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MEDICINE SHOPPE MOMENT

Vol 1 Issue 4

Monthly Newsletter

Caring Beyond Prescriptions



NEW MOBILE APP

Try our new mobile app to help make your prescription experience as smooth as possible.

Search for RX2GO on the Apple App Store or Google Play to get started.

HAPPY THANKSGIVING

The holidays can be a wonderful time filled with family, traditions, and good food! However, they can also be stressful and sometimes even lonely.

Our team is here to help you stay healthy and well during this holiday season.

MEDICATION DISPOSAL

Did you know that all three of our Medicine Shoppe Fargo pharmacies serve as a medication disposal site?

Bring your old and unused prescriptions in today!

New Product Alert!

Available at our 45th St location

We have partnered with Square Roots Succulents, a locally owned Fargo company, to carry their adorable plant selections at our Medicine Shoppe on 45th.

Stop in today to check out the wide variety of mini potted plants!





HOLIDAY STRESS

The holidays can be hectic, and stress can stem from anywhere: whether it be providing the perfect spread, feeling like you're running out of time or feeling the loss of a loved one.

No matter the cause, it's important to take time for yourself and have a plan in place when those overwhelming feelings hit.

Some ways to cope with the craziness include sharing the responsibility by delegating tasks, taking time to breathe and connect with yourself, and even learning to say no.

In this season of Thanksgiving, it's important to be thankful for what we have but also to give back to ourselves with patience and understanding.

FACT OR FICTION: Turkey Edition

Bring on the turkey, it's time for Thanksgiving!

The beloved bird has been a tradition for centuries, often being the main course for dinners around the country. Recently, turkey has gotten a bad reputation for making consumers feel sleepy after they've enjoyed their feast.

But is this true? Does turkey actually make you feel tired?

Scientists are saying no, that this is actually a myth. It's true that turkey contains tryptophan--a building block for melatonin (the hormone that makes you feel tired at night).

However, you would need to eat at least **20 servings** of turkey to feel any effect. So, what is it that makes us feel tired after Thanksgiving dinner? Studies have shown that it's actually the amount of food we consume and the carbs rather than turkey itself.

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We are thankful for you!

How do avoid abandoning healthy habits during the holiday season:

- Have a healthy snack before holiday meals to avoid going overboard on sweets, cheese, drinks
- Eat healthy meals
- Get plenty of sleep
- Include regular physical exercise in daily routine
- Deep-breathing exercises, meditation and yoga
- Avoid excessive tobacco, alcohol and other drugs
- Information culture (news/media) can cause stress
- Take a walk, listen to music, or read a book

