



# Health Matters

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

If you're suffering with **heartburn, gas, constipation** and/or **diarrhea** from over-indulging through the holidays, you can get relief. Of course, plenty of pure water, 25 grams of fiber/day and regular exercise is important, but now is a good time to cleanse and detox the eliminative systems (gut, liver, lymph etc.) to support your digestive health.

If left unaddressed, digestive distress can lead to more serious health concerns, such as colitis, IBS, chronic fatigue and autoimmune disorders. Closely connected to circulatory and lymphatic systems, your digestive tract contains approximately 80% of your immunity. A British medical journal, *The Lancet*, reported even 20 years ago that women who are chronically constipated are four times more likely to develop breast cancer.

Many find rejuvenating results with **Quick Cleanse**, a clinically-based herbal detox program containing two 7-day cleanses. It's easy, effective and requires no special diet.

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)**