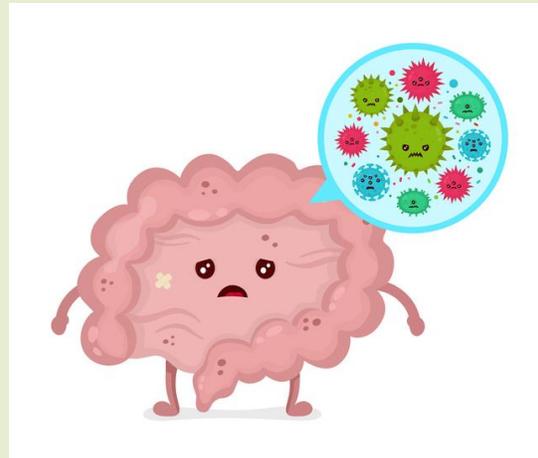




## Do you have a “Leaky Gut”?

Hippocrates said all disease begins in the gut, and modern medicine has confirmed that immune function and gastrointestinal health are interdependent. When illnesses such as diabetes or autoimmune disease, poor diet (excess sugar, refined carbohydrates, food preservatives, excessive alcohol) and stress (including pollution, pesticides, and overuse of antibiotics) overload the digestive system, increased intestinal permeability can result. Sometimes called “leaky gut syndrome”, this allows bacteria, viruses, fungi, parasites, undigested food, and waste to pass through the intestinal wall. When these substances enter the bloodstream, the immune system reacts by creating antibodies against its own tissues. Chronic overstimulation of the immune system leads to inflammation and autoimmune disease.



Symptoms of increased intestinal permeability are:

- chronic diarrhea, constipation, or bloating
- fatigue
- headaches
- confusion or difficulty concentrating
- skin problems, such as acne, rashes, or eczema
- joint pain
- widespread inflammation

Strategies to help relieve symptoms and reduce inflammation associated with leaky gut include:

- eliminating known dietary causes of inflammation, such as excessive alcohol and processed foods.
- consideration of food sensitivities to gluten or dairy.
- following a gut-healthy diet that limits high-fat and high-sugar foods, and includes enough fiber.
- regular exercise which can strengthen your digestive system.

Increased intestinal permeability may:

- cause food allergies.
- reduce the ability to resist infectious organisms.
- create mineral deficiencies.

***Treatment can include probiotics and supplements such as glutamine. Ask our pharmacist for more information.***

# COVID-19 Test Kits Available at Clearspring Pharmacy!

Clearspring Pharmacy has two options for COVID-19 test kits! No appointment necessary.

MicroGenDX test kits are \$199. MicroGenDX is a CLIA/CAP certified high complexity lab which has been validated and added to the FDA website as a resource laboratory for COVID-19 Testing. The test is performed in the privacy of your own home using sputum and includes a FedEx self-mailer. The results will be sent to Clearspring Pharmacy and one of our pharmacists will contact you with the results.

Also available is the Vibrant COVID-19 Antibody Assay by Vibrant America Clinical Labs for \$199. This test allows for the qualitative detection and differentiation of human IgG and IgM antibodies to SARS-CoV-2 in human serum and dried blood spot. Vibrant America antibody test has been authorized by FDA under EUA for use by authorized laboratories and it is done using fingerstick blood specimen collected by the pharmacist.

*Ask us form more information!*

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## Have you been laid-off or furloughed due to COVID-19?

If you are having trouble paying for your cash compounded prescriptions at this time, please speak to one of our professional staff members to find out how we can help you. We do not want you to discontinue or alter your medication regiment due to financial hardship. ***We can help!***

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Be sure to follow [@ClearspringPharmacy](#) on Instagram to keep up with the latest happenings at the pharmacy and important health information!



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## Download our App

ClearSpring mobileRx app allows you to refill prescriptions on your mobile device at your convenience. You can refill multiple prescriptions on a mobile device by entering your prescription numbers, scanning the barcode on the prescription bottles or using your Patient Profile.

[LEARN MORE](#)



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## Two-Way Text Communication

At ClearSpring Pharmacy, we now offer two-way text communication where we can communicate conveniently about your prescription, refill status, insurance, etc. Ask your

pharmacist for details.



## Littleton

8031 Southpark Circle, Suite B  
Littleton, CO 80120  
303.707.1500 (phone)  
303.707.1717 (fax)

Shop our Littleton  
Location



## Cherry Creek

201 University Blvd. #105  
Denver, CO 80206  
303.333.2010 (phone)  
303.333.2208 (fax)

Shop our Cherry  
Creek Location



ClearSpring Pharmacy's Littleton location is a PCAB® Accredited Compounding Pharmacy. [Learn more about PCAB® Accreditation.](#)



*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.*