



Health Matters

by
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Natural Foods Market

Losing unwanted pounds doesn't necessarily mean going on strict diets and/or taking dangerous stimulants. There are naturally safe and effective means to weight loss that don't raise heart rate and blood pressure or leave you hungry and moody.

Garcinia Cambogia is a fruit that contains HCA (hydroxycitric acid), which has been studied extensively by researchers at Georgetown University. Their report says that HCA effectively helps control appetite and increase metabolic rate by boosting serotonin, the "feel good" hormone that's been previously studied for its ability to reduce hunger, enhance mood and increase metabolism.

The HCA in **Garcinia Cambogia** also inhibits the release of enzymes that convert carbs into fat, allowing them to be more easily burned for energy instead of stored as extra pounds. In the studies, those taking HCA daily along with sensible eating and activity lost an average of 12 pounds in 8 weeks.

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