



# Health Matters

by  
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According to the National Sleep Foundation, insomnia affects well over 70 million Americans. Scientists have established a direct link between inadequate sleep and an increased risk of obesity, diabetes and hypertension. We've all experienced not having the rejuvenative effect of a good night's sleep.

Commonly caused by anxiety and tension, lack of sleep can also be precipitated by the use of stimulants, such as sugar and caffeine. A routine of relaxation before bedtime, such as stretching, deep breathing or enjoying a warm bath with soothing essential oils can improve sleep.

If more help is needed, **Tranquil Sleep** is a natural remedy that contains 5-HTP to support the production of serotonin, L-theanine to calm your nerves and quieten your mind and Melatonin to regulate your natural sleep cycle. Available in chewable tablets or soft gels, it's safe, effective and doesn't cause drowsiness the next morning.

As always, we guarantee your satisfaction.

*Locally Owned for 33 Years*

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