



Health Matters

by
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With the serious concern about this winter's flu epidemic, we're getting frequent questions about ways to reinforce resistance to viruses like colds and flu. Of course, our first line of defense is lifestyle practices that will keep our immune system resilient.

For everyday immune resistance, get plenty of antioxidants in fruits and veggies, regular exercise, fresh air and quality sleep. Over 70% of our immune system resides in our gut, so beneficial bacteria in a daily probiotic is important, as well, for immunity.

Another valuable measure in helping fight viruses like the flu is **Elderberry Extract**. In the 1980's, virologists discovered that proteins in elderberries inhibit the activity of an enzyme produced by viruses that break down cell walls. Without the ability to invade our cells and use them as hosts, viruses don't survive. Offered in extracts, syrups, capsules and lozenges, **Elderberry Extract** is clinically proven effective and even safe for kids.

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