



# Health Matters

by

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Natural Foods Market

As one of the 40+ million Americans affected by arthritis, you may be looking for a safe, effective natural alternative for relief. Researchers have found that **Montmorency Tart Cherries** help reduce joint pain and its associated inflammation without the adverse side effects of NSAID's.

A rich source of beneficial antioxidants, such as anthocyanins and flavonoids, **Montmorency Tart Cherries** are not only helpful in reducing joint pain, but also have naturally-occurring melatonin, known to help regulate sleep patterns and the mineral potassium, known to help control blood pressure.

Most who use **Montmorency Tart Cherries** tell us they typically feel results within a couple of weeks. Available in dried form (a tasty snack), tablets or capsules (convenient for travel) or juice concentrate (60 cherries in every serving), these cherries can be a natural means of managing joint pain, supporting sleep and moderating blood pressure.

As always, we guarantee your satisfaction.

*Locally Owned for 34 Years*

 **NATURAL  
FOODS MARKET**

**610-1000**

**Johnson City Crossing near Old Navy**  
**[www.NFMonline.com](http://www.NFMonline.com)**