

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**

## A New Year, A Personalized Approach to Your Health

A new year often inspires a renewed commitment to health, wellness, and long-term vitality. Many people begin focusing on goals such as weight management, improving energy, supporting hormone balance, and embracing healthy aging. Our compounding pharmacy can play an important role in helping individuals pursue these goals with a personalized and supportive approach.

### Personalized Support for Your Wellness Goals

No two people share the same health needs, and that's where compounding can make a meaningful difference. Our compounding pharmacy works collaboratively with your healthcare provider to create customized medications in the strength, dosage form, and formulation best suited for your individual care plan. We also offer professional-grade nutritional supplements that may help support foundational wellness, digestion, metabolism, stress response, and overall vitality.



Common areas where patients often seek support include:

- Weight management as part of a comprehensive care plan
- Hormone balance for both women and men

- Healthy aging and longevity, including cardiovascular, metabolic, and cognitive support
- Foundational nutrition to help improve energy, digestion, and well-being

## Supporting Weight Management

Weight management is influenced by metabolism, hormones, appetite cues, digestion, and lifestyle patterns. When diet and exercise alone aren't enough, our compounding pharmacy can support provider-directed plans through:

- Customized compounded medications when prescribed
- Formulations that may support appetite regulation and metabolic balance
- High-quality supplements designed to reinforce healthy habits and fill in nutrient gaps.

These tools are meant to complement lifestyle changes, not replace them, and are always used under a provider's guidance.

## Focused on Long-Term Wellness & Healthy Aging

Many individuals are prioritizing long-term well-being rather than quick resolutions. Our compounding pharmacy can support this shift by offering:

- Personalized hormone therapy options when prescribed
- Supplements that may help with energy, stress management, and cellular health
- Support for cognitive function and mental clarity
- Strategies aligned with metabolic and cardiovascular wellness goals
- Anti-aging protocols to support increased energy

## A Team Dedicated to Your Care

Our compounding pharmacists work closely with patients and healthcare providers to ensure therapies are tailored, understandable, and accessible. Their role is to answer questions, support individualized treatment plans, and help patients feel confident and informed throughout their wellness journey.

As you move into the new year, our compounding pharmacy can be a valuable partner in helping you pursue personalized, sustainable health goals.

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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 GOOGLE](#)

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#### 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

#### HORMONE TESTING

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



\$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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