

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*

## Struggling to Lose Weight?

Maintaining a healthy weight is key to sustaining a healthy lifestyle and reducing the risk of developing a chronic inflammatory condition. Some individuals following healthy diet and exercise routines may continue to experience weight gain and not understand why. Regrettably, numerous medications come with the unintended side effect of weight gain. Some medications causing additional weight gain can include some antidepressants or mood stabilizers, anticonvulsants, antihistamines, beta blockers, diabetes medications, birth control, and corticosteroids. If you are taking any medication that falls into one of these categories and struggling to maintain a healthy weight, it is important to discuss this concern with your physician. Continuing to gain weight can cause other health concerns to arise due to this weight increase or as a direct outcome of it. Other factors can also affect one's weight loss journey, including genetic makeup, illness, and age. Strategies are available to mitigate medication-related weight change. Our pharmacist is able to work with physicians and their patients to offer alternative medications to reduce the unfavorable side effects. In some cases, prescription weight loss medications can help. Our pharmacy can customize prescription weight loss medications in innovative dosage forms and precise doses tailored to one's specific needs. Find out how we can work with patients and providers to help address weight gain.



## Supplement Support for Weight Management

Berberine stands out as one of the most potent natural supplements renowned for its

ability to safeguard against chronic illnesses and the aging process. Berberine, a bioactive compound extracted from various plants, including Berberis shrubs, has a rich history in traditional Chinese medicine for treating diverse ailments. Technically classified as an alkaloid, berberine exerts its influence on the body at the molecular level. Research has shown its potential in reducing blood sugar, aiding in weight management, and enhancing heart health, among other benefits.

Studies indicate that once ingested, berberine enters the bloodstream and permeates the body's cells, where it binds to multiple molecular targets and alters their function, much like pharmaceutical drugs. One of its primary actions is activating the AMP-activated protein kinase (AMPK), often referred to as the "metabolic master switch." This enzyme, present in various organs, plays a pivotal role in regulating metabolism. Individuals with type 2 diabetes and metabolic syndrome can reap significant rewards from berberine, as it leads to substantial reductions in blood sugar levels, rivaling the effectiveness of the widely used diabetes medication metformin (Glucophage). Berberine achieves this by addressing insulin resistance, boosting glycolysis, reducing sugar production in the liver, slowing carbohydrate breakdown in the gut, and promoting the growth of beneficial gut bacteria.

Berberine has shown promise as a weight-loss aid, positively impacting body weight, BMI levels, and abdominal fat reduction. Beyond its impact on blood sugar and weight, berberine may offer a multitude of health advantages, including lowering cholesterol, possessing antioxidant and anti-inflammatory properties, combating infections (bacterial, viral, fungal, and parasitic), and shielding against non-alcoholic fatty liver disease. Our compounding pharmacy can help support individuals in their weight management journey. Not only can we provide customized prescription options, but supplement support that can go hand in hand with lifestyle modifications. Feel free to discuss your goals so we can best determine how we can support you.

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## PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available. Our hours are from 9-5:30 Monday-Friday with a break from 12:30-1 for lunch. Call or text us at 919-484-7600 when you arrive. Thank you.

## 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

### HORMONE TESTING

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



trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**



**HOURS:** Monday - Friday 9am - 5:30pm  
Closed for lunch 12:30pm - 1pm  
Closed Saturday and Sunday



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