



HEALTH MATTERS

by Patsy Meridith, C.N.C.
Owner of Natural Foods Market

Do you suffer with **heartburn** and/or **constipation** after over-indulging throughout the holidays? If left unaddressed, these can lead to more serious health concerns, such as colitis, chronic fatigue and autoimmune disorders. Intimately connected to our circulatory and lymphatic systems, our digestive tract contains approximately 80% of our immunity. A British medical journal, *The Lancet*, reported even 20 years ago that women who are chronically constipated are four times more likely to develop breast cancer. Of course, regular exercise, plenty of pure water and 20-30gm of fiber per day is essential, but it's also important to periodically cleanse and detoxify the eliminative channels to maintain good health.

Many of our customers have had great results with **Cleanse Smart**, our most effective, clinically-based herbal detoxification program, available in both a two and four week plan.

As always, we guarantee your satisfaction.

 **NATURAL
FOODS MARKET**

610-1000

**Johnson City Crossing
near Old Navy**

www.NFMonline.com