



# Health Matters

by  
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Eating too much during the holidays can cause temporary indigestion, but persistent digestive disorders have become a more prevalent problem for many of us, due to our overindulgence, stressful fast-paced lifestyles and the effects of aging.

According to the National Heartburn Alliance, 25 million Americans experience chronic indigestion daily. When we're young and healthy, our bodies digest food easily because they produce plenty of digestive enzymes that assimilate the nutrients in our food, including three specific types: amylase to digest carbohydrates; protease to digest proteins and lipase to digest fats.

Poor diet, illness, stress, overeating and aging can interfere with this production of enzymes, leaving us with undigested food that ferments in our digestive track, causing us gas, bloating, diarrhea and discomfort. According to Dr. Oz, a comprehensive supplement of **Digestive Enzymes** taken with each meal can improve digestion and alleviate symptoms.

As always, we guarantee your satisfaction.

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