



Unichem

Clive's Unichem



# The Happy Chemist

"A cheerful heart is good medicine"

Issue 30, Summer 2011

## Give me sunshine!

The benefits of sun exposure can get lost in the relentless barrage of warnings and alerts to avoid the sun. But, like any colourful character, the sun also has its good side – mainly thanks to its ability to deliver Vitamin D, which is a critical factor in the body's ability to absorb calcium.

Observational studies have indicated a link showing that exposure to UV light and Vitamin D may decrease the risk of getting some forms of cancer, fractures, and multiple sclerosis.

A New Zealand position statement, sends a clear message that people should avoid the sun between 11am and 4pm when UV radiation is at its highest. However, a maximum of 30 minutes sun exposure each day, preferably in the early morning or late afternoon, is enough to gain adequate levels of Vitamin D.

So 'slip, slop, slap and wrap' when you're under the bright NZ sun – but remember a little bit of sun exposure is actually good for you!

## Happy New Year from Clive!

'Be always at war with your vices, at peace with your neighbours, and let each New Year find you a better man.'

~Benjamin Franklin

**Who knows what 2011 will bring** - unexpected surprises, disappointment, change?

We can never predict what life will throw at us, or what situations we will have to face - **however we can manage the way we choose to react.**

So my resolution for 2011 is not to get fitter, lose weight or get richer - it is simply to develop character by ensuring that every time I am challenged I 'do the right thing' and so become a better man. That's what's important to me anyway.

I hope that 2011 is a good year for everyone. And when 2012 arrives we can all look back and say that no matter what happened, we were all better for what we passed through!

Happy New Year!

*Clive*

Earn Fly Buys points at Clive's!

Remember, Clive's Unichem is the only pharmacy in Wainuiomata with Fly Buys! Every time you spend \$20 at Clive's, including prescriptions, you will get Fly Buys points.



# Christmas was great at Clive's!

Christmas was great at Clive's. There was lots going on at the pharmacy!



## Colouring-in Competition

Two awesome artists won family passes to the movies for their wonderful art.

Well done!

## Christmas Carols

Clive got going on the piano one night with a great selection of Christmas Carols, putting everyone in a very festive mood.

## Thanks to the Salvation Army!

The Wellington City Salvation Army band played carols outside the pharmacy.

## Pukeatua Kapa Haka Group

The Kapa Haka group drew a large crowd with their performance before Christmas.

## Shine Night

What a great party – make sure you don't miss out next year!

## Join the Happy Chemist

If you know of anyone else who'd like to be kept up to date with the latest health and beauty news, please forward a copy of this newsletter to them, or send us their email address (with their permission) and we'll send them their own copy next time!

If you no longer wish to receive "The Happy Chemist" please send us an email with: "Please unsubscribe me from your newsletter" in the subject line.

clive



FlyBuys

Proudly offering you Fly Buys

# Have you ticked off on our Back to School Checklist?

We have checklists available at the pharmacy to help you remember some essential school needs, such as:

- Sunscreen
- Multivitamins and Fish Oil for Children
- Lip balm
- Hair Ties / Clips

...and much more!

See our friendly pharmacy staff for your checklist today!

## Get the most out of your medicines...

Often people find it embarrassing to admit they forget to take their medicine or are just unsure of what each pill is for. If this is a struggle for you, or someone you know, please give us a call because we're here to help.

It's really important to your health to make sure you take the right medicines, at the right times, each day.

Try these great tips to help you:

- **Change the dose:** Talk to your doctor about whether you can reduce the number of times each day you have to take your pills.
- **Package your pills:** Talk to us about getting your medicines put into daily and weekly packs, so all you have to do is open a pack each time. We're happy to show you how easy this system is to use, so please come in store and talk to one of our pharmacists.
- **Know what your pills are for:** Ask us to give you information on how your medicine works, its common side effects, and how to get the full benefit from it.

If you have any questions about managing your medications please just come in store, phone us on 564 8618, or email us on [clive@clives.co.nz](mailto:clive@clives.co.nz) to talk to any of our pharmacists for help.

## Kate Morgan Weight Loss Programme

If the holiday season has left you wanting to lose a few kilos then here at Clive's we have three consultants fully trained in the Kate Morgan Weight Loss programme. We introduced this programme last year and have seen some excellent results. It's easy, and it works. You will enjoy a combination of great tasting meal replacements and healthy foods, as well as one-on-one pharmacy support to help you lose weight and keep it off for life. It could be the best thing you do for your health this year.

Keep smiling!

Clive and The Happy Chemist Team!

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