



Health Matters

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

Considered the safest, most effective sanitizer known, **hydrogen peroxide** kills microorganisms by simply oxidizing them, which literally means it breaks them down into oxygen and water. Its numerous uses for your health and your home's health will amaze you!

Hydrogen peroxide is the only germicidal agent composed only of water and oxygen.

Around your home, it can be used for cleaning and sanitizing kitchen counter tops, bathroom fixtures, door knobs and kid's toys, killing germs and protecting from the spread of colds and flu. Also adding it to your laundry whitens clothes and rids them of stains.

For your personal health, it's effective in killing bacteria, viruses and fungi, such as athlete's foot, wound-care, skin infections, burns, cuts and even sinus infections. For oral care, it's good for treating canker sores, sanitizing your toothbrush and as a brushing rinse, mouthwash and whitening agent. Ask for "**Essential Oxygen Food-Grade 3% Hydrogen Peroxide**" and we'll provide you with instructions on using it safely and effectively.

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