



# Health Matters

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

As one of the over 40 million Americans affected by joint pain, you're possibly looking for a more natural alternative to safe and effective relief. Researchers have discovered that the juice of **Tart Cherries** is as effective for joint pain and inflammation as aspirin without the negative side effects.

As a rich source of beneficial anthocyanins and flavonoids, the juice of **Tart Cherries** is not only known to be helpful in reducing the pain of arthritis, but also its significant amount of naturally-occurring melatonin can help regulate sleep cycles and its levels of potassium can help manage high blood pressure.

We hear many say they welcome the natural relief from the juice of **Tart Cherries**, which is also available in capsules, tablets or concentrates that can be simply mixed in water. It's an easy, effective and safe means of moderating joint pain, improving sleep cycles and even controlling high blood pressure.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

 **NATURAL  
FOODS MARKET**

**610-1000**  
near Old Navy

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