



# Health Matters

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

Job pressures, family demands and financial strain are some of the major stressors that challenge our ability to cope, often resulting in anxiety, insomnia or, in some cases, complete "burnout". Linked to many of our degenerative diseases, stress can be managed with the proper approach.

Of course, the impact of our lifestyle habits is crucial, such as eating healthy, staying active, getting adequate sleep and finding ways to unwind. Those of us more prone to the ill effects of stress may not produce enough **GABA (gamma-aminobutyric acid)**, a brain chemical that can increase alpha brain waves to help us to feel more calm.

A natural supplemental form of **GABA** is able to cross the blood-brain barrier helping promote relaxation. Available in a fast-acting, chewable tablet or a capsule, **GABA** has been shown to be safe and effective in relieving the adverse effects of stress, reducing anxiety and improving sleep.

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)