



Health Matters

by
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Regardless of weight-loss goals, understanding metabolism is core to your success. Routinely asked about how to “increase metabolism” in conjunction with losing weight, we advocate supporting a healthy metabolism that will help you burn fat, restore energy, curb cravings and stabilize blood sugar.

Scientists tell us that an efficient metabolism depends on a healthy diet and lifestyle, but types of foods eaten are most vital. Carbs and fats are stored as body fat if not burned quickly, but protein has a slower burn rate, which prolongs its thermogenic (fat-burning) activity to more effectively regulate metabolism, blood sugar, hunger and energy.

RAW Fit is a complete complex of 13 low-glycemic, high-protein (28 gms/serving) sprouted whole-foods, as well as green coffee bean extract, anti-stress herbs, cinnamon, chromium, enzymes and probiotics that can be made into a shake, custard or ice cream. A quick, tasty meal, **RAW Fit** is vegan, gluten-free, soy-free, dairy-free and sugar-free.

As always, we guarantee your satisfaction.

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