



Health Matters

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

As the most prevalent amino acid (protein) found in our body's tissues, **Glutamine** has many therapeutic benefits. Particularly concentrated in our brains and intestines, it's vital for maintaining focus, motivation and memory, as well as improving mood.

An essential fuel for the functioning of the epithelial cells that line the intestinal tract, this well-researched amino acid helps, as well, to enhance absorption of needed nutrients and provide relief from "leaky gut" and/or IBS.

Also crucial to stabilizing blood sugar, adequate **glutamine** can help reduce sugar and/or alcohol cravings. When needed, glutamine can halt a drop in blood sugar levels by stimulating the release of glycogen (a form of glucose stored in the liver) to help keep sugar levels more stable for better control of hunger, mood and/or weight.

Glutamine is available in capsules or a tasteless powder that is easily dissolvable directly in your mouth for the quick relief of cravings (as advocated in *The Diet Cure*).

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