



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

Supporting Healthspan: Living Better, Not Just Longer

The word healthspan was added to the dictionary in 2018. It describes the period of life when a person is not only alive but also healthy and able to enjoy daily activities. As modern medicine helps people live longer, more patients are asking an important question: How can I stay healthy for as many of those years as possible?



Many individuals are now looking for ways to support their well-being through every stage of life. They are interested in nutrition, fitness, sleep, mental wellness, and preventive care. This shift in focus is not just about adding years to life; it is about adding life to those years. Pharmacists and healthcare providers can play an important role in supporting this goal. By offering personalized guidance, wellness assessments, and treatment plans, we help patients make informed choices that improve their quality of life. These plans often include diet and exercise changes, lab testing, targeted supplements, and strategies for managing stress, sleep, and hormones.

At our pharmacy, we provide compounded medications and advanced wellness therapies to support healthspan goals. These include:

- **NAD+ therapy** – to help support cellular energy production, mitochondrial health,

and recovery from daily stressors.

- **Methylene blue** – researched for its potential role in cognitive clarity, mitochondrial function, and overall vitality.
- **Low-dose naltrexone (LDN)** – for immune system modulation, inflammation support, and certain chronic conditions.
- **Customized hormone therapy** – to help restore balance, maintain muscle mass, support metabolism, and improve overall well-being.

We work with providers to create custom therapies in various forms to meet each patient's specific needs and preferences. Our compounded options may help maintain strength, support healthy body composition, promote youthful skin, and preserve mental sharpness.

Together with healthy lifestyle choices, these treatments aim to help keep individuals feeling strong, focused, and full of energy well into the future. If you are looking for ways to stay active, resilient, and vibrant as you age, talk to your provider or stop by our pharmacy. We are here to support your journey toward a longer, healthier life.

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 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



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