

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,
CPP*

Help to Prevent and Relieve Stress

Ironically, stress is pervasive during “the most wonderful time of the year”. Stress involves every system and organ in the body, especially the adrenal glands, nervous system and endocrine system. Whether positive (e.g., exercise) or negative (e.g., death of a loved one), stress can have a significant impact on a person’s health and nutritional status. The body’s requirements for B vitamins and vitamin C may increase during times of stress. It is important to replenish and or maintain optimal levels of these nutrients so the body can better handle stress and limit the potential physical and emotional damage. In addition to B vitamins and vitamin C, magnesium and calming herbs - such as valerian, hops, and skullcap - provide synergistic support to help calm the body. A regular bedtime can also be helpful. It is important to get the sleep you need (usually eight hours per night). New research shows that irregular sleepers are more likely to say they suffer from stress and depression. Ask our pharmacist about quality supplements to help with sleep and stress support.



Happy Holidays!

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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, CPP, 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

