



# Health Matters

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

Most any woman over fifty would be happy to have thicker hair, smoother skin and stronger nails. Production of "collagen", a structural protein that integrally forms a resilient matrix of cells in these types of tissue slowly begins to wane with age. It's then that a decline in hair volume, skin elasticity and nail strength becomes apparent.

For years, scientists have been searching for a method to help spark the regeneration of collagen production. Their research led to the discovery of "ch-OSA", a naturally-occurring compound found in **BioSil**, which activates the body's actual collagen-generating cells known as fibroblasts.

In clinical trials, **BioSil** was found to increase both hair thickness and strength by 13%, reduce fine lines and wrinkles by 30% and improve elasticity of the skin by 89%. Integrity of the nails was also noticeably improved. **BioSil** has made many women we know happy with their results.

As always, we guarantee your satisfaction.

**Locally owned for 36 years**

 **NATURAL  
FOODS MARKET**

**610-1000**  
near Old Navy

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