

NEW DISCOVERY STUNS SCIENTISTS:

The Amazing Yogurt Cure for Belly Fat!

Nutritionists find merely adding three servings a day of low-fat dairy to your diet can help you shed **70% more weight overall and nearly **50% more belly fat!** Details on page 8.**

829 of the world's top doctors reveal the easiest, best ways to **STRENGTHEN** your heart.... **BOOST** your immunity... **BEAT** the deadliest cancers... **ELIMINATE** joint and arthritis pain... **LOSE** more belly fat... **SHARPEN** your memory without using dangerous drugs... and **MORE!**



INSIDE:

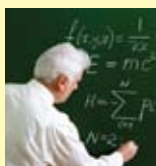


■ **Eliminate the hidden cause of heart disease!**

Overlooked risk factor causes the blood clots that trigger heart attacks. Page 2

■ **7 medical red flags you should NEVER ignore!**

Knowing these could save your life. Page 6



■ **New over-the-counter memory boosters that really work!** Forget choline and ginkgo. Recent studies

prove safe, inexpensive supplements can help make your memory razor sharp. Page 10

■ **Why too much broccoli could kill you!** Vitamin in green



leaf vegetables can interfere with life-saving medicines. Details page 10.



■ **Stop hospitals and clinics from robbing you blind!**

Average hospital steals \$1,400 from every patient. Page 12

■ **Tape away arthritis pain instantly!** New non-drug therapy as effective as Celebrex, lasts weeks longer! Page 6

■ **New acne cream erases wrinkles!** Studies prove 67% of patients see significant improvement. Page 00

RESEARCH SHOCKER:

Eliminate the HIDDEN CAUSE of Heart Disease!



atherosclerotic blockages.

Too much insulin also triggers a cascade of metabolic abnormalities that scientists call **Syndrome X** and that afflict an estimated 70 million Americans.

Syndrome X causes heart disease by making potentially fatal blood clots much more likely.

It increases the amount of *fibrinogen* responsible for making blood clots in the first place; decreases the amount of a blood chemical that breaks up blood clots; increases the blood fats called triglycerides that cause blockages; and a reduces the “good” HDL cholesterol that sweeps fat out of your arteries.

The good news is that Syndrome X and insulin resistance can be effectively treated —IF you know to ask about it. One simple step alone reduces insulin resistance 40% in some patients.

For more about this simple, easy way to eliminate one of the hidden causes of heart disease, turn to page 265 of **SUPER HEALING UNLIMITED**.

You can get a FREE preview copy without spending a dime—and read all about this and dozens of other ways to prevent, treat and even reverse heart disease.

For years, the medical establishment has pointed to high cholesterol as the primary culprit behind heart disease.

But now researchers believe that another, even more important factor in the development of atherosclerosis and heart attacks is *insulin resistance*.

Insulin—produced by the pancreas—is the hormone that ushers blood sugar (glucose) into cells.

However, cells can become resistant to insulin’s action. When that happens, the pancreas pumps out *huge* amounts of insulin to “force” sugar into cells.

The problem is, insulin acts like battery acid on your coronary arteries, weakening them and making them more likely to develop

The 10-Minute Test That Reveals Your Risk for Heart Disease

Cardiologists now say that levels of C-reactive protein (CRP) in your blood is a far better predictor of heart attack than either cholesterol or homocysteine levels.

C-RP Risk Levels

< 1.0	●	Low Risk for Future Cardiac Risk
1.0 – 3.0	●	Intermediate Risk
> 3.0	●	High Risk

Check with your doctor to see if it is appropriate for you. Find out more on page 283 of **SUPER HEALING UNLIMITED**.

For example, you’ll also discover...



■ **The little-known stroke warning sign that should send you immediately to the ER (and could save your life).** Find out more on page 293.

Slash Your Cholesterol from 250 to 180 Without Statin Drugs!

Sure, you can take cholesterol-lowering statin drugs. But are they worth the risk? Statins are expensive and have dangerous, debilitating side effects, including impotence, liver damage and depression.

Fortunately, it’s easy to lower your serum cholesterol levels without drugs with three easy steps:

Step 1: Eat oat bran muffins every day.

The oat bran reduces your cholesterol 10% by binding the cholesterol-laden bile in your digestive



track, eliminating it from your body before it can be absorbed into your blood stream.

Step 2: Take a cholesterol-blocking supplement called *phytosterol* before eating a meal with animal products. *Phytosterol* prevents cholesterol from passing into your bloodstream and reduces your cholesterol an additional 10%.

Step 3: Drink soy milk regularly and snack on soy nuts. Soy is a proven cholesterol-reducer that’s good for yet another 10% drop.



Combined, these three steps will reduce blood cholesterol of 250 down to 180 —without statins!

More info on page 280 of **SUPER HEALING UNLIMITED!** Plus, you can also discover...

- **A new cholesterol vaccine that could eliminate the need for statin drugs entirely.** Page 278
- **An ordinary vitamin that works better than many statins** (unlike statins, it lowers triglyceride levels as well as total and LDL cholesterol). Page 280
- **How you can control your cholesterol without giving up all of your favorite fatty foods.** Page 280

Clip This Section & Save a Life!

Instant Stroke Diagnosis Could Save a Loved One's Life

Neurologists now know that fast action is often the key to saving the life of someone who is in the beginning stages of a stroke. Special clot-busting medications can dramatically limit stroke damage and save the patient's life—but only if administered within the first *three hours* of the onset of symptoms.



to determine one-side facial weakness.

Second, ask the person to close his eyes and raise his arms straight out in front of his body.

Stroke victims usually cannot raise both arms to the same height.

Third, ask the person to repeat a

simple sentence, such as "Don't cry over spilled milk." Listen for slurring.

If someone shows any *one* of these symptoms, call 911 immediately.

To learn more about preventing and treating strokes, turn to page 291 of **SUPER HEALING UNLIMITED**.

That's why they have devised a simple three-step diagnostic test to help onlookers determine whether a friend or loved one is suffering stroke. Here's what to do...

First, ask the person to show his or her teeth. The "smile test" helps

■ **What to chew immediately if you suspect you're having a heart attack.** Page 267

■ **An easy home test that measures your heart disease risk better than BMI.** Page 275



■ **How to eat your way to lower blood pressure!**

Page 288

■ **Why women between the ages of 50 and 59 are THREE times more like to die following heart**

bypass surgery than men of the same age—and what they should do about it. Page 283

■ **The simple test that reveals if you're ready for sex after a heart attack (it may surprise you!).**

Page 269

■ **The subtle symptoms of Syndrome X, the epidemic, undiagnosed metabolic condition that is a leading risk factor for heart disease and type II diabetes.** Page 273



■ **The tangy, delicious fruit juice that cuts your risk of heart disease by 40% all by itself.** Page 277

60-Second Health Booster

Prevent a Stroke by Drinking...BEER?

A recent study found that men who drank 12 ounces of beer a day for a month had 10% less of the clot-promoting protein *fibrinogen* in their blood—a leading cause of heart attacks and strokes—than those who drank only mineral water.



The researchers believe that special compounds in beer known as polyphenols (and also found in wine) dissolve the fibrinogen before it can form deadly clots that cut off blood flow to the heart and brain.

6 Threats to Your Heart That Doctors Overlook!



Many doctors believe that high cholesterol is the primary cause of heart disease. But the truth is, seven out of 10 heart attack victims actually have cholesterol levels only in the "borderline" range of 180 to 240 milligrams per deciliter.

Heart experts now say that six *other* factors are far more dangerous than moderately elevated cholesterol—yet they're almost always overlooked by uninformed MDs.

One example is the common respiratory tract bacterium, *Clyamidia pneumoniae*, that can seriously damage the linings of your arteries.

More than half of adults with atherosclerosis (hardened arteries) are believed to be infected with *C. pneumoniae* while only 5% of those with healthy arteries carry the bacterium. Anyone with chronic bronchitis or sinusitis should be checked for *C. pneumoniae* right away.

Another overlooked threat to your heart is "thick blood"—a high hematocrit reading that indicates the concentration of red blood cells in your blood. In fact, a hematocrit reading above 48% can *triple* your risk of having a heart attack.

To find out more about these... and four other threats to your heart's health... turn to page 281 in **SUPER HEALING UNLIMITED**.

You'll also discover...

■ **3 easy-to-spot early warning signs of heart disease** you would never suspect. Page 282

■ **And much more.**

BOTTOM LINE'S
SUPER HEALING UNLIMITED
1,739 REMARKABLE SECRETS FROM THE WORLD'S GREATEST HEALTH EXPERTS
Yours FREE FOR 30 DAYS!

You Can Beat the Deadliest Cancers!

Diagnosed with terminal lung cancer and given just 3 months to live, Richard Bloch lived another 26 years!



Most people have an overly pessimistic view of cancer treatment and prevention today.

Cancer is not always the death sentence that many

people believe. In fact, a wide array of new treatments is now curing many previously untreatable cancers and helping patients live much longer, stronger lives.

For example, breast cancer patients now have a 71% chance of surviving for 15 years after diagnosis compared to just 58% in years past.

That's why Richard Bloch, the cofounder of the tax-preparation service H&R Block, established a support network of cancer survivors to share their cancer-reversal secrets with one another.

Bloch himself was diagnosed in 1978 with an inoperable lung cancer and given just three months to live.

The Most Common Mistakes Doctors Make Diagnosing Cancer

Much of what you hear about cancer diagnosis and treatment from the medical establishment is flat-out wrong. Cancer survivors report that much of the initial advice they received turned out to be inaccurate.



reveals that an eye-popping 500,000 women each year are told their Pap smears are normal when they're really abnormal.

On page 316 of **SUPER HEALING UNLIMITED**,

you'll find an easy way to make sure your Pap smear reading is accurate. You'll also discover...

For example, a high PSA (prostate-specific antigen) reading doesn't necessarily mean prostate cancer.

Nearly 50% of men with high PSA readings—above 4 nanograms per milliliter—had normal readings on subsequent tests. PSA levels can be elevated temporarily due to recent ejaculation or inflammation. The best advice is to get a second test before submitting to a painful biopsy.

Conversely, the opposite problem exists with women's Pap smears. A new study

- **The proper way to screen for colon cancer.** Page 317
- **A test that reveals deadly skin cancers not detectable by other means.** Page 321
- **A simple step that **DOUBLES** the detection rate for breast cancer.** Page 316
- **And lots MORE!**

But taking advantage of the cancer-beating secrets he learned from fellow patients and the best treatment options then available, Bloch lived for another 26 years after his diagnosis. (He died in 2004 at age 78 of heart failure.)

You can discover his and other patients' most amazing cancer reversal secrets starting on page 303 of **SUPER HEALING UNLIMITED**.

You'll also discover that the real cancer survival rates are much rosier than the grim

Amazing New Cancer Breakthrough:

Herb shrinks tumors by 85% in laboratory tests!



Once-skeptical oncologists are taking a second look at natural cancer treatments.

That's because recent research shows that many plant compounds really do have amazing cancer-busting properties.

For example, researchers have isolated a super-potent antioxidant in a popular afternoon beverage that's 200 times more powerful than vitamin C.

The antioxidant, called *epigallocatechin gallate*, blocks tumor-forming carcinogens in their tracks.

You can read all about it beginning on page 299 of **SUPER HEALING UNLIMITED** as well as about other natural compounds getting new attention from scientists...

- **A common herb that shrinks tumors by 85% in laboratory tests on mice.**

Human studies have yet to be done, but since it's safe there is no risk in using it on a regular basis.

- **A mineral that has been shown to reduce the risk of colon cancer by 60%!** Just a tiny amount appears to be effective.
- **Vitamin E making a comeback.** New research shows it reduces prostate cancer by up to one third.

7 Simple Steps Slash Your Cancer Risk by 70% or More!

Medical researchers now believe that up to 70% of cancers can be prevented with simple diet and lifestyle changes almost anyone can make.

For example, merely by taking 100 to 200 micrograms (mcg) of the mineral *selenium* every day, you can reduce your risk of colon cancer by an astonishing 60%.

Other important steps revealed in SUPER HEALING UNLIMITED include:

- **A common sandwich ingredient that provides protection against**



colon and breast cancer.
Page 306

- **Over-the-counter medicine that wards off deadly pancreatic cancer.**
Page 322

- **The one change in your lifestyle you can make to avoid many types of cancer.** Page 301

- **How you prepare food can be as important as what you eat in preventing cancer.** Page 301

- **The annual exam every women must have if she ever smoked.** Page 300

picture painted by the news media. Many news stories about cancer use outdated data that haven't been updated to reflect recent treatment breakthroughs.

Plus, even when patients are diagnosed with the deadliest cancers—such as lung cancer—revolutionary new treatments now save lives.

One new approach is an experimental vaccine, made with patients' own tumor cells, that stimulates the immune system to attack deadly tumors *from the inside out*.

In one study, this bold new treatment was effective with 82% of lung cancer patients studied—and caused far fewer side effects than conventional cancer treatments.

You can read all about this promising cancer treatment on page 306 of your risk-free preview copy of SUPER HEALING UNLIMITED.

You'll also discover...



- **The most important steps to avoid 12 common cancers.**
Do this to prevent 50% of all cancers. Page 294

- **New ways for coping with chemo.** An MD reveals his personal battle against colon cancer and how he handled the effects of chemotherapy. Page 306

- **The 7 steps to take immediately if the doctor says, "It's cancer."** Plus, the telephone hotline number you can call to get invaluable, potentially life-saving information. Page 302

- **A new treatment technique that allows patients to avoid the painful tissue damage of radiation therapy.** Page 308

to be caused by radon each year.

Another example: *methyl-eugenol*. A natural substance found in many oils, *methyl-eugenol* is used as a flavoring agent in packaged foods.

Studies suggest that long-term exposure to this chemical triggers DNA damage that increases your risk of liver cancer.

To protect yourself from radon, *methyl-eugenol* and other deadly carcinogens, turn to page 297 of SUPER HEALING UNLIMITED.

**DANGER
DUE TO
Radon Gas**

7 Simple Steps Slash Your Cancer Risk by 70% or More!

Every two years, the federal government publishes its *Report on Carcinogens* (ROC), a list of killer chemicals known or strongly suspected to cause cancer.

Unfortunately, many of these deadly toxins can be found right in your own home.

Example: Radon. A colorless, odorless gas produced by certain types of soils, radon is one of the most dangerous carcinogens there are. The Environmental Protection Agency estimates that one out of 15 American homes has elevated radon levels. As many as 22,000 lung cancer deaths are believed

Tasty, Cancer-Busting Snacks!

New studies prove certain foods BLOCK tumor growth and stop cancer in its tracks.

The reason why Omega-3 fatty acids, found in fish, are potent cancer-fighters is because they block the formation of *prostaglandins* that promote tumor growth.

Many other foods have similar cancer-stopping properties. *Sulforaphane*, found in certain vegetables, activates anti-cancer enzymes. *Carotenoids* in certain fruits neutralize free radicals that damage DNA.

Turn to page 301 of your risk-free preview copy of SUPER HEALING UNLIMITED to discover more potent cancer-busters and how easy it is to incorporate them into your daily meals.



- **The latest, most effective ways to beat prostate cancer.** Plus, why you should get a second opinion before having prostate surgery. Page 310

- **Why women smokers are THREE times more likely to develop lung cancer than men who smoke—and the painless test (not an x-ray!) that every former smoker should get ASAP.** Page 300

- **The common mineral found in some seafood can increase your risk of colon cancer by 40%.** Find out if you're at risk on page 318.

- **And lots MORE!**



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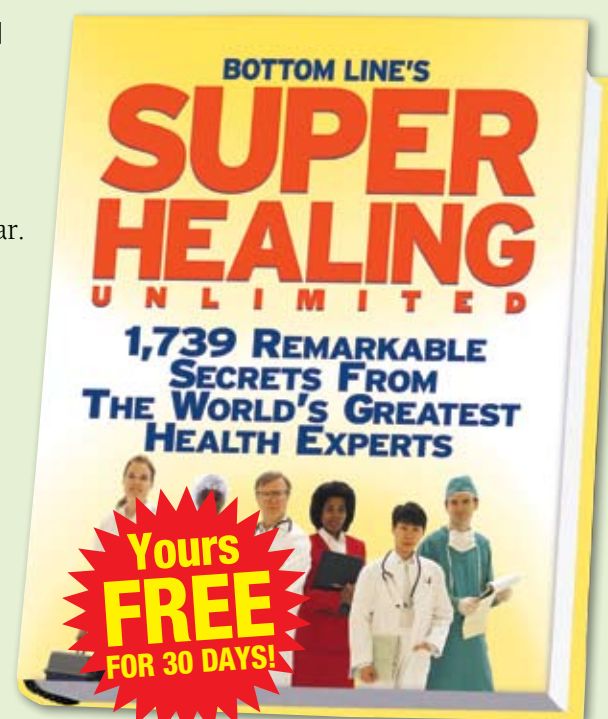
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Tape Away Arthritis Pain in Just 60 Seconds!



In one Australian study, 73% of patients experienced “substantially reduced symptoms” with new, easy-to-do home therapy that takes less than a minute. Benefits last for WEEKS!

Therapeutic taping—the precise wrapping of special tape around a joint to realign and support it while relieving pressure on ligaments—can take as little as 60 seconds once you know how.

Yet studies show it offers *significant*, long-lasting pain relief from osteoarthritis!

Australian researchers found the benefits were equal to those of standard drug treatments like Celebrex—only without the potentially fatal side effects. Patients afflicted with crippling knee pain felt immediate and profound relief.

Therapeutic taping is a precise application of the principles behind joint braces, only it's



7 Medical Red Flags You Should **NEVER** Ignore!

Everyone knows you should be worried when you feel a sudden pain in your chest—particularly if it radiates down your arm. It could mean you're having a heart attack.

But doctors say there are other, equally telling symptoms that lay people often ignore—with fatal results.

For example, any persistent abdominal distress requires immediate medical attention. Sure, it could just be a bit of indigestion or a spastic colon... but the worst case could be a life-threatening abdominal blockage... tumor... ruptured appendix... ovarian cyst... or severe gallbladder or pancreatic disease.

Turn to page 53 of **SUPER HEALING**

UNLIMITED to find out when you should call 911 immediately. You'll learn about...

- **A possible sign of a life-threatening brain aneurysm**—and why a minute delay could endanger a loved one's life.
- **When to know if a “little cough” is a sign of a serious medical problem**, from lymphoma to congestive heart failure.
- **Why vision problems should never be ignored.**
- **Why a headache accompanied by this other symptom means you should call 911 without delay.**
- **And more.**

far more effective. The taping supports key muscles and ligaments that contribute to joint pain and allows for lymphatic drainage to relieve inflammation.

Most amazing of all, the Australian researchers found that the benefits of therapeutic taping last three weeks *after* the taping is stopped. This may indicate a degree of healing not thought possible with other treatments.

You can read all about the astonishing benefits of therapeutic taping on page 247 of **SUPER HEALING UNLIMITED**. Plus, you'll also discover...

- **New hope for victims of rheumatoid arthritis!** Recently approved medicines stop joint-damaging inflammatory cells from reproducing. These medicines could cut lifetime disability by up to 66%. Page 249

Wine Matches Celebrex in Relieving Arthritis Pain!

Study after study has shown the remarkable benefits of red wine for cardiovascular health. But dramatic new research has discovered that a daily glass of wine may also be as effective as dangerous Cox-2 inhibitors for relieving arthritis pain.

The key lies in the compound *resveratrol* found in the skins of grapes.



Like pharmaceutical Cox-2 drugs, such as Vioxx® or Celebrex, *resveratrol* both suppresses the Cox-2 gene and deactivates the Cox-2 enzyme that produces inflammation and pain.

You can get the benefits of *resveratrol* either from munching a cup of white or red grapes daily—or by drinking one or two glasses of wine. See page 247 of **SUPER HEALING UNLIMITED**—and also learn about...



■ **How to ease swollen joints fast!** A supplement widely used in Europe relieves painful joint inflammation as well as widely-used over-the-counter naproxen (Aleve®) but *without* the stomach upset. Page 247

- **A shellfish extract that lubricates your joints!** A British medical journal recently found it slows cartilage deterioration in patients with osteoarthritis. Page 247
- **Why tea helps arthritis pain!** Researchers recently discovered that both green and black tea contain *polyphenol*, a chemical compound that helps stop inflammation. Page 246

The Deadly "Sleeper" Virus Most People Don't Even Know They Have!

More than 5 million Americans are afflicted with viral hepatitis—and most don't even know it! The most deadly type, hepatitis C, has no symptoms for up to 30 years yet kills an estimated 10,000 people annually.

Another type, hepatitis B, afflicts 1 out of every 20 Americans, kills 5,000 annually, and can require a liver transplant to cure. Hepatitis A, frequently mistaken for the flu, can be caught by eating contaminated food or through sexual contact.

On page 80 of **SUPER HEALING UNLIMITED**, you'll discover how to prevent and successfully treat this deadly disease, expected to **THREE TIMES** more



common in coming years. You'll find out...

- **Why hepatitis C is NOT limited to drug addicts—and why monogamous older couples can be afflicted without even knowing it...**

- **A simple, effective way to avoid contracting hepatitis B and A...**

- **How to protect yourself from the hepatitis virus when getting a manicure or pedicure...**

- **A little-known injection that can prevent some types of hepatitis from developing...**

- **And much more.**

- **The strong link between many common food allergies and arthritis!** Merely eliminating allergens from your diet can provide lasting pain relief for 20% of patients. Page 248

- **The one vitamin essential for arthritis treatment!** A massive study found 75% of patients who used this one vitamin regularly decreased their risk of arthritis worsening. Page 246

- **5 simple exercises that eliminate joint pain!** Doctors now believe gentle movements, similar to those in Tai Chi, are one of the best things you can do for your joints. Page 238

- **The supplement that rebuilds joint cartilage!** Amino acid supplements that contain *glycine* and *proline* can restore damaged cartilage. Page 239



- **The banana cure for osteoarthritis!** Chronic pain expert recommends a daily banana to ease aches associated with arthritis. Bananas are rich in magnesium and potassium that help control muscle spasms. Page 250

- **Why knee surgery may not help arthritis!** New study found expensive arthroscopic surgery no more effective than doing nothing to relieve knee pain. Page 240

Say Goodbye to Asthma Inhalers!



A new oral medication reduces asthma attacks by more than 50%—and is a welcome breakthrough to

the estimated 15 million Americans who suffer breathing difficulties from asthma.

The new medicine also allows asthma patients to dramatically reduce their dependence on corticosteroid inhalers and avoid their long-term side effects.

What's more, the new medicine is taken only once or twice per month and works particularly well for patients with moderate to severe allergic asthma.

Find out all about this amazing 21st century asthma cure on page 11 of **SUPER HEALING UNLIMITED**.

- **The Indian herb that is as effective as cortisone or ibuprofen in relieving pain!** A pinch or two a day is all you need. Page 251

- **How to rub arthritis pain away!** Study published in medical journal found massage particularly effective for neck and back arthritis. Page 247

- **The aromatic spice that helps 63% of all arthritis patients!** That's probably because it contains salicylates, the same anti-inflammatory compounds found in aspirin. Page 240

- **How to lubricate your sore joints in 5 minutes!** This simple step replenishes the natural fluids your joints need. Page 239



Afternoon Beverage Protects Against Cancer, Heart Disease, Colds and Cavities!

Everyone knows drinking tea is good for you... but do you know just *how* good?

A new Harvard Medical School study shows that drinking either

black or green tea daily reduces your risk of a fatal heart attack by 44%.

And laboratory tests at Rutgers University show that an extract of green tea wards off colorectal cancer to an astonishing degree.

Scientists found that compounds called *polyphenols* in tea decreased the number of malignant tumors in animals by 80% compared to a control group.

Other studies have found that daily tea

consumption slashes your risk of getting *any* type of cancer by at least 10%.

On page 177 of your risk-free preview copy of **SUPER HEALING UNLIMITED**, you'll discover how you can maximize your health with tea. Plus, you'll learn...

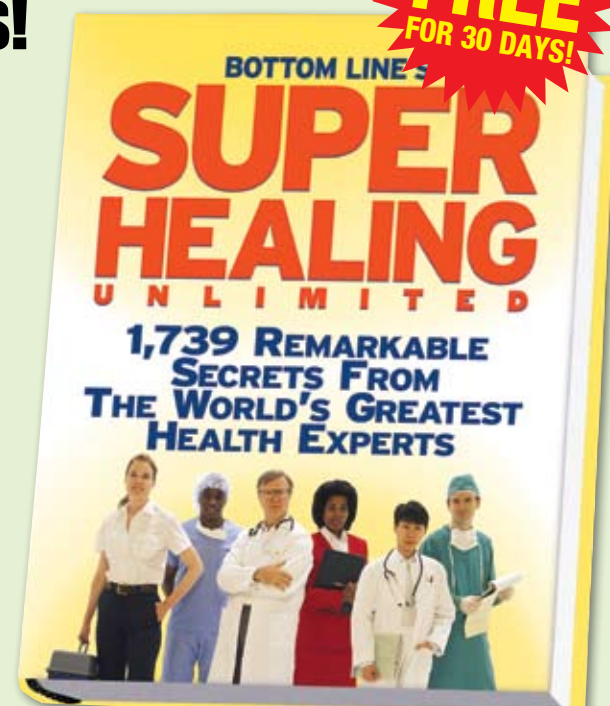
- **How drinking the right kind of tea can help you ward off the flu virus and boost your immune system.** Page 177

- **Why drinking tea prevents cavities and blocks the bacteria associated with plaque.** Page 178

- **How to make sure your tea of choice has maximum health-promoting potency.** Page 178

- **And lots MORE.**

Yours FREE FOR 30 DAYS!



Show Off a New Hollywood Body in 30 Minutes a Week

No matter what their age, Hollywood film and TV stars have to stay in shape. Even older actors can't afford potbellies, sagging breasts or flabby thighs.

One way Hollywood celebrities now get in shape fast is by *going slow*. Many now take advantage of the trendy "super slow" strength training method in which weights are lifted with extreme slowness—about 10 seconds up and 10 seconds down.

Fitness experts say that this "super slow" training increases muscle mass anywhere from 100% to 150% faster than traditional strength training. In fact, Hollywood superstar Brad Pitt credits the technique for giving him the "cut" physique on display in films like "Troy."

Two studies in Quincy, Massachusetts, found that the "super slow" method is also particularly helpful for older people—and allowed elderly exercisers to increase by 50% their strength in just 8 to 10 weeks. The results were so dramatic, in fact, that the researchers had them verified at Virginia Tech.

Another advantage of the super slow method is fewer injuries. The participants in



the Quincy studies had no injuries at all.

Best of all, an entire super slow workout takes only 15 minutes. Most trainers recommend just two workouts a week for a total of just 30 minutes.

To obtain the best results, raise and lower weights at the rate of about one inch per second. You can use the even clicking of a music metronome to maintain the one-inch-per-second rhythm.

More details on page 215 of your preview copy of **SUPER HEALING UNLIMITED**. Also find out about...

- **Exercises stars use for firm buttocks, shapely legs.** Page 206
- **How to reverse the sagging and low muscle tone associated with aging.** A study at Tufts University, involving older adults (ages 56 to 81) who performed a basic weight training program for 12 weeks, showed amazing results. Participants added 3 pounds of muscle and lost 4 pounds of fat. Page 220
- **Why you should avoid low-fat foods if you want to lose weight.** Page 202



■ **The best time of day to exercise (it's not when you think...)**

■ **Painless ways to incorporate exercise into your daily routine.**

These tricks can help you burn 200 to 300 extra calories a day—which would let

you lose 30 pounds of fat over the course of an entire year. Page 209

- **Easy yoga stretches you can do sitting in a chair.** These 7 simple movements reduce stress, relieve lower back pain, enhance athletic ability and boost your sense of well being. Page 220
- **The best foods to eat before a workout.** A handful of this delicious snack 15 minutes before a workout significantly reduce tissue damage. Page 215
- **How to burn more fat doing the same old exercises you've always done.** Expert says the order in which you do exercises makes all the difference. Page 206
- **Why overweight people benefit from exercise even more than thin people—and how you can use extra body weight to your advantage.** Page 211
- **How to do nothing and trigger your natural fat-burners** (stress-related hormones promote the storage of body fat). Page 205

The Amazing Yogurt Cure for Belly Fat!

New research proves that merely eating three servings a day of low-fat dairy can help you lose 70% more weight and nearly 50% more belly fat!

Why are two out of three Americans overweight?

Certainly many people are eating more and exercising less. But nutrition researchers have isolated another cause contributing to the national obesity epidemic—a dramatic shortage of calcium in our diets.

Americans with the lowest average level of calcium—255 milligrams (mg) per day—are 84% more likely to be overweight than people who get 1,346 mg per day.

As calcium levels fall, the body releases more of the hormone *calcitriol* that causes fat cells to make and store more fat.

Nutritionists at the University of Tennessee discovered that merely adding three servings of low-fat dairy to your daily diet—such as delicious yogurt—can increase the amount of weight you lose by 70%... the amount of total body fat by 64%... and the amount of belly fat by 47%.

To discover more about this amazing new weight loss breakthrough, turn to page 196

of **SUPER HEALING UNLIMITED**. You'll also discover...

- **The "rule breaker" secrets of America's most successful dieters!** Learn the contrarian secrets of 208 people who lost an average of 64 pounds and kept it off for three years or more. *One surprise:* They rarely measured portions. Page 186
- **Okinawan trick that lets you consume up to 40% fewer calories.** Secret may contribute to Okinawans having world's longest life spans. Page 191
- **8 mouth-watering snacks that make you feel full!** Amazing: Each is only 150 calories but feel like a meal. Page 191
- **And lots MORE!**



Beat the Seven Secret Causes of Weight Gain!

Want to lose more weight? Researchers have uncovered seven surprising reasons why your weight loss efforts can stall even if you're doing all the right things.

For example, one hidden cause of weight gain can be attributed to so-called low-fat or fat free foods. That's because people tend to supersize their portions of these safe foods, unknowingly sabotaging their weight loss efforts.

Another surprising, little-known cause of weight gain: Eating *too little* food or



skipping meals! When you give your body too few calories, nutritionists have discovered, it begins manufacturing an enzyme called *lipoprotein lipase* that immediately causes your body to store fat.

Once you resume eating normally after a period of abstaining from food or of severe caloric restriction, your body remains in fat storage mode and it is more difficult to lose weight.

That's why weight loss experts advise you to always eat breakfast and graze throughout the day: Small amounts of food reassure your body that it is not starving and therefore doesn't have to store fat.

To discover more secret causes of weight gain and how to trick your body into burning more calories, turn to page 188 of **SUPER HEALING UNLIMITED**.

Movie Star Teeth for Under \$30



Until just a few years ago, only the rich and famous could afford a dazzling, bright-white smile. But now, new breakthroughs

allow almost anyone to have movie star teeth—and without spending a fortune.

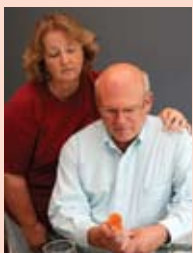
New home whitening kits are light-years beyond what they were even two or three years ago.

Over-the-counter whitening strips, costing less than \$30, contain the same hydrogen peroxide gels used in expensive dentist office treatments that can cost \$600 or more.

Turn to page 50 in **SUPER HEALING UNLIMITED** to discover more secrets to a whiter smile, including...

- **The secret to eliminating cavities while you sleep.** Page 50
- **How to make sure diet sodas don't dissolve your teeth.** Page 52
- **The truth about fluoridated water.** Page 49
- **Why protecting your gums could save your life.** Page 48

Can Testosterone Keep You Younger?



Testosterone supplements are considered a veritable "fountain of youth" by some, an unnecessary health risk by others. Even some women take small amounts to boost strength and sex drive.

However, hormone experts warn that the supplements have been linked to increased risk of prostate cancer and

should only be taken by men afflicted with chronically low testosterone levels.

What's more, oral testosterone breaks down in the digestive track—and testosterone precursors, such as DHEA, may boost estrogen (female) hormone levels but not testosterone.

To find out what the latest research reveals about testosterone supplements and related products, turn to page 483 of **SUPER HEALING UNLIMITED**.

Get Fit Without Working Out!

Let's face it: Not everyone is cut out for the weight room. Some people find hour after hour of treadmills, spinning classes and other forms of regimented exercise just a little, well, regimented.

But fortunately, the latest medical research proves you don't have to jog three miles a day to stay fit.

All you have to do is take a walk—to the bank, around a park, out with the dog.

A study published in *The New England Journal of Medicine* proved that men who walked more than two miles a day were *half* as likely to die in a decade, of *any* cause, as those who walked less than one mile.



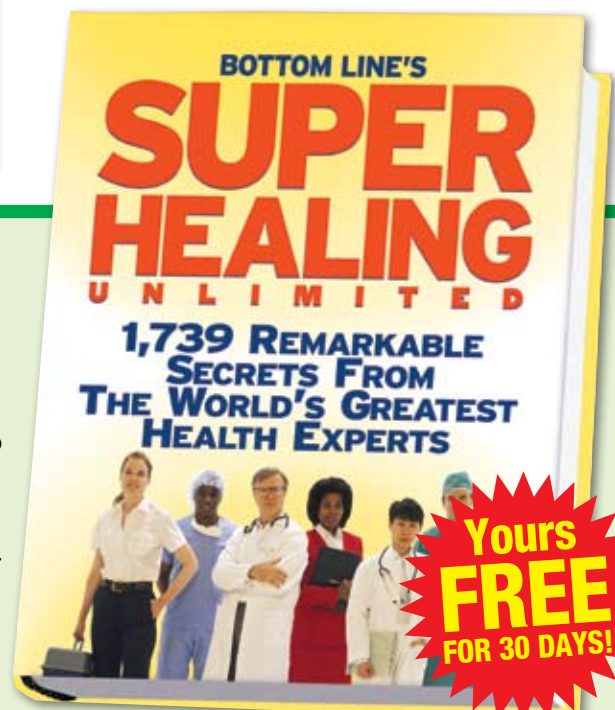
This mirrors results of the Nurses Health Study of 72,000 nurses. It found that women who walked daily reduced their risk of heart disease by 30% to 40%.

Brisk walking also slashes your risk of having a stroke in half... makes it less likely you'll ever need a gallbladder operation... boosts your performance on cognitive tests... and even reduces

your risk of diabetes or certain types of cancer.

Read more about the benefits of walking on page 224 of **SUPER HEALING UNLIMITED** where you'll also discover...

- **An easy way to check your stride.** Page 224



- **The simple secret to avoiding knee and joint injuries while walking.** Page 255
- **Why you should avoid walking in tennis shoes if you don't want injuries.** Page 224
- **And lots MORE.**

Memory Boosters That Really Work!



Forget choline and ginkgo! Recent U.S. government studies prove that a new generation of safe, inexpensive “nootropic” supplements can make your memory razor sharp.

For most of us, few age-related diseases are more frightening than dementia, the gradual loss of our memory and mental functioning.

Yet in just the past few years, neurologists have made a series of breakthrough discoveries that could eventually make Alzheimer's disease and age-related memory loss a thing of the past.

Researchers discovered that deposits of a protein known as *amyloid* form plaques that gradually stop brain cells from working—leading to memory loss. They've also discovered why some people develop these plaques and others don't.

For example, one study involving 5,500 men and women found that merely eating fish once a week (not fish oil!) led to an astonishing 70% reduction in Alzheimer's risk.

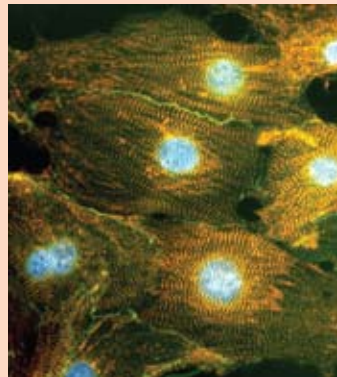
Another study discovered that older people who drank a single glass of wine every day were 45% less likely to develop

TRUE MIRACLE: Adult Stem Cells Cure Blindness!

Many common vision problems... from myopia and cataracts to reading glasses, glaucoma and blindness... may now be a thing of the past.

Thanks to a series of medical breakthroughs over the past 20 years, you can avoid many of the worst vision problems people used to have—and even enjoy perfect 20/20 vision well into your 70s and 80s.

Scientists can now take adult stem cells from relatives' eyes and use them to restore sight in many blind patients.



Beginning on page 38 of SUPER HEALING UNLIMITED, you'll discover...

■ **How to know if LASIK® surgery may be right for you.** Page 38

■ **The secrets of cataract prevention—and reversal!** Page 39

■ **Nutrients that prevent macular degeneration.** Page 41

■ **An herb that stops retinitis pigmentosa.** Page 41

■ **And lots MORE!**

Alzheimer's—and those who jogged regularly were 52% less likely.

What's more, scientists at the National Institutes of Health and UCLA have identified inexpensive nutritional supplements and common medicines that can actually *reverse* memory loss even in patients with mild Alzheimer's.

The amino acid *phosphatidylserine*, which is readily available at most health food stores, works as well as two expensive prescription medicines used to treat Alzheimer's—tacrine (Cognex®) and donepezil (Aricept®). But unlike tacrine, which can cause liver damage, phosphatidylserine has no harmful side effects.

Another common, over-the-counter supplement, acetyl-L-carnitine (ALC), is also widely used by doctors to improve memory. A 2003 review of 21 randomized, double-blind, placebo-controlled studies of ALC, published between 1983 and 2000, found that the

supplement conferred a significant advantage on memory and cognitive function tests.

A third supplement, used in Europe for decades and just now available in the U.S. without a prescription, has been proven to lessen age-associated memory loss significantly.

You can read all about these amazing new brain-boosting supplements on beginning on page 413 of your risk-free preview copy of SUPER HEALING UNLIMITED. You'll also discover...



■ **Proven techniques for boosting your concentration and mental focus.** Author of *The Memory Manual* reveals her secrets. Page 415

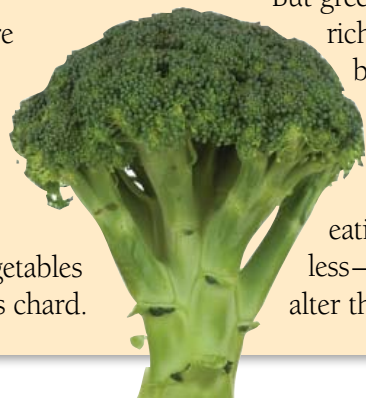
■ **This ordinary painkiller has been shown to dissolve the brain-destroying lesions that cause Alzheimer's.** Page 421

Why Too Much Broccoli Can Kill You!

Americans are inundated with health advice. Everyone seems to have an opinion about what you should eat.

But beware: Some foods that are supposed to be good for you can cause serious problems for some people. You should be aware of the potential risks.

For example, everyone says you should eat plenty of green leafy vegetables such as broccoli, spinach and Swiss chard.



After all, they're loaded with vitamin C, folate and other essential minerals.

But green leafy vegetables are also rich in vitamin K, essential for blood clotting.

If you're taking a blood-thinning medication, such as Coumadin® (warfarin), eating too much—or a lot less—of these vegetables could alter the effects of the drug, result-

ing in abnormal clotting.

Another example is grapefruits, widely touted as a fat burner. Medical researchers have discovered that grapefruit juice utilizes the same liver “pathway” as some drugs.

If you drink grapefruit juice while taking blood pressure medications, cholesterol-lowering drugs, and some antidepressants, it could increase or decrease the medications' effectiveness.

Find out more about the potential dangers of some health foods on page 167 of SUPER HEALING UNLIMITED.



■ **How to supercharge your memory before a presentation at work!**

This common beverage contains *cholecystokinin*, a neurotransmitter that improves memory. Page 165

- **Why switching hands can actually increase your brain power.** Research shows that using your non-dominant hand actually increases the number of active circuits in your cerebral cortex. Page 411



■ **6 new memory strengthening strategies for people over age 50!**

President of memory training company teaches executives how to easily remember names, phone numbers, dates. Page 416



■ **Why copper may help cause Alzheimer's—and how to avoid getting too much of it in your meals.**

Hint: Certain foods contain large amounts of copper. Page 421

Steps to Make Sure You NEVER Fall!

In 2004, two famous Americans—diet guru Robert Atkins, MD, 72, and veteran news broadcaster David Brinkley, 82—both died as a result of accidental falls.

They were hardly alone. According to the Centers for Disease Control and Prevention, each year 12 million older Americans suffer a serious fall, resulting in an estimated 14,000 deaths and 450,000 hospitalizations. In fact, falls have become a leading cause of death for older people.

Fortunately, most falls can be easily prevented—IF you take a few simple steps.

For example, doctors now know that the gradual loss of balance that usually accompanies aging can be almost completely reversed. Specialized balance exercises... and even classes such as Tai Chi... have been proven to restore balance among older adults.

What's more, these exercise classes teach strategies for preventing falls—such as installing handrails in bathtubs, using “grabbers” instead of a footstool, planning for the effects of blood-pressure-lowering drugs, and more.

Learn how you can easily prevent dangerous falls beginning on page 421 of **SUPER HEALING UNLIMITED**—yours FREE for 30 days.

CDC Shocker: Diet Experts Wrong for 40 Years! Extra Fat the Secret to a Long, Healthy Life!

...and other contrarian longevity secrets the medical establishment hides from you!

Another common piece of medical dogma—thin people are healthier and live longer than overweight people—is now being proven false.



likely to live longer than their thinner counterparts.

While the new findings have been attacked by members of the anti-fat medical establishment, they have been supported by other recent studies in Europe.

A study of 20,000 twins in Finland carried out over

24 years confirmed the results of the U.S. findings: Losing weight seemed to be associated with higher mortality, not less.

Discover the new rules for living longer beginning on page 410 of **SUPER HEALING UNLIMITED**. You'll also find out about...

■ **9 “super-longevity foods” everyone over age 50 should eat.** Page 430

■ **The ultimate anti-aging diet!** Small steps you can take to add years to your lifespan. Page 430.

■ **And lots MORE!**

Secrets of Sizzling Sex Over 60!

The sexual needs of men and women change as they age—with childbirth, hormonal shifts and health concerns. What drives a woman mad with desire at age 30 may put her to sleep at age 50 or 60.

Fortunately, experts say that couples can still have sizzling, passionate sex as they grow older... if they're patient, good-natured about it and willing to experiment.

Beginning on page 473 of your FREE preview copy of **SUPER HEALING UNLIMITED**, a veteran sex therapist reveals her proven secrets for making sex exciting again, at any age.

One advantage older couples have, she says, is experience. The trick is to make the most of it, communicating *exactly* what each partner wants and needs.

In your copy of **SUPER HEALING UNLIMITED**, you'll discover...

■ **Tricks to reveal a lover's secret sexual needs.** Page 472

■ **Romantic moves that drive women wild.** Page 472

■ **The time of day when women can't say no (their hormones are in overdrive).** Page 472

■ **Natural aphrodisiacs that stimulate female desire.** Page 475

■ **An easy way to BANISH premature ejaculation for good.** Page 485

■ **And lots MORE!**

BOTTOM LINE'S
SUPER HEALING UNLIMITED
1,739 REMARKABLE SECRETS FROM THE WORLD'S GREATEST HEALTH EXPERTS

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Stop Hospitals and Clinics from **ROBBING YOU BLIND!**



Did you know that independent audits have found that 90% of all hospital bills contain costly “mistakes”—almost all of which favor the hospital?

And these aren't small errors, either: One study found that the average overcharges total \$1,400.

Unfortunately, it's not just the greedy hospitals, HMOs and outpatient clinics that are trying to rip you off. Everyone has their hand in your pocket: Insurance companies, pharmacies, drug conglomerates, diagnostic testing facilities, labs, you name it.

The good news is that you *can* FIGHT BACK.

First, always insist on a fully itemized bill for all medical services. Don't settle for bills that

Secrets Doctors Use to Avoid Getting Sick!

Doctors are around sick people all day long. To avoid getting sick themselves, they rely upon proven techniques and trade secrets to prevent common illnesses.

For example, doctors often wash their hands with antiseptic soap. But in **SUPER HEALING UNLIMITED**, you'll also discover...

- **Super foods doctors eat to keep their blood pressure low when**

facing enormous stress. Page 97

- **How gastroenterologists avoid getting colon cancer and pre-cancerous polyps.** Page 96

- **A simple, inexpensive item optometrists use to avoid cataracts and macular degeneration.** Page 96

- **And more.**

list broad categories like “pharmacy” or “surgical charges.” Hospitals are legally required to provide a detailed itemization of all charges.

Second, scrutinize your bill for errors or have it audited. Merely asking the hospital's own billing department to audit its own bill can result in hundreds, sometimes thousands of dollars in savings. Frequently, billing departments will admit to “errors” when they know someone is actually reviewing what is on a bill.

Third, question any service you suspect wasn't requested by your attending physician. Hospitals routinely try to initiate unrequested services to boost their own revenues or to reward affiliated doctors. Examples are quick

drop-by visits from a staff specialist... an assistant surgeon drawn from the hospital's roster... or a visit from your own family doctor who isn't actually treating you. You can legally refuse to pay for all of these unauthorized services.

Fourth, alert your insurer or Medicare. If you dispute any medical treatment you've received, try talking to your insurance company about it. If they agree with you, they will generally take over and resolve the case for you.

These are just a few of the strategies and secrets you can use to battle medical fraud and rip-offs in your free preview copy of **SUPER HEALING UNLIMITED**. You'll also discover...

Harvard Medical School Professor Warns:

Never, Ever, **EVER** Have Surgery Until You Do This...

According to the National Center for Health Statistics, Americans spend billions on more than 45 million surgical procedures each year—including 466,000 coronary bypass operations, 575,000 hysterectomies, 534,000 knee replacements.

Yet believe it or not, 75% of American patients don't do the one thing experts say they should do before having surgery: Get a second opinion!

All too often, the initial diagnosis is *incorrect*. In fact, some experts believe that up to 30% of diagnoses are simply flat-out wrong. Studies have found that up to 14% of pathology tests, for diseases like cancer,



contain major errors.

Even worse, sometimes a diagnosis is correct but the problem can easily be treated *without* expensive and potentially fatal surgical procedures.

One Harvard Medical School professor, Dr. Jerome Groopman, who literally wrote the book on second opinions, discovered the hard way why rushing into surgery can have disastrous consequences.

He opted to have a spinal fusion for back pain years ago—without getting a second opinion—and still suffers from this decision to this day. Groopman discovered that physical therapy works as well or better than surgery for his particular problem—with—none of

the risks.

Fortunately, Dr. Groopman reveals what you should do before going through with any surgical procedure, beginning on page 334 of **SUPER HEALING UNLIMITED**. You'll discover...

- **Where you get your second opinion is crucial.** Find out why on page 335.

- **What to do if your second opinion differs from your first.** Page 335

- **How to get your insurance company to pay for second opinions.** Page 335

- **Questions you should ask any doctor recommending surgery.** Page 335

- **And lots MORE!**

Secrets Lawyers Use to Force Insurance Companies to Pay!

More than 50% of all Americans will have a disagreement with their medical insurance at some point. Often, an insurance company will deny a claim or fail to pay a bill due to a procedural error.

Never give up if your medical insurance company denies a claim. There are many ways to fight back.

For example, a claim is often rejected because the treatment was not pre-authorized or was coded incorrectly by the service provider. Sometimes a claim is rejected because an insurance company rules a treatment as medically unnecessary or experimental.

The good news is that many times you can overcome these rejections with proven tactics. Never take no for an answer.

In SUPER HEALING UNLIMITED, medical consumer advocates, attorneys and health care consultants reveal closely-guarded secrets lawyers use to force insurance companies to pay claims. You'll discover...

- **Get your HMO to pay claims fast**—and what to do if they don't. Page 352
- **7 traps insurance companies use to cheat patients.** Page 357
- **What to do if you lose your health insurance.** Page 360
- **Two words that FORCE insurance companies to do what is right.** Page 353
- **Consumer rights organizations that can help you fight your insurance company.** Page 351

Low-Cost, Safer Alternatives to Antidepressant Drugs!

Each year, millions of Americans

reach for a prescription drug to curb feelings of anxiety or depression. Unfortunately, the expensive benzodiazepine tranquilizers doctors hand out like candy can cause foggy thinking... memory loss... impotence... and are highly addictive.

In your preview copy of SUPER HEALING UNLIMITED, yours FREE for 30 days, you'll discover inexpensive, super-safe alternatives for handling anxiety and depression.

For example, you'll discover...

- **A nutrient that 100 double-blind, placebo controlled studies have proven relieves depression as well as many drugs—only with zero side effects.** Page 439
- **Ordinary foods proven to boost levels of feel-good neurotransmitters such as serotonin in your brain.** Page 439
- **An Indian herb that produces a deep, natural sleep and is nonaddictive.** Page 438
- **A medieval herbal tranquilizer that some patients believe works BETTER than drugs like Xanax, Prozac or Valium.** Page 438
- **And lots MORE.**



How to Avoid Becoming a Victim of Medical Error!

Hollywood movie star Dennis Quaid and his wife discovered the hard way just how common medical errors are in American hospitals.

Following their birth in November 2007, Quaid's newborn twins were given 1,000 times more of the blood thinner heparin than they were supposed to receive.

Quaid's children survived the mishap—but such errors are commonplace in American hospitals.

It's estimated that medical errors kill up to 100,000 Americans every year. The number could be much higher because many states don't require medical errors to be reported. In addition, doctors, hospitals and clinics often don't volunteer information.

A recent study concluded that a staggering 1.24 million patient safety incidents occurred in U.S. hospitals between 2002 and 2004, at a cost of \$9.3 billion.

This number includes errors such as administering the wrong medicine or dosage ... non-fatal surgical errors... incorrect diagnoses... and more.

In SUPER HEALING UNLIMITED,

physician and author Timothy McCall, M.D., reveals strategies that can help you avoid becoming a medical error statistic.

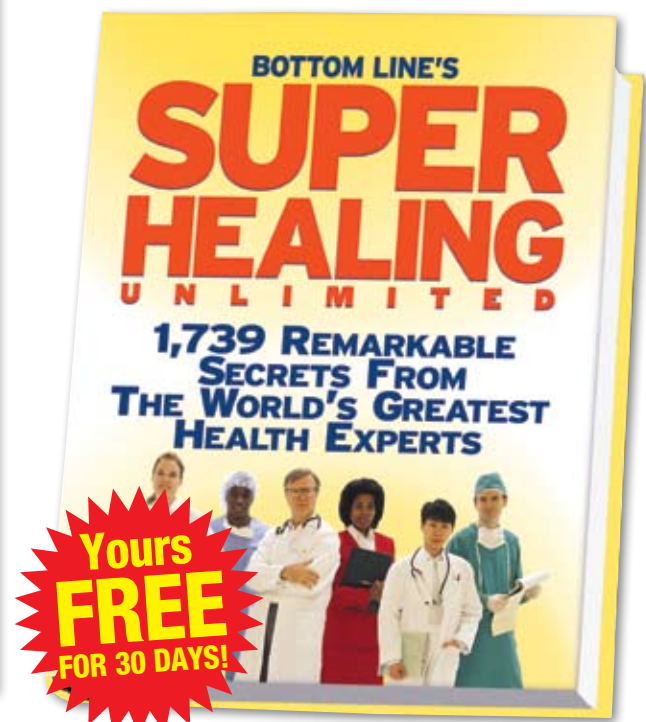
For example, the administration of the wrong drug or dosage is a common medical error—which is what happened with Dennis Quaid's newborn twins. McCall advises that you always check or at least ask—and make sure your nurses know you're asking.

To prevent surgical errors, McCall insists you should thoroughly investigate your surgeon in advance.

Find out how many times the surgeon has performed the procedure you're receiving—and investigate the hospital where the surgeon will be doing his or her work. Hospital success rates vary widely.

Other strategies you'll find revealed in SUPER HEALING UNLIMITED:

- **The best and worst facilities for surgical procedures** (always try to go to one type in particular). Page 106
- **A simple way to make sure you're getting the right medicine from your pharmacist.** Page 106
- **What to do if you suspect a missed diagnosis.** Page 107
- **And lots MORE!**



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Once it arrives, take as long as you want—up to a full 30 days—to review the amazing healing secrets, breakthrough cures and cost-cutting strategies you'll find in its pages.

Discover the low-cost treatments doctors never tell you about... the proven cures and new cutting-edge treatments... and find out how you can protect yourself and your family

from heartless insurance companies, greedy hospital administrators and drug company con artists.

In fact, try out as many of these amazing secrets as you can: You'll be amazed by how much money you can save when you avoid needless trips to the doctor... unnecessary tests and procedures... and overpriced drugs, treatments, therapies and referrals.

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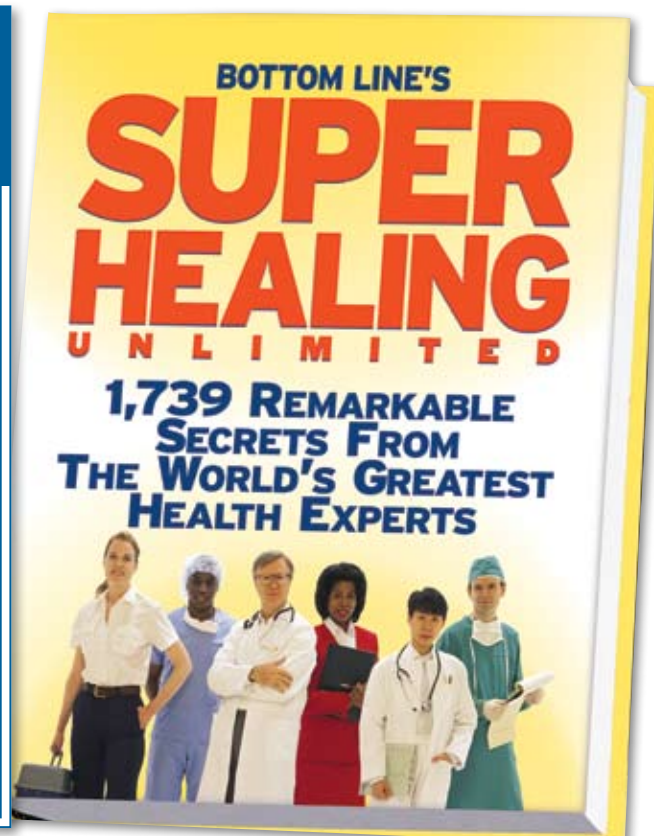
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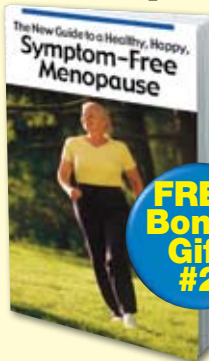
That's why we'd like to flat-out give you... with no strings attached... not one, but seven new special bonus gift guides to help you slash your medical care costs while also effectively treating some of the most common health problems.

Lose Weight Without Spending Money!

Why expensive weight-loss programs aren't worth the money (95% of dieters on these programs fail to maintain their weight loss after one year)... three

simple weight-loss rules

that won't cost you a penny... How "big loss" dieters (those who lose 50 pounds or more) keep the pounds off... why a late night breakfast can help you lose weight... the one food you should never eat after dark... and much, much MORE!

Low-Cost Menopause Relief

The great debate over the safety and cost of Hormone Replacement

Therapy... inexpensive alternatives to expensive hormone drugs... how to eliminate menopause symptoms while also

lowering your risk of heart

disease and cancer... a little-known side effect of estrogen replacement therapy... four herbal therapies you should avoid at all costs... why having more sex eases many menopause symptoms... a natural way to control hot flashes... and much MORE!

Passionate Sex Without Costly Drugs

Why erectile dysfunction drugs often mask potentially fatal illnesses... why older singles can often discover new passion in their 50s, 60s and even 70s... eight easy, inexpensive ways to give your sex life a boost...

the five most common obstacles to sexual intimacy... the most important question to ask if faced with impotence... a no-cost alternative to Viagra® that studies prove results in improved erections... how frequent sex helps you live longer... six effective treatments for women who have trouble achieving orgasms... and much MORE!

Amazing Drug-Free Cures for Joint Pain

Why prescription arthritis drugs such as Celebrex are as costly as they are dangerous... a natural pain reliever used by some Hollywood celebrities to cure arthritis... the 12 best herb and

plant-based anti-inflam-

matory treatments... a traditional remedy that helps eliminate cause of cartilage damage in 90% of patients... a high-tech, inexpensive Asian therapy that heals arthritis pain... an herb that stops the production of pain-causing prostaglandins... and much MORE!

Low-Cost Age Reversal Cures

A simple MD-designed exercise program to help you live like you're 50 until you're 80... the fitness craze that helps older people enjoy a flat abdomen and better posture... a 5,000-year-old

longevity diet... eight scientifically-validated discoveries for living longer... why French plates prevent heart disease... a simple, stress-reduction technique that MD says can add up to eight years to your life... simple tricks to boost your memory from a champion memory expert... the secrets to aging gracefully... and much MORE.

Heal Your Heart on a Budget

A new inexpensive test that predicts heart disease better than almost anything... new discoveries on heart health from America's top cardiologists... a new treatment for congestive heart failure that significantly improves

longevity... why eating peanut butter can slash your risk of heart disease... a delicious tropical fruit that reduces blood fats... six ways to save a failing heart... one drug that does appear to reduce recurrent heart attacks... the breakfast drink proven to reduce blood pressure... and much MORE.

Save Up to 50% Off Prescription Drugs

Why using generics can save you up to 90% off the cost of name-brand drugs... a way to order drugs "in bulk" to save money... little-known drug discount programs... when to consider mail order

pharmacies... why free samples are often not a good idea... a trick for cutting 50% off the cost of many common drugs... how Canadian pharmacies can save you between 40% and 80% off the cost of prescription drugs... why it pays to "shop around" when buying from local pharmacies (prices can vary by 25% or more)... what you need to know about drug discount cards... the advantages of buying drugs abroad... and much MORE.

7 Medical Red Flags



You Should **NEVER** Ignore!

Everyone knows to worry when they get chest pains. But experts say *other* symptoms can be equally urgent signs of life-threatening ailments. **Details on page 6 INSIDE.**

NEW HEALING SECRETS INSIDE:



- **Say goodbye forever to asthma inhalers!** New medicine cuts attacks 50% or more. Page 7



- **New adult stem cell cure for blindness!** Discover breakthrough treatment on page 10
- **The deadly "sleeper" virus no one knows they have!** No symptoms for more than 30 years. Page 7



- **Movie star teeth for under \$30.** New low-cost breakthroughs in cosmetic dentistry. Page 9



- **Slash your cholesterol from 250 to 180—without drugs!** Just take these 3 simple steps on page 2



- **6 threats to your heart doctors overlook!** Find out how a little-known bacterium is more dangerous than high cholesterol. Page 6
- **Enjoy a new body in just 30 minutes a week!** New easy workout routine used by celebrities. Page 8
- **Sizzling sex after sixty!** 7 sure-fire ways to reignite passion. Page 00

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- **William P. Castelli, MD**, medical director of the Framingham Cardiovascular Institute and former director of the Framingham Heart Study.
- **Richard O'Brien, MD**, spokesperson for the American College of Emergency Physicians.
- **Rachael Freed, MSW**, founder of Minneapolis-based Heartmates, Inc., which provides resources for heart patients.
- **Barry A. Franklin, PhD**, director of the Cardiac Rehabilitation and Exercise Laboratories at William Beaumont Hospital, Royal Oak, MI.
- **Daniel Rader, MD**, director, Preventive Cardiovascular Medicine Clinic, University of Pennsylvania School of Medicine.
- **Gerald M. Reaven, MD**, Stanford University School of Medicine, co-author of *Syndrome X: Overcoming the Silent Killer That Can Give You a Heart Attack*.
- **John McDougall, MD**, founder and medical director, McDougall Program, Santa Rosa, CA.
- **Steven Nissen, MD**, professor of medicine, Ohio State University.
- **Robert E. Kowalski**, author, *The New 8-Week Cholesterol Cure: The Ultimate Program for Preventing Heart Disease*.
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79 world-renowned experts on age-reversal, longevity and memory...

Many symptoms of aging can be delayed for decades, sometimes avoided altogether. Find out how the world's greatest experts on anti-aging medicine can help you get more passion, fun and zest out of life...

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- **David W. Johnson, Ph.D.**, associate professor of physiology, University of New England College of Osteopathic Medicine, author of *Feel 30 for the Next 50 Years*.
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