



Health Matters

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Job pressures, family demands and/or financial strain are some of the major stressors challenging our ability to cope, often resulting in anxiety, insomnia or, in some cases, complete "burnout". Linked to many degenerative diseases, the ill effects of stress can be managed with the proper approach.

As we'd expect, lifestyle habits can have a positive impact, such as eating healthy, staying active, getting adequate sleep and pursuing ways to unwind. If we're more susceptible to the ill effects of stress, our brains may not be producing enough GABA (gamma-aminobutyric acid), a naturally-occurring brain chemical that increases alpha brain waves, helping us feel calmer.

A natural supplemental form of GABA that can cross the blood-brain barrier helps support and restore relaxation. Available in a fast-acting chewable tablet or a capsule, GABA has been shown to be safe and effective in relieving the adverse effects of stress, restoring energy, reducing anxiety and improving sleep without unwanted side effects.

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