



Health Matters

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

“Fatty liver” is a commonly occurring condition. Even with no formal diagnosis, it can be a major risk factor for serious health concerns like diabetes, heart attacks and cancer. If you’re twenty pounds overweight, always feel tired, constantly crave carbs and/or suffer with chronic indigestion, your liver could well be compromised by this common disorder.

The over-consumption of sugar and other high-carb foods turns the liver into a fat-producing factory, a process known as lipogenesis. Not only does this harm your liver, it also causes chronic inflammation (joint/back pain, IBS, sinusitis, atherosclerosis and/or skin conditions).

To address “fatty liver”, eliminate processed sugar and other high-carb foods, eat more fresh fruits and veggies, get regular exercise and stop alcohol. Suggested by Dr. Oz, **dandelion** supports the liver by increasing its production of glutathione, a potent antioxidant known to regenerate damaged liver cells and reduce persistent inflammation. **Dandelion** is available in tea bags or capsules.

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