On Sale Monday 14th July - Monday 28 July
Rewarding you each time you shop
www.livelifepharmacy.com

Purchase any 3 vitamins and then get the least expensive product purchased free. This promotion only applies to full priced vitamins. Does not apply to Pharmacy Only vitamins. Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Vitamin supplements may be of assistance if dietary intake is inadequate.
Ask the Naturopath

Whilst we are yet to see our wet season, with little warning like it does every year, winter will come.

With sudden cold, dry temperatures and cutting south easterly winds.
Then the BUGs will bite.

Rapid respiratory tract infections will abound, these will sweep through our communities, especially the schools. Our children will need our attention on their immune systems, and indeed so will their parents.

Begin to build up the family’s immune system now.

Start with a product containing antioxidants, herbs, vitamins and minerals.

Parents prone to colds and flu each year add an immune booster, preferably containing astragulas and olive leaf extract.

At the first sign of snuffles, a combination of Echinacea, wild Indigo and Thuja may stop a bug in its tracks.

Finally the everyday stresses of life often take a toll on any person’s energy and sense of wellbeing- child or adult. Keep a homeopathic spray or drops handy, they may help maintain a feeling of a balanced mind which can be important to health and wellbeing.

Try the above remedies now and you and your family may soon be feeling better, reinforced to face future flu and colds.

See you at the pharmacy.

Good health David
The common cold affects the nose, sinuses, throat and airways. Antibiotics do not work against this viral condition, and they usually get better on their own. However, medicines available from your pharmacy may relieve some of the symptoms of a cold and help you get better as soon as possible.

So what are the common symptoms of a cold?

- Runny or blocked nose
- Sore throat
- Red, watery eyes
- Sneezing and coughing
- Mild Fever
- Headache
- Tiredness

Please note if you feel any of the following symptoms below, you should seek medical advice from your pharmacist or doctor:

- High fevers, sweating and shivering
- Aching muscles and joints
- Weakness and lethargy
- Loss of appetite, nausea and vomiting

What are some of the treatments available from the pharmacy?

- Decongestant syrups, tablets, nasal sprays and drops - May clear a blocked nose.
- Antihistamines - May help relieve a runny nose, sneezing and a dry cough.
- Cough suppressants - May relieve a dry cough.
- Expectorants and Mucolytics - May loosen and thin mucus in the nose, sinuses and airways.
- Simple pain relievers (e.g., paracetamol, ibuprofen) may relieve headache, aches, fever and shivering.
- Saline (salt water) nose sprays and drops may help loosen and remove mucus in the nose and sinuses.
- Medicated inhalations (e.g., menthol, eucalyptus) may help clear a blocked nose.
- Sucking on lozenges may relieve sore throats and coughing.
- Gargles (anti-inflammatory, anaesthetic or antiseptic) may relieve sore throats.
- Vitamins and herbal supplements such as Echinacea, Vitamin C, Olive Leaf and Garlic - may support the healing of your body.

Please consult with one of our pharmacists for further advice on which treatment/supplement would be suitable for you and your family.

So what are some self-care tips that you can think about at home?

- Get plenty of sleep and rest and stay comfortably warm. A child with the flu should rest and keep warm until their temperature has been normal for 48 hours.
- Drink plenty of fluids to help thin mucus and prevent dehydration. Offer babies water between feeds. Adults and children should drink enough water every day to satisfy thirst and keep their urine light-coloured (unless a doctor advises not to).
- Breathe in steam (e.g. from inhalations, vaporisers, showers, baths) to loosen mucus.
- Mucus can be removed from a baby's nostrils with a bulb syringe – ask a pharmacist.
- Wash hands regularly with soap and water, especially before cooking or eating and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol based hand sanitiser.
- Wash children's dummies and toys regularly.
- Eat regular, healthy meals, including plenty of fruit, vegetables and grain foods. Limit foods high in fat, sugar or salt and alcohol.
- Avoid cigarette smoke – it can make symptoms worse.

Return to your pharmacist for further advice on which treatment/supplement would be suitable for you and your family.

Oh no, you think you have a cold?!
Dry July is a not-for-profit organisation determined to improve the lives of adults living with cancer through an online social community giving up alcohol for the month of July.

Whether joining as a part of a team or as an individual, DJ's (Dry.July.er [dee-jay] noun: a person or team actively sponsored to participate in Dry July) take on the 31 days of July to raise funds and directly help adults living with cancer and their families to improve their quality of life.

Dry July is also a chance to raise awareness of individual drinking habits, the value of a balanced healthy lifestyle, a personal challenge, encourage positive change and an awareness of a healthy attitude to alcohol consumption.

www.dryjuly.com

The work of the scientists at Children’s Medical Research Institute (CMRI) has a single aim - to improve and extend the lives of children everywhere.

One in twenty children is born with a congenital abnormality or genetic disease. That’s over 12,000 children born in Australia each year. CMRI is dedicated to changing this.

CMRI has been a pioneer in the field of paediatric medical research since its inception in 1958. Its many achievements include increasing survival rates of premature babies, establishing Australia’s first research unit for newborns, developing lifesaving microsurgery techniques, and introducing vaccines that protect against a number of potentially fatal or disabling childhood diseases.

When you support Jeans for Genes you are helping unravel cures for future generations of children.

CMRI’s vital work does not receive guaranteed government funding and relies on community support.

LiveLife pharmacies will have Jeans for Genes merchandise available for purchase.

DON’T FORGET TO WEAR JEANS ON AUGUST 1ST!

www.jeansforgenes.org.au
During the chilly Winter months, we are here to help you look after your skin!

Ordinarily, dry skin isn’t serious, but it can be uncomfortable and unsightly, creating fine lines and wrinkles. Chronic dry skin problems may require evaluation by a doctor who specialises in skin, but first you can do a lot on your own to improve your skin, including using moisturisers and avoiding harsh, drying soaps.

So what are some helpful hints for keeping your skin moisturised and silky smooth this Winter?

**Use Moisturisers**

Moisturisers provide a seal over your skin to keep water from escaping. Apply moisturiser several times a day. Thicker moisturisers tend to work the best as they have better “staying power” than lotions and sprays.

Consider using cosmetics that contain moisturisers. The face is quite sensitive and can often be the first to suffer when the weather changes. You may even use a different cosmetic for Winter than you do in Summer.

If there is extreme dryness, you may consider applying an oil after a shower while your skin is still moist. Oil will have even more “staying power” than normal moisturisers and prevents the evaporation of water from the surface of your skin.

Ointments containing a paraffin/petroleum jelly base also provide excellent moisture for the skin. However they can feel greasy and be difficult to use, so once daily application at bedtime may be all you wish to do with this option.

If you have very dry and scaly skin, your pharmacist may recommend you use an over the counter non-prescription cream that contains lactic acid and/or urea. Important note - apply moisturisers immediately after bathing. Gently pat your skin dry with a towel so that some moisture remains. Immediately moisturise your skin with your cream/ointment/oil to help trap water in the surface cells.

Avoid long, hot showers and baths – Try to use lukewarm water and limit bath time to 5-10 minutes. Long showers/baths remove the natural protecting oils from your skin and you will end up spending even more time trying to replace them!

Avoid using cleansers containing harsh, drying soaps. It’s best to use cleansing creams or gentle skin cleansers that are pH balanced and “soap free”.

These products also often have added moisturisers. Look for ingredients like glycerine, lanolin, wheat germ oil, jojoba, mineral oil, colloidal oatmeal or safflower seed oil.

Avoid deodorant and antibacterial detergents, fragrance, and alcohol containing products.

Consider using a humidifier – these will help to add moisture to the air inside your home, and are especially useful if you are using heaters in Winter that can dry out the air.

Wear natural fibres such as cotton and silk that will allow your skin to breathe. Wear gloves when doing the washing up. The detergents used to clean our dishes can be very harsh and drying to our skin.

If you are having more severe symptoms with cracked, itchy, red, or irritated skin, please make sure you speak with our pharmacists who are always here to help. We may have a more specific treatment regimen to recommend for your skin.

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sudafed† Nasal Decongestant Spray 18mL</td>
<td>$9.99</td>
</tr>
<tr>
<td>Vicks† VapoRub Ointment 50g</td>
<td>$6.99</td>
</tr>
<tr>
<td>Vicks† VapoRub Inhaler 0.5mL</td>
<td>$6.99</td>
</tr>
<tr>
<td>Demazin† 12 Hour Relief Nasal Spray 15mL</td>
<td>$13.99</td>
</tr>
<tr>
<td>Zovirax† Cold Sore Cream 2g</td>
<td>$9.95</td>
</tr>
<tr>
<td>Duro-Tuss† Dry or Chesty Cough Liquid Forte 200mL</td>
<td>$10.99 each</td>
</tr>
</tbody>
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Keeping your skin healthy and hydrated in Winter!
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