



Health Matters

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

This is the time of year we more frequently think about how to reinforce our resilience to seasonal viruses like colds and especially flu. Our first line of defense is to keep our immune systems robust and ready for action.

Experts agree that strong immunity requires a healthful diet with an array of fruits and veggies, regular exercise and quality sleep. Over 80% of our immune system resides in our gut, so beneficial bacteria in a daily probiotic also can provide extra support.

Another valuable measure in helping fight viruses like colds and especially flu is **Elderberry Extract**. In the 1980's, virologists discovered that proteins in elderberries inhibit the activity of an enzyme produced by viruses that break down cell walls. Without the ability to invade our cells and use them as hosts, viruses can't replicate and survive.

Offered in extracts, syrups, capsules, lozenges and gummies, **Elderberry Extract** is clinically proven effective and it's even safe for elders and kids. As always, we guarantee your satisfaction.

Locally owned for 36 years

 **NATURAL
FOODS MARKET**

610-1000

near Old Navy

www.NFMonline.com