



# Health Matters

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

Sinus infections affect over 30 million of us a year. According to the Mayo Clinic, this type of infection is typically fungal in nature, not bacterial. Often antibiotics are prescribed, but unfortunately they destroy not only the harmful bacteria, but also the beneficial kind designed to naturally control fungal or yeast overgrowth.

In fact, the over-use of antibiotics exacerbates the incidence of sinus infections by promoting the overgrowth of yeast. As a result, sinuses can become irritated, inflamed and swollen, causing painful pressure, congestion and possibly even infection.

**Xlear** (pronounced Clear) is a gentle nasal mist containing a natural plant-based ingredient call Xylitol, which researchers in Finland have proven to safely and effectively reduce sinus congestion, inflammation and infection. When used on a daily basis, **Xlear** can keep sinuses clear of irritants, bacteria and yeast. . . and it's safe for all ages.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

 **NATURAL  
FOODS MARKET**

**610-1000**  
near Old Navy

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