



# Health Matters

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

Millions of Americans affected by pain are looking for safer, more effective relief. Years of research has revealed that **Tart Cherry Juice** has powerful antioxidants that are anti-inflammatory and pain-reducing, as well as protective against heart disease (high blood pressure), metabolic syndrome (obesity/blood sugar) and oxidative damage (immunity).

With its rich source of beneficial phytonutrients such as the antioxidants: phenols, flavanols and anthocyanins, **Tart Cherry Juice** has been shown to have a significant impact in modulating aches and pains (joint and muscle), but also naturally contains melatonin (helps regulate sleep cycles) and quercetin (vasodilator that helps manage blood pressure).

**Tart Cherry Juice** is also available in capsules, tablets or a concentrate that mixes easily in water for a safer and more effective means of managing pain, sleep, weight, immunity and blood pressure.

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)**