



Health Matters

by
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Frequently undiagnosed, "fatty liver" can be a major risk factor for serious health concerns such as diabetes, heart attacks and cancer. If you're overweight, always tired, continually crave carbs and/or suffer with chronic indigestion, your liver could possibly be compromised by this common disorder.

Over-consumption of high-carb foods increases the liver's fat-production, a process known as "lipogenesis". Not only does this impede liver function, it's also linked with weight gain, memory loss and chronic inflammation (joint/back pain, sinusitis, atherosclerosis and/or skin conditions).

Scientists at the National Academy of Sciences have discovered that a nutrient called **Choline** is essential in controlling metabolic functions such as the production of fat and cholesterol (liver/weight), signaling of neurotransmitters (brain/memory) and maintaining the integrity of cell membranes (inflammation/immunity).

Although **Choline** can be found in egg yolks, peanut butter, broccoli and lecithin (soy), it's also available as a convenient supplement.

As always, we guarantee your satisfaction.

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