



# Health Matters

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

As women approach menopause, hormonal fluctuations not only cause hot flashes and night sweats, but also brain fog, sleeplessness, irritability and mood swings. It's a challenging time of "transition" not only for them, but their families as well.

With menopause, female hormonal production slowly converts from the ovaries to the adrenals. Unfortunately, many women's lifestyle habits of unmanaged stress, poor diet and lack of sleep tend to weaken their adrenals when they need them most. A natural approach of nourishing the adrenals helps to balance hormone production, therefore easing symptoms.

For those women looking for a natural alternative, **Transitions** is formulated with a blend of traditional herbs used for centuries for regulating female hormones. Unlike pharmaceutical hormone replacement thought to be linked to a greater risk of breast cancer and heart disease, **Transitions** has been proven safe and effective.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

 **NATURAL  
FOODS MARKET**

**610-1000**

**Johnson City Crossing  
near Old Navy**

**[www.NFMonline.com](http://www.NFMonline.com)**