



Health Matters

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

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

An amazing, time-tested Amish remedy called **"Stops Leg & Foot Cramps"** works promptly on cramps and spasms, including not only those in your legs and feet, but in your hands, back, thighs and/or arms, as well. Taken before or after cramps begin, this remedy effectively relieves the pain associated with them.

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

As always, we guarantee your satisfaction.

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