



Health Matters

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It's estimated that 85% of us are deficient in **magnesium**, a mineral involved in the function of nearly every cell in our body, especially those in our muscles and nerves. Inadequate levels of magnesium can contribute to muscle pain, cramps, fatigue, anxiety and insomnia.

Magnesium is known for its naturally calming effect, by which it can help relieve muscle aches and pains, particularly those associated with fibromyalgia, TMJ, migraine headaches and leg cramps. Also effective in soothing the nervous system, it can improve energy levels, quality of sleep and those anxious feelings associated with being "stressed-out".

Topical application of **magnesium** provides maximum absorption through the skin directly into affected tissues, as well as into the blood stream, alleviating any potential of it causing bowel irritation. Available as a gel, oil, spray or flakes (for a hot soak), it's also an easy, effective means of calming overly-frisky kids.

As always, your satisfaction is guaranteed.

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