



Health Matters

by
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"An apple a day keeps the doctor away" is a proverbial saying we've all heard. Over the centuries, **Apple Cider Vinegar** actually has been touted as a remedy for countless conditions. Apples are a rich source of potassium, and, when fermented into vinegar, provide a highly absorbable form of it.

Potassium deficiency has been linked to hypertension, memory loss, muscle pain and joint stiffness. Results of large scale trials published in *Diabetes Care* reveal that **Apple Cider Vinegar** improves insulin sensitivity in diabetics when taken prior to meals. Participants said they felt a greater sense of fullness, indicating it could also support appetite control and weight loss.

Experts agree using **Apple Cider Vinegar** that's raw, unfiltered and unpasteurized assures its absorbability and effectiveness. Our customers comment about many of the health benefits they've discovered from their use of **Apple Cider Vinegar**.

As always, we guarantee your satisfaction.

Locally Owned for 34 Years

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