



# Health Matters

by  
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Those who have leg cramps have described them as debilitating and especially aggravating when sleep is disrupted. Painful muscle cramps/spasms can be the result of dehydration, mineral deficiencies (magnesium and 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 regularly or even after cramps begin, this remedy effectively relieves associated pain.

Discovered in the 1880's, this Amish remedy is still made today the original old-fashioned way by Caleb Treeze Organic Farm. A carefully-balanced mix of organic unfiltered raw apple cider vinegar with ginger and garlic juice, it's taken as a capful diluted in water or can be rubbed directly on the cramp. Giving relief in roughly a minute or taken before bedtime, it can help prevent muscle cramps throughout the night.

As always, we guarantee your satisfaction.

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