



Health Matters

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

An estimated 5 million Americans are treated yearly for skin cancer and another 20% are expected to develop it at some point in their lifetime. The two common forms, basal cell and squamous cell carcinomas, are treatable, but prone to reoccur, so researchers are looking for ways to reduce that risk.

A recent study conducted by Dr. Diona Damian, a professor of dermatology at the University of Sydney in Australia, has shown that **Vitamin B3**, also referred to as **Niacinamide** or Nicotinamide (as it's called by the British), can help reduce the risk of developing new skin cancers by 23%.

The sun's UV rays damage the DNA of skin cells, increasing the chances of cancer. Researchers say **Vitamin B3** "boosts" the immune system to help repair the cellular sun damage before it develops. Adopting a healthy lifestyle and using sun protection is the most effective cancer prevention, but this study shows **Vitamin B3** to be a potentially enormous benefit.

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