



# Health Matters

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

**Essential oils** are highly concentrated aromatic extracts derived from leaves, blossoms and resins of herbs, flowers and trees. Used for thousands of years, **essential oils** have a revered reputation for their potent, therapeutic effects in healing, soothing and purifying our bodies, emotions and environments.

Added to skin creams, shampoos and bath salts or used in humidifiers, potpourris and diffusers, these therapeutic oils gently impart their curative powers. We feature an array of **essential oils** from peppermint (for congestion and headaches) to lavender (for anxiety and insomnia).

We'll give you information about using **essential oils** to relax, revitalize, relieve pain, improve breathing and sleep, as well as deodorize/sanitize your home and dispel insects and rodents. We also offer a variety of room diffusers and beautiful locally hand-made beaded necklaces for carrying your own tiny **essential oil** vial with you. There are many great ideas for making your own simple, unique Holiday gifts, as well.

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](http://www.NFMonline.com)**