

## URGENT MEDICAL ALERT

Stephen Sinatra, M.D., board-certified cardiologist and best-selling author, begs you not to fall for...

# The Great Heart Drug HOAX

**A**mericans spend **TENS OF BILLIONS** of dollars on cardiovascular drugs. Yet despite what the big drug companies claim, we're getting worse, not better.

"The death rate from high blood pressure has risen a staggering 36% over the past decade even though we spend \$3 billion annually on blood pressure meds. Deaths from congestive heart failure have more than **DOUBLED** over the past 20 years.

**But here's the good news:** I've discovered dozens of new, low-cost **CURES** and **PREVENTIVE TREATMENTS** for cardiovascular problems that don't require surgery...don't involve drugs...and help you feel better fast.

You won't hear about these breakthrough treatments from your local doctor or the big drug companies. Read this valuable special report right now to discover how you can prevent, treat and even **CURE** coronary heart disease, high blood pressure, angina, congestive heart failure, arrhythmia, obesity, strokes, diabetes and more ..."

—Stephen Sinatra, M.D.

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# “Which of these amazing is your doctor not

“Amazing breakthrough cures are available **RIGHT NOW**—so why hasn’t your doctor told you about them? They’re safe, effective, scientifically proven—and could end your pain, cure your disease, restore your health and vitality and, in some cases, even save your life. Yet they’re so new, your doctor probably hasn’t even heard of any of them.

“Don’t let your doctor make these **DANGEROUS BLUNDERS** with your health!”

Dear Friend,

If you or people you love suffer from a cardiovascular or related ailment, this could be one of the most important messages you’ll receive this year.

That’s because the powerful drugs and invasive procedures many inexperienced doctors prescribe for heart problems can often make the situation **WORSE**—and, in some circumstances, could even kill you.

For example, family practice docs—some of whom went to medical school 10, 20, even 30 years ago—pass out anti-

cholesterol statin drugs like they’re candy.

And the drugs do exactly what they’re supposed to do: They lower cholesterol levels.

Unfortunately, what your local doctors **DON’T** know...because they may not be trained cardiologists...is that many of the people swallowing these powerful chemicals are wasting their time—and could even be endangering their health!

That’s because fully **HALF** of all the people who suffer a heart attack or stroke have “normal” cholesterol levels. That means that high cholesterol alone

# ng new healing CURES telling you about?"

is not the cause of heart attacks.

What's worse, statins can sometimes make a heart attack *more* likely by raising the levels of lipoprotein(a) in your blood.

If you're swallowing fistfuls of dangerous heart drugs pushed by the drug company reps, you have the right to know that you can often get the same benefits from a host of new, all-natural, non-pharmacological treatments and cures.

The problem is, your local doctor probably has never heard of them.

I'm talking about safe, proven miracles of healing for many of the most common health problems, including..

**High blood pressure... congestive heart failure... atherosclerosis... diabetes... weight problems... heart attacks... arrhythmia... angina pain... heart murmurs... atrial fibrillation... pericarditis... strokes... heart valve problems... peripheral artery disease (PAD)... coronary artery spasms... and more.**

For each and every one of these ailments, there are brand-new, medically proven, non-surgical remedies that can dramatically lessen any symptoms you may have,

remove your pain, restore your energy and vitality and give your life back to you.

Wouldn't you like to know about...

■ **The amazing new K2 Cure (based on a form of Vitamin K) that is revolutionizing the practice of cardiology—** an all-natural supplement that helps dissolve arterial plaque, prevent the calcification of arterial walls that causes heart attacks, eases angina pain, strengthens bones, and more.

■ **Two all-natural blood thinners that can reduce your blood pressure almost instantly** (a German study found that one of them, mixed with olive oil, lowered systolic pressure 7 mm Hg in just 5 hours!).

■ **A sugar found in corn that shows remarkable promise in curing congestive heart failure.**

■ **The non-surgical, non-invasive alternative to bypass surgery that provided immediate relief to 89% of patients in a study published in the *American Journal of Cardiology*.**

■ **The one tiny change in your diet that could**

reduce your heart palpitations by up to 70%...

■ **A super nutrient that research shows lowers blood glucose levels so dramatically it may help cure diabetes.**

■ **A brand-new health product derived from the South Asian fruit Malabar tamarind that can help you lose weight quickly and easily.**

And these are just a handful of the exciting new cures that I'm going to reveal in the next few pages.

Your local doctors probably know NOTHING about them.

They're so busy having lunch with drug company reps or filling out insurance forms, while struggling to see an overload of patients, it's almost impossible for them to keep up with the latest breakthrough cures in cardiology and internal medicine.

They rely upon what they learned in medical school or as residents—10, 20, even 30 years ago.

But some of what they learned even five years ago is now... OBSOLETE and outright FALSE! In fact, it could kill you!

## Take advantage of the very latest cures right away

My name is Stephen Sinatra, M.D.

I'm the founder and di-  
(continued on next page)

rector of the New England Heart and Longevity Center, a leading clinic for the study and advancement of anti-aging medicine.

I'm board-certified in internal medicine and cardiology as well as certified in nutrition and anti-aging medicine.

My purpose, in this letter, is to tell you about new breakthrough cures that are available right now.

There are new diagnostic tests and preventative steps you can take to virtually eliminate heart disease... but you probably haven't heard a word about them from your doctors.

Regular doctors don't know about them...and alternative medical practitioners don't, either.

Every single day, I see patients come into my office, anxious and in pain, short of breath, tired

all the time, worried that they might drop dead from a condition their local doctor said is "incurable."

Sometimes the condition is serious, but rarely is it "incurable."

There are now so many new natural remedies, treatments and outright cures, we're able to offer our patients almost instant relief from their suffering—and give them hope when they had none.

The only way you're going to hear about these new, proven, heart-related cures is by getting a second opinion from a board-certified cardiologist. And that's why I am sending you this valuable special issue.

For people who can't travel to my clinic, I provide a second opinion in the form of free medical alerts, special reports and my monthly

newsletter, *HEART, HEALTH & NUTRITION*.

This special issue is being sent to you FREE, without charge, because I believe it is very important that you know about the most dangerous mistakes and medical blunders that could threaten your health.

Please, take a moment to read this issue right now. You'll discover that what "everybody" knows about heart disease, high blood pressure, congestive heart failure, diabetes and other ailments often is flat-out wrong.

What's more, you don't have to suffer needlessly. Astonishing new treatments—and even outright cures—exist for most cardiovascular ailments.

You owe it to yourself, and those you love, to discover them right away.

God bless,

*Stephen Sinatra M.D.*

**“New Nutritional Remedies So Remarkably Effective, They’ve Helped Earn Dr. Sinatra Continued Recognition From the Ultra-Conservative American Medical Association...Not once or twice, but THREE TIMES!**



- Three-time recipient of the American Medical Association's Physician Recognition Award
- Founder and director The New England Heart and Longevity Center, a leading clinic for the study and advancement of anti-aging medicine
- Board certified in internal medicine, cardiology, certified in nutrition and anti-aging medicine
- Former Chief of Cardiology, Manchester Memorial Hospital
- Residency: St. Francis Hospital and Medical Center, Hartford, CT., and Yale New Haven Hospital
- Author of several books including *Optimum Health, Coenzyme Q10 and the Heart, HeartSense for Women, The Sinatra Solution, Reverse Heart Disease Now.*
- Contributor to prestigious medical journals, including *Journal of the American Medical Association (JAMA), Heart Disease, CT Medicine, and the Journal of Cardiopulmonary Rehabilitation*
- Fellow of the American College of Nutrition
- Fellow of the American College of Cardiology
- Director of Medical Education for 18 years

# “Why Hasn’t Your Doctor Lowered *Your* Blood Pressure in 8 Weeks or Less?”

“If you suffer from high blood pressure, you’re not alone! It’s a deadly serious disease that afflicts one out of every five Americans, some 50 million people. If you have high blood pressure, you are *seven times* more likely to have a stroke...*six times* more likely to develop congestive heart failure...and *three times* more likely to develop coronary heart disease.

Yet most doctors know next to NOTHING about the latest breakthroughs and safe, effective, low-cost or free treatments that could end up saving your life...”



**I**f you have high blood pressure, there is one thing you should know: **You can CURE it... completely eliminate it... in just 8 weeks.**

You may not know that. Doctors tell their patients that their only hope lies in antihypertension drugs—and even then it’s something they can only “manage.”

Baloney!

American patients spend \$3 billion a year on antihypertension prescription drugs, yet more than a quarter of patients (26%) still have unacceptably high blood pressure.

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**The problem is, you’re an individual—and too often doctors take a “one size fits all” approach to “managing” hypertension.**

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Worse yet, despite all the new drugs and diagnostic techniques, the death rate from high blood pressure has **risen a staggering 36%** over the past decade.

Clearly, the conventional

approach isn’t working well enough.

The problem is, you’re an individual—and too often doctors take a “once size fits all” approach to “managing” hypertension.

Typically, if your doctors discover you have high blood pressure, first they’ll prescribe a diuretic. After a month, if that doesn’t work, then they’ll try a beta blocker or calcium channel blocker.

If either of those helps a little but not enough, they’ll maybe throw an ACE inhibitor or angiotensin receptor blocker  
*(please turn)*

(ARB) into the mix—hopefully adjusting the dosages of the other drugs at the same time.

In an emergency, this type of “paint by numbers” approach to medicine is fine—but a more personalized treatment plan is called for if you want to reduce your blood pressure and avoid the side effects of these potentially dangerous chemicals.

In your free report, ***Lower Your Blood Pressure in 8 Weeks***, I’ll show you how to design a customized program that will work for you.

It reveals the very latest research on hypertension along with my proven, 8-week program for reducing your blood pressure step by step—without making any dramatic changes.

## The real cause of high blood pressure?

Until a few years ago, doctors would tell you that no one knows what causes high blood pressure in 90% to 95% of cases. That’s still the official line.

But in just the past couple of years, researchers have begun to suspect that *blood viscosity*—meaning the amount of red blood cells—may contribute significantly to both high blood pressure and coronary heart disease.

Think about it: The thicker your blood, the more difficult it is for your heart to pump through your circula-



tory system—and the more it tends to build pressure inside your arteries.

The Edinburgh Artery Study, for example—a random study of 1,592 men and women aged 55-74 years—found that that blood viscosity and the amount of red blood cells (hemotocrit) were associated with *significantly higher* numbers of strokes... and that plasma viscosity was associated with significantly higher numbers of total cardiovascular events (strokes, heart attacks, and so on.)

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**You want your blood to be thin like wine, not sludgy like ketchup.**

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But incredibly, blood viscosity is rarely if ever

checked, even by cardiologists. Until just a few months ago, it was not an easy test to have done.

But now a new device has been developed that, with just a teaspoon of your blood, can tell you within three minutes what the viscosity of your blood is—and whether you’re in danger of having a stroke or coronary incident (thrombosis). I’ll tell you all about this life-saving, inexpensive test in your FREE copy of ***Lower Your Blood Pressure in 8 Weeks***.

Plus, I’ll reveal proven blood pressure cures your doctor doesn’t know anything about...

- **Two all-natural blood thinners that can reduce your blood pressure** almost instantly (a German study found that one of them, mixed with olive oil, lowered systolic pressure by 7 mm Hg in just 5 hours!).
- **A cheese-like soy food, popular in Japan**, that is rich in the enzyme nattokinase that stops the formation of plaque inside your arteries.
- **How to avoid the most common side effects of blood pressure meds**, including swelling, bronchial spasms, rapid heart rate, impotence, cough, dizziness, confusion, nightmares, depression and incontinence.
- **Simple, easy changes in your diet that don’t leave you hungry** in the least but which can work miracles.

- **Why getting a massage when you have high blood pressure is not a luxury, but a necessity.**

- **How switching from salt to this common seasoning daily can reduce your cholesterol** levels 9% and blood pressure as well.

- **The “miracle” supplement** (safe, natural, proven) that a 2001 study found lowers your blood pressure 10 to 24 points in just 12 weeks.

**You'll also discover...**

- **A common health food**

**that you can use** if you suffer from high blood pressure.



- **How to lower your blood pressure eating cookies!**

Just by adding this inexpensive ingredient to baked goods, you get the

omega-3 fatty acids proven to lower blood cholesterol and triglycerides.

- **2 vegetables every high blood pressure patient should eat regularly.**

Details on all these amazing breakthroughs in the management of high blood

pressure in your free bonus report, *Lower Your Blood Pressure in 8 Weeks*. See page 31 for details.

Get your **FREE** Bonus Report Now!



See page 31.

*“Dr. Sinatra, I wish to express my deep, sincere appreciation. My cardiologist is amazed...reports my heart in excellent condition...and I am now off of drugs.”*

—Edward M., California

**“Your conclusions and analysis are the most accurate.”**

“I believe you are the most qualified doctor publishing a newsletter (I receive several prominent ones). Your conclusions and analysis are the most accurate. Some others are not thoroughly researched or experienced in practice.

—Hazel N., North Carolina

**“Language a person can understand.”**

“I look forward to *Heart, Health & Nutrition* because it’s written in language a layperson can understand. I’ve had high blood pressure for 26 years and had a ‘silent’ heart attack. Now, I follow the Mediterranean Diet and have kept the weight off for five months. By following Dr. Sinatra’s advice, I feel I have some control over my health problems.”

—Yvette R. B., Massachusetts

# “Are the vitamins your doctor recommends making you sick?”

“I see so many people taking vitamins by the fistful, but they’re still not getting well. Recent research reveals that you could be triggering the very diseases you’re trying to prevent. Here’s why... and what you should be doing instead.”

**W**hen it comes to nutritional supplements, there are two HUGE mistakes doctors and patients make.

One mistake is to ignore the very latest scientific research and insist that all “vitamins” are worthless and have no healing benefit.

This is a mistake that many doctors, the media and big drug companies make.

They focus on a small study or new report that says a particular nutritional

supplement hasn’t lived up to people’s expectations, and from that they conclude that all supplements are worthless.

That’s insane....and ignores literally thousands of scientific studies that have proven the effectiveness of natural supplements in both preventing and curing disease. Many of these supplements have been used for thousands of years and are proven to work.

The second mistake, however, is just as bad.

That’s to assume that, if certain nutritional supplements have a proven benefit in treating serious diseases like high blood pressure or diabetes, then all supplements are worth taking.

This, unfortunately, is a mistake that many of my patients too often make. Quite honestly, they fall for a lot of outright quackery peddled by some unethical “alternative” medicine practitioners.

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**I’m a big believer in nutritional supplements—but only in those that have been proven scientifically to work.**

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The truth is, many supplements have been proven NOT to work and are actually dangerous.

The marketplace has been FLOODED with outlandish claims and questionable products all for one overwhelming motive: *To make a fast buck at the expense of your health!*

It’s no wonder people are confused!

## **Bitter Orange Can Heighten Blood Pressure**

For example, bitter orange is a supplement that’s touted to enhance weight loss. The active ingredient



contained in it is a stimulant similar to the drug synephrine, which comes from the same class as Ephedra.

My own wife fell for this one!

Without telling me, she tried a formula containing this ingredient and within 30 minutes after ingesting some, her entire body looked sunburned.

She was dizzy and nauseated. It was scary!

When used for weight loss, bitter orange is usually sold in combination with caffeine-like compounds that may have quite an undesirable effect on your cardiovascular system: It can cause an increase in your pulse and blood pressure, and even result in cardiac irregularities.

“Think citrus,” because the other unsettling aspect of bitter orange is that it acts just like grapefruit juice in the way it can affect your liver enzymes, which in turn can significantly alter the metabolism of drugs you’re taking.

This can result in dangerously high levels of drugs in your bloodstream.

Again, my advice to you can’t be strong enough: If there’s any bitter orange in a supplement you take, and you’re on pharmaceutical drugs at the same time, the potential interaction could be serious.

Since bitter orange is still quite common in many supplement formulations, you should carefully check the

labels of those you’re taking, and use extreme caution. Like Ephedra, this material should be banned by the FDA.

Another herb frequently used by nutritionists, herbalists, and alternative practitioners is guggulipid (guggul). Guggul is derived from a small tree in India and has been touted for years as an aid in the treatment of digestive and arthritic problems.

Nowadays, guggul is used as a cholesterol-lowering agent after randomized trials proved its effectiveness.

However, a controlled trial published in 2003 found that short term (8 weeks) guggulipid not only failed to improve serum cholesterol in hypercholesterolemic patients, it may have actually raised LDL.

**Bottom line:** DON’T swallow any herb or supplement just because you’ve heard stories about what it supposedly can do.

There are many wonderful supplements that have been proven effective in the prevention and treatment of many ailments... but there are also many supplements that are worthless or even dangerous.

That’s why you should send immediately for my FREE special report, *Understanding Your Medicines & Supplements*.

I’ll give you the lowdown on which supplements have been proven safe and effective...which have been

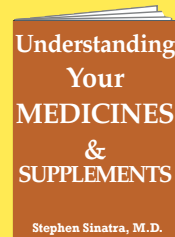
proven to be ineffective or even dangerous...and which it’s simply too early to know for sure.

## The 13 Most DANGEROUS Nutritional Supplements

- 1 Aristolochic acid
- 2 Androstenedione
- 3 Comfrey
- 4 Chaparral
- 5 Germander
- 6 Bitter orange
- 7 Yohimbe
- 8 Lobelia
- 9 Pennyroyal oil
- 10 American Scullcap (Scutellaria lateriflora)
- 11 Organ/glandular extracts
- 12 Danshen (Salvia miltiorrhiza)
- 13 Guggulipid



Get your **FREE** Bonus Report Now!



See page 31.

# “Don’t let the LIES and MYTHS doctors tell about cholesterol endanger your health.”

“Which of these new healing breakthroughs for HIGH CHOLESTEROL has your M.D. not told you about? They’re safe, proven, effective... and each of them could dramatically lower your cholesterol, improve your circulation, restore your health and vitality and maybe even save your life...

“Yet, you’re not hearing about ANY of them!”

**B**oy, if there is one area of medicine in which you could benefit from a second opinion or a consultation with a cardiologist such as myself, it’s high cholesterol.

That’s because most doctors “treat the number,” as we say, not the patient. As soon as a cholesterol reading hits 200, many general practice physicians (who know little about cardiology) instantly put their patients on powerful statin drugs. That’s what the drug reps who take them to all-expenses-paid gourmet dinners tell them to do.

As many as 20 million Americans are currently taking cholesterol-lowering statin drugs. Want to know why? They cost an average of \$3 to \$5 per pill. That’s why the drug companies and many doctors push them on patients like drug dealers pushing crystal meth.



According to *Medical News Today*, spending on drugs to treat hyperlipidemia (high cholesterol) QUADRUPLED from \$4 billion in 1996 to more than \$18 billion in 2003.

Just two drugs made up

the bulk of the spending: \$7.8 billion for Atorvastatin; and \$5.5 billion for Simvastatin.

This is mass insanity—and greed!

What your regular doctor probably won’t tell you (or doesn’t know!) is that many of the people swallowing statin drugs are wasting their time—and could even be endangering their health!

That because fully HALF of all the people who suffer a heart attack or stroke have “normal” cholesterol levels.

That means that *something else* besides cholesterol must be causing fatal heart attacks and strokes. High cholesterol *alone* isn’t the problem!

What’s worse, statins can sometimes make a heart attack *more* likely by raising the levels of lipoprotein (a) in

your blood.

New research at leading medical centers, including Harvard, is blowing the lid off what we thought we knew about cholesterol and heart disease.

In a nutshell, we now know that the real cause of cardiovascular disease is not cholesterol as such...but *inflammation* of your arteries.

Certain *types* of cholesterol can *contribute* to this inflammation, but there are many other, much more important factors at work.

Most general practice doctors think of diseased arteries more or less like plumbers: They imagine a complex network of inanimate pipes that occasionally get clogged by cholesterol-laden plaque.

But cardiologists now know that your artery walls are not hard and firm like pipes, but are really elastic, smooth, living muscles that contract and expand in metronomic response to the rhythm of your heart.

The blockages that lead to heart attacks and strokes are not passive “buildup” of cholesterol-laden plaque but are actually *severely inflamed infections*—like boils—in the walls of the artery itself.

Lots of things can cause the initial damage that leads to the infection—including cigarette smoke, toxic chemicals and metals, bad fats, bacteria, poor diet, elevated insulin, high blood pressure, and excess stress.

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**In a nutshell,  
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But once your artery has been injured, your body’s own immune system kicks in, in an attempt to repair the damaged cells... creating a scab-like lesion, full of pus and dead cells. That is the real “blockage.”

This scab-like lesion can become hardened—which is what “hardening of the arteries” is...and can lead to reduced blood flow, angina pain and fatigue.

Worse, portions of this atherosclerotic lesion can break off and form blood clots...

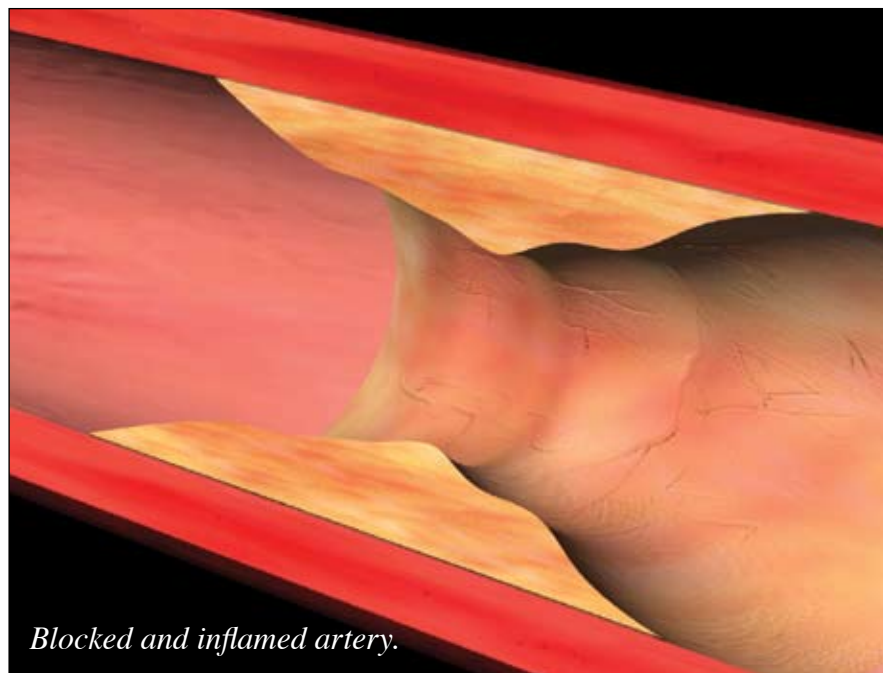
which can float “down river” until they get to a narrow blood vessel, like the ones that feed your heart, where they block off the flow of blood, starve the heart of oxygen, and cause a heart attack.

In your free bonus report *Manage Your Cholesterol Naturally*, I’ll share with you my complete action plan for managing your total cholesterol profile, not simply lowering the aggregate number.

This step-by-step approach will reduce your blood cholesterol and blood pressure...unclog your arteries...strengthen your heart...eliminate angina pain...and decrease the “stickiness” of your blood.

- **Why so many “healthy” men and women with cholesterol levels between 180 and 200 have heart attacks.** Now this riddle has been answered!
- **How killer inflamma-**

*(continued on page 12)*



*Blocked and inflamed artery.*

(continued from page 11)

**tion and plaque develop** in your body without you knowing it.

- **What really causes inflamed arteries**—and the type of fat, contained in 75% of the processed food you eat, that acts like gasoline thrown on a fire when it comes to arterial inflammation.
- **Why the compound xanthine in homogenized milk**, including 1- and 2-percent milk, is a leading cause of inflammation in your blood vessels and atherosclerosis...
- **What to ask your doctor** if you have low cholesterol (fully half of all heart attack

victims have cholesterol levels well within the “normal” range)...

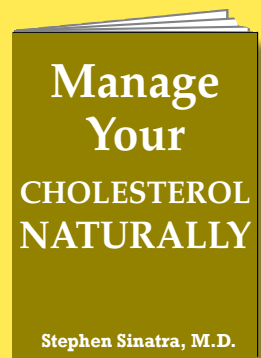
- **Nutritional supplements that block inflammation**—and one that actually “eats” potentially fatal blood clots...
- **The good and bad news about cholesterol-lowering statin drugs.**
- **The sophisticated new testing procedures** for analyzing your blood that many doctors know nothing about—yet which could easily save your life!
- **The new biomarker that can tell you instantly if you're at risk** (people with the highest level of this marker have four times the risk of

a heart attack or stroke and five times the risk of developing cardiovascular disease).

- **5 tests you should have** before you agree to an invasive procedure.
- **A new generation of super-foods that can lower cholesterol levels** without drugs. Best of all, you can easily integrate these foods into your regular diet—no drugs, no surgery, no hospital stay needed.
- **The remarkable food ingredient that naturally thins the blood.** It's so effective, it protects the Eskimos against heart disease, even though they eat a very high-fat diet.



Get your **FREE** Bonus Report Now!



Respond today, and get your free bonus report, *Manage Your Cholesterol Naturally*. See page 31.

# “The most dangerous mistake doctors make treating CONGESTIVE HEART FAILURE.”

In cardiology, it often seems as though we take two steps forward and one step back.

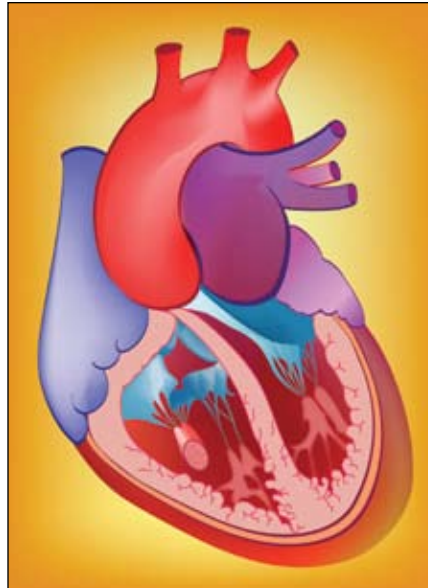
For example, over the past 20 years we’ve seen a significant reduction in the number of heart attacks, probably due to successful public education campaigns about the risks of smoking and other risk factors.

However, at the same time, deaths from congestive heart failure have *more than doubled*.

Congestive heart failure (CHF) is a weakening of the heart muscle, which usually happens gradually but can also happen suddenly, causing a loss of pumping power. This results in a buildup of fluids and swelling, especially in the lungs and legs, as well as difficulty breathing.

You feel short of breath... like you can’t breathe...full of anxiety and with your heart racing. It’s horrible.

More than 4.8 million Americans face some type of congestive heart failure—and an estimated 400,000 new cases are diagnosed every year.



Yet many doctors are completely ignorant of the underlying causes of CHF and how to treat it.

Worst of all, they frequently over prescribe medicines that are almost *guaranteed* to make the situation worse—such as statins.

The reason why is because statins have been proven to block the formation of the Coenzyme Q10 in your blood and tissues—and CoQ10 is the “spark” that converts raw fuel (called ATP) into cellular energy.

And if there is any part of your body that needs energy, it’s your heart!

Your heart must pump five liters of blood throughout your body each and every minute. That works out to approximately 40 million beats a year... or *2.2 billion* beats in your lifetime.

Without enough energy, your heart is not able to pump all this blood powerfully enough and the blood begins to “back up,” causing swelling and shortness of breath.

What this means is that, instead of *lowering* the amount of CoQ10 in patients with congestive heart failure, we should be doing everything we can to increase the level!

I’ve seen CoQ10 supplementation work miracles for patients suffering from heart failure—patients who were on ventilators in the ICU!

For example, in 1996 one patient, Mary, age 79, was about to be taken off a ventilator and “allowed” to die when her son, a Ph.D. biochemist, intervened and insisted that she be transferred to my care.

*(please turn)*

Ironically, the hospital that was going to “allow” her to die at first refused to transfer her, saying that she wouldn’t survive the ambulance ride!

Finally, Mary’s doctors reluctantly relented and she was moved to my care. The only change I made in her treatment was the addition of 450 milligrams of CoQ10 administered through her feeding tube.

Three days later, Mary emerged from the coma she had been in.

After 10 days, she was weaned from the ventilator. Eventually, she was discharged from the hospital and was able to return to her own home. She lived another six years, until age 86 when she died of natural causes, not CHF!

More than 5,760 published articles in various scientific and medical journals have shown that, simply restoring some of these vital cardiac nutrients to your body—such as Coenzyme Q10—we can reenergize a weakening heart, boosting the Ejection Fraction from 10% or 20% all the way back to a strong 52%!

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**I’ve personally witnessed miracles of healing through the use of these natural nutritional supplements**

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And yet too many general practice doctors still dismiss

CoQ10 supplementation or this new natural sugar as “unproven” or “alternative” medicine.

## **An all-natural sugar found in corn shows remarkable promise in treating CHF**

This remarkable substance is the “building block” of both DNA and the cellular “fuel” used by every cell in your body, especially your heart.

A recent research paper presented at the American College of Cardiology’s Annual Scientific Session 2005 in Orlando, Florida, reported that this natural sugar improved ventilatory efficiency in a controlled, double-blind study of CHF patients.

“A significant improvement was noted in ventilatory efficiency, oxygen uptake efficiency and myocardial performance in class II and III heart failure patients,” said Mark A. Munger, Pharm.D., Professor of Pharmacotherapy and Associate Dean of the College of Pharmacy at the University of Utah.

Beyond the previously known benefits of this natural sugar in “enhancing myocardial energy levels and improving diastolic function parameters following ischemia,” the doctor concluded, “this study demonstrated a benefit in ventilatory efficiency, one of the most powerful predictors

of survival in congestive heart failure patients.”

In my latest new bonus report, *New Solutions for Congestive Heart Failure*, I describe the latest treatment protocols designed to reenergize your heart muscle—rather than weaken it further.

I’ll tell you about the very latest research on CoQ10...why a deficiency in another vitamin-like substance contributes to congestive heart failure... and why a common mineral (or the lack thereof) has emerged as a key predictor of whether a patient will survive CHF .

You’ll also discover...

- **Why the bias against cellular nutrition** is based on ignorance, not science...
- **How a special “cocktail” of all-natural nutrients** can work miracles of healing with congestive heart failure when everything else has failed...
- **The reason why 50% of the CoQ10 sold** on the market today is worthless and passed out of your body unused...
- And lots, lots more.

**Get your FREE Bonus Report Now!**



**See page 31.**

# "Avoid the Life-Threatening Blunders Doctors Make Treating HEART ATTACKS."

In a sense, a heart attack is the "end stage" of coronary heart disease (CHD), the single leading cause of death in the United States. Each year, roughly 1 million people in the U.S. will suffer a heart attack and about half, or 500,000, will not survive it.

These are horrible statistics! For those 500,000 people a year, their very first symptom is their last—a fatal heart attack. On the death certificate, the doctor will call it "natural causes."

**N**onsense! Dying of clogged coronary arteries is no more "natural" than being run over by a bus. You can *easily* avoid it.

There are two big mistakes your doctor is probably making when it comes to treating heart disease.

The first one is rushing to surgery when there are other, less traumatic, less dangerous alternatives. The second is to rule out surgery altogether—as many alternative medicine docs do.

I'll never forget Janet, a patient I had who required urgent coronary artery bypass surgery. In her case, there was no other solution for her potentially lethal blockage.

At first, though, she flatly refused to have the operation. She had read an article by an



alternative doctor who said that bypass surgery is always unnecessary.

That's easy for him to say. He probably hasn't seen cardiology patients die of heart attacks in his parking lot, as I have. Fortunately,

Janet was persuaded to have the surgery and then, once she was out of danger, I put her on a program of natural remedies that healed her heart.

Unfortunately, the other extreme is almost as bad.

*(continued on page 17)*

# “A new blood test could make sure you never suffer a STROKE. So why hasn’t your doctor told you about it?”

Each year, more than 700,000 Americans suffer a stroke—making it the third-leading cause of death and a major cause of serious long-term disability and suffering for patients and their families.

But here’s what I just can’t understand: There now exists a simple, inexpensive blood test that can determine if you’re at risk for a stroke—and could save your life.

Yet few doctors know about it and fewer still prescribe it.

This is insane!

It’s called the PLAC test. You can get it done anywhere, in all 50 states—even in rural areas.

The PLAC test measures the amount of an enzyme in your blood called lipoprotein associated phospholipase A2 (Lp-PLA2 for short) that’s involved in the inflammation of blood vessels.

We now know that inflammation is what causes plaque in your blood vessels to rupture, turning into lethal clots and debris that cause both strokes and heart attacks.

Results from the ARIC Study (Atherosclerosis Risk in Communities) performed by the National Heart, Blood, and Lung Institute demonstrated that folks with an elevated Lp-PLA2 had *double* the risk of suffering an ischemic stroke over a six-to-eight-year period compared to those with low Lp-PLA2. People who also had high blood pressure had six times the risk of having a stroke.

In another free report that I’ve prepared, *Best Ways to Prevent or Treat a Heart Attack & Stroke*, I tell you everything you need to



know about the PLAC test.

Plus, I also tell you about...

- **How to modify the 13 primary risk factors** for stroke...
- **The single best step** you can take to avoid having a stroke...
- **What you need to know** about anti-clotting drugs...
- **A common spice you can add** to your dinner every night that acts like nature’s blood thinner...
- **The new clot-busting supplement** made from a fermented Japanese food...
- **What to do if you or someone you love** has already had a transient ischemic attack (TIA)...
- **How to use state-of-the-art inflammation markers**—such as CRP, homocysteine, fibrinogen, and Lp(a)—to further reduce your risk of ever having a stroke...
- **What to do immediately** if someone you know may be having a stroke...
- And lots more!

Get your **FREE**  
Bonus Report Now!

Best Ways to  
Prevent Or  
Treat a  
HEART ATTACK  
& STROKE

Stephen Sinatra, M.D.

See page 31.

(continued from page 15)

As a cardiologist, I can tell you open heart surgery should be the very *last* resort. The older you are, the more dangerous it is.

A review of the mortality statistics for 357,857 Medicare bypass patients, conducted at Duke University Medical Center, found that while only 1-2% of patients died on the operating table...8% of patients 65 to 69 years old died within a year of surgery...and 14.2% of patients 75 to 79 died within a year.

Plus, the 15-year survival rate of coronary artery patients is roughly the same between those who had bypass operations and those who availed themselves of non-invasive medical treatment.

That's why, except in rare cases when the risk of death from coronary blockages is immediate, I believe you can and should take control of your heart's health.

You can usually heal yourself without suffering the life-threatening trauma of surgery or invasive procedures.

## **The real cause of heart attacks**

This may come as a shock to you, but the low-fat, high-carbohydrate diet advocated by the American Heart Association and most doctors does *not* lower your chances of having a heart attack.



In fact, it may increase them!

That's because the real cause of heart disease in general, and heart attacks in particular, is not high cholesterol but *vascular inflammation*.

---

**Inflammation, not dietary fat, is what creates the blood clots that usually cause heart attacks.**

---

Along with this recent discovery has come a wide array of brand-new diagnostic tools that now allow trained cardiologists such as myself to identify inflammatory markers and treat arterial disease *before* you get a heart attack.

Unfortunately, uninformed GP docs encourage you to replace fat with carbohydrates, promoting a diet that actually releases inflammatory chemicals that cause atherosclerotic plaque and constrict your blood vessels.

The 1996 Lyon Heart Study provides evidence of this.

In the study, 600 patients who had suffered a heart attack were assigned one of two diets: the diet recommended by the American Heart Association (low fat, lots of carbs)... or a Mediterranean-style diet rich in fruits, vegetables, fish, poultry and olive oil.

The results were astonishing: After four years, the patients on the Mediterranean diet were **50% to 70% less likely** to have recurrent heart disease—meaning no second heart attack, no angina, no heart failure, no cardiac-related death of any kind.

How about that for a choice?

You can have your chest cracked open with open-heart surgery and lie in intensive care on a ventilator for days, even weeks...OR... you can enjoy delicious Greek, Italian, Spanish and Japanese meals.

Talk about a no-brainer!

In another of your free bonus reports, ***Best Ways to Prevent or Treat a Heart Attack & Stroke***, I'll share with you my complete action plan for healing following a heart attack.

(please turn)

You'll discover why more and more cardiologists believe that bypass surgery, angioplasty, and stents can be avoided if proper diagnostic tools are used early enough... why one cardiovascular test performed by cardiologists can often lead to "false positives" and calls for immediate surgery... and how new therapies can strengthen your damaged or weakened heart.

I'll also tell you about...

- **The all-natural therapy program** that is working near miracles for heart patients. As reported in the *Journal of the American Medical Association*, it has resulted in a 91% reduction in frequency of angina among heart patients. What's more, it's also reversed cholesterol blockages in these heart patients as well!

Best of all, you can duplicate these results at home—no drugs, no surgery, no hospital stay needed.



- **The mineral so critical for proper heart function**, when it was added to the diets of heart attack patients, their survival im-

proved by more than 800%!

- **Special note to men between ages 40 to 75:** A recent Harvard study, reported in the *Journal of the American Medical Association*, found that men in your age bracket have a striking pattern of heart disease IF this one nutrient is missing in their diets. Add it to our diet, and the risk plunges.
- **The non-surgical, non-invasive alternative to bypass surgery** that dramatically increases the blood flow through your heart arteries and opens up collateral circulation, making it Mother Nature's equivalent to bypass surgery. In a 1992 study published in the *American Journal of Cardiology*, 89% of patients with chronic angina reported complete relief from angina. All patients reported improvements in their ability to work, their energy levels and sense of well-being. And there are no side effects! This is a breakthrough of the first rank for heart patients.
- **Perhaps the most amazing heart-helping nutrient** of all. I've seen it work miraculous recoveries for people who've suffered heart attacks, and helped scores of others avoid bypass and even heart transplants.

A study in the *American Journal of Cardiology* showed that it cut the incidence of angina in half. There is more convincing evidence

on the benefits of this nutritional heart-healer than for any other heart medication on earth. Yet, because it's a nutritional cure, most doctors turn up their noses at it. Don't you!

You'll also discover...

- **Why moving your bed** can actually stop angina pain in many cases!
- **The amazing similarities** between the Mediterranean diet and the Okinawan diet, both of which are rich in seafood...
- **The startling fact that 90 percent of people with heart disease have no symptoms** whatsoever—and why a new test for calcium in your coronary arteries predicts heart attack risk better than traditional tests.
- **A common household item that douses inflammation**—and costs less than a penny.
- **The high-fat diet** that makes you almost IMMUNE to heart disease.

Get your **FREE** Bonus Report Now!

Best Ways to Prevent or Treat a HEART ATTACK & STROKE

Stephen Sinatra, M.D.

See page 31.

# “The Most Dangerous Missteps and Oversights Doctors Make Treating ARRHYTHMIA.”

If you’ve ever experienced cardiac arrhythmia, you know how scary it can be. It is among the most frequent of complaints for patients seeing a cardiologist.

More than two million Americans suffer from atrial fibrillation, one of the most common causes of arrhythmia. Arrhythmia can afflict healthy hearts—but can also indicate a serious problem that can lead to heart disease or even sudden death.

Two of the most common, relatively benign types of arrhythmias are *premature ventricular contractions* (PVCs for short) and *premature arterial contractions* (PACs). Both represent heartbeats that come early in the cardiac cycle.

Many cardiologists don’t bother treating infrequent arrhythmias since most of these disturbances occur in healthy hearts. However, cardiac arrhythmias can be quite frightening for many people and, for that reason, shouldn’t just be ignored.

In another of your free bonus reports, *Say Goodbye to Arrhythmia*, I’ll tell you all about my special “cocktail” for suppressing both PACs and PVCs.

Plus, I reveal a simple plan for systematically reducing palpitations, shortness of breath, “racing” heartbeats and skipped heartbeats.

One double-blind study

on human subjects found that the nutrients in my recommended anti-arrhythmia cocktail lowered both premature ventricular ectopic beats (a less dangerous type) as well as high-grade tachycardias (fast heartbeats) that can be life-threatening.

In your FREE copy of *Say Goodbye to Arrhythmia* and in monthly issues of my *HEART, HEALTH & NUTRITION* newsletter, I tell you about little-known treatment protocols.

They include...

- **One tiny change in your diet** that could cut your heart palpitations by up to 70%, according to a study published in the *American Journal of Cardiology*...
- **Why certain fruits** can act like miracle medicines in treating heart palpitations...
- **An inexpensive herb** that is widely used in European hospitals to control heart palpitations...
- **The day of the week you’re most at risk** of dangerous arrhythmias (and what you can do to avoid them) ... You’ll also discover...
- **The “miracle mineral”** that Americans do not get enough of and which makes arrhythmias, “racing” of the heart, and extra or skipped heart beats all disappear...
- **Why some physicians misdiagnose cardiac arrhythmia** as “panic disorder”...



- **Over-the-counter medications** that could be contributing to your heart palpitations...
- **Something you should never do while exercising** (it can trigger arrhythmias that you wouldn’t otherwise see)...
- **How certain food allergies** may play a role in arrhythmia...
- **The “heart healthy” treat** that is actually bad for arrhythmia patients...

Get your **FREE**  
**Bonus Report Now!**



See page 31.

# What Your Doctor Won't Dare Tell You: "What I Would (Really) Do If I Had Cancer"

I am asked this all the time: If I had cancer, what would I do?

It's a fair question.

Unfortunately, the unstated assumption behind the question is that doctors aren't always frank with their patients, that they don't always tell them the truth.

The implication is that they merely repeat the "official" line, stay with what is 100% proven, avoid anything that could get them sued. In other words: "cover your butt" medicine.

Well, I don't have time for anything like that!

I'll tell you right now that, when it comes to cancer, both conventional medicine and alternative treatments often fall short.

The best that conventional medicine can offer are surgery, radiation, and chemotherapy. These powerful but crude weapons can eradicate a few specific types of cancer, such as leukemia, lymphoma, and testicular cancers. But they are far less effective when treating cancer of the breast, prostate, lung, pancreas, and colon.



*Stephen Sinatra, M.D., FACC, FACN*

As for all of the alternative cancer treatments out there, many sound good but, quite frankly, most are untested. That makes it difficult to know whether they offer hope or just "snake oil."

Many alternative cancer treatments are based primarily on anecdotal evidence, not

double-blind scientific studies. However, many of the greatest breakthroughs in medicine were first discovered through "anecdotal evidence." For example, that's how insulin made its mark.

Insulin improved the health of diabetes patients one after another...until one day the sheer number of "anecdotes" convinced researchers to undertake a scientific study that proved its efficacy.

So, what would I do if I had cancer?

First, I'd get second and third opinions to find out what traditional medicine has to offer for my specific cancer. I wouldn't just settle for whatever my primary physician recommended.

Second, if the tumor could be surgically removed, I'd go for it. That just makes sense. Get it out of your body!

Third, I'd consider radiation and chemotherapy for certain types of cancer. Testicular cancers, most leukemias, and some lymphomas are overwhelmingly responsive to radiation and chemo.

Fourth, if chemotherapy

and radiation didn't improve the survival rate very much for the type of cancer I had, I would weigh my decision carefully and probably try something else.

Which of the newest therapies would I try?

I don't have room here to go into all the details, so I've prepared another special report that discusses the newest conventional and alternative approaches to cancer treatment.

It's called *What I Would Do If I Had Cancer*, and it discusses in detail 6 breakthrough cancer therapies such as...

#### **New Breakthrough #1**

This treatment combines traditional chemotherapy with a twist that may make it more selective in targeting cancer cells and more tolerable, by reducing some of the negative side effects.

#### **New Breakthrough #2**

This involves heating the blood in an affected organ to as much as 108 degrees. This therapy has been used solo and in combination with radiation to treat prostate and breast cancers. Although not currently available in the United States, it has been used with considerable success in Europe.

#### **New Breakthrough #3**

A new super-nutrient combo that is taking the medical world by storm. One of the most exciting developments in the treatment of cancer is a non-toxic agent now being tested at some of the world's leading research centers—Canada, Mexico, Australia, South

America, India, and Europe.

I'm very impressed with the science and ongoing research behind this product. (In fact, I now take this treatment myself as a cancer preventive.) Numerous anecdotal case studies have documented patients with "terminal" cancers who beat doctors' predictions and survived after using it.

#### **New Breakthrough #4**

The ultimate antioxidant. One super-potent antioxidant can neutralize free radicals, as well as conserve and rejuvenate other key antioxidants, such as vitamins C and E. It helps reduce the toxic side effects of radiation and chemotherapy.

#### **New Breakthrough #5**

This new anti-cancer therapy is a little-known plant compound that occurs naturally in the body in very small amounts. Although no controlled trials have been done in humans, research seems to indicate that foods rich in this substance reduce the risk of developing cancers of the colon, lung, liver, skin, and prostate. Since it's found in so many fruits and vegetables, it may be yet another reason why a diet abundant in fresh produce seems to be such a great cancer deterrent.

#### **New Breakthrough #6**

If you needed more reasons to eat cabbage, cauliflower, broccoli, and Brussels sprouts, here they are. They all contain special antioxidants and cancer-fighting substances. Like the cancer drug Nolvadex (tamoxifen), these antioxidants convert potent estrogen to safer forms. Unlike tamoxifen, which

can overstimulate uterine tissue, they are protective to both the breast and the uterus.

They work synergistically, which suggests some real advantages to taking them in combination. In laboratory experiments, both have been shown to inhibit the occurrence, growth, and spread of estrogen-related cancers (breast, uterus, and cervix).

Send for your special bonus today!

**Get your FREE Bonus Report Now!**



**See page 31.**

*"The advice I read in Heart, Health & Nutrition is keeping me very healthy. I take the supplements he recommends and at age 74 I'm able to lead a very active life."*

—Jeanne W.

# 101 new cutting-edge CURES your doctor *can't* tell you about...because he doesn't know about them yet!

Being a clinical cardiologist has its advantages: My job demands that I stay on top of the very latest scientific research and breakthrough cures.

Unless a cure is an FDA-approved drug, patented by a major pharmaceutical company...or a new surgical procedure done at a major research hospital...the average doctor is trained to ignore it—even if it's been proven to work!

But in my new special report, *101 New Cutting-Edge Cures*, I stop the censorship once and for all.

I reveal such brand-new, next generation breakthroughs as...

- **The one treatment you can do at home** that is proven to help osteoarthritis (#6)...
- **Prevent and treat memory loss with a super-nutrient** that studies show can increase cognitive function after just 12 weeks (#64)...
- **Instant relief for foot pain** with this common household item (#35)...
- **A proven way to treat bruises** and swelling (#14)...
- **Suffer from asthma?** Try out this herbal cure that recent, double-blind studies show helps 70% of patients who suffer from shortness of breath, acute asthmatic attacks and impaired pulmonary function (#8)...

- **Forget about high-priced age creams!** Do this instead and watch wrinkles, age spots disappear (#2)...
- **Say goodbye to high cholesterol with this delicious beverage:** A summary of 38 studies in the *New England Journal of Medicine* proved it works (#46)...
- **Toss away the Viagra!** This cocktail of natural ingredients works better and costs pennies (#48)...
- **Can't sleep?** This delicious food is proven to increase the level of serotonin in the brain, promoting deep, restful sleep (#53)...
- **Heartbreak of psoriasis?** Take two tablespoons of this cookie ingredient and you're cured (#85)...
- **Relief for fibromyalgia!** Remove these items from your bedroom and get instant relief (#33)...
- **Feel depressed?** This common breakfast food causes a big increase in mood-lifting neuropeptides such as dopamine (#29)...
- **Soothe heartburn** instantly with this easy remedy (#37)...
- **Never get eye disease!** A small amount of this supplement every day reduces the incidence of macular degeneration by as much as 43 percent (#57)...
- **Detox from mercury poi-**

**soning.** Mercury poisoning from fish and dental fillings can be reduced with a combination of specific foods (#73)...

- **Prevent osteoporosis.** Just do one thing for 15 minutes a day and you'll have stronger bones (#81)...
- **Soothe sore throats without cough syrup.** Natural remedy works like magic (#92)...
- **Eliminate food cravings instantly!** Just chew on a handful of special nuts to blunt your appetite (#34)...
- **Get rid of blinding migraine headaches** for good! Supplement stabilizes vascular reactivity that causes intense, throbbing pain (#74)...
- **Avoid impotence** caused by prostate therapy! Use these two supplements instead (#82)...
- **And lots, LOTS more!**

Get your **FREE** Bonus Report Now!

101 New  
CUTTING  
EDGE  
CURES!

Stephen Sinatra, M.D.

See page 31.

# “Could insulin resistance or diabetes be **STEALING 15 years of your life?**”

“Did you know that diabetes now kills more people every year than AIDS? It’s true. According to the World Health Organization, the number of diabetes-related deaths worldwide now exceeds the 3 million people killed each year by HIV/AIDS!

Six times more people die of diabetes worldwide than die of breast, colon, prostate or liver cancer. And diabetes is now the sixth leading cause of death in the U.S.

Plus, here’s what’s truly frightening: You can have diabetes and not even know it!”

**I**t’s estimated that 6 million Americans have type 2 diabetes but don’t have a clue that something is wrong. Their doctors have **MISSED IT COMPLETELY!**

Another 20 to 25 million people have insulin resistance—a precursor to diabetes in which the body’s tissues are less sensitive to the action of insulin.

The good news is that we now have a new way to test your blood sugar levels.

It’s fast and easy.

It’s a better diagnostic tool than fasting insulin or blood sugar tests because those tests only give a snapshot of what’s happening at a given moment.

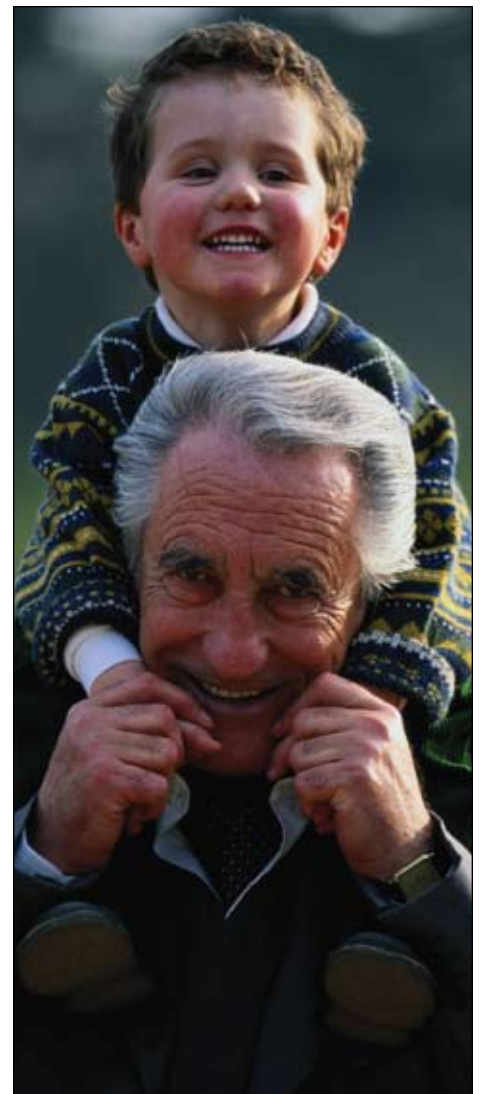
This new test tells you whether your blood sugar has been out of control for the last two or three months.

And yet many doctors don’t give this test to their patients. It’s too new. If your doctor doesn’t know about this test, you can get it done yourself.

Studies have proven that the higher your blood sugar levels, the faster you age. It’s as simple as that. High blood sugar levels can easily steal 15 years of your life and make you old before your time.

A 60-year-old person who has either chronic insulin resistance or diabetes

*(please turn)*



will look and feel like they're 75 because so many body systems are operating at suboptimal levels.

## How to Get Your Blood Sugar Under Control Immediately

Fortunately, there's a lot you can do right away to get your blood sugar under control.

In my newly updated special report, entitled *You Can Beat Type 2 Diabetes*, I reveal a simple, step-by-step plan for preventing and treating type 2 diabetes and its precursor conditions.

First, I help you take a look at the prescriptions you're presently taking.

I give you a complete list of the pharmaceutical drugs that can make you more susceptible to diabetes, including name-brand diuretics, antibiotics, antidepressants, steroids, ACE inhibitors and various cancer drugs.

Plus, *You Can Beat Type 2 Diabetes* shows you how small changes in your diet can do more for you than any drug.

For example, about 85 percent of the U.S. population consumes reduced-fat foods that are high in carbohydrates. You may lose weight initially but can run the risk of developing very serious health prob-

lems—diabetes among them.

Excessive consumption of carbohydrates—more than 50 percent of daily food intake—can result in a rapid release of glucose, or blood sugar.

The body responds by secreting insulin from the pancreas into cells, where it's burned for energy. Over time, excess glucose stresses the system and cells become less responsive. This condition, known as insulin resistance is associated with the dramatic rise in type 2 diabetes.

The best way to keep insulin and blood sugar levels in balance is to eat carbohydrates that rank low on the glycemic index. Get the details in your FREE Report.

Also, your FREE copy of *You Can Beat Type 2 Diabetes* tells you about a new generation of insulin-friendly nutraceuticals that can help your body recover from the effects of insulin resistance or full-blown type 2 diabetes.

In other words, these nutrients can actually improve your body's ability to deal with sugar.

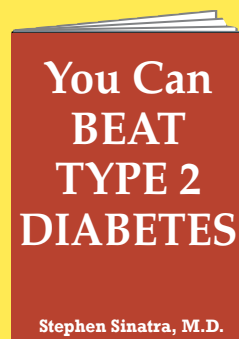
*You Can Beat Type 2 Diabetes* and my *HEART, HEALTH & NUTRITION* newsletter give you all the details about...

- **A mineral that studies show make cells** more responsive to insulin.
- **A naturally-occurring B vitamin** that promotes more effective glucose storage

after meals.

- **An amazing nutrient** that helps reduce blood sugar as well as some of the complications of diabetes, particularly diabetic polyneuropathy (degeneration of the peripheral nerves).
- **An ordinary vitamin** that, in a Scandinavian study, is associated with lower levels of diabetes among the male population...
- **A super nutrient** that research shows not only lowers blood glucose levels but which also improves many of the adverse metabolic effects of insulin resistance, such as high blood pressure and high triglycerides.
- **A natural treatment** used in India that enhances insulin responsiveness and stimulates the release of insulin from the pancreas.
- And lots more.

Get your **FREE** Bonus Report Now!



See page 31.

# Lose excess weight quickly and easily by eating MORE food, not less!

Everyone knows that obesity in the U.S. has reached epidemic proportions. An astonishing 58 million Americans are clinically overweight, including 80% of all people over age 25.

The health consequences are severe. It's estimated that fully 70% of cardiovascular problems are related to obesity... and, according to the Centers for Disease Control, more than 300,000 people die prematurely each year due to obesity.

A new University of Pennsylvania study of nine popular diet programs found that none of the diets delivered long-term weight loss—not one!—and yet the most expensive programs cost \$840 to \$2,100 just for three months.

Why don't most diets work?

The scientific answer is that any weight loss program based on restrictions throws off your body's thermo-regulatory system, confuses your metabolism, and winds up causing you to "rebound" and gain more weight, even after successful weight loss. This is often referred to as the "yo-yo syndrome."

This is especially true of the "ultra low fat" diets that some doctors claim can cure heart disease.

This kind of diet can actually cause you to feel depressed and lethargic—and make you age faster! People who follow an ultra low fat, quasi-vegetarian diet lack three "anti-aging" antioxidants—L-carnitine, coenzyme Q10, and alpha lipoic acid, all of which are found in animal flesh like meat and fish.

So, what's the simple solution?

As I tell subscribers to my *HEART, HEALTH & NUTRITION* newsletter, what works is a combination of the way Asians and people in the Mediterranean eat.

For one thing, they don't diet at all. In fact, Greeks and Italians, French and Spanish and Portuguese people—to say nothing of the Japanese and Chinese—*love* to eat.

They simply eat foods that happen to boost their health, vitality and longevity and avoid those that make them sick.

In my new report *Natural Weight Loss Breakthroughs*, I reveal simple, easy ways to adapt Mediterranean and Asian diets to your ordinary routine and shed 10, 20, even 30 pounds or more—without dangerous drugs.

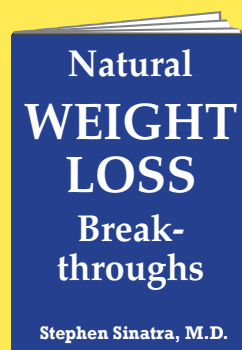


Plus, I also tell you about the very latest weight loss breakthroughs.

Such as:

- **A nutrient that increases your body's sensitivity to insulin**, the premier hormone for maintaining blood sugar. Without adequate levels of this nutrient, your insulin function may become impaired, allowing blood sugar to increase and be stored as fat.
- **A naturally occurring amino acid** that supercharges your mitochondrial metabolism, helping your body to burn fat even while you sleep.
- **A common herb that helps your body** achieve a higher ratio of lean muscle to fat and stimulates the action of the enzyme lipase, an important compound used to break down triglycerides, the building blocks of fat.
- **A special kind of tea extract** that boosts your energy levels and also burns fat. In a recent study, participants taking this natural extract burned an additional 70 calories per day, compared to those taking caffeine or a placebo.
- **An all-natural mood enhancer** that helps your body feel "full" in the same way that eating lots of carbs does. A recent study found that this nutrient helped burn fat and maintain muscle over a four-week period.

Get your **FREE** Bonus Report Now!



See page 31.

# What you get when you ac *Heart, Health & Nutrition:*

As a member of *Heart, Health & Nutrition* family, your benefits go WAY beyond your monthly issues.

In addition to your monthly issue, you'll also get:

- **Virtual, Online Consultations With a Board-Certified Cardiologist About Your Biggest Cardiovascular Concerns.**

Get up-to-the-minute updates and healing advice, on the health topics that concern you most.

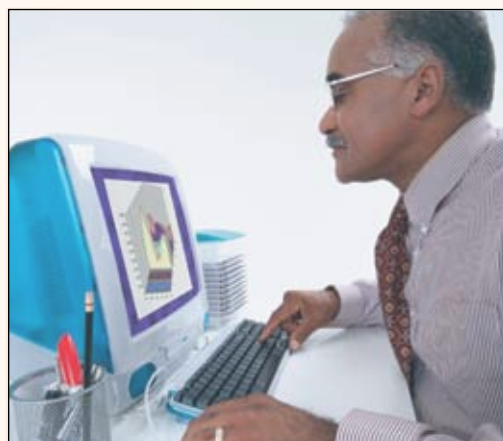
Research top health concerns and get the latest vitamin and supplement information.

- **Free E-mail Flash Alerts About The Latest Breakthrough Cures.** These are optional of course, but many of Dr. Sinatra's subscribers just love getting a regular "reminder" of the latest healing breakthroughs in their e-mail.

- **Free Subscriber Seminars.** Every year, Dr. Sinatra takes a few weeks to travel the country and meet with his readers in person. There is absolutely NO charge for you to attend. And it's an opportunity to discuss your health in a more personal way.

- **Special Deals for Subscribers.** Dr. Sinatra sometimes recommends specific products available from various companies and often negotiates a special price for his subscribers—so you get the lowest price possible.

- **Medical Referral Service.** As part of his effort to help you get the best medical care possible, Dr. Sinatra can also refers you to top doctors across the country—including Dr. James Roberts, co-author of his book, *Reverse Heart Disease Now* and a pioneer in treatments for congestive heart failure.



# cept a risk-free trial of

- **Evaluation Service.** Dr. Sinatra personally evaluates all of the treatment protocols he recommends to his newsletter patients—many who have been with him for over a decade. As a result, you can rest assured that the low-cost or free remedies he recommends are backed up by the latest scientific research AND Dr. Sinatra's personal, "hands on" evaluation.
- **Online Library.** Dr. Sinatra's complete archive of special reports, past newsletter issues and other material is available online for you to use at any time.
- **Bonus Special Reports.** with the latest information on breakthrough treatments and cures for cardiovascular ailments—in addition to your regular monthly issues.



## Dr. Sinatra's Zero-Risk, Money-Back Guarantee



I'm so confident that you'll be delighted with the state-of-the-art information and healing help you get in my *HEART, HEALTH & NUTRITION* newsletter, I'm prepared to make you this unprecedented offer:

Take as much time as you need to evaluate the specific advice, healing recommendations and preventative tips you get from your FREE gifts and issues of *HEART, HEALTH & NUTRITION*—up to the very last day of your subscription.

If you don't believe that *HEART, HEALTH & NUTRITION* is the best investment in your health you've ever made, you'll get back every

penny you paid, no questions asked.

This offer is good up to the very last issue of your subscription!

And of course, in the unlikely event that you decide *HEART, HEALTH & NUTRITION* is not for you, you get to keep everything you receive as your FREE gifts and owe nothing.

What could be a more risk-free offer than that?

Just detach and mail the Free Gifts and Risk-Free Trial Subscription Form at the back of this report today and I'll send you up to 16 special reports FREE and provide you with immediate access to my Web site.

All the best,

*Stephen Sinatra M.D.*

# “7 crucial reasons why you need *Heart, Health & Nutrition.*”

The monthly second opinion from a board-certified cardiologist.

**1 You find out about the latest breakthroughs in conventional and alternative medicine right away**—not years or decades later. That means you can reap the benefits of new low-cost or free treatments immediately.

**2 You'll only learn about the very best remedies.** You can spend a fortune and waste a lot of time on unproven therapies. I only present what I know actually works and is worthwhile.

**3 You find out what trained cardiologists really think about the latest cardiovascular cures and therapies.** I make it a habit of asking

colleagues whether they would use a particular medicine or treatment themselves if they had a specific ailment.

**4 You get low-cost, nutritional recommendations first.** I believe drugs and surgery are sometimes the best treatment, but that you should generally try natural remedies first—if only because they can cost mere pennies when heart drugs cost hundreds, sometimes thousands of dollars!

**5 You avoid the scams and bogus treatments.** Frankly, a lot of treatments and remedies sound like they should work... but until they're tested, you can't really know for sure. That's why I only tell you about the latest cures and treatments that have been scientifically proven to work.

**6 You get real-world advice from a practicing, board-certified cardiologist who regularly sees patients.** You'd be amazed how many health newsletter writers don't see patients regularly—and who aren't even medical doctors. There is no substitute for the information you get from daily, hands-on interaction with real patients.

**7 You get recommendations for the best name-brand products out there—plus discounts.** With each of my recommendations, I'll tell you where to buy the best products. And I'm often able to negotiate special discounts for my subscribers.



# Plus, Four More Free Gifts When You Try a No-Risk, Two-Year Subscription

## EXTRA FREE BONUS #1

Women are often surprised to learn that their chance of dying from heart disease is six times greater than their chance of dying from breast cancer.

So you need to pay attention to your heart, especially as you pass menopause and lose your built-in protection of natural estrogen.

Unless your quality of life is unbearable (with severe hot flashes, night sweats, memory loss, depression, and other symptoms), I recommend that you avoid using hormone replacement therapy because it increases your risk of hormone-sensitive cancers, especially with long-term use.

Instead, I recommend you switch to bioidentical hormones that can be compounded by a formulary pharmacy to match your body's specific needs. I'll tell you all about it in this updated report, *Women's Health Solutions*.

You'll also discover...

- Foods to avoid that can stimulate estrogen receptors in cells and stimulate the growth of cancer cells...
- Why women need to use a water filter to avoid the onslaught of hormones and chemicals found in ground water...
- A natural supplement that inhibits the growth of breast cancer cells...
- The right way and the wrong way to get sufficient calcium to prevent osteoporosis...
- An easy way to prevent cervical cancer...



anti-inflammatories...

- How to increase the shock-absorbing, pain-eliminating cushioning between your joints...

## EXTRA FREE BONUS #3

When male potency drugs hit the marketplace a few years ago, they were hailed as wonder drugs that would relieve a "lifestyle problem" for many men. As the full story has emerged, though, they have lost some of their glow.

As a result, I've prepared another special bonus report, *Mind-Blowing Sex After 50*, that reveals all-natural ways to improve your love life without harming your health.

I'll help you discover...

- The amino acid complex that improves blood flow to the heart—and to other parts of the body as well...
- A B vitamin that is a powerful vasodilator that also promotes blood flow where you need it most...
- An herbal extract that comes from the root of a Brazilian plant that is a proven libido booster and super-energizer. Unlike herbs such as yohimbe, no major side effects have been reported in clinical studies...
- A natural progesterone cream for women: Just a dab on the inner thigh and most women go wild...



## EXTRA FREE BONUS #2

At least 80 percent of people over age 50 experience some joint pain. That's about 12 percent of the U.S. population.

Whether pain is short-term from a headache or long-term from chronic arthritis, it can make your life miserable. Anti-inflammatory drugs usually work for the short term, but they should never be relied on long-term.

In your special bonus report, *Permanent Pain Relief*, I tell you all about natural pain relievers that can be as effective as NSAIDs at relieving pain—without the dangerous side effects. You'll learn about

- SAM-e, short for S-adenosylmethionine—a natural substance found in every living cell that provides pain reduction, cartilage support, homocysteine lowering, mood elevation, and liver protection...
- The best pain relievers for back pain...
- 7 different herbs from folk medicine that scientific studies show reduce pain as well as powerful drugs...
- New enzymatic therapies that act like natural

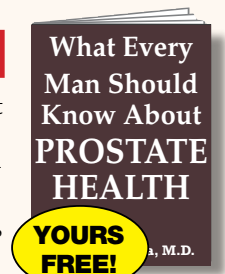


## EXTRA FREE BONUS #4

All of us have health concerns that are as much emotional as physical. For women, it is breast health; for men it's the prostate gland.

In your fourth special bonus report, *What Every Man Needs to Know About Prostate Health*, I'll tell you about...

- What the PSA test does and doesn't tell you about your prostate...
- Whether you should undergo a biopsy when faced with an elevated PSA...
- The problem of "false positives" and "false negatives" with testing...
- The good and bad news about conventional medical solutions, including radical prostatectomy, orchiectomy, radiation therapy and brachytherapy...
- The role that stress plays in prostate cancer—and new techniques for easing the emotional tension that may cause it...
- The 4 essential nutrients you should take to prevent or treat prostate cancer...
- A single vitamin that a large Finnish study (of 29,133 men) found reduced prostate cancer by 36 percent...

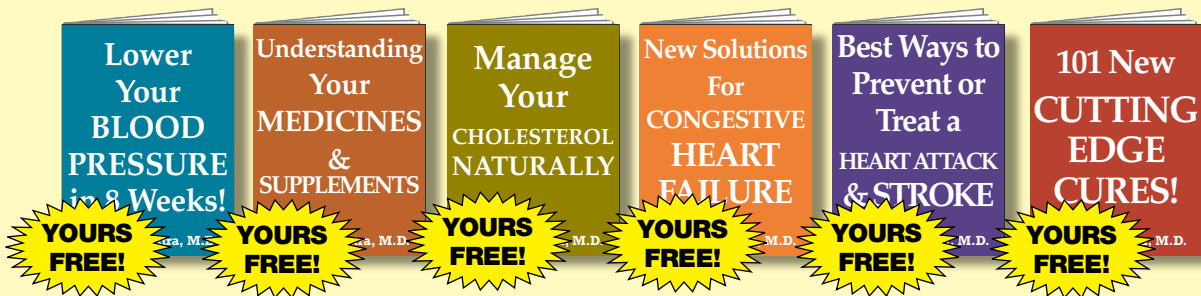


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| #3 Manage Your Cholesterol Naturally                      | #10 You Can Beat Type 2 Diabetes                       |
| #4 New Solutions for Congestive Heart Failure             | #11 Women's Health Solutions                           |
| #5 Best Ways to Prevent or Treat a Heart Attack & Stroke! | #12 Permanent Pain Relief                              |
| #6 101 New Cutting-Edge Cures                             | #13 Mind-Blowing Sex After 50                          |
| #7 Natural Weight Loss Breakthroughs                      | #14 What Every Man Needs to Know About Prostate Health |

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**2 FAST RESPONSE GIFTS:** I'm responding within 10 days. Please send me two extra reports:

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**“Is your doctor making these**

# **DANGEROUS BLUNDERS**

**with your health?**

*By Stephen Sinatra, M.D., Clinical Cardiologist*

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Unless they're trained cardiologists, your local doctors could very well be endangering your life by using outdated treatments, imprecise diagnostic tests and dangerous drugs that are not right for you.

**INSIDE: Discover new low-cost CURES and PREVENTIVE TREATMENTS for cardiovascular problems that don't require surgery... don't involve drugs... and help you feel better fast!**

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