

Ten Acres Pharmacy



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Letter from the Pharmacist

Happy Halloween! October is one of our favorite months, because it also happens to be Pharmacist Month! To all the pharmacy technicians, pharmacy interns, and pharmacists, thank you for all the work you do help provide patients the best quality care.

This month in our pharmacy, we will have 20% off all vitamins! Use the coupon below. Most patients are deficient in one or more vitamins due to medications they take daily. We also think anyone can benefit from a good quality multivitamin. Need help picking one out? No worries, that is why we are here!

October is a prime month to stop by to get your flu shot! Because here at our pharmacy, we like to say, "Boo to the flu!" We look forward to seeing you!

Have a fang-tastic month, 😊

Sonya
Pharmacist/Owner

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Coupon

20% OFF your purchase
of any vitamin



COVID-19 Update

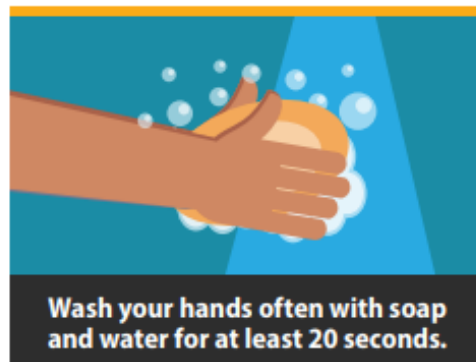
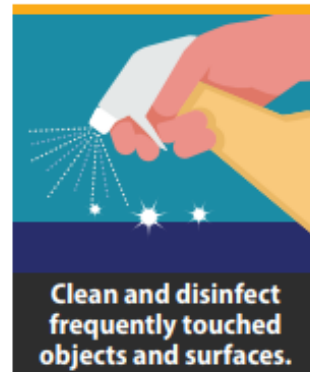
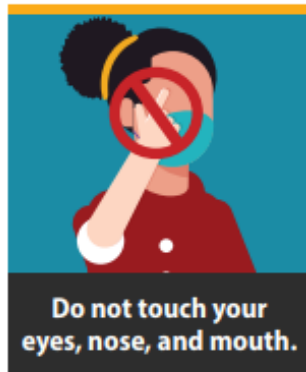
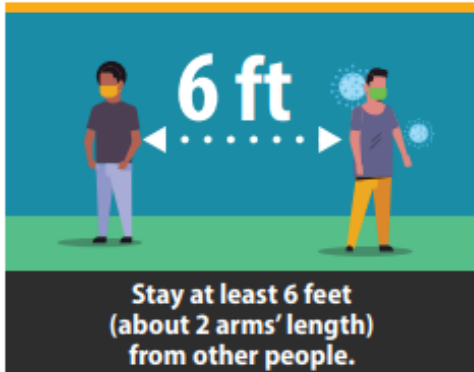
Numbers as of September 23, 2020



	<u>California</u>	<u>Sacramento</u>
Total Cases:	794,040	17,999
Total Deaths:	15,398	293
New Cases:	82,843	3,822
(For the Month of September)		
New Deaths:	2,296	106
(For the Month of September)		



Help prevent the spread of respiratory diseases like COVID-19.



Meet Our Artist



How did you first get your interest in art?

For as long as I've known myself, I've been doodling and drawing. My earliest memories are of me drawing on the walls of our home when I was a toddler. I think every book I've possessed has had doodles. I'd even draw on my test papers in high school. As you can see, art has been a lifelong passion for me for me. There are times when I do more art or less art but the desire is always there.

What's your background and how has that influenced your work?

I grew up in Tobago, a small island in the Caribbean. The country, Trinidad and Tobago, is often described as a melting pot of cultures and if I could describe my homeland in one word it would be 'vibrant.' Artistry, in all its forms is such an important aspect of life there and there's so much to be inspired by – the food, the traditional clothing, the landscape – everything is color and texture. It's beautiful.

What does your work aim to say?

A lot of my work is about expressing complex experiences or feelings that I'm not quite ready to articulate but some of it simply aims to capture something that's made an impression on me – a pretty sunset or an 'I love you.'

Who are your biggest influences?

I'd have to say my immediate family. They're primarily the ones that decide what gets painted over and what gets shown. They know very little about art and as counterintuitive as it may seem, I feel as if I'm getting a very honest idea of what emotions my pieces evoke based on their opinions. Each non-commissioned piece is a reflection of me, that I need to get no paper.

How have you developed your career?

It has taken years of work to get to this point and I feel incredibly fortunate. I'd be described as a self-taught artist since I've mostly learned through practice but I've had some incredible teachers that I've learned from such as my high school art teacher and mentor along the way. I've also had incredible support from my family and friends. There have been countless hours practicing techniques and building relationships and supporting others and I've put my work out there in as many forums as I can. I'd certainly say that hard work and supportive relationships have been the keys to getting to where I am and where I want to be.

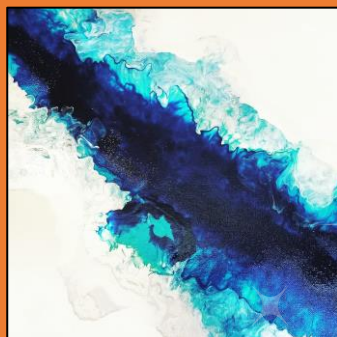
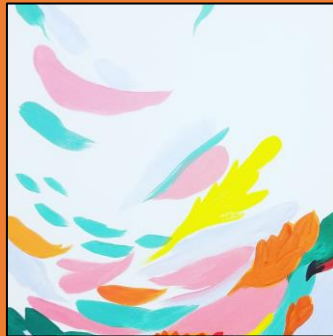
What is a fun fact about yourself?

I'm an avid dancer – in my own house 😊



Are you looking for custom work by Rhean? Contact her at islandgirlartbyrhean@outlook.com

Follow her on Facebook at www.facebook.com/islandgirlart2020 and on



For art pieces currently available, check her Instagram @artbyrhean

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Featured Services

ProLon

Reset Your Eating Habits

ProLon Fast Mimicking Diet is a 5-day nutritional breakthrough program that is scientifically shown to help:

- Reduction of hard to lose, visceral belly fat while preserving lean body mass
- Initiation of an increase in cellular clean-up and rejuvenation process
- Help to maintain a healthy metabolic balance
- Control food cravings and portion size

What is it?

ProLon is a groundbreaking nutritional program that includes 5 days' worth of convenient, tasty, plant-based foods. These foods are specially formulated to put your body in a fasting state, even while eat real food!

We believe in testing all products prior to selling them on the shelves. Our pharmacist, dietician, and respiratory therapist all tried this diet last month. Come in and ask them about their experiences!



Healthy You. Healthy Pets. Happy Us.

Ask our Pharmacy about filling all your pets prescriptions while saving you time & money.



Pet Meds

Why should you go to your veterinarian to pick up your pet medication when you can fill them here?

See how our pet med prices compare. Ask our pharmacy about filing all your pet's prescriptions while saving you time and money! Here at Ten Acres Pharmacy, we treat our pets like family!

Vitamin Spotlight

Our Magnesium Products



Food Sources of Magnesium:

- 🍷 Halibut
- 🍷 Leafy green vegetables like spinach
- 🍷 Nuts like almonds, peanuts, or hazelnuts
- 🍷 Lima beans
- 🍷 Black-eyed peas
- 🍷 Avocados
- 🍷 Bananas
- 🍷 Edamame

MAGNESIUM

The FDA recommends adults should be having **420mg** of magnesium per day.



Benefits

- 🍷 Keeps bones healthy, and can prevent osteoporosis
- 🍷 Helps with back pain or spasms
- 🍷 Helps with insomnia, migraines, and calms nerves
- 🍷 Important for heart health
- 🍷 Some forms prevent constipation

Form	Who would benefit from this form most?
Magnesium Citrate	The citric acid in this form makes it a great choice for individuals with occasional constipation!
Magnesium Glycinate	Glycine has relaxing properties! This form is best for promoting mental relaxation and good quality sleep.
Magnesium Malate	Malic acid is a natural fruit acid present in most cells in the body. This form is often suggested for individuals suffering from fatigue and symptoms of fibromyalgia!

Recipe of the Month

SERVING SIZE: 2 energy bites

SERVES: 8

CALORIES PER SERVING: 153 calories

PREP TIME: 30 minutes

INGREDIENTS:

- 2 cups old-fashioned rolled oats
- 1 tablespoon ground flaxseed
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 cup finely chopped pecans
- 2 tablespoons honey
- 2 tablespoon almond butter
- 1 teaspoon vanilla extract
- 1/3 cup unsalted canned pumpkin puree
- 2 teaspoons minced crystallized ginger

DIRECTIONS:

1. Stir together oats, flaxseed, salt, all of the spices and pecans.
2. Stir honey, almond butter, and vanilla extract together. Mix with oat mixture until fully combined.
3. Stir canned pumpkin and crystallized ginger with oat and nut butter mixture until fully combined.
4. Using your hands or a tablespoon measurer to form balls with the oat and pumpkin mixture. Let these sit in the fridge for 20 minutes to firm.
TIP: If you choose to use your hands, wet them first to prevent any of the mixture from sticking.
5. Store the energy bites in your fridge in an airtight container for up to 4 days.



Pumpkin Spice Energy Bites



Game Time

Use the clues below to fill in the missing letters for each spooky Halloween word!

Garlic keeps this monster away.

V _ _ _ P _ _ _ _

Halloween's favorite round vegetable.

_ _ _ _ P _ I _

A witch's big black pot.

_ A _ _ _ _ O _

Eight-legged Halloween creepy crawlers.

_ _ I _ _ _ S

A male witch.

W _ _ _ _ C _

Makes spooky noises and says "Boo!"

_ _ O _ T _

A monster wrapped up in bandages.

_ U _ _ Y

Full moon monster.

_ _ R _ _ _ _ F



Ghoulish Fun Facts

- The ancient Celts who lived in Northern Europe were the first people to celebrate Halloween.
- They believed the spirits of the dead could roam freely on the 31st of October.
- The people feared the spirits could harm their crops, possess people, and spread incurable sickness.
- To keep the spirits away, the Celts dressed up in scary costumes.



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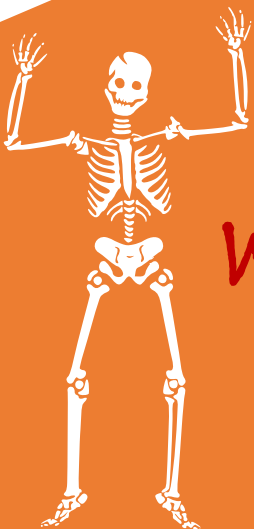
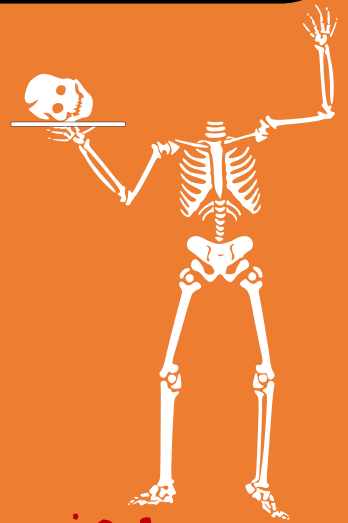
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www.omicwellness.com



BOTH LOCATED AT:
2930 Freeport Blvd
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**Ten Acres Pharmacy & OMIC
Wellness wishing you a spooky and
safe Halloween!**