



Health Matters

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

New Year's is the time for setting weight-loss goals. Many are motivated by the fact that being overweight significantly increases their risk of diabetes, insulin resistance, high blood pressure and stroke. In combination, these disorders are called "Metabolic Syndrome" and can eventually have life-threatening consequences.

"Metabolic Syndrome" is the result of unused insulin being more easily converted to fat, which, in turn, inhibits metabolism (normal fat-burning processes) and escalates weight gain. Any diabetic can testify how difficult it is for them to lose weight.

Developed by a German scientist, **Almased** is a unique low-glycemic, high-protein drink mix initially designed to help diabetics control appetite, increase metabolism and lose weight. A precise formula of pure fermented soy protein, probiotic yogurt and enzyme-rich raw honey, **Almased** has been clinically-proven for over 25 years to safely and effectively help people lose weight.

As always, we guarantee your satisfaction.

Locally Owned for 33 Years

 **NATURAL
& FOODS MARKET**

610-1000

Johnson City Crossing near Old Navy

www.NFMonline.com