



Health Matters

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

According to the AMA, chronic pain is the most common reason for doctor visits.

Even though the regular use of NSAID's are known to cause liver and kidney damage as well as gastrointestinal bleeding, billions of doses are taken every year. The *Lancet Medical Journal* recently reported that Tylenol is no more effective than a placebo for back pain.

Fortunately, there's a highly-effective natural pain reliever called **Curamin**, which is designed to diminish the pain response by reducing inflammation. **Curamin** contains a highly absorbable form of curcumin (active compound found in turmeric), DLPA (a pain-relieving amino acid) and boswellia (an anti-inflammatory herb).

New research shows that **Curamin** has up to 10 times the absorption rate of standard curcumin extracts, effectively controlling pain-causing inflammation, even more so than steroids, with no toxicity or dangerous side effects. And now there's **Curamin Extra Strength**.

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