

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



## WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,  
*Jennifer L. Burch, Pharm.D., CDE*

## Struggling with Fatigue & Stress?

Chronic stress can take a serious toll on your body, leading to adrenal dysfunction. In this condition, your adrenal glands struggle to produce hormones that regulate energy, metabolism, and stress response. Over time, this can result in:

- Fatigue & low energy
- Difficulty sleeping
- Sugar & salt cravings
- Low blood pressure
- Weakened stress response



Since adrenal function affects cortisol production, metabolism, and thyroid balance, untreated adrenal dysfunction can significantly impact daily life.

## How Can Compounded Medications Help?

Many commercially available medications don't offer the precision needed to balance adrenal hormones. That's where compounded medications provide a customized solution by:

- Tailoring dosing to meet individual needs
- Removing allergens, dyes, and unnecessary additives
- Offering alternative forms for easier absorption

## Common Compounded Medications for Adrenal Health:

- DHEA – A hormone that supports testosterone and estrogen regulation, often depleted in adrenal dysfunction.
- Pregnenolone – A precursor to cortisol, estrogen, and progesterone that helps restore hormone balance.
- Corticosteroids – Low-dose corticosteroids may provide necessary support in cases of severe adrenal dysfunction.

Adrenal health also depends on lifestyle changes, including:

- A balanced, high-protein diet
- Regular resistance training (4x per week for 40 minutes)
- Quality sleep to support natural hormone production
- Stress-reducing activities like post-dinner walks or mindfulness practices

Our compounding pharmacists work closely with providers to develop personalized medication solutions tailored to your specific adrenal health needs.

## Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

[REVIEW US ON GOOGLE](#)

### ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)



### REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. *Call Mary, our Patient Care Coordinator, to schedule your appointment.*

### HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



**HOURS:** Monday - Friday 9am - 5:30pm  
Closed for lunch 12:30pm - 1pm  
Closed Saturday and Sunday

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