



Health Matters

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

Studies confirm that a beneficial fat naturally occurring in coconut and palm oil called **MCT's** (Medium Chain Triglycerides) can help facilitate weight loss and improve energy levels due to its proven ability to increase metabolism, burn calories and reduce cravings.

According to nutrition expert and author of *The Coconut Diet* Cherie Calbom, **MCT oil** jumpstarts your metabolism, burns fat and converts calories quickly to energy, as it gets metabolized more like carbohydrates, but without a rise in blood sugar or insulin. **MCT oil** helps boost levels of anti-hunger hormones which trigger the body's satiety (fullness) signals.

Ms. Calbom says it has helped her clients to better target their loss of belly fat, which is typically the most difficult to lose. With virtually no taste, **MCT oil** can be added to smoothies, salad dressings or, a couple of tablespoons in your morning coffee can help with focus and mental clarity, as well as stop mid-morning cravings.

As always, we guarantee your satisfaction.

Locally owned for 37 years

 **NATURAL
FOODS MARKET**

610-1000

near Old Navy

www.NFMonline.com