



# Health Matters

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

Frequently feeling stressed, anxious and/or tired could be linked to a magnesium deficiency, say researchers, who confirm that over 85% of Americans suffer from lower than normal levels of magnesium. Lack of energy, sleeplessness and mood fluctuations, as well as high blood pressure and muscle tension/cramps can also be associated with depleted magnesium levels.

**Natural Calm** is a highly absorbable form of magnesium, an essential mineral that regulates over 350 different biochemical processes in our bodies. Necessary for the cellular production of energy, relaxation of muscles and calming of the nervous system, the magnesium in **Natural Calm** has been shown in studies to benefit those with stress-related conditions.

A tasty, easy-to-use instant drink mix of quickly-assimilated magnesium citrate, **Natural Calm** is safe and effective for all ages, even over-active kids. Available in lemon, orange or raspberry flavor.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

 **NATURAL  
FOODS MARKET**

**610-1000**

**Johnson City Crossing  
near Old Navy**

**[www.NFMonline.com](http://www.NFMonline.com)**