



Health Matters

by
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Those with leg cramps have described them as agonizing and debilitating, especially when sleep is disrupted. Painful muscle cramps/spasms can be the result of dehydration, mineral deficiencies (magnesium and potassium) and/or the use of certain medications (diuretics, statins or steroids).

An amazing, time-tested Amish remedy called **"Stops Leg & Foot Cramps"** works promptly on cramps and spasms, including not only those in your legs and feet, but in your hands, back, thighs and/or arms, as well. Taken regularly or even after cramps begin, this remedy effectively relieves the pain associated with them.

Discovered in Europe in the 1880's, this Amish remedy is still made today the original old-fashioned way by Caleb Treeze Organic Farm. A carefully-balanced mix of organic unfiltered raw apple cider vinegar and juice from ginger and garlic, it can be used by drinking only a capful diluted in water or rubbing it directly on the cramp. It can give relief in roughly a minute or taken before bedtime helps prevent muscle cramps throughout the night.

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