



# Health Matters

by  
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It's estimated that 72% of Americans suffer from digestive distress, such as bloating, gas, nausea, constipation and/or diarrhea on a regular basis. Found commonly in our modern diet, gluten is often responsible for these types of digestive problems, as well as joint pain, sinus congestion, skin rashes and mood disorders.

Gluten is a protein found primarily in wheat, but also in other grains, such as rye, barley and oats, but can be found in other unsuspecting foods, such as condiments, sauces and dressings. We have an extensive selection of gluten-free foods, such as breads, cereals, pastas, crackers, cookies and pie crusts.

If you're gluten intolerant, other than eating a gluten-free diet, you can also protect yourself with a new supplement called **GlutenShield**, a synergistic formula with twenty plant-based enzymes, eleven probiotics and a proprietary vegetarian chitosan, all to help improve digestion, immunity and regularity. For IBS, leaky gut syndrome or chronic constipation, **GlutenShield** has triple protection.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

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