



Health Matters

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It's estimated that high blood pressure (HBP) puts over 70 million Americans at increased risk for heart attacks, strokes and/or kidney problems and only 50% of them have it under control. Affecting almost 1-in-3 adults, HBP costs an astounding \$46B a year in health-care services, meds and lost work.

Everyday lifestyle can be a prominent contributing factor to HBP. If your blood pressure is consistently above 140 over 90, you'll want to make lifestyle changes such as: lose weight, exercise regularly, practice stress-reducing measures, stop smoking and eat healthier by consuming more fruits and vegetables that are higher in potassium and fewer processed foods that are higher in sodium.

For more support, **Blood Pressure Factors** is a combination of synergistic nutrients, such as magnesium, potassium, hops, valerian, celery seed, hawthorn berry, cayenne, garlic and apple pectin (soluble fiber) that has been shown to help control HPB without side effects.

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