



# Health Matters

by

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

Often the result of poor diet and lifestyle habits, chronic constipation can lead to more serious health conditions, such as diverticulitis, colon cancer, depression, arthritis and auto immune disorders. **The Lancet**, a prestigious British medical journal, has reported that women who have constipation are four times more likely to develop breast cancer. Not only does a constipated colon cause "auto-intoxication" (reabsorption of toxic by-products), it also reduces absorption of nutrients necessary for health and vitality. We know that eating foods high in fiber, drinking plenty of fluids and exercising regularly promotes natural peristalsis (movement of the colon), but sometimes we may need more help. **ConstipationSTOP** is a safe, non-addictive natural remedy developed to alleviate the pain and discomfort of constipation by nourishing and hydrating our sluggish colons with effective, yet gentle herbs and minerals. As always, we guarantee your satisfaction.

 **NATURAL  
FOODS MARKET**  
**610-1000**

Johnson City Crossing near Old Navy  
[www.NFMonline.com](http://www.NFMonline.com)