

Orbit Health Food Store has returned home.

The business started in Mt. Juliet, and moved to several other locations, but the economy downturn forced owner Andy Needham to close up a few of his stores.

However, when the chance came to come back to Mt. Juliet, Needham leapt at the opportunity to move into the building on 205 N. Mt. Juliet Road.

In 1984, Needham was diagnosed with tribolar pnemonia. He was unhappy with the care he was given, so he sought out a different approach. His sister referred him to a health food store, and he believes that cured him. After a couple of years of research, Needham opened Orbit Health in Mt. Juliet, and people started flocking to him because his wealth of knowledge. Needham wants to help educate you on what will work for you.

Orbit Health Food Store is part retail store, part private club. In the retail store they have over 9,000 products. They have supplements, herbs, groceries and many other products. As they expand, they hope to get more groceries to help fulfill Mt. Juliet's desire for a healthier grocery option. If there is a product they don't have at the Mt. Juliet store, they can get it for you.

In the private club, there are several services provided. You can get electro dermal screening, bio-feedback screening, voice stress assessment, ionic footbath, colonhydrotherapy, cold laser therapy and reflexology.

Orbit Health Food Store is located at 205 N. Mt. Juliet Road. They are open Monday through Friday 7 a.m. to 7 p.m. and Saturday and Sunday, 10 a.m. to 3 p.m. You can reach them at (615)553-4916, or check them out online at [www.orbithealthfood.com](http://www.orbithealthfood.com).