



Health Matters

by

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Since February is “American Heart Month”, we’d like to encourage you to participate in this national campaign by helping raise awareness of heart health. Everyone can take steps to lower their risk of heart disease by adopting lifestyle habits such as eating heart-healthy, being smoke-free and pursuing a regular routine of exercise. Many controllable factors put people at risk for heart disease, but two major contributors are being overweight and being diabetic. Especially those who are both will want to carefully watch their use of sweeteners. We recommend **Whey Low**, a natural alternative to artificial sweeteners, like Splenda, that cause cravings and have an aftertaste. A patented blend of naturally low glycemic sugars that has been tested safe for use by diabetics, **Whey Low** has a quarter of the calories and a third of the glycemic index of ordinary sugar with all of its sweetness and functional properties. As always, we guarantee your satisfaction.

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