



Health Matters

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

Every day our kidneys filter over 400 gallons of blood to remove metabolic waste by-products eliminated through the urine. Urinary tract infections affect 8-10 million people in the U.S. annually, most of whom are women. For some, this condition can be exasperatingly chronic, as well.

Medical experts agree that the standard treatment of antibiotics also creates resistant bacterial strains, possibly worsening the problem in due course. To reduce our risk of UTI's, it's not only important to drink plenty of pure water, but also to limit acidic or spicy foods, coffee, sodas, alcohol and chocolate. Avoiding excess sugar is crucial, as it feeds the bacteria and suppresses the immune system.

A specific concentration of a natural compound in **CranActin** has been shown in scientific studies to stop bacteria from adhering to cells of the bladder wall. Just two convenient capsules of **CranActin** provide the equivalent activity of 16 six-oz cups of cranberry juice, without the calories or sugar.

As always, we guarantee your satisfaction.

Locally owned for 36 years

 **NATURAL
FOODS MARKET**

610-1000
near Old Navy

www.NFMonline.com