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NATURE'S BIN REPORTS VITAMIN C SHORTENS COLDS IN NEW STUDY

Lakewood, OH— Nature's Bin, a full service natural foods market in Lakewood, reports a new review of 44 years' worth of cold studies that found vitamin C, the herb Echinacea, garlic, and zinc helped shorten colds and reduce cold symptoms.

The report is part of the January, 2012, issue of *Natural Insights for Well Being*[®], which Nature's Bin publishes each month to help inform Lakewood community residents of the health benefits of making smart nutrition choices and keeping an active lifestyle. The January issue also reports a review of 84 blood pressure studies that found calcium, coenzyme Q10, potassium, and vitamin D, among other natural foods, all helped maintain healthy blood pressure; and moms who took multivitamins just before and after becoming pregnant gave birth to healthier babies, among other important findings.

“Whether you're a new mom, who wants to help ensure her healthy baby, or someone interested in preserving healthy eyesight and blood pressure, you'll find something of interest in our January issue of *Natural Insights for Well Being*,” said Mary Johnson, assistant executive director at Nature's Bin. “We're proud to report the findings this month from such peer-reviewed scientific journals as, “*The European Journal of Nutrition*,” “*The American Journal of Clinical Nutrition*,” “*Circulation*,” “*Optometry and Vision Science*,” as well as other well-respected publications,” Johnson said.

Natural Insights for Well Being[®] is free, and Nature's Bin invites all those who wish to gain more valuable nutrition knowledge to stop in and pick up the January issue.

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About Nature's Bin

Nature's Bin, a full service natural and organic foods market located in Lakewood, Ohio, is operated by the nonprofit, Cornucopia, Inc. This natural foods market serves as a training site for a unique and successful program that provides vocational training leading to employment for people with disabilities. Programs hosted at Nature's Bin serve people with a wide range of severe disabilities including developmental disabilities, autism, mental illness, visual, speech and hearing impairments, and injuries resulting from accident or illness. What distinguishes the programs at Nature's Bin from other training facilities is the real-work learning environment. Trainees work side-by-side with staff members in all aspects of retail service, facing the challenges and rewards of competitive employment in a caring, supportive atmosphere. Cornucopia/Nature's Bin has been serving people with disabilities for over 35 years.

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Nature's Bin is operated by Cornucopia, Inc., a nonprofit organization providing vocational services for people with disabilities since 1975.