

Newsletter

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Ten Acres Pharmacy



By: Kim Moll Lee
and Jake Castoreale

Transfer Your Prescriptions



Do you feel connected to your current pharmacy?
Are you looking for a new pharmacy?

We make prescription transfers quick and easy!

Transfer your prescriptions to our pharmacy today

You can:

- ✓ Transfer over the phone. Give us a call we are happy to help transfer your prescription.
- ✓ Transfer by contacting your doctor. Let your doctor know to send your prescription to our pharmacy.

In order to transfer, we will need:

- ✓ Your current pharmacy contact info
- ✓ Your name, birthday, and phone number
- ✓ The name of the medication you want transferred and prescription number



Services:

- ✓ Immunizations
- ✓ Contraception/Women's Health
- ✓ Blood Pressure Screenings & Measurement Medication Therapy Management
- ✓ Medication Synchronization
- ✓ Wound Care
- ✓ Functional Medicine
- ✓ Supplements & Herbs
- ✓ Dietary Consultations
- ✓ Health and Wellness Education
- ✓ Respiratory Care Products & Education
- Telemedicine

Coupon

25% OFF

**your first
over the counter
purchase**

COVID-19 Update

California COVID-19 By the Numbers

July 3, 2020

Numbers as of July 3, 2020

California Population Size: 39.51 million

Total Cases:

248,235

Total Deaths:

6,263

Tests Reported:

~4.6 million

COVID-19

Protect yourself
and loved ones

Help prevent the spread of respiratory diseases like COVID-19

+ WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



+ COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



+ DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



+ KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



+ STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



+ GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



Sacramento County Statistics

Sacramento Population Size:
513,624 (2019)

Total Cases:

4,039

New Cases:

(Last 14 Days)

+1,970

Total Deaths:

69

New Deaths:

(Last 14 Days)

+2

MORE INFORMATION

Follow the California Department of Public Health:
@capublichealth and www.cdph.ca.gov/covid19



Vitamin Spotlight

Benefits:

Powerful antioxidant that supports muscle/nerve function and boosts the immune system

Signs of deficiency: Nerve pain, ataxia, muscle pain, eye pain, loss of vision, and impaired immune response

Causes of deficiency: Crohn's disease, cystic fibrosis, or an inability to secrete bile from the liver

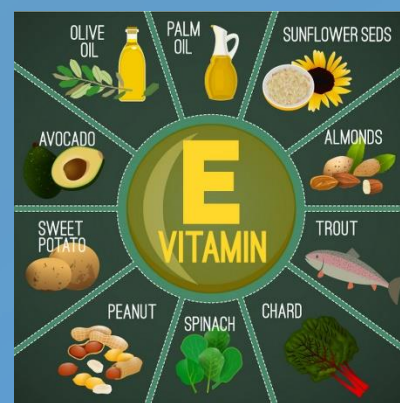


Vitamin E

Age	Daily Dose	Upper Limit
0 – 6 months	4 mg (6 IU)	
7 – 12 months	5 mg (7.5 IU)	
1 – 3 years old	6 mg (9 IU)	200 mg (300 IU)
4 – 8 years old	7 mg (10.4 IU)	300 mg (450 IU)
9 – 13 years old	11 mg 16.4 IU)	600 mg (900 IU)
14 – 18 years old	15 mg (22.4 IU)	800 mg (1,200 IU)
19 + years old	15 mg (22.4 IU)	1,000 mg (1,500 IU)

Sources of Vitamin E:

Peanuts, almonds, sunflower seeds, broccoli, kiwi, mango, tomato, vegetable oils, soybean oil, and olive oil



Vitamin Brands

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**INTEGRATIVE
THERAPEUTICS®**

Integrative Therapeutics believe that patients and practitioners are partners in health; and that patients who are empowered to take control over their health, and who put a life of wellness first, live happier lives.

**ORTHO
MOLECULAR
PRODUCTS®**

Ortho Molecular Products serves physicians who want their patients to get better faster.

**gaia
HERBS**

Gaia Herbs is proud to be a Certified B Corporation®, actively working to build a more inclusive and sustainable economy.

Sudoku

Directions: Each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

						3	
1		8		6			9 5
7	3				5	1	
		2		7	3	6	1
	7	9				5	2
6		3	8	5		7	
		1	7				5 4
2	5			8		3	6
	8						



Fun Fact

Sloths have more neck bones than giraffes



July is... NATIONAL ICE CREAM MONTH!

"President Ronald Reagan designated July as National Ice Cream Month with the third Sunday of the month as National Ice Cream Day."

- National Day Calendar

JULY Healthy Recipe Balsamic Grilled Steak Salad with Peaches



ETHAN CALABRESE

Peppery arugula is the perfect vessel.

Serves: 4

PREP TIME: 15 MINS. TOTAL TIME: 45 MINS

INGREDIENTS

- | | |
|-------------------------|-------------------------------|
| 1 lb. skirt steak | Freshly ground black pepper |
| 1/4 c. balsamic vinegar | 1/4 c. extra-virgin olive oil |
| 1 clove garlic, minced | Juice of 1 large lemon |
| 1 tbsp. brown sugar | 6 c. baby arugula |
| 1 tbsp. vegetable oil | 2 peaches, thinly sliced |
| kosher salt | 1/3 c. crumbled blue cheese |

DIRECTIONS

1. Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature.
2. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper.
3. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice.
4. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.
5. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

*Recipe found at delish.com