



# HEALTH MATTERS

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

As one of the 40 million Americans affected by joint pain or osteoarthritis, you're possibly looking for a more natural alternative to safe, effective relief. Researchers have discovered that **Tart Cherries** are as effective for inflammatory joint pain as aspirin, without the unwanted side effects.

As a rich source of beneficial anthocyanins and flavonoids, **Tart Cherries** are not only known to be helpful in reducing the pain and discomfort of arthritis, but also for their significant amount of naturally-occurring melatonin that can help regulate sleep cycles and their levels of potassium that can help in controlling blood pressure.

We hear many say they welcome the natural relief they get from **Tart Cherries**, which are also available in capsules, tablets and concentrates for mixing in water. An easy, safe and effective means of moderating joint pain, improving sleep cycles and even possibly controlling high blood pressure, **Tart Cherries** have many health benefits.

As always, we guarantee your satisfaction.

**Locally Owned for 37 Years**

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FOODS MARKET**  
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