



Health Matters

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

It's estimated that 72% of Americans suffer from digestive distress, such as bloating, gas, nausea, constipation and/or diarrhea on a regular basis. Found commonly in our modern diet, gluten is often responsible for these types of digestive problems, as well as joint pain, sinus congestion, skin rashes and mood disorders.

Gluten is a protein found primarily in wheat, but also in other grains, such as rye, barley and oats, but can be found in other unsuspecting foods, such as condiments, sauces and dressings. We have an extensive selection of gluten-free foods, such as breads, cereals, pastas, crackers, cookies and pie crusts.

GlutenShield is a synergistic formula with twenty plant-based enzymes, eleven probiotics and a proprietary vegetarian chitosan, all to help improve digestion, immunity and regularity. For gluten intolerance, IBS, leaky gut syndrome and/or chronic constipation, **GlutenShield** has multiple layers of protection and support.

As always, we guarantee your satisfaction.

Locally owned for 35 years

 **NATURAL
FOODS MARKET**

610-1000
near Old Navy

www.NFMonline.com