



# Health Matters

by  
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Owner of  
Natural Foods Market

If you're one of the 40 million Americans affected by joint pain, you may be looking for a more natural alternative to safe and effective relief. In clinical studies, researchers have found that the juice of **Tart Cherries** is more effective for inflammatory joint pain than aspirin, but without the negative side effects.

A rich source of beneficial anthocyanins and flavonoids, the juice of **Tart Cherries** is not only known to be helpful in controlling the pain of arthritis, but also its significant amount of naturally-occurring melatonin for regulating sleep cycles and its level of potassium for helping with high blood pressure.

We hear many say they've welcomed relief from the juice of **Tart Cherries**, which is also available in convenient capsules, tablets and concentrate that can be simply mixed in water. It's an easy, safe and effective means of managing joint pain, improving sleep and possibly even helping moderate blood pressure.

As always, we guarantee your satisfaction.

*Locally Owned for 33 Years*

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& FOODS MARKET**

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