



April 2019 *Check out our NEW Feature*

Ask a Technician



JEANNE GREISEN
PHARM D, RPH

Managing Irritable Bowel Syndrome

Irritable bowel syndrome, also known as IBS, is a disease that impacts 11% of the population, globally. If you are experiencing abdominal pain and discomfort, abdominal cramping, diarrhea, constipation, gas, bloating, or food intolerance, you may be suffering from IBS.

IBS and high stress have shown to correlate, according to several recent studies. IBS symptoms can be reduced with dietary restrictions, natural supplements, and lifestyle modifications. Relaxation

techniques like hypnosis, acupuncture, and meditation have been shown to consistently relieve symptoms of IBS.

Dietary changes have significant effect on IBS symptoms. Patients experience a lot of symptom relief with a **low-FODMAP diet**. In short, this diet replaces dairy products and foods containing fructose and sorbitol with alternative products. Identifying foods that aggravate the symptoms of IBS for the individual is also helpful.

At Pharmacy Solutions, we want you to feel your best and eliminate the uncomfortable symptoms of leaky gut and IBS. We carry supplements that can aid in helping relieve IBS and heal the gut. These supplements included potent probiotics, which help increase the good bacteria in your gut. The increase in the good bacteria helps to break down the foods we ingest. A good probiotic has been shown to alleviate symptoms of IBS when taken consistently. In addition, adding peppermint oil into your daily supplement regimen can be used to reduce gas production, ease intestinal cramping, then sooth the intestinal tract. Fiber and psyllium supplements are also beneficial to those suffering from IBS. Also ask about our great digestive enzyme products! These supplements are great for those who are unable to avoid certain foods that may be increasing symptoms of IBS.

A combination of the above-mentioned options is a great way to manage IBS symptoms and increase quality of life. Click [HERE](#) to learn more about IBS.

Information provided by
Jeanne Greisen PharmD, RP



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(Expires April 30th)



Erika Greer, CPhT

Ask a Technician: What is compounding?

Everyone has been asked “what do you do for a living?” When I answer with “I am a compounding technician at Pharmacy Solutions,” it is followed by “what does that mean?” I like to think of compounding like baking a cake. You need to have the right ingredients measured to exact amounts, “mixing bowls and utensils” to help you prepare the cake and a little bit of experience. Just like with baking not everyone can have peanuts or milk products due to allergies, that is also true in a sense when it comes to compounding.

Compounding is personalized medicine to meet each patient's individual needs to help them to feel better. For example, if a patient is having trouble swallowing a large amoxicillin pill we can take that pill, mix it with flavors, a liquid component and turn it into a suspension for them to easily swallow.

Another form of compounding that we do at Pharmacy Solutions is hormone replacement therapy. We can make lozenges called troches that dissolve under your tongue, creams and gels that rub into your skin, suppositories that are absorbed vaginally or rectally, and many more “recipes” to help the patient achieve relief.

A troche is my favorite thing to compound. I like being able to watch the base melt, the drugs dissolve into the base and add the yummy flavors! I love pouring the troche into the mold and watching it set up. But my favorite part of making a troche is making the tops nice and smooth so that it looks perfect for the customer.

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