



Newsletter

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September 2020

Ten Acres Pharmacy



By: Tiffany McMurtry

Letter from your local Pharmacist

Hard to believe we have been open a month and we are loving the local community! September will be a big month for us as we onboard some new services and products like Avène beauty care line, the addition of artwork to our walls from local artists, and we will finally be approved by most insurances. We will post a sign outside the pharmacy once we have been accepted by insurance companies. Then you will be able to pick up your prescriptions locally!

If you haven't already, stop by and check out items we have for sale that are made by individuals within our community like candles, soaps, masks, and more!

Be sure to drop by our store to see what local artist, Sunshine, will be drawing for us during the Chalk It Up event on September 5th! We can't wait to see you!

Cheers,

Sonya

Pharmacist/Owner



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COVID-19 Update

Numbers as of August 31, 2020

	<u>California</u>	<u>Sacramento</u>
Total Cases:	707,797	17,999
Total Deaths:	13,018	293
New Cases: (For the Month of August)	207,667	8,126
New Deaths: (For the Month of August)	3,794	168

A Guide to Picking the Right Mask

1. Fitted N95 mask → These are the most effective, however, the CDC asks these to be reserved for health care workers and first responders.
2. Three-layer surgical mask: These are single use only masks and are made to protect the wearer's nose and mouth from contact with droplets that may contain germs.
3. Cotton-polypropylene-cotton mask: This commonly homemade cloth face masks need 2 or 3 layers to be effective in preventing the spread.
4. The worst masks to you are bandannas and neck gaiters, gaiters being worse than no mask at all.



THREE-LAYER SURGICAL MASK



COTTON-POLYPROPYLENE-COTTON MASK



BANDANNA



NECK GAITER

Meet Our Team Members

Our Doctor:

Thomas Ankers, DO



Where are you from?

I am originally from Los Angeles, California and moved back to the Sacramento area to be closer to my wife's family.

Where did you attend medical school?

I studied in Florida at NOVA Southeastern College of Osteopathic Medicine, followed by a residency in Family Medicine with the UC Davis Consortium for Medical Education in Modesto, California.

What made you want to become a doctor?

I have wanted to become a doctor since the 2nd grade after visiting my own doctor. When I went to the doctor's, I always felt better after I left. I knew I wanted to be that type of doctor for people one day.

How is your practice different than other family medicine physicians?

I look at the patient as a whole by using integrative medicine. My goal is to use natural methods like nutrition, herbal remedies, and lifestyle changes to guide a patient toward optimal health and balance.

What is a fun fact about yourself?

I can speak fluent Spanish and have lived in Buenos Aires, Argentina.

Our New Pharmacist:

Fantasia R. Stumpf, PharmD



Where are you from?

I'm originally from Madera, which is a small town in the central valley near Fresno. Blink and you miss it! I moved to Sacramento in 2011 to attend Sacramento State.

Where did you attend pharmacy school?

I graduated from Sacramento State with a Bachelors degree in Biomedical Sciences and recently obtained my Doctorate of Pharmacy degree from California Northstate University.

What made you want to become a pharmacist?

Growing up I always knew I wanted to be a professional in the healthcare field, but it wasn't until I became a pharmacy technician that I could envision myself as a pharmacist. I enjoy working with my community and I am proud of the impact that I can have on a patient's healthcare regimen. Bottom line, my passion is helping others.

What about pharmacy makes you the most passionate?

Giving back to my local community is very important and I am proud to say I have been serving the Sacramento community for the past 9 years. I am extremely passionate about women's health and personalized medicine.

Coming Soon!



We just received our first order of MosquitNo products. Mosquito repellent for the whole family by using active ingredients like Saltidin and Citronella, instead of DEET! Don't forget to pick some up before your next camping trip!

We are **OPEN** Labor Day weekend! Stop by from 10am – 2pm, September 5-7th! We will have local artist Sunshine creating a wonderful chalk piece from us in front of our business!



Our shipment of Avène will be arriving this month! Avène is a cosmetic beauty line with an emphasis in sensitive skin. Their products are clinically shown to soothe, soften and calm the skin. Come check out your next skin care line!

SUPPLEMENT SPOTLIGHT:

Probiotic

Benefits of Probiotics:

- Help keep your GI tract happy
- Reduce risk and severity of diarrhea
- May improve mental health and autoimmune conditions
- Help boost the immune system
- Now let us meet some of the healthy bacteria

What can **LACTOBACILLUS ACIDOPHILUS** do for you?

It supports digestive function and provides immune support. Additionally, it helps maintain a healthy balance with everyday factors like diet, stress, and travel!



Why do you need **SACCHAROMYCES BOULARDII**?

This guy is a very important probiotic yeast. It plays an important role in supporting immune defense, creating a first line defense that helps bind and clear harmful bacteria.

How can **BIFIDOBACTERIUM BIFIDUM** help?

It is shown to be effective in competing with harmful bacteria like E. coli. Thus, it helps against pathogens to help maintain microflora balance!

Get your daily probiotics through food, drinks, or supplements.

Stop by the pharmacy and let us help you pick out the right probiotic!!!

Healthy Recipe of the Month



BASIC SAUERKRAUT

SERVES: 8

PREP TIME: 20 minutes

FERMENTATION: 30 days

INGREDIENTS:

2 pounds cabbage
4 teaspoons real salt
Any desired spices

DIRECTIONS:

1. Remove any bruised or damaged exterior leaves from your cabbage. Slice cabbage in half crosswise and remove the core. Slice the cabbage into strips no wider than 1/8 inch thick.
2. Toss cabbage and salt together in a large mixing bowl and let it rest about 20 minutes or until cabbage begins to soften and release a little juice. Squeeze the cabbage with your hands to soften it even more.
3. Once cabbage is limp and has released ample juice, transfer it to your jar. Pack the sauerkraut tightly into your jar using a wooden spoon, so that the cabbage continues to release its liquid and no air bubbles remain.
4. Continue packing the cabbage into the container until the cabbage is completely submerged by its liquid.
5. Place weights over cabbage, and then seal the jar with an airlock. Allow cabbage to ferment at room temperature and away from direct sunlight for at least 1 month.
6. Once sauerkraut is sour enough for your liking, transfer it to the fridge where it will keep at least 6 months and up to 1 year.

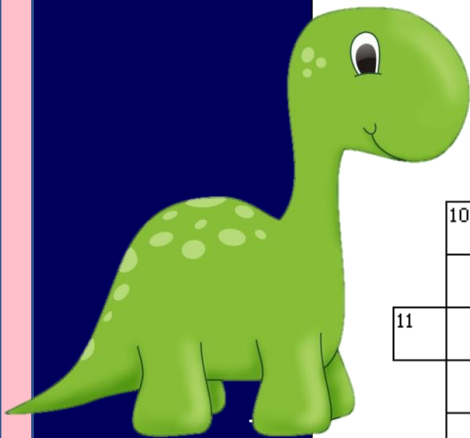
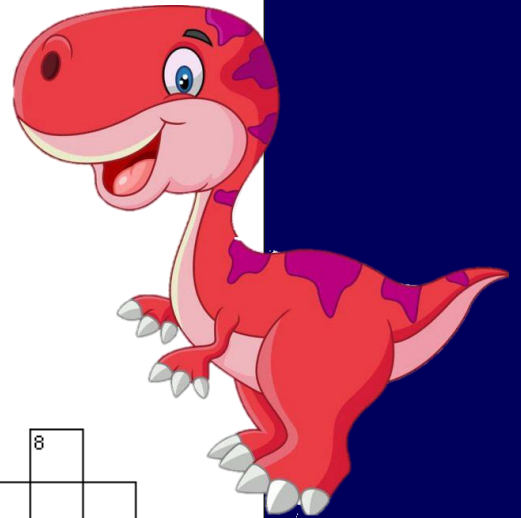
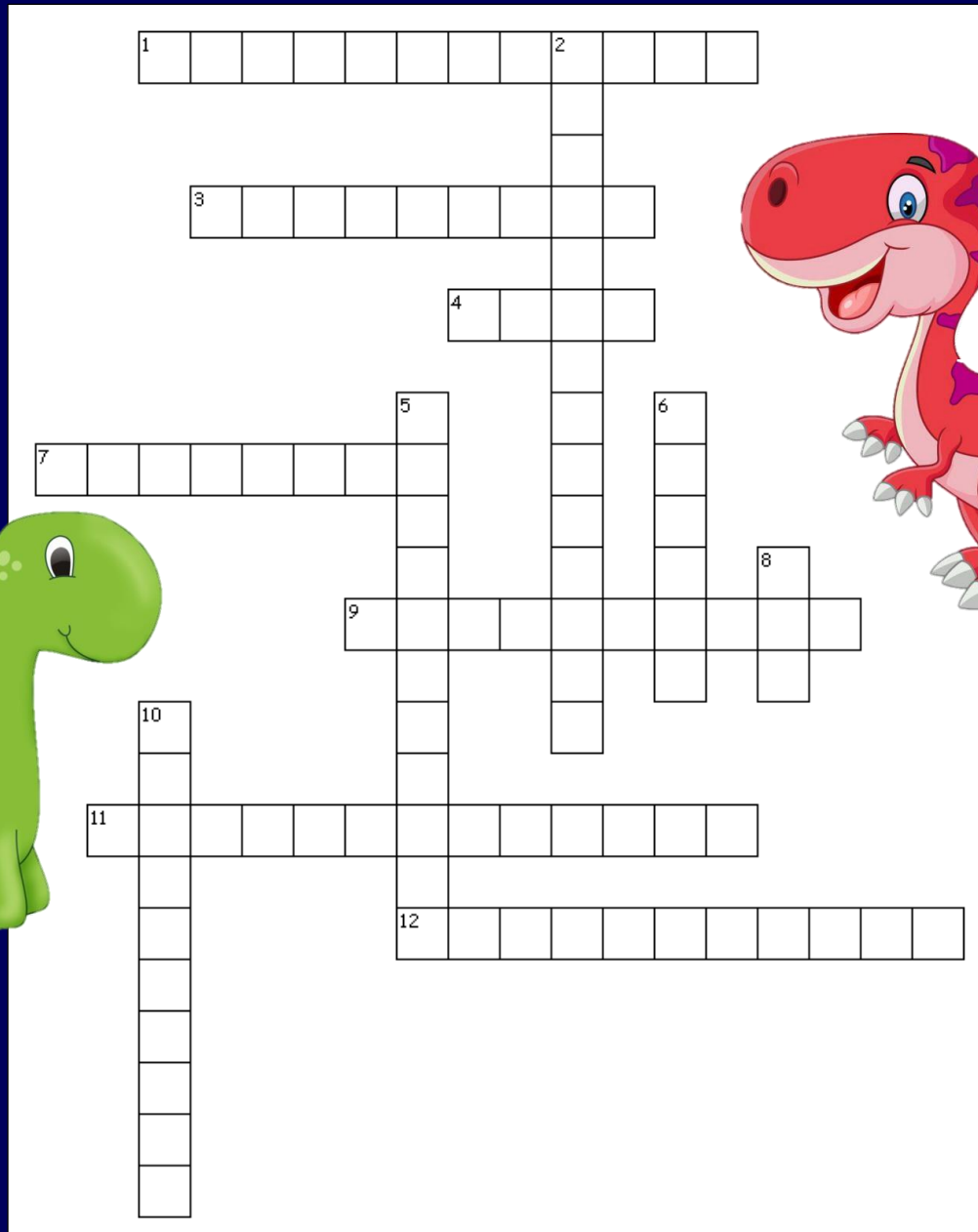
PROBIOTIC ALERT!

Raw, unpasteurized sauerkraut delivers healthful probiotics to the digestive tract, increases body alkalinity, and increases nutrition absorption. Check out some other foods that provide a great source of probiotics:

- Yogurt
- Kefir
- Kombucha
- Pickles
- Miso
- Tempeh
- Kimchi
- Sourdough bread

Game Time!

ALL ABOUT DINOSAURS CROSSWORD PUZZLE



ACROSS

1. The 1993 Steven Spielberg movie.
3. Dinosaurs that ate both plants and meat.
4. What "rex" means.
7. It means "terrifying lizard."
9. Dinosaurs that only ate plants.
11. A dinosaur with a giraffe-like stance and neck.
12. A dinosaur with triangular plates and tail spikes.

DOWN

2. A scientist who finds and studies fossils.
5. A three horned herbivore.
6. One of these led to the extinction of the dinosaurs.
8. The name of the Toy Story dinosaur.
10. Dinosaurs that only ate meat.

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