



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

Managing Stress, Sleep, and Weight During the Holidays

Your Guide to Staying Balanced

The holidays bring celebration, connection, and joy, but they can also bring more stress than usual. Busy schedules, disrupted routines, later nights, richer foods, and emotional pressure can cause your body's main stress hormone (cortisol) to become unbalanced.

At our pharmacy, we understand how stress impacts sleep, hormones, mood, immunity, and weight. The good news? There are ways to support your body naturally so you can enjoy the season without feeling depleted.

How Holiday Stress Affects Your Body

When demands rise, your adrenal glands release more cortisol. A little is helpful, but too much, too often can lead to:

- Trouble falling asleep
- Waking between 2–4 AM
- Feeling “tired but wired”
- Cravings for sugar or carbs
- Irritability or mood swings
- Stubborn belly weight
- More headaches
- Feeling overwhelmed or overstimulated



Sleep Often Changes During the Holidays

Even people who normally sleep well may notice challenges due to:

- Staying up later than usual
- More sugar, caffeine, or alcohol
- Traveling or sleeping in new environments
- A busy or overstimulated mind

Because sleep and cortisol are closely connected, poor sleep may amplify stress-related symptoms.

Simple Ways to Support Stress & Cortisol Balance

You don't need a complicated routine, just small habits that support your nervous system:

1. Try a 3-Minute Breathing Reset
Inhale for 4 seconds, Hold for 2, Exhale for 6, Repeat 5–8 times to help calm your system quickly.
2. Eat in a Way That Supports Steady Blood Sugar
Blood sugar changes influence cortisol. Try:
 - Pairing carbohydrates with protein
 - Avoiding coffee on an empty stomach
 - Eating every 3–4 hours if you're prone to "crashes"
3. Support a Healthy Morning Cortisol Curve
Your cortisol naturally peaks in the morning. Support that rhythm by:
 - Getting natural light for 5–10 minutes
 - Drinking water before caffeine
 - Avoiding your phone for the first few minutes after waking

How Our Pharmacy Can Support You

We offer customized compounded therapies, pharmacist guidance, and high-quality wellness support to help you feel your best through the holidays and beyond.

Customized Hormone Therapy

Stress can disrupt estrogen, progesterone, testosterone, and adrenal hormones, especially for women in perimenopause or menopause, and for men experiencing hormone shifts.

If you're dealing with sleep changes, mood fluctuations, or unexpected weight gain, hormone imbalance may play a role.

We work with your provider to prepare customized therapies such as:

- Topical creams
- Capsules
- Troches
- Vaginal preparations

Personalized hormone therapy may support:

- More restful sleep
- Mood stability
- Cognitive clarity
- Menopause and andropause symptoms
- Stress resilience

Low-Dose Naltrexone (LDN) for Inflammation & Stress Sensitivity

LDN is a compounded medication often used to support individuals experiencing:

- Chronic inflammation
- Heightened stress sensitivity
- Sleep disruptions
- Immune challenges

Your prescriber helps determine if LDN is appropriate, and we prepare the dosage tailored to your plan.

Weight Management Support for the Holiday Season

Higher cortisol can increase cravings, reduce metabolic efficiency, and make weight management more challenging.

Our Pharmacy offers:

- Compounded weight-management therapies (as prescribed)
- Nutritional support for appetite, fullness, and stable energy
- Personalized wellness recommendations

Many patients appreciate having guidance when routines become unpredictable.

Wellness Supplements for Stress, Sleep & Mood

Our pharmacy carries professional-grade supplements selected for quality and consistency. Supportive categories include:

- Stress & cortisol balance
- Relaxation and sleep support (including non-melatonin formulas)
- Nutrients that promote calm and focus
- Adaptogenic herbs for stress resilience
- Foundational nutrients such as magnesium, omega-3s, fiber blends, and B-vitamins

Our team can help you choose options tailored to your unique needs.

When to Consider Additional Support

You may benefit from customized therapy or supplement guidance if you're noticing:

- Trouble falling or staying asleep
- Fatigue despite adequate hours of sleep
- Mood swings or increased anxiety
- Intense cravings
- Trouble focusing
- A sense of burnout
- Unexplained weight changes

The holidays should feel joyful — not overwhelming. With personalized care, customized therapies, and supportive supplements, you can help your body stay balanced and step into the new year feeling renewed.

We're here to support your wellness all season long.

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.

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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