



# Health Matters

by  
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Regardless of weight-loss goals, anyone's success is contingent on their understanding of metabolism. A strong, healthy metabolism is essential to losing weight by helping to burn fat, restore energy, curb cravings and stabilize blood sugar.

Scientists agree that metabolic efficiency depends on proper attention to a healthy diet, lifestyle and exercise routine, but eating specific types of foods is also vital. If not burned quickly, carbs are stored as body fat, but protein has a slower burn rate, which prolongs its thermogenic (fat-burning) activity to better regulate metabolism, blood sugar, hunger and energy.

**RAW Fit** is a low-carb, comprehensive complex of 13 sprouted, low-glycemic whole foods with 28 grams of protein per serving, as well as green coffee bean extract, anti-stress herbs, enzymes and probiotics. **RAW Fit** is available in a tasty shake or high protein bar. It's gluten-free, soy-free, dairy-free, sugar-free and vegan.

As always, we guarantee your satisfaction.

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