



Health Matters

by
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High blood pressure (HBP) puts an estimated 50 million Americans at a greater risk for stroke, heart attack and/or kidney problems. HBP affects 20% of those in their 40's and more than 60% of those over age 70. Recent reports say there is a 50% increase of strokes in those age 40-50 due to a rise in obesity, which elevates risk of HBP.

Making simple, effective lifestyle changes can help lower blood pressure. Lose weight, get regular exercise, learn ways to manage stress, quit smoking and eat more fruits and veggies (richer in potassium) and fewer processed foods (higher in sodium). A 5:1 ratio of potassium to sodium is optimal.

Hawthorn has long been used as a cardiovascular tonic by native cultures, but we now know through clinical studies that it can help regulate blood pressure by dilating blood vessels, stimulating enzymatic metabolism and improving oxygen utilization. By increasing blood flow to the heart, **Hawthorn** can help nourish and strengthen it.

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