



Health Matters

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

Many people plagued with leg cramps describe them as agonizing and debilitating, especially when their sleep is disrupted in the middle of the night. These painful muscle spasms can be the result of dehydration, mineral deficiencies (magnesium, potassium) and/or certain medications (diuretics, statins or steroids).

An amazing, time-tested Amish remedy called **"Stops Leg & Foot Cramps"** works promptly on all cramps, including not only those in the leg, but the foot, hand, back, thigh and/or arm, as well. Taken preemptively before or even after cramp begins, it safely and effectively prevents or stops the pain of muscle cramps.

Discovered back in the 1880's in Europe, this Amish remedy is still made today the old fashioned original way by Caleb Treeze Organic Farm. A carefully balanced mixture of organic unfiltered raw apple cider vinegar, juice from ginger root and garlic, it can be used by either drinking just a capful or rubbing it directly on the cramp, which gives relief in roughly a minute or taken before bedtime will prevent muscle cramps all night.

As always, we guarantee your satisfaction.

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