



Personal Service & Professional Care

66 Otho Street
INVERELL 2360
Ph: 02 6722 3089
www.campbellandfreebairn.com.au



38 Albury Street
ASHFORD 2361
Ph: 02 6725 4013



Napoleon Perdis

Did you know???????

Montana is our very own qualified make-up artist!
Available to do special occasion make-up and also assist
with your everyday look. Call in store to chat with
Montana or call 67223089 to book

SHINE SHOW LIQUID LIPSTICK

Discover the satisfying shine of a lipgloss with the
amplified staying power of a lipstick.
Rich in colour payoff and voluptuous texture.
Cushion soft feel with long-lasting wear.
Vegan. Gluten, oil & preservative free.
\$39.00



Call in and see Brendon, Emma, Justine, Clare, Annie Jane, Erica, Logan, Lisa, Suzanne, Liz, Carolyn, Sonia, Tiarna, Cassie, Trista, Renae, Jane, Kelly F, Sue, Sarah, Kellie Mc, Emi, Phillipa, Montana, Teagan, Vicki, Greg, Paige, Charlotte, Matilda, Shannon, Kathy, Rachel, and Trudy.

Free Home Delivery
Monday to Friday
Free delivery to Delungra



Personal Service & Professional Care

66 Otho Street
INVERELL 2360
Ph: 02 6722 3089
Fax: 02 6721 0027
Email: brendon@mooc.com.au
emma@mooc.com.au



38 Albury Street
ASHFORD 2361
Ph: 02 6725 4013
Fax: 02 6725 4340

March 2022

Inside this issue:

<i>Brendon, Emma & Justine's Message</i>	1
<i>Donations in February</i>	1
<i>Fragrance</i>	2
<i>Migraine habits</i>	2
<i>Ethical Nutrients</i>	3
<i>Benefits of smoking cessation</i>	3
<i>Napoleon Perdis News & Events</i>	4



Unfortunately we are still seeing many cases of Covid-19 in our community. If you test positive we remind you to stay home and self-isolate. We can offer different products to help ease your symptoms and improve recovery, please phone and talk to one of our friendly staff. We are more than happy to offer contactless delivery.

This month our catalogue runs from 10th March until 15th April. Purchase any item from the catalogue and enter online to WIN a Healthworld Travel Voucher Gift Card valued at \$8000!

Healthy regards,

Brendon, Emma & Justine

DONATIONS in February
We were pleased to donate to the following organizations last month:

- Inverell Rotary Golf Day
- Jill & Colin Turner's Pink Stumps Day for The McGrath Foundation

Thank you for supporting our **locally owned** and operated Pharmacy!
Open 8.30am to 6pm Monday to Friday and every Saturday 8.30am to 12.30pm

Fragrance

Oscar de la Renta 'Alibi'



Top notes are Ginger flower and Mandarin Orange; middle notes are Vanilla Orchid, Heliotrope; base notes are Musk, Praline and Amberwood.

100ml Eau de Parfum \$63.00

30ml Eau de Parfum \$40.00

Beneficial habits for people with migraine

Based on extensive clinical experience, expert opinion is that non-drug therapy is a key component of migraine management.

People with migraine need to keep regular habits, as change can trigger attacks. Anecdotally, beneficial habits include:

- Regular sleep schedules and good sleep practices
- Minimal variation in blood glucose concentrations (eg eating regular meals, avoiding excess simple carbohydrates)
- Adequate hydration (drinking 1.5 to 2 litres daily)
- Limited caffeinated beverages (1 to 2 cups daily)
- Regular exercise (aiming for 30 to 40 minutes, 3-4 times a week; walking is a good option, as exercise that involves jumping or running often provokes migraine in people who have them regularly)
- Good workplace ergonomics (especially when using a computer) and regular short breaks (to stretch and to rest eyes)
- Regular use of a relaxation technique (eg meditation, mindfulness, yoga, breathing techniques, progressive muscular relaxation), especially if stress is a trigger (biofeedback and cognitive behavioural therapy may help)
- Avoidance of patient's known triggers (alcohol, MSG, citrus fruit, chocolate, preserved meats, perfume)

ETHICAL NUTRIENTS

PROFESSIONAL NATURAL MEDICINES

Ethical Nutrients Immune Fighter

Immune Fighter is a comprehensive formula designed for people who are often sick, combining Ashwagandha, immune-influencing mushrooms, and essential nutrients to:

- Reduce severity of cold symptoms.
- Fight illness and assist with recovery.
- Support healthy body stress recovery.

Traditionally used in Chinese and Ayurvedic medicine.
Directions: Take ONE tablet daily or as advised by healthcare professional.

30 Tablets \$30.70



Health benefits associated with smoking cessation

After 1 day: Almost all nicotine will be out of the bloodstream, the level of carbon monoxide in the blood will drop and more oxygen will reach the heart and muscles

After 1 week: the lung's natural cleaning system will start to recover and become better at removing mucus, tar and dust from the lungs. There will be a higher blood level of protective antioxidants (eg vitamin C)

After 2 weeks: there will be less coughing & wheezing. The immune system will have started to recover. Blood will be less thick and sticky so blood flow to hands & feet will improve. The body will be better at healing cuts and wounds

After 6 months: lungs will no longer produce the extra phlegm from smoking

After 1 year: lungs will be healthier and breathing will be easier, making it easier to exercise

After 2-5 years: there will be a large drop in risk of heart attack and stroke, this risk will continue to gradually decrease

After 5 years: risk of cervical cancer will return to same as women who have never smoked

After 10 years: risk of lung cancer will be markedly lower than that of a continuing smoker; this risk will continue to decline (provided the disease does not already exist)

After 15 years: risk of heart attack and stroke will be close to that of a person who has never smoked