



Health Matters

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

This time of year, people tend to develop bronchitis, which can cause persistent coughing and difficult breathing. A viral or bacterial infection, smoking, inhaling of pollutants or a compromised immune system can result in such inflammation and irritation of the membranes of the bronchial airways in the lungs.

Consequently, excess mucous and swelling of lung tissues can block airways and obstruct breathing. **Lung, Bronchial and Sinus Health** is a blend of natural herbs that have a long history of use with respiratory conditions such as bronchitis.

Containing herbal expectorants such as horehound, wild cherry bark and mullein that help alleviate inflammation and reduce mucous production, as well as marshmallow root which protects and soothes inflamed membranes, **Lung, Bronchial and Sinus Health** effectively helps diminish bronchial congestion, as well as residual coughing.

As always, we guarantee your satisfaction.

Locally owned for 36 years

 **NATURAL
FOODS MARKET**

610-1000
near Old Navy

www.NFMonline.com