



Health Matters

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

"An apple a day keeps the doctor away" is a proverbial saying we've all heard. Over 2000 years ago, **Apple Cider Vinegar** was being touted by Hippocrates as a remedy for countless conditions. Now being studied for its ability to stabilize blood sugar, insulin levels and appetite, it can help with weight loss, as well.

Swedish researchers discovered when their subjects ingested 2 tbsp. of vinegar with meals, they had 43% lower post-meal surge in glucose and 31% less rise in insulin, which helped control their cravings, so they ate less. They found that those in the vinegar group lost 2-5 lbs. in two weeks, whereas their placebo group lost no weight.

Results of large-scale trials published in **Diabetes Care** reveal, as well, that **Apple Cider Vinegar** improves insulin sensitivity in diabetics when taken prior to meals. Participants felt fuller longer, less hungry later and had better weight control. **Bragg's** is known as the best, it's raw, unfiltered and unpasteurized.

As always we guarantee your satisfaction.

Locally owned for 35 years

 **NATURAL
FOODS MARKET**

610-1000

**Johnson City Crossing
near Old Navy**

www.NFMonline.com