



# Health Matters

by  
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Multiple health studies recently cited in ***The New York Post*** reiterate that Americans are irrefutably fatter than ever, stating that more than two-thirds are overweight. They say one factor contributing to this weight gain is the wide-spread consumption of diet sodas containing artificial sweeteners. An alarming 59% of those surveyed drink diet sodas daily.

In one 10-year study, researchers at the UT Health Center found that the regular consumption of diet soda causes a substantial gain in belly fat, as well as an increase in the associated risk of metabolic disturbances leading to strokes and heart attacks.

Dr. Janet Hull, author of ***Splenda: Is It Safe or Not?*** says, "By stimulating an appetite for more sweets, this chemically-altered, synthetic sweetener makes you more addicted to sweet tastes and therefore more prone to gain weight, not lose it." The liver converts all excess sugar to belly fat.

**Zevia** is a healthier alternative to diet soda that's sweetened with Stevia, an all-natural plant-based sweetener with zero calories, zero carbs and a zero glycemic index.

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