



Health Matters

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

Job pressures, financial strains and/or getting the kids back in school are all major stressors challenging our ability to cope, often resulting in anxiety, insomnia or, in some cases, complete "burnout". Linked to degenerative disorders like hypertension and/or diabetes, the ill effects of stress can be managed.

As we'd expect, lifestyle habits can have a positive impact, such as eating healthy, staying active and getting adequate sleep. When we're more susceptible to the ill effects of stress, our brains may not produce enough **GABA (gamma-aminobutyric acid)**, a naturally-occurring biochemical that increases alpha brain waves to help us feel calmer.

A natural supplemental form of **GABA** that crosses the blood-brain barrier supports and restores a relaxed state of mind. In a fast-acting chewable tablet or a capsule, **GABA** is safe and effective in relieving the adverse effects of stress, reducing anxiety and improving sleep, even in children (over age six).

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