



Health Matters

by
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According to the National Sleep Foundation, insomnia affects well over 70 million Americans. A direct link has been established between inadequate sleep and an increased risk of health issues such as obesity, diabetes and hypertension. We've all experienced the ill effects of not having a good night's sleep.

Commonly caused by anxiety and tension, lack of sleep can also be precipitated by the use of stimulants, such as sugar and caffeine. A routine of relaxation before bedtime, such as stretching, deep breathing and/or enjoying a warm bath with soothing essential oils can help improve your sleep.

But, if more help is needed, **Tranquil Sleep** is a natural sleep remedy containing 5-HTP that supports production of serotonin, L-theanine that calms your nerves and quietens your mind and Melatonin that regulates your natural sleep cycle. Available in chewable tablets or soft gels, Tranquil Sleep is safe, effective and causes no morning drowsiness.

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