



Health Matters

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

Over 70 million Americans suffer with chronic insomnia, which is known to have a direct link with an increased risk of obesity, diabetes, hypertension and heart disease, not to mention accidents. A good night's sleep gives our bodies the chance to detoxify, heal and revitalize itself, all necessary for good health.

Most commonly caused by anxiety and tension, insomnia is also associated with the use of stimulants, such as caffeine and sugar, as well as Rx and OTC drugs. A regular routine of relaxation before bedtime, such as deep breathing, stretching or taking a warm bath with soothing essential oils, can help improve your sleep.

Natural remedies such as **Passionflower**, a native plant discovered by Spanish explorers in Peru in the 16th century, have a long history of use with insomnia, nervous tension, heart palpitations and even pain. Available in liquid extract, chewable tablets, capsules or an herbal tea blend called "Bedtime", **Passionflower** is also Tennessee's state flower.

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