



Health Matters

by

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

Wonder what food can help improve your digestion, energy, focus, libido and immunity? This wonder food, called “cacao” (raw, organic unprocessed chocolate) has an extremely high level of heart-healthy antioxidants (25 times the levels found in red wine or green tea), a rich source of Omega 9 fatty acids (same as those found in olive oil) and a natural compound of theobromine and anandamide (known as the “bliss chemical”) that gives you an evenly sustained boost of energy and relaxed mood. Because it’s one of the best known sources of magnesium, cacao can help improve circulation and blood pressure levels by relaxing arteries. **CACAO 100** by Genesis Today is 70% raw cacao combined with pure coconut water in a uniquely delicious blend. With no refined sugar, this low-carbohydrate liquid of nutrients gives you all of the health benefits of chocolate without the unwanted calories and sugar. As always, we guarantee your satisfaction.

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