



Ten Acres Pharmacy

August 2020 Newsletter

Letter from the Pharmacist

We are opening! After 8 long months of construction, permit approvals, securing product, learning technology and living in a pandemic era, we are going to open our doors and welcome in our neighbors!!

We are excited to meet each of you and learn how we can keep your family safe and healthy. During COVID we will be adhering to social distancing guidelines and require face masks when you come into the store. We will carry personal protective equipment, as well basic over the counter products. You can also get your prescriptions filled here too!!

Our store will carry a variety of local and small business products that make great self-care gifts! Each of the businesses that we carry also have a commitment to community. Follow us and them on our social media pages.

Lastly, to promote healthy lifestyles we will be here to guide you on selecting top quality pharmaceutical grade vitamins. PURE, Ortho Molecular and Integrative Therapeutics provide necessary nutrients to support healthy lifestyles. We will be rolling out a resiliency program in August, stay tuned!!

Drop in and Say Hi!!

Cheers,

Sonya

Pharmacist/Owner

Inside This Issue

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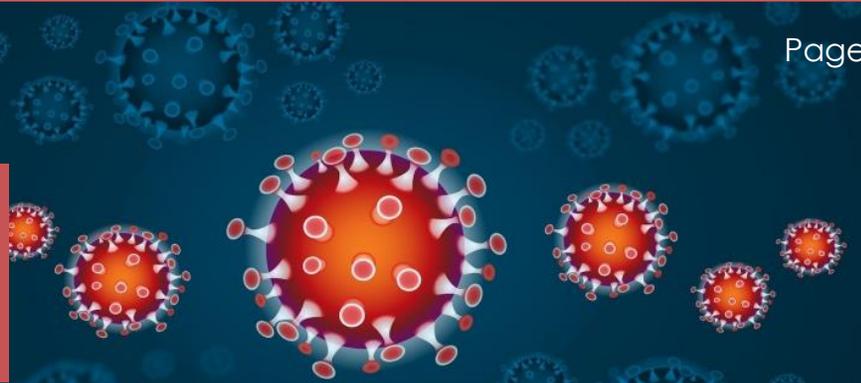
August's Healthy Recipe

Disney Themed Word Search



COVID-19 Update

Statistics as of July 31, 2020



CALIFORNIA in the Last 14 Days:

New Cases: 127,424

New Deaths: 1530

SACRAMENTO County in the Last 14 Days:

New Cases: 3264

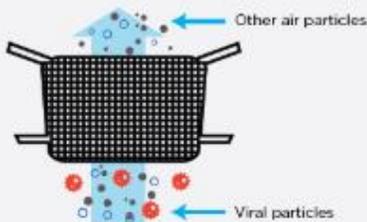
New Deaths: 33

The Importance of Face Coverings

Even if you are 6 feet away from others, having a face covering has an important purpose to help others, and yourself, slow the spread of COVID-19 (coronavirus).

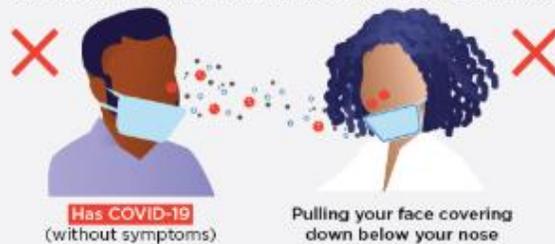
Why does it matter?

Think of your face covering acting as a net for your face. It helps filter and keep viral particles out like COVID-19.

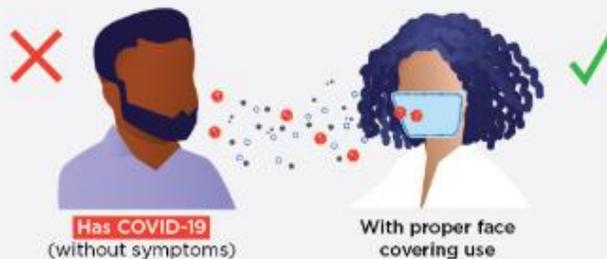


Covering your mouth and nose is important.

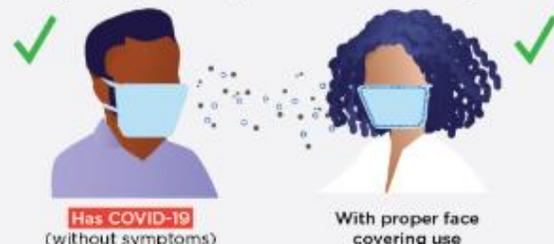
If you cover your face but do not wear it properly, the virus particles can make it through the gaps.



A face cover worn properly keeps bad particles in the air and away from your nose and mouth



If you have the virus, it keeps the bad particles in your system to protect others from you.



Where should I wear one?

It's important to cover your face when you are in places with a lot of people like:



Grocery stores and other food/meal distribution sites



Pharmacies



Public transportation, or other shared rides



Other crowded public areas where social distancing measures are hard to maintain, like parks and trails

Cover your face (properly) to save a life.

Supplement Spotlight: Turmeric (Curcumin)

Benefits of Turmeric:

Turmeric (aka Curcumin) is that iconic bright yellow spice that is often used in a variety of Asian dishes, particularly curry. It is most known for its anti-inflammatory and antioxidant properties but can also help support a healthy liver and colon. The most common uses of curcumin include arthritic pain and chronic inflammation. When taken in combination with a black pepper extract called piperine, the absorption of curcumin is further enhanced.



Safety & Dosing:

Supplement labels usually recommend ~500 mg curcumin, which can be taken 1 to 3 times daily. Curcumin has a long-established safety record and clinical trials have shown it to have good tolerability and safety, even at higher doses. Some of the potential side effects include upset stomach, headaches, and yellow stools.



Did you know your medications can cause nutrient deficiencies?

Medications have some amazing abilities to help treat crucial conditions such as diabetes, hypertension, and much more. However, it is important to monitor your nutrients while being treated. Examples of medications that can deplete nutrients are:

- **Metformin** → can deplete vitamin B12 and folic acid
- **Atorvastatin** (and other “-statins”) → can deplete Coenzyme Q10
- **Diuretics** → can deplete MANY nutrients and electrolytes

Come on in so we can assess for nutrient depletions and develop a personal nutrient plan!



Healthy Recipe for August

Continuing with our turmeric trend, we have... **GOLDEN MILK!**



- Ingredients:
1. 1 cup unsweetened almond milk (or coconut milk)
 2. 2 tsp of honey (or maple syrup)
 3. 1.5 tsp almond butter
 4. ½ tsp pure vanilla extract
 5. ½ tsp ground cinnamon
 6. ¼ tsp ground turmeric
 7. 1/8 tsp ground ginger

- Directions:
1. Combine the milk, honey, almond butter, vanilla extract, cinnamon, turmeric, and ginger in a small saucepan
 2. Heat over medium until warmed through, whisking briskly so that the almond butter does not stick to the bottom (**Do not let boil**)
 3. Pour into a mug and enjoy!

Game Time!

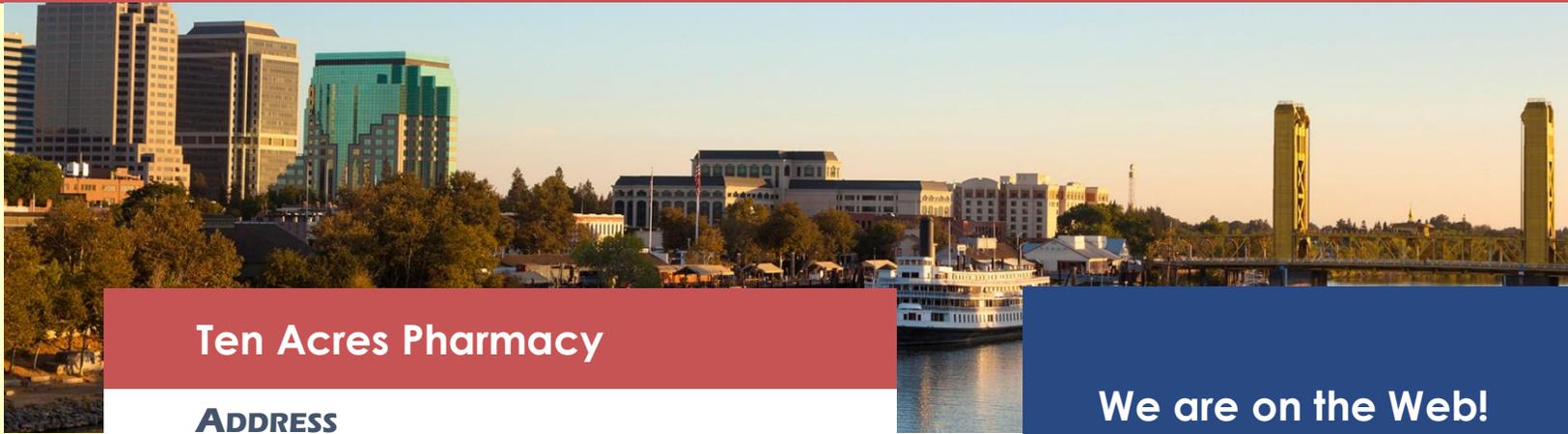
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| ALADDIN | FANTASIA | MULAN | THE LION KING |
| BAMBI | FINDING NEMO | PETER PAN | THE LITTLE MERMAID |
| CHICKEN LITTLE | HERCULES | PETES DRAGON | TOY STORY |
| PINOCCHIO | ROBIN HOOD | SLEEPING BEAUTY | WALL E |



Ten Acres Pharmacy

ADDRESS

2930 Freeport Blvd
Sacramento, CA 95757

PHONE:

916-942-9575

INSTAGRAM:

@tenacrespharmacy

FACEBOOK:

@tenacresrx

We are on the Web!
Visit us at:
www.tenacrespharmacy.com

