



Health Matters

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

With two-thirds of Americans overweight, the risk of heart attacks, stroke, diabetes and cancer is ever rising. Any health-care professional will tell you that keeping your weight within a normal range is crucial to preventing these chronic health issues.

Research published in the *Journal of Nutrition* has identified **CLA (conjugated linoleic acid)**, a fatty acid found in safflower oil, to be effective in reducing body fat, increasing muscle mass and enhancing metabolic rate, all of which helped their study participants to lose weight.

Since muscle cells burn far more calories than fat cells, **CLA** also improves metabolic efficiency by altering the lean-to-fat ratio. A 90-day human trial in Norway confirmed that those taking **CLA** had a 20% decrease in body fat (a loss of an average of 7 lbs), compared to no change in the placebo group. If staying lean and fit is your goal, **CLA** can help you feel and look better.

As always, we guarantee your satisfaction.

Locally owned for 36 years

 **NATURAL
FOODS MARKET**

610-1000
near Old Navy

www.NFMonline.com