issues we can correct.

We are committed to continuously improving because we want to be YOUR families Pharmacy of choice.

Call us or stop by to let us know today!

The Idea Corner

3 Fun Ideas for Honoring Earth Day!

April 22nd is Earth Day and this year it falls on a Friday, so it's the perfect day to have a fun Earth Day celebration.

Invite your friends over to plant some trees. Find spots that are approved for planting and spread the beauty and clean air that comes with planting trees.

End the day with a viewing of the gorgeous movie by Disney titled *Earth* or a viewing of one of your favorite nature themed movies. Be sure to serve up some green and blue foods and drinks with your popcorn. Sliced kiwis, green apples, and fresh blueberries are healthy earth day snack ideas!

However you spend your Earth Day, make it a good one!



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“If your actions inspire others to dream more, learn more, do more and become more, you are a leader”

John Quincy Adams

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You can **call** us- 541-839-4452
You can use the **app** on your smart phone.
You can go to our **website**. www.GordonsPharmacyAndGifts.com

What is Compounding All About???

Compounding combines an ageless art with the latest medical knowledge and state-of-the-art technology, allowing specially trained professionals to prepare customized medications to meet each patient's specific needs. The demand for professional compounding has increased as healthcare professionals and patients realize that the limited number of strengths and dosage forms that are commercially available are not one size fits all. Patients often response better to a customized dosage form that is "just what the doctor ordered".

Our compounding professionals can prepare;

- Unique dosage forms containing the best dose of medication for each individual.
- Medications in dosage forms that are not commercially available, such as transdermal gels, troches, "chewies", and lollipops.
- Medications free of problem-causing excipients such as dyes, sugar, lactose, or alcohol.
- Combinations of various compatible medications into a single dosage form for easier administration and improved compliance.
- Medications that are not commercially available.

Don't you want medicines made specifically for you?

What's happening in the Gift Department?

We just received a huge shipment of Toys and Gadgets. If you're looking for a gift for a special child or playful adult in your life, come check them out.

We've also increased our selection of European Soaps. They smell amazing. I love that they are smaller bars so I can try a variety scents without paying a lot of money. Plus, they work great as a "just because" gift. Who wouldn't appreciate a wonderful smelling bar of soap?

Spring is here and that means we'll be out in our yards more often, flowers are making their appearances, & grass is growing & growing & growing.....☺ It's the perfect time to add a couple decorative items to the flowerbeds. We have all sorts of things sure to dress up any yard. My favorite are the metal flower stakes. We have two different colors & they are perfect for those of us with brown thumbs that still want a pop of color. But, if you are fortunate enough to have flowers of your own check out our bird houses, rain catchers, and gardens stones. You can thank me later.....

CONGRATULATIONS!

The winners of last month's Trivia Contest are...

Joanie, Canyonville
Betty, Myrtle Creek
Rory, Canyonville

These winners were the first to correctly answer Our March Trivia Challenge:

Who wrote the classic novel *Oliver Twist*?

C) *Charles Dickens*

You may be the next BIG winner –
Take your shot at the April Trivia Challenge!

Who Wants to Win?

***Take our Trivia Challenge
and you could win too!***

This is one of our favorite parts of the newsletter! Each month we'll give you a new trivia question. The first three people who call or e-mail us with the correct answer will win a \$15 gift certificate to

Soco in Myrtle Creek.

Enjoy a night out on us with someone special in your life!
Take your best guess!

This month's *Mega Trivia Question*:

How long has the American Lung Association been leading the fight for healthy air and lungs?

- A) *About 50 years* B) *About 10 years*
C) *About 35 years* D) *About 100 years*

Hint: You'll find the answer in the newsletter.