



Health Matters

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

Job pressures, financial strains or even preparing for the holidays 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 diabetes, the ill effects of stress can be managed.

As we'd expect, good lifestyle habits 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** can also help promote a relaxed state of mind when needed. Available in a fast-acting chewable tablet or a capsule, **GABA** is safe and effective in helping relieve the effects of stress by reducing anxiety and improving sleep, even in older children (over age six).

As always, we guarantee your satisfaction.

Locally owned for 37 years

**NATURAL
FOODS MARKET**

610-1000

near Old Navy

www.NFMonline.com