

REFILLS

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WELCOME TO OUR MONTHLY NEWSLETTER

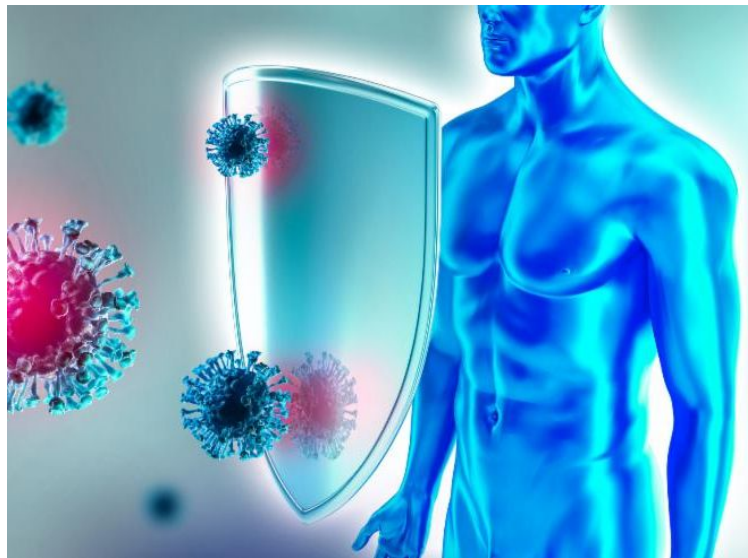
At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE

Understanding the Immune System

The immune system is one of the body's 11 essential systems, serving as the primary defense against harmful microbes, such as disease-causing bacteria and viruses. Remarkably, it "remembers" each germ it encounters, allowing it to respond more effectively with each subsequent exposure.

Key components of the immune system include antibodies and white blood cells. Antibodies identify harmful microbes and marking them as foreign invaders. Meanwhile, white blood cells actively search for these invaders and, once marked by antibodies, remove them through targeted immune responses. This intricate defense system relies on a complex array of proteins and chemicals to operate efficiently.



From birth onward, the immune system plays a vital role in protecting the body against the vast number of bacteria and viruses we encounter daily. A strong immune system enables the body to adapt to new pathogens quickly, helping maintain health even in challenging environments or during seasonal changes. Supporting the immune system is crucial for maintaining this balance and resilience.

Support the Immune System

There are many ways to help keep the immune system functioning optimally, including vaccinations, antibiotics, a nutrient-rich diet, regular exercise, adequate sleep, and immune-supportive supplements. Supplements provide essential nutrients and extracts that support immune health, especially during high-risk seasons. The weather changes and the spread of seasonal illnesses put additional strain on the immune system. It is important to help maintain a balanced, responsive immune system when you need it most.

While there's no guaranteed way to avoid getting sick, supporting your immune system can help you stay in top shape and ready to fight off germs. Our compounding pharmacy carries high-quality professional-grade supplements for immune health.

- Vitamin C plays a critical role in your immune response, helping to stimulate white blood cell activity and protect tissue. Adding a Vitamin C supplement is an easy, powerful step to help keep your immune system in fighting form.
- Zinc is a powerhouse for helping to shorten the duration of common illnesses like colds. If your diet doesn't provide enough Zinc, consider adding a supplement to help strengthen your immune defenses.
- Vitamin D helps regulate immune cell activity and is essential for defending against bacteria and viruses. If you're not getting enough sun exposure, a Vitamin D supplement could make a big difference in supporting your immune health.
- Elderberry offers broad immune support, with antibacterial and antiviral properties that are especially effective against germs like the flu virus. Taking a daily Elderberry supplement gives your immune system a natural boost.

Talk to our pharmacist about how we can help you support your immune system this cold and flu season.

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.

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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 \$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

Central Compounding Center South | 2609 N Duke St Suite 103 | Durham, NC 27704 US

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