



# Health Matters

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

Skin conditions, such as acne, eczema, psoriasis, shingles, radiation burns and diaper rash affect millions of Americans daily. Painful, irritating and unsightly, these conditions are difficult to treat and, in many cases, can possibly lead to a more serious situation.

**Living Clay** (Calcium Bentonite) is a naturally effective treatment for most any skin condition. A pure premier-quality bentonite, it is rich in volcanic ash with a negative electromagnetic charge which provides beneficial micronutrients that act as a catalyst to enhance healing. As a powerful purifying agent, it gently binds and draws toxins.

When mixed with water, **Living Clay** can be used internally as an antibacterial and antifungal agent to detox the blood and improve circulation. It demonstrates remarkable results in relieving symptoms associated not only with skin conditions, but also for acid reflux, parasites and food poisoning. Come to our **Living Clay** demo at Natural Foods Market on Friday 12/12.

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)**