



Health Matters

by

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

Job pressures, financial strain, family demands and impending holiday schedules are just a few of the stressors that challenge our nervous system's ability to cope, often resulting in anxiety, insomnia and/or complete "burnout". All the core of many of our major degenerative diseases, stress can be managed with the proper approach. Of course, it's crucial to address the impact of our lifestyle habits. It's essential to eat healthy, stay active, be positive and find ways to relax. Those of us more prone to the effects of stress may not produce enough **GABA (gamma-aminobutyric acid)**, a brain chemical which increases alpha brain waves to help us feel more relaxed. **GABA** is available as a fast-acting chewable tablet that lasts up to 4 to 6 hours or in a capsule. Shown to be safe, **GABA** is remarkably effective in reducing anxiety by calming stressed-out nerves. As always, we guarantee your satisfaction.

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