



Health Matters

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

Anticipation of the holidays can cause us to feel more stressed, anxious and tired. Researchers confirm that over 85% of Americans suffer from a significant deficiency of magnesium; so, it's no surprise we have less energy, more insomnia and greater anxiety when we're stressed and our magnesium levels are depleted.

Natural Calm is a highly absorbable form of magnesium, an essential mineral that regulates over 350 different biochemical processes in our bodies. Necessary for the cellular production of energy, relaxation of the muscles and calming of the nervous system, the magnesium from **Natural Calm** can be very beneficial for those with stress-related symptoms.

An easy-to-use instant drink mix of easily assimilated, quick-acting magnesium citrate, **Natural Calm** is safe and effective for all ages, even for calming over-active kids, anyone not sleeping well and those with leg cramps.

As always, we guarantee your satisfaction.

Locally Owned for 33 Years

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