

HEALTH SCIENCES INSTITUTE



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REPORT!



FORBIDDEN CURES AND UNDERGROUND MEDICINE

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Compiled by the Health Sciences Institute research team.

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CHAPTER I

Reverse osteoporosis AND erase osteoarthritis with a single pill

When it comes to ‘bad bones,’ there are a lot of drugs and supplements out there—but none of them can actually fix what’s wrong.

That’s why Jerry Stine was practically doing cartwheels when he came across a product that actually makes a difference...a product that helps your body grow new bone right where it’s needed. And that’s practically a miracle, but the benefits don’t end there. This bone-building dynamo can actually improve the quality of your bones and joints, making the pain of osteoarthritis and the dangers of osteoporosis things of the past.

If you know anyone who doesn’t have either osteoporosis or osteoarthritis, consider them very lucky—as lucky as a lottery winner. Because there’s only a very slight chance that you won’t get hit with at least one of the two once you get to a certain age.

The statistics alone can make your bones ache.

- Nearly 27 million Americans are affected by osteoarthritis (OA), including about one-third of Americans over age 65
- About 10 million Americans have osteoporosis...and around 8 million of those are women
- Osteoporosis causes at least 1.5 million fractures every year... including more than 300,000 hip fractures
- Almost 25% of people 50 and older who’ve fractured a hip will die within one year of the break

- Neither mainstream medicine nor nutritional supplements have successfully *fixed* the problem...

Until now.

Now, thanks to Stine's work with this remarkable product, you can actually turn osteoporosis around and create healthy new bones...and eliminate osteoarthritis pain by creating new cartilage, which is crucial for optimal joint health.

A complete bone-boosting game plan

Bone problems—like osteoarthritis and osteoporosis—are absolutely age-related. As we get older, the key mechanisms that build bone and cartilage slow down dramatically.

At the same time, though, your old bone removal system keeps running full speed ahead—a process called resorption. For that, special cells called osteoclasts travel through your bones looking for any pieces that need renewal. When they find one, the osteoclasts dissolve that piece, leaving an empty space.

When your body works at peak capacity, those spaces get filled in by another type of specialized cells called osteoblasts. Unfortunately, this process works less efficiently as we get older—so old bone is removed faster than new bone can replace it.

The common 'answers' to this problem are slowing down resorption (with drugs like Fosamax), and taking bone-strengthening supplements like calcium and vitamin D. But these solutions work around the real problem...not on it.

Ostinol helps your body grow new bone and cartilage

No other product on the market turns on the stem cell process of growing new bone and cartilage. Some drugs and supplements may help the process once it's started, but they can't make bone regrowth happen on their own because they don't contain BMPs (bone morphogenetic proteins)...the key component of *Ostinol*.™

BMPs are biologically active proteins—they actually stimulate your cells, putting them back to work. These unique proteins actually turn on the chemical signals that trigger the healing process in your bone tissue, telling your cells to start growing bone and cartilage. On top of that, BMPs have shown anti-inflammatory effects, a very important part of treating both osteoarthritis and osteoporosis.

And when you use Ostinol™ in combination with the right joint support supplements—watch out! The BMPs work together with things like calcium, vitamin D, glucosamine, and chondroitin...helping you build good quality bone.

You might be losing bone...without even knowing it

You may be one of the estimated 18 million Americans who have osteopenia—low bone mass—even if you don't know it. In the early stages, bone loss causes no noticeable symptoms, but it does make your bones weaker, setting the stage for full-blown osteoporosis.

In fact, it can even be used together with bone resorption-slowing drugs, for better results than you'd see with the drugs alone.

What's more—there doesn't appear to be any downside. Stine's clinical experience with Ostinol™ shows that the supplement is well-tolerated. In fact, none of his patients have reported any negative effects. Rather, he's seen many positive outcomes...even in highly unlikely situations.

BMPs are proven effective and safe

Stine isn't the only medical professional who's used BMPs successfully. There are forty years of research and twenty years of clinical experience behind the Ostinol™ formula—it's safety and efficacy are very well-established. In fact, there have been thousands of studies done on how BMPs work to form, fix, and stabilize bone and cartilage.

And since the 90s, BMPs have become a standard for use in bone surgeries. There, a liquid extract is poured directly on to the bone to kickstart healing...with an excellent success and safety record.

More recently, BMPs have been studied in connection with osteoarthritis by Ostinol™ manufacturer, ZyCal Bioceuticals, Inc. (Osteoarthritis gets all the study funding because results are more obvious and come much quicker.) Here's what their two in-house OA studies found:

The pilot study focused on six patients with mild to moderate joint pain and stiffness, who were otherwise in good health. This small group of patients completed the Visual Analog Scale (VAS) questionnaires of pain and stiffness, at the study's outset. They all were given one tablet of Chondrinol® (a combination of Ostinol™, glucosamine and chondroitin), three times daily. And by the end of just one week, these subjects reported better than 50% reduction in pain and stiffness.

The encouraging (and very quick!) results from the pilot study prompted a larger and more elaborate follow-up. The second study (which is currently being submitted for medical review and publication in a major medical journal) was a Phase II, prospective, multi-center, open-label clinical trial. The

twenty-three subjects all suffered from physician-documented moderate to severe cases of osteoarthritis, and no other serious ailments. Each completed the VAS questionnaire at the start of the trial.

These patients were all given Chondrinol® daily (1 tablet, three times a day), and after just one week, the group reported an average 27% decline in pain and stiffness. And by the end of the fourth week, they reported...

- 55% reduction in pain
- 59% drop in pain frequency
- 44% increased ability to participate in recreational activities
- 38% increase in strength

“Whatever your son is giving you, stay on it!”

And while no studies have yet been conducted on Ostinol’s impact on osteoporosis (though some of its components have been studied), some success stories have been reported. Like the case of a 64-year-old woman (who’s name has been omitted to preserve her privacy) with severe osteoporosis.

Her case was advanced and very difficult—her spinal DEXA scans showed 25% bone loss from 2004 to 2007. Still, she did not want to take pharmaceutical drugs, holding out hope for a natural remedy. Luckily, her son was a chiropractic physician, and he knew about Ostinol.

He put his mother on a regimen of Pro-Stiminol® (a combination kit of Ostinol™ and Tricalcidin-3®, a blend of organic calciums), one tablet per day. After a year of using the supplement, her bone loss rate slowed by 25%... but she still wasn’t regrowing bone.

So he had her take an Ostinol™ tablet in addition to her daily Pro-Stiminol®—and that brought on remarkable results. After six months on the new regimen, tests showed that her bone loss had stopped completely...and that her bone density had actually increased by 10%.

Her regular doctor was very impressed with the outcome. He told her, “Whatever your son is giving you, stay on it!”

Slowing down resorption can be a very bad thing

In theory, drugs that slow down bone loss sound like a good thing—but they’re not. When you stop your body from clearing out old bone cells, it doesn’t make your bones stronger or healthier. In fact, leaving old bone tissue in place can cause very serious side effects—like bone death (a.k.a. osteonecrosis) and severe infections.

The tip of the iceberg

While you don't need a consultation to buy Ostinol™ from ZyCal Bio-ceuticals, Stine says most people would benefit from talking with one of their medical professionals.

“Osteoporosis, and to a lesser extent osteoarthritis, are what I call ‘tip of the iceberg’ conditions,” Stine told me. That’s because losing bone density may be just the surface issue, complicated by something deeper—there are a wide variety of metabolic disorders and other serious health conditions that can set the stage for osteoporosis:

- Hormonal imbalance
- Cortisol regulation issues
- Blood sugar and insulin resistance problems
- Any inflammatory condition
- Low grade infections (like periodontal disease)
- GI disorders (including food sensitivities)
- Thyroid problems (especially if you take synthetic thyroid medication, like Synthroid)

And while Ostinol™ is busy helping new bone grow, your body may require additional support to make sure that bone is of the highest quality. Stine may recommend some joint support products, a custom calcium/vitamin D blend...or tell you that what you're already taking can do the trick.

The standard dose of Ostinol™ is one tablet per day, but Stine told me that sometimes two a day may be necessary to get the job done.

You'll find ordering information for Ostinol™ in the Member Source Directory on page 80.

CHAPTER II

Astonishing nutrient turns the tide on Alzheimer’s disease, dementia, even strokes!

“It’s Alzheimer’s disease.” That may be the scariest sentence you’ll ever hear...and it’s usually said without any hope. No chance of a cure, but the very real possibility that your loved one will disappear right before your eyes, every day sliding further and further away from you.

The doctor may tell you about medications that might possibly slow the disease down—but not so much that you’d notice, and not enough to stop the damage. And he’ll probably tell you to start thinking about long-term care, while his eyes carefully avoid the tears streaming down your cheeks.

But it doesn’t have to be that way. Because there is real hope—a chance to substantially slow down the disease, even noticeably improve quality of life and keep memories alive.

Why your doctor can’t help...and HSI can

As usual, mainstream medicine takes a short-sighted, profit-driven approach to treating Alzheimer’s disease. They focus on a single facet of the problem, and hit it with a sledge hammer. They claim their drugs offer ‘statistically significant’ changes for Alzheimer’s patients—but that doesn’t really translate into noticeable improvement.

And, like the vast majority of pharmaceutical drugs, these medications (which include Aricept and Exelon) come with some highly damaging side

The top three prescription medications for AD—Aricept, Exelon, and Razadyne—are cholinesterase inhibitors. They work by stopping cholinesterase, with the hope of leaving more acetylcholine for the brain to use. But they cause some pretty harsh side effects, including seizures and liver damage, and tend to lose any effectiveness within a year.

effects and very high price tags, while delivering nothing of value. Actually, that's not true, they do worse than nothing. Because they offer the promise of possibility that they simply do not deliver.

Your doctor may hold them out as the only choice...but he's wrong.

We here at HSI have uncovered an astonishingly effective natural medicine that does more than impact some numbers on a made-up scale. It can make a difference in people's lives—whether they're stricken with Alzheimer's disease (AD) or watching someone they love suffer through it. And if you're looking to prevent that horrible fate, this alternative cure can help you do it.

So while mainstream medicine has nothing much to offer here—except dangerous, expensive medications that do, well, nothing—natural medicine, once again, holds the key.

The nutrient your brain can't live without can turn AD around

Not surprisingly, this natural brain protector targets some of the same issues as pharmaceutical drugs—but in a gentler and much safer way.

The natural medicine you'll learn about here is the real deal. In fact, some doctors have already been using this complex nutrient as medicine in Japan to treat strokes and brain injuries. And researchers are just beginning to understand how it can improve brain function...even for Alzheimer's and dementia patients.

This miracle nutrient is called citicoline (or CDP choline, which stands for cytidine diphosphate choline), and it's crucial for healthy brain function. In fact, your brain literally can't function without it.

So far, citicoline's success has been pretty amazing. And it makes me wonder why more mainstream doctors don't know about it.

- It halts progression of Alzheimer's disease, and even improves quality of life for Alzheimer's patients (helping them maintain independence, for example)¹

- Improves brain function of stroke patients (when taken within 24 hours of the stroke)²
- Citicoline improves mental function in some dementia patients
- Citicoline helps both prevent and treat age-associated memory impairment
- Can improve memory, especially in people who suffer from memory impairment
- It may even help coma patients recover more quickly

Actually, it's really American mainstream doctors who aren't working with citicoline. Japanese and European doctors have been using it successfully for years.

Scientists finally see (literally!) how citicoline boosts your brain power

In November 2008, researchers published the first study that clearly showed just how citicoline impacts the brain. Using special imaging technology, these scientists were able to see exactly how citicoline changes brain activity, specifically in the frontal lobe.³

Citicoline actually increases brain function in the frontal lobe, which handles things like attention span, learning, memory, and creativity. In fact, your front lobe is considered the management center of your brain, and when that center gets damaged—as can happen with Alzheimer's disease—all of those functions will suffer.

Some of these scientists most important discoveries explain citicoline's success in boosting brain power. For one thing, it substantially increases a critical brain chemical called phosphocreatine, which provides extra energy and helps reduce fatigue.

The researchers also learned how essential citicoline is for brain cell protection—it increases specific lipids (phospholipids) that help maintain cell integrity and turnover, and your brain simply can't work without this.

Citicoline keeps your eyes in tip-top shape, too

What's brain power without eyesight? Luckily, with citicoline, you may never need to worry about that. One 12-month study found that the nutrient improved retinal and visual function in glaucoma patients. And an 8-year study showed that citicoline substantially improved vision.

Another surprising discovery: citicoline seems to increase alpha brain waves, the ones associated with relaxation. In fact, these brain waves are the ones responsible for getting your brain into the much-desired awake relaxed state. And since one of the defining symptoms of AD is extreme agitation, boosting alpha waves can make life for the patient and his caregiver much less stressful.

And that's not all they found out—they uncovered exactly how citicoline powers your brain, and helps keep your memory and cognition intact.

- Increases blood circulation to your brain
- Boosts your brain's energy reserves
- Increases efficient oxygen use
- Enhances production of acetylcholine
- Maintains optimal dopamine levels

By making sure your brain has all the blood, oxygen, and energy it needs, citicoline can turn memory problems around. And by boosting production and maintenance of key brain chemicals, it can do so much more than that.

Acetylcholine—the super brain chemical that powers your mind

One of the key benefits of citicoline is that it increases production of acetylcholine, the most plentiful neurotransmitter in your brain, and one that's responsible for a lot of key functions. In fact, acetylcholine deficiency is a key player in Alzheimer's disease (and a big focus of pharmaceutical drugs that try to manipulate the chemical artificially, with little success but plenty of dangerous side effects).

What can boosted acetylcholine levels do for you?

- Help increase attention span
- Improve your ability to concentrate
- Increase coordination
- Ease depression
- Slow down memory loss
- Maintain better sleep

In fact, you can read this article because your brain has a healthy amount of acetylcholine. But when someone develops AD, his acetylcholine declines and is more quickly broken down by an enzyme called acetylcholinesterase (AChE). And when acetylcholine levels drop so dramatically, they can cause memory loss and decreased learning capacity, among other things.

Taking citicoline can help make sure that your brain has more acetylcholine—and that means better memory, concentration, mood, and sleep for you.

Citicoline boosts many more critical brain chemicals to keep your mind sharp

Citicoline affects a lot more than acetylcholine, though. It also plays an important role in other brain-critical compounds like dopamine, norepinephrine, uridine, and phosphatidylcholine (PS).

Let's start with dopamine, a crucial brain chemical that citicoline helps your body manage and maintain more efficiently. Dopamine is especially important because deficiency of this chemical has been implicated in Alzheimer's—and correcting that problem could help treat the disease.

Norepinephrine is another crucial brain chemical, and citicoline seems to increase its levels. Many AD patients have been found to lack norepinephrine, so restoring higher levels could help turn the disease around. And this neurotransmitter is well known for increasing alertness and attention span, and enhancing memory and learning.

Then there's uridine, which has been found to be directly responsible for brain cell regeneration in lab studies. It's also been found to clearly support memory retention. It also plays a key role in the generation of phosphatidylcholine (you'll see how important that is in a second). Most important, uridine is being looked at as a possible treatment for Alzheimer's disease because of its ability to improve brain function.

Phosphatidylcholine (PS) is an essential fatty acid that your brain needs to function at its best—and citicoline increases the total amount of PS in the brain. In fact, it can even restore deficient levels to normal, and that can make a huge difference in brain power. It helps keep your brain cells in peak condition, and boosts neurotransmitter activity so that cell messages get where they need to go. And dozens of studies show that adding PS to the mix greatly improves learning and memory.

Real people are seeing real results

Citicoline—sold under the brand name Cognizin®—can do wonders for people suffering from Alzheimer's disease and dementia, but it can also improve everyone's memory, mood, and cognition. Here are just a few examples of the kind of difference citicoline can make.

Gina is a 55-year-old retired housewife. She said, "My husband has been ill for several months and since I have been taking Cognizin it's helped me keep

my husband's medications straight and deal with his problems and his doctors, because of this Cognizin has reduced my level of stress. I'm a little more focused and don't seem as stressed. Plus, every once in a while I can answer a question or two on Jeopardy—it seems that something has come back!"

Walter, a 52-year-old corporate executive also saw his daily life improve. "When I started taking Cognizin several months ago I almost immediately found myself more focused more relaxed. I was able to look at budgets and figure out percents very quickly, everything seemed to work better. I'm more relaxed, I have more energy, and I seem less stressed about things."

And then there's Patty, a 65-year-old realtor whose husband *really* noticed the Cognizin difference. "My husband asked me the other day, 'What's going on? You are not as emotional as usual and you have not lost your car keys in over a month?' I told him that I have been taking Cognizin...and you have pretty much made me believe that it is working if you see the differences. The mood swings that I was having have reduced 95% and things just seem to be very clear, the fog of trying to remember names or places has been lifted."

Cognizin® is the only reliable source of citicoline

Cognizin® is the brand-name of the best source for citicoline. Manufactured by Kyowa Hakko U.S.A., Inc. for more than 30 years, Cognizin® is identical to the citicoline used in the studies that show just how effective it is for improving brain power.

The manufacturer's recommended dose of Cognizin® is one or two 250 mg tablets each day, taken with meals.

You'll find ordering information for Cognizin® in the Member Source Directory on page 80.

CHAPTER III

The single herb that combats cancer, Alzheimer's, heart disease, and more...

“It sounds like science fiction. A simple natural substance that can take on cancer...and so much more. This unique herb can stand up to Alzheimer's disease, hyperthyroidism, and many other diseases.

It sounds too far-fetched to be real. But it is. And our own long-time HSI panelist Dr. Makise is one of the key driving forces behind studying this herbal phenomenon, and bringing it directly to you—before anyone else in the United States has access to it.

This miraculous plant is so rare, there's only one place on the planet where it's found, a Pacific island made up mainly of coral rock...and that adds a unique twist to the healing powers of everything that grows there.

This powerhouse of cures is called shell ginger, and it may just be the next 'superfood' you hear about.

The underground herb that's (quietly) wiping out disease

So why hasn't anyone heard about the miraculous curative powers of shell ginger? Dr. Makise told me that scientists are too busy picking on single components to look at the plant as a whole—even though the whole works much more powerfully than the sum of its plentiful parts.

And while shell ginger may still be flying far under the radar, Dr. Makise has been prescribing it to patients, and seeing some pretty stunning effects.

Real people are seeing spectacular results

While there still aren't any completed formal clinical trials supporting shell ginger, there are plenty of case studies showing its value in fighting disease—even against advanced prostate cancer.

Jack R., a 50-year-old man riddled with prostate cancer, was about to go under the knife when a friend told him to call a natural doctor he knew. Jack made the call, and was excited about trying something—anything—other than surgery. He couldn't really afford a lot of treatment, but he did try one of the doctor's recommendations.

He felt the difference right away, especially when it came to urination. And within just two weeks of taking this miraculous natural remedy, Jack's doctor called off the surgery. Two weeks!

Rob M., a 51-year-old airline executive, had a small tumor on his left kidney. Doctors removed the kidney surgically and treated with interferon (a standard cancer therapy). But after all that, the cancer metastasized to his lungs.

Instead of suffering through more chemotherapy and surgery, or enduring radiation, Rob said no to mainstream cures. He began one therapy, then Dr. Makise added in shell ginger and lactoferrin. Rob began to get his energy back, and was able to work and live his life again—which would not have happened with chemo and radiation. And though scans show that he still has lung cancer, there has been no growth or change from the original scan—his cancer is under control.

And cancer isn't the only problem shell ginger has been instrumental in curing...

Overactive thyroid under control in just one month

Back in April 2009, Dr. Makise met with Irene S., a 45-year-old patient. She looked different than she had the month before, especially her eyes. Irene told him that she didn't feel anything much, but a few palpitations and maybe a little sweatier than usual. She'd suffered from hyperthyroidism (overactive thyroid) in the past, so Dr. Makise sent her straight to a specialist.

With a confirmed diagnosis, the specialist put Irene on Mercazole, a common synthetic thyroid drug used around the world. She'd been on that drug before, and it took more than a year to regulate her thyroid properly.

About a month later, Dr. Makise prescribed shell ginger...and her thyroid was under control within a month. The specialist was very surprised by the rapid improvement, and began to decrease her medication. Six months later, Irene was doing very well, even gaining back some weight.

Though scientists aren't sure which compound (or compounds) in shell ginger reduce thyroid hyperactivity, they have seen it work. In fact, they think it may also work to restore underactive thyroid (called hypothyroidism) as well, since plants in the ginger family often work as adaptogens, which work to balance systems in whichever way they need.

Erasing eczema quickly and easily

Dr. Makise has also treated hundreds of patients suffering from eczema (officially called atopic dermatitis), with stunning results. Rather than following the mainstream protocol of cortisone ointment—which lose power, and can cause unpleasant side effects—he takes the “inside out” approach, with a shell ginger twist.

For years he treated people with a focused mix of vitamins, minerals, and herbs, which was effective, “but not perfect.” Then in June 2009, he started adding shell ginger into the regimen for more than one hundred patients—and he saw better results almost right away.

One reason for shell ginger's success here, believes Dr. Makise, is its detoxification effect. Many patients starting on shell ginger notice an immediate improvement in their bowel movements—and that's essential for detoxification.

“Be careful when you take the supplement of shell ginger,” says Dr. Makise, “because 60—70% of the patients may suffer from some aggravation of symptoms temporarily. And some may suffer from diarrhea. This is due to the detoxification effect of shell ginger, and do not worry. Reduce the dose and gradually increase.”

Jam-packed with healing substances for a wide range of healthy effects

Shell ginger is packed with dozens of healing components, all with unique curative effects on the body. No other plant contains this rare and abundant mix of more than fifty polyphenols and plenty of bioflavonoids—and that's why no other plant has such widespread curative capabilities.

Take a look at some of its most powerful compounds:

- Ferulic acid has powerful antioxidant properties with wide-ranging functions, from anti-aging support to improved cholesterol management to cancer prevention
- Kawain (which is the key polyphenol of Kava) enhances sleep, relaxation, and collagen production

- Kaempferol stifles production of two cytokines that cause allergic reactions, giving shell ginger an impressive anti-allergy effect
- Quercetin, a potent bioflavonoid, can fight tumors, lower blood pressure, prevent cataracts, and may even help prevent Alzheimer's disease...among other things
- Epicatechin (best known as a component of green tea) shows promise in controlling blood sugar levels and preventing liver cancer
- Chlorogenic acid seems to prevent the cell mutations that cause cancer, and appears particularly beneficial in the fight against skin cancer
- Catechin helps prevent gastric ulcers, ward off viral infections, and seems to lower the risk of gastrointestinal cancers

Shell ginger is also known to increase body temperature, just like its cousins in the rest of the ginger family. Proper body temperature is critical to optimal enzyme function—they just can't get their jobs done if they aren't warm enough. And it turns out that, overall, the average body temperature has dropped at least one degree (celsius) over time, so we all need that warming factor.

Another huge benefit of mixed polyphenols is their ability to boost up your immune system and keep you in robust good health.

Can shell ginger stop Alzheimer's disease?

So far, there's no proof that shell ginger can help prevent or even reverse Alzheimer's disease, but scientists believe that it can have a very beneficial effect against this life-robbing condition.

Shell ginger contains key compounds that have been found useful in combating AD, which could mean that this supplement might be able to keep the decline from starting.

Two of its main components, known as DK and DDK, get converted in the body to a substance called hispidin. Hispidin appears to inhibit an enzyme called beta-secretase, which seems to be very involved in the onset of AD.

Shell ginger also contains ferulic acid, which has been studied as a cure for Alzheimer's disease. Ferulic acid can stop the destructive and toxic properties of amyloid-beta protein in their tracks—and amyloid-beta protein is widely known as a cause of mental decline.

Take shell ginger every day for optimum health

While shell ginger does grow in a few places in the world, the variety grown on the remote Japanese island of Okinawa is the only one Dr. Makise

will work with. The soil of Okinawa is unique, as its made of weathered coral limestone which makes the pH level a weak alkaline—the most optimal level for good health.

Dr. Makise has made the only shell ginger supplement containing this special variety available in the United States for HSI members. It's called JIPANG Ginger[®], and in addition to shell ginger's plentiful and potent polyphenols, the formula also contains astaxanthin and Vitamin K2.

To support your immune system, you can take four to six tablets per day, about thirty minutes before going to bed. If you experience any stomach upset (like diarrhea), decrease the dose to one capsule daily for the first week, and increase the dose gradually by adding one capsule per week until you reach the full dose.

You can find ordering information for JIPANG-Ginger[®] in the Member Source Directory on page 80.

CHAPTER IV

Want to keep your teeth? Throw out your toothpaste

“You’re going to lose your teeth.” Winnie Burke listened in shock as the periodontist continued.

“Even if you have gum surgery. But you need the surgery anyway.”

Winnie collected herself and her sass and replied, “Why? Are you adding a room on to your house?”

The periodontist took offense (no surprise), and Winnie left his office, never to go back.

Luckily, Winnie had already stumbled upon the real solution. A solution that let her keep every single tooth in her mouth, without any drugs or surgery or pain.

“He told me I’d lose every one of my teeth. But I knew they were already getting better.”

Winnie Burke was always scared that she’d lose her teeth—after all, her mother did. So she took very good care with flossing and brushing. But that didn’t stop her from almost losing all of her teeth.

It seemed like her gums went wrong overnight. When she pushed on them with her finger, blood and pus shot out. So she went to the periodontist, and endured oral surgery on half her mouth. But her teeth never healed—they just kept getting worse.

In the most fortunate twist of fate, she told a friend about her problems—a friend who just happened to have a sister that held the solution for Winnie’s dental problems. His sister had faced similar problems, and come up with her own formula to fix them. And it worked wonders for Winnie, too.

She started using this miracle fix, and it really made a miraculous difference, very quickly. Her gums got better, her teeth stopped wiggling.

Then she took that fateful trip back to the periodontist, expecting him to be amazed at her progress. And even though he admitted to seeing improvement, he still insisted she needed more gum surgery, and scared the heck out of her.

“He told me that I’d lose every one of my teeth. That they were so bad they could never heal. Never. But I knew they were already getting better. So I left.”

From falling-out teeth to a perfect checkup

That was years ago, and Winnie has been using this healing tooth powder ever since. She still has every one of her teeth.

Even better, the day before we spoke, Winnie had been to the dentist for a checkup... after a three year lapse. They couldn’t believe her mouth hadn’t been seen for so long.

The dental hygienist looked in her mouth in great surprise. Her mouth looked great: no cavities, no pockets, minimal plaque. And the dentist was so impressed, he asked her what she was using because he might want to recommend it to some patients.

She told him. The secret to Winnie’s perfect checkup is Good Gums, a revolutionary old-fashioned all-natural tooth powder that can turn teeth in danger of falling out into a perfect checkup.

But it all starts with throwing out your toothpaste. Now.

Toxic toothpaste is your mouth’s worst enemy

It’s hard to believe, but it’s true: Virtually all toothpaste can kill your teeth. Because it’s most common ingredient, glycerin (and, yes, even all-natural organic toothpastes contain it), coats your teeth, and stops your saliva from remineralizing your teeth naturally. In fact, that glycerin barrier is part of the reason that fluoride gets added to toothpaste, to compensate for the loss of natural remineralization.

But fluoride is poison, plain and simple. That’s why you’re not supposed to swallow your toothpaste (don’t even get me started on fluoridated water!) And that’s why all fluoride toothpaste carries an FDA-mandated warning label that directs you to poison control.

Sadly, fluoride and glycerin are not the only dangers found in the average toothpaste. There are chemicals, artificial colors and flavors, harsh abrasives, preservatives—none of them actually working to save your teeth and gums. And consider this: All of these get absorbed into your bloodstream through your gums (in very small amounts, but that’s twice a day every single day for your whole life!).

Worst of all, you use toothpaste to help your teeth. But it turns out that the very thing you're counting on to save your teeth may actually be killing them.

Fear of gum surgery leads to tooth-saving formula

To start saving your teeth, throw out your toothpaste. Because the real answer to dental health comes in a gritty, brownish powder called Good Gums. (I know, it sounds awful, but it isn't, and it really works.)

When Isabelle Dunkeson created the formula to save her own teeth, years ago, she never imagined she could help so many other people save theirs. She had very deep gum pockets, but desperately did not want to suffer through gum surgery, often only a temporary solution.. With a background in nutrition and herbs, she created a formula and tried it out.

The very first combination she tried—which is the same as today's Good Gums formula—cured all her dental problems. Her pockets disappeared. Her teeth were no longer “plaquy.” It worked.

And part of its success is due to what the formula doesn't contain. Nothing artificial, harsh, or chemical...and no glycerin. And every ingredient that did make it into the formula contributes to truly healthy teeth and gums.

Pulled from the past to save the future of your teeth

Long before toothpaste appeared, people used baking soda and salt to clean their teeth. And that's where the Good Gums formula starts, with baking soda and French grey sea salt.

These two ingredients alone go further for your teeth than typical toothpaste ever could.

Baking soda takes on that enamel-wearing acid in your mouth by neutralizing it naturally. And by altering that acid environment, baking soda makes it much harder for those bad bacteria to do their worst. It also helps eliminate odors (just like it does in your refrigerator), so your breath will smell fresh and clean.

As an extremely mild abrasive, baking soda is easy on your enamel while still managing to get its job done. And if you're worried about whitening, don't be. Baking soda has been proven to whiten teeth, even remove existing stains, better than other common toothpaste ingredients (like silica and calcium carbonate).¹

As for salt, well, you know salt helps heal your gums—that's why dentists everywhere recommend salt rinses when you've had oral surgery of any kind. The French grey sea salt in Good Gums (harvested only on the shores of the Celtic Sea) goes even further. It speeds the healing process by supplying critical

minerals that are not available in standard table salt. This sea salt is rich in the trace minerals your cells need to function properly, particularly magnesium which your tooth enamel needs to stay strong.

And while old-fashioned tooth cleaning ended with baking soda and salt, the Good Gums formula contains additional healing and soothing ingredients for complete dental health.

Eliminate plaque without harsh abrasives

The standard solution for plaque is to scrape it off, whether with the harsh abrasives of toothpaste or the scary silver tools on your dental hygienist's tray. But when your enamel is already weakened, scraping may not be the best choice.

That's why Good Gums contains two very unique natural ingredients: finely ground cranberry and tea tree leaf. This pair work by making sure the plaque doesn't stick to your teeth, so it can easily be swept away.

You probably think of cranberry as the urinary tract infection cure, and it is. But the underlying reason that it works is that it prevents bacteria from sticking in your urinary tract, so they can be flushed out of your body. And it works the same way here, naturally loosening plaque with its strong anti-adhesion properties.

Tea tree leaf (not to be confused with the highly astringent distilled essential oil) also offers some anti-adhesion capability, so bacteria simply can't cling on. The leaves contain an oil that's been proven effective for taking on common oral bacteria.²

And this natural herb also brings very strong antimicrobial and anti-inflammatory properties, so your mouth will both get better and feel better.

Soothe, heal, and protect your teeth and gums

Isabelle rounded out the Good Gums formula with four potent natural ingredients, each contributing its unique properties.

Vitamin C—well, your gums literally can't heal without it. Your gums and the ligaments that hold your teeth in place are connective tissue, which is made up of collagen, which can't be produced without vitamin C.

Myrrh (most often associated with the Three Wise Men) has a long history taking care of gums. In fact, in Germany and England, myrrh is approved as a gingivitis treatment. Which makes a lot of sense, as there are several studies and tons of anecdotal evidence supporting its effectiveness for improving oral health.

Peppermint brings pain relief to your teeth and gums, just as it has for generations. Along with that, this herb contains several trace nutrients, including

calcium and magnesium. Easily absorbed by your gums, peppermint can really get down in those pockets to offer some soothing relief.

Cinnamon does more than just add some flavor. It has strong antimicrobial properties and mild anesthetic properties. In fact, many herbalists use it to soothe sore tissues. Historically, cinnamon has been used to soothe teething infants by rubbing it on their gums.

With all of these healing ingredients, it's really no surprise that Winnie was able to hold on to her precious teeth. And you can, too.

Save your teeth and gums with Good Gums

If your gums are sore and swollen, maybe even bleeding, your toothpaste could be making things much worse. But Good Gums can help you turn things around, even keep loose teeth from falling out, even reverse pockets and prevent plaque buildup.

To use Good Gums, pour enough of the powder to cover about a dime into the palm of your hand. Wet your toothbrush (they recommend using only very soft brushes), shake off the excess water, and dip the brush into the powder. Gently spread the powder along your entire gum line. Once it starts to dissolve, begin to wiggle the brush—very gently—in tiny circles along your gum line. When that's done, brush your teeth. You can spit as needed, but *do not rinse!* Keeping Good Gums in your mouth, and even swallowing it, helps the healing process.

I won't lie—it takes some getting used to. The flavor is very savory and salty, but your mouth will feel fresh after brushing (though still a little salty). The color is also a little off-putting, it's brownish, but it does not discolor your teeth at all (though your toothbrush might darken a little). And make sure to shake up the bottle before you start. The dry ingredients can separate and clump in the bottle, but shaking it gently gets it back in the right mix.

That all said, brushing twice a day with Good Gums will help your teeth and gums heal. It won't happen overnight, especially if they're not in great shape now, but you will notice improvement pretty fast, in about a week (maybe sooner).

You can find ordering information for Good Gums in your Member Source Directory on page 80.

CHAPTER V

Blood sugar plummets by 107 points in just 90 days with this groundbreaking diabetes cure

What I'm about to tell you is pretty audacious. But if this natural diabetes cure did even half of what it claims, it would still be better than all the diabetes drugs on the market.

You see, this groundbreaking formula is twice as effective as top-selling diabetes drugs at lowering blood glucose in every measure. Plus, it works much, much faster—we're talking days, not months upon months.

Now, you may be thinking you've heard this all before. But let me show you the scientific proof that convinced me that this blood sugar miracle is the real deal.

One small company goes all in to gamble on a clinical trial

Ken Hampshire of Syntratech knew he had developed a true diabetes remedy, and success stories were pouring in from grateful customers as soon as his formula hit the market. But that wasn't enough.

Ken wanted to know exactly what this formula, Syntra5, could do so he commissioned a small study to see how it fared. And though there were only 17 participants, the results were very positive—so positive, in fact, that Ken decided to take a major gamble and pour money into a clinical trial...putting his company on the line.

If Syntra5 wasn't proven effective, they would be ruined.

The results weren't just positive.

They were groundbreaking.¹

Syntra5 simply demolished diabetes, and more...

- Fasting blood sugar plummeted an unheard of average 107 points in just 90 days
- Two-hour glucose levels decreased 54.55%
- HbA1c dropped from an average of 7.7% to 4.7%, a remarkable 3 point drop
- LDL cholesterol decreased by more than 34%
- Total cholesterol dropped over 29%.
- Triglycerides fell by 20%
- Systolic blood pressure decreased by 28.4%, along with a 4.9% drop in diastolic
- Average weight loss was 9.3 pounds—with NO changes in eating or exercise

And those were the results after only 90 days, in patients with chronic uncontrolled blood glucose and fasting blood glucose counts between 160 mg/dL and 225 mg/dL (a definite danger zone). Big Pharma executives must be praying that more people don't learn about Syntra5.

HSI Exclusive: The inside story on some secret data

When Syntratech reported those stellar results, they kept one of Syntra5's effects under wraps, out of the report. The outcome was so good, they thought no one would believe it! But I knew this information was too important to keep quiet...and they agreed to let me share it with you.

During the clinical trial, they ran what's called a glucose challenge test. Basically, they loaded the subjects with 75 grams of glucose (that's about 6 tablespoons) to see the response. Of course, when you take in that much sugar, your blood glucose spikes up, and it may take a long time to level out.

But not with Syntra5. Almost everyone in the Syntra-5 group had normalized blood sugar within *30 minutes* of the glucose load. That's unheard of!

Consider this: the standard measure of how well the body handles sugar after eating is a two-hour test. And Syntra5 brought levels down to normal in just 30 minutes.

Top-selling diabetes drugs don't even come close

If you've got diabetes, you know it's all about the numbers. You aim for normal zone numbers...

- Fasting blood glucose under 100 mg/dL
- 2-hour glucose level under 140 mg/dL
- HbA1c level under 7%

...but rarely (if ever) achieve them with pharmaceuticals.

But Syntra5 is a different story all together, getting results that Big Pharma can only dream about.

Let's start with the HbA1c, one of the most important numbers in diabetes management because it measures long-term glucose control. Leading diabetes drugs can't really lower HbA1c by very much (the biggest decrease I found was 1.4 with metformin), or get that number under the 7% benchmark. In other words, none of them comes close to the Syntra5 effect: **In their clinical trial, 100% of patients taking Syntra5 saw their HbA1c drop to 5%.** In just 90 days...and that was down from an average 7.7% at the start of the trial.

Then there's the fasting glucose level. Top-selling diabetes drugs only drop blood glucose levels by around 50 points. That makes Syntra5 twice as effective, lowering fasting glucose by an average 107 points in just 90 days—without the kinds of dangerous side effects diabetes drugs can cause. (Of course, with major shifts like these, keeping track of your blood sugar levels is extra important.)

And as for the two-hour glucose, well, you saw a moment ago just how incredibly Syntra5 can handle that...and in a fraction of the time. (None of the pharmaceutical studies I looked at reported two-hour glucose levels.)

	Syntra5	Actos*	Byetta*	Metformin*
Study length	90 days	26 weeks	24 weeks	29 week
HbA1c (avg decrease)	3.04%	0.9%	0.9%	1.4%
Fasting glucose (avg decrease)	107	56	19	53
Weight (avg decrease)	9.3 lbs	None reported	2.9 kg (about 6 lbs)	1.4 lbs
Potential side effects	Lower cholesterol and triglycerides	Bladder cancer, heart failure	Hemorrhagic pancreatitis (sometimes fatal)	Lactic acidosis, vomiting, diarrhea

*Numbers taken from the full prescribing information for each drug.

In a head-to-head comparison, Syntra5 takes on 3 diabetes blockbusters

Spurred by the incredibly positive results of their gold-standard clinical trial, the SyntraTech team commissioned a follow-up study. They wanted to know just how Syntra5 worked, and how it compared to pharmaceuticals.

The subjects in this study were special Type 2 diabetic mice.² The animals were split into 5 groups for treatment: Syntra5, Byetta, Actos, metformin, and untreated. (Byetta, Actos, and metformin are among the most commonly prescribed diabetes drugs.) And the researchers looked at dozens of biomarkers to see just what each treatment impacted.

The results were mindblowing.

Not only did they prove that Syntra5 had similar actions as the diabetes drugs, it outperformed them in many crucial biomarker measurements. Most notable was Syntra5's impact on inflammation activity—and that's important because scientists have closely connected Type 2 diabetes with increased inflammation. Syntra5 decreased inflammation signaling by as much or more than the drugs did (about the same as Byetta, but much more than Actos and metformin).

This successful study combined with the amazing results of the human clinical trial prove that Syntra5 is a safe and effective diabetes treatment, outperforming all of the best-selling diabetes drugs on the market.

And here's another secret: The word is out. Rumor has it that a major east coast university has independently decided to study Syntra5 in a human clinical trial. And if the results look anything like we've already seen, it could change everything.

And for many people, it already has. Literally hundreds of customers have called and written to share their Syntra5 success stories. And when I talked to some of them, the gratitude in their voices was inspiring.

From “timebomb” to “miracle man” with Syntra5

Glen Davis went to his doctor for a routine physical, only to have the doctor tell him he was “a timebomb ready to explode.” Glen's blood pressure had spiked up to 168/110, his cholesterol was almost 400, his triglycerides were extremely high (well over 1000!), and his blood sugar was around 400. The doctor gave him prescriptions for Crestor and blood pressure drugs to start, and told him to get his sugar down.

“The Crestor made me sick. I was dizzy and sweating, I had palpitations. So I stopped taking it.” He didn’t want to take diabetes drugs, either, so he started to change his diet, walk every day, and do some research. That’s when he came across Syntra5. And within the first week, his blood sugar dropped 80 points. Within 2 weeks, it was under 200—half the level it was before he took Syntra5.

At his next appointment, a few months later, his doctor was shocked. Glen’s blood sugar was 96. His triglycerides had dropped down to 220. And his blood pressure was a much safer 118/80. “I’ve never seen anything like it,” the doctor told him. “You’re a miracle man.”

When diabetes drugs made him sick, Syntra5 kept him steady

HSI member Chris Chambliss first started using Syntra5 after he read about it in his *Members Alert* back in 2009 (it was called Diatroxal then)...but that’s not the start of his story.

Since 1991, Chris was on metformin and glyburide to control his diabetes, but he didn’t like the way they made him feel. Especially when they caused his blood sugar to plummet so low that it made him sick (hypoglycemia is a very common problem with diabetes drugs). So when he read about Syntra5, he decided to take a chance.

His doctor was not in favor of supplements, so Chris stopped seeing him, and found someone who was open to alternatives. He was soon able to stop taking the glyburide, and his blood sugar finally stabilized. Now his HbA1c levels are consistently under 7.0, and his sugar stays even throughout the day—no more highs, and no more crushing lows.

What gives Syntra5 its sugar-busting edge?

I asked Ken if there were any stand-out ingredients in the formula, and he didn’t even pause: “HCA, that’s the superstar. But the other ingredients are all stars, too.”

He’s right. There are plenty of scientific studies (including dozens of human trials) backing up the sugar-busting powers of all the ingredients in Syntra-5. In fact, the label reads like a “Who’s Who” of proven natural diabetes remedies. And HCA is at the top of that list.

HCA (hydroxycitric acid), from *garcinia cambogia* extract, has been long-studied as a weight-loss supplement, largely because it works as a natural appetite suppressant, and it’s also known to keep blood insulin levels in check.

Gymnema sylvestre extract helps control blood sugar and carbohydrate cravings by actually filling the sweet receptors on your taste buds and in your digestive tract so they don't get activated when you eat sugar.

Chromium is well-known for keeping blood sugar in check by regulating glucose levels (so they never soar too high or drop too low), and even reversing insulin resistance.

Cinnamon extract lowers high blood sugar levels and enhances the impact of insulin on glucose.

Bitter melon extract improves glucose tolerance and lowers blood sugar, as well as reducing insulin resistance.

Banaba leaf extract contains corosolic acid, which helps your body use glucose more efficiently, and helps make sure excess glucose doesn't get stored in fat cells, making it easier to lose weight.

Fenugreek seed normalizes blood sugar levels and increases insulin sensitivity.

Vanadium stabilizes blood sugar levels by increasing the sensitivity of insulin and glucose receptors, so your body doesn't need to make as much insulin.

Biotin lowers fasting blood glucose levels in diabetes patients and helps reduce insulin resistance.

Win the battle against diabetes with Syntra5

No matter how long you've been battling diabetes, Syntra5 can help. And not just with your blood sugar, but with cholesterol, triglycerides, blood pressure, even weight loss.

The manufacturer recommends taking 2 Syntra5 tablets 3 times a day right before meals. For the best results, take Syntra5 about 15-20 minutes before eating (but it's okay to still take it right before, or even during your meal).

Just so you know, these tablets are very large—but they need to be to include all the sugar-busting powers of the formula.

Caution: If you are already taking blood sugar medication, work with your doctor while taking Syntra5. While Syntra5 does not appear to cause hypoglycemia (based on the studies and customer feedback), medication can, and your doctor may need to change your dosage.

You can find ordering information for Syntra5 in your Member Source Directory on page 80.

CHAPTER VI

Wipe out prostate cancer without touching a single healthy cell

When you think about being diagnosed with prostate cancer, what are you most afraid of? The cancer itself, or the (let's face it) terrible "treatments" the mainstream pushes?

Think about it—for all the suffering they put you through, chemotherapy and radiation have yet to show they can really do anything close to curing men with advanced prostate cancer.

In fact, most treatments only promise to make life a little easier, but that's a joke. You could go under the knife, only to be left incontinent and impotent. Or you could shuttle yourself back and forth for daily radiation treatments—with the possible reward of living with a catheter for the rest of your days. For promising to make life a little easier, these treatments leave a lot to be desired.

But all of that could change, thanks to a formula that's just hitting the U.S.—a formula that attacks cancer cells without harming a single healthy cell. A formula that actually repairs the DNA damage that leads to cancer. A formula that can stop cancer cell growth by 90% within one day.

It's called Prostabel, and it's a stunning breakthrough that owes its very existence to a brilliant scientist who was far ahead of his time.

Ancient remedies reinvented as modern cancer-fighters

You might remember the names Watson and Crick from science classes. Back in the early 1950s, they described the double-helix structure of DNA, the very blueprint of our bodies.

But around that same time, a young biochemist and biologist was going farther—much farther—at the prestigious Pasteur Institute in Paris.

Dr. Mirko Beljanski devoted his entire life to studying cell regulation and replication, especially how DNA and RNA take part in cellular health. Your DNA holds your unique genetic code, and RNA controls what happens with the cells in your body. Beljanski was especially interested in what happens when something goes wrong with cell regulation—and how to get it back on track.

His passion paid off. Around the same time that Watson and Crick were demonstrating the shape of DNA, Beljanski discovered that, before genetic mutations of DNA occur, attacks on the double helix itself create a structure that no longer functions properly. This allows damaged DNA to replicate much faster, gaining speed with each division. Beljanski connected this excess replication and increased cell multiplication to cancer.

Beljanski knew he was onto something—if he could find a way to stabilize that second structure, he could prevent DNA from abnormally replicating. So he started a tireless search for natural substances that could stabilize DNA without harmful side effects.

What he found were extracts that did just that and were toxic to cancer cells without doing harm to healthy cells (unlike chemotherapy and radiation, which destroy cancer cells and healthy cells without discrimination). Extracts that fight cancer without side effects. Among those were *Pao pereira* and *Rauwolfia vomitoria*.

Both have been used for centuries by indigenous peoples for a variety of ailments. And Dr. Beljanski found they could actually repair the abnormal structure I described a few moments ago.

He demonstrated that, at optimal doses, these two herbs stopped the proliferation of cancer cell lines while sparing healthy cells. This effect was the same with several kinds of cancer—brain, colon, liver, kidney, and skin. And, of course, Beljanski showed they were active against prostate cancer.¹

Testing *Rauwolfia vomitoria*, he found that, with high doses, up to 80% of the mice treated with the extract lived 90 days. Those who went untreated were all dead by day 40. The mice Beljanski deemed cured survived in “excellent condition.”²

He went on to use both extracts successfully in numerous human case studies. But they would have been lost had it not been for one very important move the doctor made.

Dr. Mirko Beljanski wanted to make sure his life’s work didn’t stop with his death. So before he died in 1998, he entrusted his research to Natural

Source, which at that time was a new company devoted to advancing the world of natural medicine.

Their devotion to Beljanski's mission shows in their work. Take the materials that make up the Prostabel formula. They're painstakingly harvested from the far reaches of the earth—Pao pereira comes from the Amazon Rain Forest, and Rauwolfia vomitoria is gathered from the root of a tropical African tree. They're then purified and rigorously tested. And then there's the research they've sought out to prove the value of these miraculous herbs.

Cancer cell growth cut by 90% in less than a day

The work of Mirko Beljanski—and Natural Source's continuation of that work—caught the eye of Dr. Aaron Katz, a leader in the field of natural medicine and men's health. His research home base is Columbia University, where the studies on the ingredients in Prostabel have taken place.

Dr. Katz's research on the formula started with a meeting with Beljanski's daughter Sylvie. She was confident in her father's work, and wanted to share it with the world. Dr. Katz was hopeful, but told Sylvie there were no guarantees. And the team at Natural Source knew they were taking a big risk in offering Pao pereria and Rauwolfia vomitoria up for trials—Dr. Katz's team was going to report the truth no matter the outcome.

But it turned out that Sylvie and Natural Source had nothing to worry about. The power of these two herbs was revealed almost immediately. In fact, members of Dr. Katz's team have called Pao pereira and Rauwolfia vomitoria the “most promising candidates to date” when it comes to fighting prostate and bladder cancer.

A major human trial is underway at Columbia's Department of Urology, and preliminary results are very promising. Especially considering the results Dr. Katz has already seen in men taking Prostabel. A trial of 30 men with high PSA readings and a negative biopsy (meaning they don't have cancer yet) showed that Protabel significantly lowered PSA over the course of a year.

And the men taking Prostabel had other good news to report—a dramatic improvement in urinary symptoms. They had better streams and better flow rates, and weren't getting up as often at night. There was one more unusual bit to report from that trial, too—not one person dropped out because of side effects, because nobody experienced any.

When it comes to cancer, there haven't been any human trials completed yet, but in vitro and animal trials are incredibly promising.

Pao pereira has already demonstrated that it's toxic to cancer cells in other studies, but this is the first time this extract has really been looked at for its effect on prostate cancer cells specifically.

Applied to a line of cultured cancer cells, the extract significantly suppressed cell growth (by 90% as early as 24 hours after exposure!) and caused cancer cells to die. It also caused a significant decrease in overall tumor size.

Surprisingly, the greatest effect on tumor growth occurred at the lower doses of pao pereira tested on mice. At doses of 10 and 20mg/kg per day, tumor volume was reduced by 80% and 75%, respectively. Researchers aren't quite sure why this is, but think it may be due to gastrointestinal effects at higher doses. Researchers also suggested that, because Pao pereira has tumor-suppressing activity without toxicity, it can be used to prevent cancer, not just as a treatment for it.³

And Rauwolfia vomitoria is just as impressive. In one trial, it was shown to suppress the growth of cancer cells. In another, it decreased tumor volume in mice by 58-70% depending on dose (7.5-75 mg/kg) over a 72-hour period.⁴

Overall, research has shown that Pao pereira extract more potently induces cell death than the Rauwolfia vomitoria extract. But the Rauwolfia extract is more successful at inhibiting cell cycle progression of prostate cancer cells—meaning it hampers their ability to grow and divide. So, these two make a more or less perfect pair in the Prostabel formula.

His doctor called his progress “a miracle”

The clinical trials are one thing, but what really speaks to me is the feedback being sent to Natural Source. Men are writing in from all over to share how Prostabel has, really, given them new leases on life. Here are just a few of the stories they've seen:

Ronald Limsin got the awful news after a biopsy in 2003—adenocarcinoma of the prostate. His urologist thought the best solution would be surgery, but Ronald refused. While he did undergo radiation treatments, he took Pao pereira and Rauwolfia vomitoria (Natural Source also sells them separately from the Prostabel blend). His PSA was lowered to 1.82—a decrease expected to continue. His doctor called it a miracle, and when he wrote to Natural Source in 2007, Ronald was still doing well.

When Joe Mirelli was 70, he watched his PSA, already at a high 19, shoot up to 39 in a short time. His doctor diagnosed a mild adenoma of the prostate, and Joe turned to Prostabel. His situation rapidly improved. He's now 87 and says everything is going well in terms of his prostate. He gardens every day and is very active.

Peter Williams decided to tell his story after an 18-month struggle. On the day he turned 68, an ultrasound showed an abnormality. He had a biopsy a few weeks later—adenocarcinoma. After undergoing hormone treatments, he knew he needed something better. So he looked to Dr. Beljanski's formula. His PSA dropped from 5.57 to 0.10, and his radiologist can't find anything abnormal. He's been in remission for 2 years, with his PSA holding steady.

We'll be sure to update you on the results of the current clinical trial at Columbia University. Ordering information for Prostabel is below.

A word about Rauwolfia

Rauwolfia comes in different forms, one of which has been used extensively in naturopathic medicine for lowering blood pressure. That form, called *rauwolfia serpentina*, contains a substance called reserpine, which is only available by prescription. The reserpine has been removed from the *rauwolfia vomitoria* used in the Prostabel formula.

You'll find ordering information for Prostabel in the Member Source Directory on page 80.

CHAPTER VII

This groundbreaking natural cure halts the most invasive breast cancer even when chemotherapy fails

You know the startling statistics: More than 225,000 American women will be diagnosed with invasive breast cancer this year alone.

Nearly 65,000 more women will suffer from non-invasive breast cancer.

And almost 40,000 of our sisters, mothers, daughters, nieces, neighbors and friends will die, every year, from breast cancer.

It's a leading cause of death in women, second only to lung cancer. The death rate is so high because invasive breast cancer does just what it sounds like: it invades and takes over other organs in your body, with often fatal results.

And the sad fact is: conventional treatments are nearly as devastating as the disease itself. You've heard the horror stories. That's the past.

We now know about a true breast cancer solution. A natural cure that slows tumor growth and prevents breast cancer spread—even the most deadly, aggressive, invasive forms. Even when those devastating conventional treatments have failed.

One woman's desperate search for a cure when conventional therapies failed

It was almost too late when Marion was diagnosed with Stage IV, triple negative breast cancer. Determined to fight, she endured debilitating chemotherapy with Adriamycin and Cytosan before undergoing a painful mastectomy. That chemotherapy failed miserably—her cancer grew on this regimen.

Still, she had the surgery. But that, too, failed her.

The cancer recurred, invading her underarm area and chest wall, where they found 17 tumors.

Still fighting, Marion suffered through radiation therapy. She started another aggressive chemotherapy, but couldn't tolerate it. So her doctor put her on an "easier" oral chemotherapy drug called Xeloda. And while the tumors in her chest wall did respond, the one mass in her underarm did not, so she had to undergo an additional surgery.

But her nearly tragic story didn't end there. She was still taking Xeloda by April 2012—but her tumors started growing rapidly. Alarmed by this, Marion began searching desperately for something that might help.

And that's how she discovered the miracle that turned everything around.

Natural formula succeeds where all the conventional treatments failed

Through a combination of determination and luck, Marion discovered cancer-fighting supplement called BreastDefend, created by HSI panelist Dr. Isaac Eliaz.

So in May 2012, Marion stopped taking chemotherapy and began taking BreastDefend (4 capsules, twice a day, with food). And for over two months, her tumors stopped growing. Completely.

After that, her tumors did begin growing again, but very slowly, for about two weeks. So she added Pectasol-C, another natural cancer-fighter from Dr. Eliaz, to her routine. And the combination of BreastDefend and Pectasol-C (more about the synergistic powers of this duo in a moment) stopped her tumors growing.

Marion then decided to bring the Xeloda back into her regimen (the same chemotherapy drug that caused her tumors to grow rapidly in April 2012). And now her tumors are slowly shrinking.

Think about that. Where conventional treatments—radiation, chemotherapy, and surgery—all failed, two completely natural cures saved the day. A cancer that was not stopped by three chemotherapy regimens, a mastectomy, and radiation therapy. But BreastDefend and Pectasol-C took on that highly aggressive triple negative Stage IV metastasized breast cancer...and won.

"I really can't believe this. I'm actually afraid to believe it." Marion said.

Believe it, Marion. It's really working.

Just-published study confirms BreastDefend's cancer-stopping powers

It's simply amazing.

You're about to get an inside look at a brand new study¹, just published in a major medical journal. The findings may have a major impact on the way late stage breast cancer is treated.

Building on earlier work that proves the BreastDefend formula is toxic to breast cancer cells, researchers moved to the next level. In this study, they wanted to see just how well the formula could stop metastasis (cancer spread) in an animal model of triple-negative breast cancer.

They worked with mice that had been implanted with human breast cancer cells, which then grew into tumors. Some of the mice were treated with BreastDefend, and others were not (the control group). And after four weeks, the researchers saw some pretty amazing results.

First, the control group's tumors got significantly bigger than the BreastDefend group's tumors did. Keeping tumors small is critical in the war against cancer...and keeping it in one place turns the tide.

And that's just what happened in this study. 67% of the mice in the control group had their cancer spread from the breast to the lungs. But that happened in just 20% of the BreastDefend group. What's more, the mice in the control group suffered an average 2.8 lung metastases, while the average in the BreastDefend group was 0 (that's right, zero).

And even with all that anti-cancer power, the BreastDefend was completely safe. The mice showed no signs of toxicity (and I doubt you'll ever hear that in reference to conventional chemotherapies).

The conclusion: BreastDefend holds back tumor growth and prevents breast cancer from moving into the lungs. And since metastasis is the most deadly phase of breast cancer, preventing it may very well save many women's lives.

This is how you want to fight breast cancer

What's almost unbelievable is that even very low doses of BreastDefend kick cancer to the curb.

Back in 2010, when HSI first broke the BreastDefend story, the original effectiveness study hadn't yet been published...but we shared the unbelievable results with you.²

- It inhibited cell adhesion by almost half, and when cancer cells can't stick together, they can't develop into tumors.

- It thwarted migration, keeping cancer cells from moving to other areas (metastasizing).
- And it halted cancer cell invasion by more than 25%, so cancer cells couldn't take over healthy tissue.

That's how you want to fight breast cancer: keep it localized, lock it in place, and wipe it out.

BreastDefend calls on the strength of 8 proven cancer fighters

Eight proven natural cancer fighters come together in the BreastDefend formula, with a super-powered medicinal mushroom trio at the heart.

The three mushrooms in BreastDefend are backed by dozens of scientific studies and generations of experience.

- *Ganoderma lucidum*
- *Phellinus linteus*,
- *Coriolus versicolor*

Individually, each of these medicinal mushrooms contains impressive cancer-fighting capabilities. And working together (along with the other ingredients in BreastDefend), their powers are amplified, fighting even the most deadly breast cancers.

Along with those mushrooms, BreastDefend packs more cancer-fighting capabilities into the formula with a stunning combination of potent herbs.

Medicinal mushroom thwarts even the most lethal breast cancer cells

The formula starts with *Ganoderma lucidum*, more commonly known as the Reishi mushroom. This Japanese mushroom has a long history of medical use (more than 2000 years), and has been studied for its effectiveness in fighting cancer for years.

And a study published in 2011³ shed some incredible new light on the true potency of this ancient medicine. In the lab, Reishi was able to defeat a virtually undefeatable form of breast cancer known as IBC (inflammatory breast cancer). IBC is particularly lethal, and not well understood, invading the lymphatic system without creating removable tumors. It moves fast, strikes hard, and comes with a dismal 5-year survival rate. But Reishi mushroom was able to stop these cancer cells from invading, increasing and spreading...at the same time it promoted cancer cell death (apoptosis).

And there's a lot more science behind Reishi's cancer-fighting powers, even against very aggressive strains.

- A 2002 study⁴ found that a *ganoderma lucidum* extract inhibited breast cancer cell proliferation and set off cell death in MCF-7 breast cancer cells
- Another study⁵ found that Reishi mushroom could keep highly invasive MDA-MB-231 breast cancer cells from migrating and invading other organs
- A 2004 study⁶ found that this mushroom keeps invasive MDA-MB-231 breast cancer cells from multiplying by interfering with their life cycle

Reishi alone would make a powerful ally in the fight against breast cancer. But BreastDefend formula adds in another mushroom known for its ability to defeat this disease—*Phellinus linteus*.

Phellinus linteus cuts off tumor's supply lines so they don't stand a chance

Phellinus linteus is a bitter-tasting yellow mushroom that's been part of Asian medical tradition for centuries.

This medicinal mushroom takes on breast cancer cells in four distinct ways.⁷ It holds back a process called cell adhesion, so breast cancer cells can't join together to form tumors. It restricts cell migration, so the cancer can't metastasize. And it also puts a stop to cell invasion, keeping breast cancer cells from taking over healthy cells.

The fourth attack adds an extra layer of protection. *Phellinus linteus* halts angiogenesis, the formation of new blood vessels. Blood vessels supply nutrients and oxygen...without them, it's impossible for tumors to survive.

And BreastDefend brings still more medicinal mushroom power to the fight.

New study finds that “turkey tail” improves breast cancer survival rates

The final medicinal mushroom in the formula is *Coriolus versicolor*, a Japanese medicinal mushroom also known as cloud fungus and turkey tail, and locally known as karawatake.

The latest research shows that *Coriolus versicolor* improves survival in breast cancer patients. In this meta-analysis, researchers reviewed cancer patient survival rates from 13 gold standard clinical trials. They found that patients taking this mushroom—especially breast cancer patients—had better 5-year survival rates.⁸

That success is probably due to two very powerful compounds: PSP and kureha. The effectiveness of both compounds as cancer treatment has been clearly demonstrated in Japan.⁹ In fact, more than 400 studies have shown that an extract of the karawatake mushroom can significantly boost cancer treatment, on its own or along with conventional treatments like chemotherapy.¹⁰

The medicinal mushroom trio in BreastDefend packs a powerful cancer-fighting punch. But the formula doesn't stop there.

DIM defeats even drug-resistant cancers

DIM (scientifically known as Diindolylmethane) is a cancer-fighting powerhouse—able to take on even treatment-resistant breast cancer cells.

A groundbreaking study¹¹ found that mutant breast cancer cells—cells that are resistant to radiation and chemotherapy—can be defeated by DIM. That's pretty remarkable! Poison chemicals and radiation can't stop these cancer cells, but a vegetable compound can. (It certainly seems to have helped Marion!)

And DIM works successfully against non-resistant breast cancer cells, too. Another *in vitro* study¹² showed that this amazing phytochemical could keep two very different types of breast cancer (MCF-7 cells and MDA-MB-468 cells) from multiplying.

BreastDefend's Cellular Support Blend offers more protection against advanced breast cancer

The final four ingredients in the BreastDefend formula come together in a 'Cellular Support Blend.'

- *Scutellaria barbata*
- *Astragalus membranaceus*
- Turmeric rhizome extract BCM-95
- Quercetin

Scutellaria barbata has been used in Traditional Chinese Medicine for treating tumors. And it turns out that this herb may be particularly useful for the fighting advanced breast cancer. In one pilot study¹³ (using a special extract called BZL101), researchers saw four patients stabilize, and tumors shrink in five patients after treatment with the *Scutellaria barbata* extract.

Astragalus membranaceus helps cancer patients in two very important ways. First, astragalus neutralizes the side effects of chemotherapy and radiation.¹⁴ Second, it strengthens the immune system—in particular, the herb has been shown to keep tumors from suppressing critical white blood cells called macrophages.¹⁵

BCM-95, a unique extract of turmeric, is especially bioavailable, so your body can use it more effectively. Key compounds in this bright yellow spice have been studied for their ability to fight cancer. And one *in vitro* study¹⁶ found that curcumin (one of those key compounds) kept several types of breast cancer cells from multiplying by interrupting their cell life cycles.

Quercetin has displayed powerful anti-tumor properties in several kinds of cancer, including breast cancer. It helps fight cancer by affecting specific proteins that have been linked with cancer cell death.¹⁷

This amazing blend, along with the DIM and medicinal mushroom trio has proven to be lethal to cancer cells, and life-sustaining to women with breast cancer. And Dr. Eliaz found that when you combine BreastDefend with another powerful cancer fighter, Pectasol-C, the results can be even more dramatic.

BreastDefend with Pectasol-C works more effectively, even at very low doses

Dr. Eliaz explained it to me. BreastDefend and Pectasol-C (modified citrus pectin, MCP) together create a unique synergy that's able to bring on a dramatic increase in anti-cancer and anti-metastatic action. Even better, the way they work together means you don't have to take as much. Low doses are highly effective.

And a brand new study¹⁸ shows just how well these two work together.

In this *in vitro* study, BreastDefend was shown to decrease breast cancer cell adhesion (how they stick together to form tumors) by 21%. When the scientists added MCP into the mix, adhesion decreased by 40%.

In addition, cancer cell migration was significantly inhibited by the combination—even at very low doses.

And it's not just in the lab that we see this combination working. It's helping real women fight even late-stage breast cancer.

Tumor shrinks dramatically after just one month of BreastDefend and Pectasol-C

On June 12, 2012, Belinda Connor was diagnosed with Stage IV estrogen-positive breast cancer.

The cancer had already spread to her lymph nodes, spine and esophagus. And the tumor in her breast measured 4.2 cm—too big for a lumpectomy.

Belinda did not want to undergo a mastectomy, or suffer through radiation and chemotherapy. So she set about doing some research, and came

across a press release about Dr. Eliaz and Pectasol-C. She decided to try it, and learned about BreastDefend while she was ordering, so she bought that, too.

That turned out to be one of the best decisions of her life.

After just one month of taking BreastDefend and Pectasol-C, Belinda's breast tumor had shrunk dramatically.

The tumor was measured in two different ways, and both showed a remarkable difference. One measurement came in at 2.9 cm, and the other at 3.1 cm. And both of those numbers show a truly huge decrease in tumor size. No invasive or toxic treatments necessary.

Defeat even the most aggressive breast cancer with BreastDefend and Pectasol-C

To get the most out of these two powerful breast cancer treatments, Dr. Eliaz recommends the following protocol:

For active support, he suggests taking four BreastDefend capsules, two times daily with food. For long-term maintenance, starting six to twelve months after the end of active treatment, the recommended dosage of BreastDefend is two capsules, twice a day, with food. And for breast cancer prevention, he suggests taking one capsule, twice daily, with food.

As for Pectasol-C, this needs to be taken on an empty stomach, whether you choose the powder or the capsules. For active support, Dr. Eliaz recommends using 5 grams of powder or 6 capsules, three times per day. For long-term support, he suggests taking 5 grams of powder once daily or 6 capsules.

You can find ordering information for BreastDefend® and Pectasol-C in your Member Source Directory on page 80.

CHAPTER VIII

Depression clinic's accidental weight loss secret takes off those extra pounds for good

Let's face it, we all put on a few pounds over the holidays, and they're ever harder to take off—maybe even impossible.

Before you start blaming yourself (or your daughter-in-law's sweet potato pie), consider this: Biology is working against you.

But with the right combination of minerals and herbs, you can beat that seemingly inevitable creeping weight gain—and maybe even prevent diabetes at the same time. All thanks to a welcome accidental side effect of a brand-new formula created specifically for a depression clinic in Washington.

Trapped in the weight-gain cycle

Did you know that sugar impacts both hormones and neurotransmitters, setting your body and your brain up to crave more?

When you eat simple carbohydrates, your blood sugar level soars very quickly. Your pancreas responds by sending out a lot of insulin, which rushes into your bloodstream to pull the sugar out and put it into storage.

When the insulin charging through your blood runs out of glucose to pull, your blood sugar drops too low, making you crave more sugar. What's more, insulin helps your body create fat cells. And the more fat cells you have, the more calories you need to take in, making weight gain inevitable.

That sets up a dangerous cycle, and it can lead to all sorts of chronic prob-

lems, including overweight issues and insulin resistance—a condition just this side of diabetes.

Sugar sets a trap and tricks your brain

At the same time the insulin cycle gets triggered, those simple sugars activate serotonin (the happiness neurotransmitter) and endorphins (pain control and relaxation hormones). And when that sugar “high” is over, you may start to feel down, even sad. But your body knows the solution for that: more sugar.

With all that working against you, it’s nearly impossible to resist the pull toward simple carbs, so the self-perpetuating cycle just keeps going.

That’s why you need help, real help, and it comes in the form of two sugar-busting nutrients combined with three sugar-slammung herbs. Plus, not only does this formula work to put a stop to that sugar cycle, it also helps your body shed those extra pounds. And it comes to us by way of a happy accident.

Specially designed clinic formula has surprise weight-loss ‘side effect’

When Dr. Gregg Jantz, founder of The Clinic in Washington, was looking for a natural way for patients to battle depression and emotional eating, he called on the formulators at Redd Remedies. He got that...and so much more.

Because along with wiping out food cravings, the formula helps take off extra pounds...and not just because of the reduced cravings, either.

This formula works in several ways to battle those extra pounds, for a truly complete weight loss solution.

- Stabilizes your blood sugar—even bringing it back down to healthy levels if it’s running too high.
- Helps fight insulin resistance, letting your body recognize it more easily and use it more efficiently
- Changes your blood sugar metabolism so your body doesn’t need to produce as much fat-cell-creating insulin in the first place
- Takes away intense carb cravings, helping you take in fewer calories
- Gets rid of the sugar-induced emotional roller coaster ride

With all that support on your side, weight loss is practically guaranteed.

Five proven weight loss ingredients come together in a single sugar-busting formula

The superstar weight loss ingredient in CraveStop, the brand new formula just created for The Clinic, is one you may have heard about (most likely as

a way to control diabetes). And to support its full pound-shedding magic, it uses the help of an unsung hero, a tiny supporting player that can really help this super mineral truly shine.

Added to those are three ancient herbs, used extensively in Ayurvedic and Traditional Chinese Medicine, for both blood sugar and weight management (among other things). And with all that power in a single formula, you'll be able to send those holiday pounds packing for good.

Now, the CraveStop formula is brand new, so it hasn't been fully tested. The Clinic did run some very small, very short pilot case studies—and the formula did deliver positive results. And over time, I'm confident that clinical use will lead to a body of strong evidence supporting the formula. But I didn't want to wait that long to bring it to you, when it could start working for you right now. Especially because each of the ingredients comes with a long pedigree of science to support its effectiveness.

Chromium 454 puts a new spin on the weight loss mineral

Chromium 454 takes the superstar sugar mineral to a whole new level—and chromium already works on many levels to keep blood sugar under control. What makes this form of chromium so special is its delivery method: a patented new technology (where it's encased with high-betalain beet) makes Chromium 454 water soluble, and more easily absorbed by the body.¹

In case you're wondering if you really need chromium, you do. Chromium levels are proven to significantly decrease as we get older. And that depletion increases your risk of weight gain, and other serious conditions including Type II diabetes, coronary heart disease, and arteriosclerosis.²

Taking chromium can have a real impact on your weight. In fact, one small study found that supplementing with chromium for eight weeks reduced hunger and food intake, decreased fat cravings, and helped overweight women lose weight.³ Another pilot trial found that supplementing with chromium helped reduce carb cravings and appetite, especially in people who had severe carbohydrate cravings.⁴

And while it's knocking out the fat and carb cravings, chromium (just 200 mcg per day, the amount in CraveStop) also helps reduce weight and body fat, while improving lean body composition.^{5,6}

So chromium can really help you lose weight, and keep it off. And along with that, there's a stack of proof showing that chromium can also help keep your blood sugar in check, and reverse insulin resistance—two factors known to be involved in obesity.

And while these two minerals alone could have a dramatic impact on your weight, CraveStop contains three supportive ancient herbs that can make your struggle a thing of the past.

One trace mineral and three sugar-stomping herbs help you lose weight and keep it off

HSI members may be familiar with the ancient herbs in CraveStop, I'd be willing to bet that you haven't heard much—if anything—about the key trace mineral included in the formula.

Vanadium doesn't get a lot of press, but it probably should. Along with potent antioxidant properties, this trace mineral can play a key winning role in the weight loss battle, by helping trounce high blood sugar and improve insulin resistance. Several studies demonstrate its ability to stabilize blood sugar levels, including one where fasting blood sugar levels were slashed by 20% (using a high dose).⁷ It seems to work by increasing the sensitivity of insulin and glucose receptors, so your body doesn't need to make as much insulin. And as you read earlier, more insulin means more fat cells—and that means weight gain.

Gymnema sylvestre helps you lose weight by reducing carb cravings in a very unique way. The plant contains unique molecules that fill up the sugar receptors on your taste buds, so they don't get activated when you eat sugar. And it turns out that gymnema performs a similar trick in your digestive tract, resulting in less glucose being absorbed by your body.⁸

Banaba leaf comes at weight loss from another angle. This herb contains cosolic acid, which helps your body use glucose more efficiently. And when your cells are handling glucose better, high blood sugar levels will drop. It also helps make sure that glucose doesn't get stored in fat cells, which makes it easier to take off weight.

American ginseng helps control blood sugar, though it's much more commonly used to boost energy and fight stress and fatigue. In fact, some studies have shown that American ginseng can lower blood sugar, even in patients with Type II diabetes.⁹ And controlling blood sugar is a critical factor for permanent weight loss.

With these four ingredients added to the power of Chromium 454, those extra holiday pounds don't stand a chance of sticking around.

Stop the snack attack and shed those extra pounds with CraveStop

With a multi-pronged approach to weight loss, CraveStop can help you take off those extra pounds once and for all—and make sure they stay gone.

The manufacturer recommends taking two capsules daily, one in the morning and one in the evening.

You can find ordering information for CraveStop in the Member Source Directory on page 80.

CHAPTER IX

Just-discovered rare substance takes the sting out of menopause... and so much more

In a very small region in the heart of Brazil lies the secret to a virtually unnoticeable menopause...and quite possibly the solutions for oddly diverse health issues, from cancer to candida infections to gingivitis.

This extremely rare and unusual substance can turn menopause around, making dreaded night sweats and hot flashes a thing of the past. And when paired with a proprietary herbal blend, it smoothes out even more menopause symptoms—so you'll barely notice you're going through a change.

A life-changing encounter with a swarm of bees

This unlikely story begins with a businessman and a swarm of bees. The successful—but unhappy—Brazilian engineer was looking to change his life. Little did he know that the answer would come to him as an almost deafening buzz, as he and this distinct swarm of bees mysteriously crossed paths.

In no time at all, Alessandro Esteves gave up his old career, bought a farm, and dedicated his life to beekeeping. But these weren't just any bees. They held a secret that had caught the interest of researchers from across the globe—red propolis.

Now bee propolis is ridiculously common. It's a key component of every beehive in the world. But this propolis, Brazilian red propolis, is extremely rare—and its unique components give it distinctive healing powers.

Getting to the source

The research team just had to discover where the bees got that propolis, and Alessandro (with his intimate knowledge of the landscape) joined the expedition. And discovering the botanical origin (*dalbergia ecastophyllum*) brought them closer to learning its secrets.

The scientists were most interested in its red color and unique antioxidant and flavonoid activity, which was different than any other propolis they'd ever seen.

In fact, studies showed that these flavonoids were actually special isoflavones, something no other propolis in the world lays claim to. Not only that, but these isoflavones have a unique composition, making them more easily absorbable by the body than the standard variety. And therein lies their power to deliver a carefree menopause experience.

The aglycone difference

This Brazilian red bee propolis created by Alessandro's hives contains several isoflavones—some of which are still unidentified because they've never been seen before. But the key to their healing capabilities is well-known...the lack of a glucose ring, which is called *aglycone*.

This naturally aglycone isoflavone (called IsoFactor™) is much more efficiently absorbed by the body than isoflavones with the ring (which is virtually all others), including treated isoflavones. For example, aglycone soy isoflavones actually require a special fermentation process to remove that glucose ring—meaning they need to be treated like the ones naturally found in this red propolis.

And one study¹ found that aglycone isoflavones were absorbed substantially better than those with the glucose ring intact (called glucosides)—more than five times better (based on blood levels). What's more, those higher blood levels remained higher even four weeks later.

And its natural aglycone property gives IsoFactor™—the key ingredient in a revolutionary menopause formula called EaseFemin—a distinct advantage over other isoflavones.

Unique isoflavones balance hormones without damaging side effects

Isoflavones, like the ones in this Brazilian red bee propolis, are phytoestrogens—plant substances that are similar to human estrogen in their chemical structure, but are much weaker.

When these compounds mimic human estrogen in specific sites throughout the body, they bring on an abundance of health benefits. For one thing, they can directly relieve troubling menopause symptoms by creating a balancing effect for estrogen levels. You see, the cell receptors in your body are used to getting a steady supply of estrogen, and when that declines (as happens during menopause), unpleasant symptoms can set in.

Phytoestrogens gently balance that estrogen supply, boosting it enough to ease hot flashes and night sweats, without setting off a domino effect of negative effects (as is often seen when women use artificial hormone replacement therapy). On top of that, these isoflavones can also stop ‘bad’ estrogen (the form implicated in some forms of cancer) from causing harmful effects.

And that’s not all! Isoflavones and other flavonoids found in this unique propolis are also highly powerful antioxidants. And that’s especially true (but not at all surprising) here: Thanks to the very red resin of the *dalbergia ecastophyllum*, the antioxidant profile is quite unique and powerful. In fact, a DPPH test (a commonly used scientific test that measures free radical scavenging ability) showed 84.3% effectiveness of IsoFactor™ against free radicals—a very impressive score, especially for bee propolis.

As impressive as that is, it’s only the beginning of the benefits propolis can offer—and has been offering for centuries.

The amazing protective powers of bee propolis— warding off infections, fighting cancer, and more

Did you know that bee propolis has been used for healing since ancient times? The Greeks, Romans, and Egyptians relied on this miraculous substances to cure any manner of ailment...and for good reason.

You see, propolis is what bees use to protect their hives from, well, everything. In fact, propolis is literally the hive’s immune system, and it keeps the entire inner environment pure and sterile. That’s an amazing feat, especially considering that the inside of the hive is very hot (around 90°), making it a prime breeding ground for bacteria, viruses, and other dangerous organisms. But thanks to propolis, the inner hive remains pristine.

That antimicrobial power works for us, too. When we consume propolis (or even rub it on wounds), it offers up anti-fungal, anti-viral, and anti-bacterial powers that can protect us against a wide variety of infections ranging from the common cold to candida (yeast infections) to gingivitis to salmonella.

And the latest research shows us that propolis also has cancer-fighting capabilities. In fact, Brazilian red propolis in particular was tested to see just

how effective it could be against one of the deadliest diseases known to man: pancreatic cancer.

In the lab, a group of scientists studied the impact of key compounds in the red propolis against extremely hard to kill PANC-1 pancreatic cancer cells². Now this particular type of cancer is known to be resistant to most chemotherapies, and even thrives when deprived of nutrients. But the PANC-1 cells met their match in red propolis extract, which ‘displayed 100% cytotoxicity.’ That means it was able to kill off *all* of the pancreatic cancer cells.

That’s pretty amazing—especially when you consider that HRT, the old gold standard menopause treatment, is now believed to cause some forms of cancer.

Five synergistic ingredients heighten EaseFemin’s effectiveness

While Brazilian red propolis is the star ingredient of EaseFemin, the formula also contains a carefully selected set of nutrients and a proprietary ‘calming herbal blend.’ Each of these ingredients was specifically chosen for its synergistic effect with the red propolis, and for its proven capabilities in easing menopause symptoms.

Because menopause is often associated with loss of bone density, EaseFemin includes calcium and high potency vitamin D to support bone health.

And while calcium is known primarily as a bone builder, it handles a lot of other tasks as well. One of those is as a mood soother—and we all know that mood dips can be caused by the hormonal changes brought on by menopause. Calcium deficiency plays a proven role in anxiety, depression, nervousness, and irritability...so a calcium boost can help lighten these darker moods.

The herbal blend contains three herbs well-known for their calming and healing properties: valerian, chamomile, and passionflower. This soothing trio helps take the edge off hormone-related mood dips, as well as easing insomnia and pains.

Valerian has a well-earned reputation as a sleep herb, mainly because of its extraordinary calming powers. It’s a known stress-buster, as well as a natural antidepressant. And, of course, it helps you fall asleep and sleep better. What you may not know about valerian is that it’s also been used traditionally to relieve painful menstruation and cramps—and that could translate into easing some of the pains associated with menopause.

Chamomile is another well-known calming herb. This medicinal plant has also been used for centuries to relieve insomnia, primarily because of its sedating effect on the central nervous system—a trick that also allows the herb to alleviate anxiety. Chamomile, like valerian, has some lesser known properties that can help women specifically—it’s been used historically as a tonic for the uterus.

The final herb of this trio is *passionflower*, and it also combines menopause relief with good mood support. On the emotional side, passionflower may be used to ease anxiety, depression, and irritability. It's also sometimes used to level out mood swings, and may help you enjoy deeper sleep with fewer waking disturbances. On top of that, this herb has been often prescribed by herbalists in Europe as a remedy for the pains that can accompany menopause, possibly due to its antispasmodic properties.

The proof is in the happy customers

While there aren't yet any completed studies measuring the effectiveness of EaseFemin on menopause symptoms, J L Paes-Leme (Alessandro's business partner) told me that customers are coming back in droves. (And that they do want to run trials with the product in the near future—so stay tuned for more information about that.)

And while a 75% repeat sales rate sounds impressive, letters from satisfied customers offer a better picture.

W. Hargam wrote...

"I just wanted to express how pleased I am with your product. I have taken EaseFemin for almost 30 days now. I cannot believe how good I feel already! I never want to be without EaseFemin. It's wonderful! All post-menopause women need to be on your product. Thank you!"

P. Smillaw said...

"I have no hot flashes and no negative side effects from EaseFemin, and I feel confident that taking something natural is an advantage to my body. It has truly improved my health and quality of life! Thanks EaseFemin for a wonderful product!"

And Y. Lacer had this to say...

"I started this [EaseFemin] over a month ago and I ran out and have noticed an immediate difference in my perimenopause symptoms. I just purchased a 3 month supply so I don't run out again. It has truly made a difference and reduced my night sweats within just two weeks of taking the supplement."

Try EaseFemin for an unnoticeable menopause experience

Once you start taking EaseFemin, you'll probably notice a vast improvement in menopause symptoms in about six weeks (but for some women it may take ten to twelve weeks for the full effects of the remedy to kick in).

And, according to J L, it's best to take EaseFemin after dinner, before you go to bed.

The manufacturer recommends taking one capsule daily.

You'll find ordering information for EaseFemin in the Member Source Directory on page 80.

CHAPTER X

COPD sufferer reveals: “I never used an inhaler again”

You’re gasping for air, but you can’t breathe. Your chest gets tighter, and you can hear the wheeze every time you try to inhale.

It’s COPD, and there’s no cure (at least, according to mainstream medicine). And there’s definitely no safe and effective pharmaceutical treatment, though that won’t stop your doctor from writing prescriptions, mainly for inhaled steroids.

Because while those steroids may help you breathe *temporarily*, they come with some very nasty side effects—especially with long-term use.

- Weaker bones • High blood pressure
- Cataracts • Diabetes

But that is not your only choice. You can breathe easily again—with no steroids and no side effects.

In fact, thanks to a natural steroid-free product we uncovered a few years ago, HSI members with COPD are living and breathing every day to the fullest.

“Thanks to HSI, I never used an inhaler again”

“I was gasping for air. I couldn’t breathe at all.”

Dina Lucci headed straight for the emergency room on Saint Patrick’s Day 2009—a day she will never forget—because she could not breathe.

They kept her in the hospital for three days, giving her antibiotics and breathing treatments, which did help her breathe but made her feel very sick.

The doctor diagnosed her with COPD, prescribed inhalers (yes, more than one) and oxygen, and sent her home.

And after months of struggling with prescriptions that helped her breathe but stole her voice and left her feeling horrible, Dina Lucci found a solution in her October 2009 *Members Alert* that changed everything for the better. That was more than three years ago.

“From that first bottle, I never used an inhaler again.”

Breathe easily without inhalers or oxygen

Dina Lucci was released from the hospital with an oxygen tank and prescriptions for multiple inhalers. They did help her breathe, but she couldn't talk, and they made her “feel just horrible.”

So she tried different inhalers, but they still made her feel sick, and she still lost her voice. This went on for months, until she got her October 2009 *Members Alert* and read about a revolutionary COPD product called Resprin.

“I never hesitated to try it, because I trust HSI. I figured if it was in there, it was worth a try. So I did.”

Suddenly, Dina could breathe easily without inhalers, without lugging around an oxygen tank, without any side effects. The Resprin started working right away, and never made her feel sick. And now, three years later, her lungs are still clear.

“I take one in the morning, and two at night...if I remember. Sometimes, I feel so good I forget to take it! It's the best thing that ever happened to me. I wouldn't want to ever be without it.”

Big Pharma endangers COPD sufferers

There's some confusion about what exactly counts as COPD, but one thing is very clear: if you have it, you can't breathe...at least not easily.

And right now, nearly 10 million Americans are struggling just to breathe. And there seems to be nothing mainstream medicine can do about it, at least nothing that helps you breathe without endangering you in other ways.

Pharmaceutical COPD drugs can wreak havoc on your body, increasing your risk of diseases like diabetes and cataracts. And the risk doesn't stop there. Prescription bronchodilators (which include drugs like albuterol) can cause tachycardia (fast heartbeat), chest pain, and even convulsions. Steroids can leave you with osteoporosis or glaucoma and increase your risk of developing diabetes. But what they can't do is improve your lung function.

Even with prescription drugs, COPD gets worse over time, making it harder and harder to breathe with each passing day.

But where the mainstream has failed, natural medicine once again saves the day. Because Resprin may not only help you breathe now, it may even slow down the progression of your condition.

Resprin slowed down her emphysema and “kept her doing real darn good”

Margaret Blendon hates going to the doctor, so much so that she avoided going for quite a while despite breathing problems that were getting worse. But when it finally got bad enough, she did go, and was barely able to walk into the office because it was so hard to breathe.

Though at first the doctor said it was nothing, eventually she took a breathing test, and was officially diagnosed with emphysema. And, of course, was given prescriptions for inhalers.

She never felt like those COPD inhalers helped her feel better, though they did help her breathe. But when the side effects came, they did more than steal Margaret’s voice: After just two months on one inhaler, her cataracts became suddenly much worse. And after a disheartening visit to the eye doctor, she decided to stop using it.

But there was still the issue of breathing—and that couldn’t go untreated. As luck would have it, Margaret read about Resprin in her HSI *Members Alert*. With a solid trust in HSI, she tried the formula, and it worked.

Within one month, not only was she breathing better, she was feeling better. Now she can walk without losing her breath (though sometimes it’s still a little hard to talk when she’s walked a while).

What’s more, Margaret believes that Resprin has slowed down the progression of her emphysema. She still takes 2 capsules a day, and “they keep me doing real darn good.”

Ancient Chinese medicine works where modern pharmaceuticals fail

Dina Mucci and Margaret Blendon are just two of the thousands of people whose breathing has improved with Resprin—and it’s no surprise. This formulation is based on thousands of years of practice in Traditional Chinese Medicine (TCM), where the focus lies in strengthening whole body systems to reduce symptoms. That’s a stark contrast to the pharmaceutical response of hitting symptoms with the biggest chemical hammer they can create, never mind the side effects.

In the TCM system, COPD isn’t just a lung issue—though that’s the primary focus of treatment. Rather, it encompasses other body systems, including the

spleen, liver, and kidneys. Each of these systems plays a part in strengthening the lungs (in TCM, it's called tonifying) and gently clearing phlegm from the body.

To that end, this formula contains 23 traditional Chinese herbs, each adding a unique healing effect as well as increasing the restorative powers of the other herbs. But these herbs don't all carry equal weight. They're led by the Emperor (the key herb), and four deputy herbs, to focus the formula on strong lungs and easy breathing.

The Emperor and deputies direct the formula to restoring lung power

Since your lungs are the key focus of Resprin, the Emperor in this formula is a potent herb called platycodon (*platycodon grandiflorum*), which specializes in restoring the proper lung *qi* balance (*qi* is life force). This herb goes right to your lungs, where the *qi* movement helps expel phlegm.

The first deputy, *peppermint*, supports the Emperor by cooling the lungs (part of the TCM concept of heat/cool balance) to help them expel phlegm, and helping liver *qi* move. In TCM, an out-of-balance liver can keep you from breathing deeply, so rebalancing the liver helps air move more easily through your lungs.

Schizonpeta, the second deputy, acts like a first line of defense for your immune system (in TCM this is called 'releasing the exterior'). It also acts as a sort of wingman for the peppermint, helping move the liver *qi*.

The third deputy, *poria*, addresses the spleen, strengthening it so that it can help your body process and transform phlegm, making that easier for your body to deal with. Along with that, tonifying your spleen helps reduce phlegm production.

Ligusticum wallichii is the fourth and final deputy. This herb moves stuck liver *qi*, and supports the Emperor and the other deputies.

These five key ingredients are further supported by the remaining ingredients, all adding a unique function to help you breathe easily and freely.

A synergistic mix of healing herbs gets your breathing freely again

While the Emperor and deputies perform crucial healing functions, the 18 'assistant' herbs all pull their weight so you can breathe easily. And while they all carry out critical duties, three stand out of the crowd.

- *Peucedanum* works on the lungs, addressing copious phlegm and helping relieve obstructions
- *Asian ginseng* is well-known for treating wheezing and shortness of breath, and also for resolving phlegm

- *Licorice* plays a triple role on its own, strengthening the spleen in support of *poria*, moistening the lungs (to help prevent crackling), and works to harmonize the entire formula

The remaining herbs all stand in support of the key players. *Bitter orange*, for example, helps moves liver *qi* and tonify the spleen. *Dong quai* helps promote a healthy liver/spleen balance, while *notoptergium* can ease a stifling sensation in the chest.

And while traditional use demonstrates the ancient healing capacity of these herbs, Resprin is backed by modern science as well.

Resprin increases peak lung capacity by 37%

Eager to see Resprin stood up to modern science, the manufacturer put the formula to the test.

They started with *in vitro* testing, which showed that Resprin decreased inflammation markers in irritated human lung tissue—even lung tissue taken from people with asthma.

Building on that success, they set out to prove that Resprin could work for people struggling with breathing issues. To do that, they commissioned a three-phase trial, run by an independent lab.

The results were clear. By the end of Phase III (where subjects took Resprin every day for a month), peak air flow had improved by 37.1%. And 48% of the subjects showed “exceptional improvement,” with an additional 28% showing “significant improvement.” That’s 76% of the participants enjoying *at least* significant improvement.

On top of all that, most of the participants felt like they had more energy. And even more important, many of them were able to reduce their use of dangerous pharmaceuticals.

But perhaps the biggest test of a natural remedy is whether people continue to take it. And more than half of the subjects reported that they’d keep using Resprin even after the trial was over.

Resprin helps you breathe freely without drugs or steroids... and without dangerous side effects

Even if you’ve been struggling with COPD for years, Resprin may help you breathe freely without any of the dangers of prescription drugs. In fact, you may never need to pick up an inhaler again.

The manufacturer recommends taking two capsules, three times per day.

You can find ordering information for Resprin in your Member Source Directory on page 80.

CHAPTER XI

This all-powerful, virus-destroying formula takes the worry out of flu season

“But you can’t tell anyone.”

That could have been the end of the conversation, but HSI members rely on the kind of information that they can’t find anywhere else.

So I pushed and pulled and compromised to be able to tell you about this revolutionary germ-killer, without directly revealing any top-secret information.

What I can tell you is this: Some pretty powerful people and, shall we say, organizations are relying on this very formula to combat the chief health threats they’ll face this winter. And now you can, too.

The best way to conquer the flu. Period.

Dr. Jon Barron hates germs—really hates them. So much so that he developed one of the most powerful natural germ-killing formula in the world. A formula that works so well that it drew the attention of top-level men who have no time to waste doing battle with germs...and for good reason.

Unlike one-trick pony pharmaceuticals, Dr. Barron’s highly potent ingredient mix fights bacteria, viruses, and fungus...while at the same time treating your symptoms. You can’t name even one antibiotic or antiviral drug on the market that comes close to doing all that!

And unlike the hit-or-miss annual flu shot, this formula covers a very broad range of flu (and other) viruses, so you’re not protected only against last

year's model...or whichever strain the vaccine makers guess will strike. Plus, this formula offers protection against one of the most dangerous flu consequences—pneumonia.

On top of all that, you don't have to worry that this year's flu, or any other virus for that matter, will develop resistance to this formula. It's virtually impossible (as you'll see in a moment).

So with another flu season upon us, you need the best possible protection in your cabinet. This is it.

Fighting viruses and bacteria with something they can't resist

One of the biggest problems facing us during the flu season is drug resistance. There are already reports of a Tamiflu-resistant strain making its way through Australia, already striking more than two dozen victims by August 2011. And you've probably heard about the current antibiotic crisis—we can't make new antibiotics faster than the bacteria can outsmart them.

That's because pharmaceuticals are essentially single compounds, one chemical that acts in the same way all the time, which makes it very easy for microbes to develop resistance. They learn how to avoid being killed by the drug, and pass that on to create resistant strains.

Natural antimicrobial agents, on the other hand, don't work that way at all. In fact, they contain at least dozens—and sometimes hundreds—of biochemicals, each different from the next in what it does and how it acts. And while some of those may not actively attack viruses and bacteria, they do support the 'active' biochemicals.

This all happens because plants can't move. To survive microbial attacks, plants absolutely must develop a complete arsenal of defenses. And every time they're confronted with a new virus or bacteria, they have to come up with a new biochemical weapon to fight it.

These complex chemical combinations make it virtually impossible for microbes to learn how to resist. And when you mix several natural antimicrobials into a single formula like Super ViraGon, those viruses and bacteria stand no chance.

Prevent new infections from taking hold, and substantially shorten symptoms if you succumb

Super ViraGon was designed to make sure you don't suffer from the full ill effects of the flu, or other viral and bacterial infections for that matter. If you

take it as soon as you feel that first twinge, you may avoid getting sick altogether. But if you do fall ill, Super ViraGon can help you feel better—get better—fast.

Not only can this formula significantly shorten your infection time if you do fall victim to the flu, it just might keep your infection from ever turning into a full-blown flu attack. And, in the meantime, it offers solid relief against some of the worst cold and flu symptoms, thanks to an intriguing new addition.

You see, HSI panelist Jon Barron developed the original version of this cold-and-flu cure a few years ago (check out the HSI archives), but he's just added two long-proven homeopathic ingredients to help tackle even the most debilitating symptoms more quickly and effectively...so you feel better right away.

Those symptom soothers along with the anti-pathogen powers of the original formula pack a fatal punch for cold and flu viruses...and so much more.

Along with nasty viruses, this formula proves deadly to bacteria, fungus, and other microbes (like pneumonia) that might try to take advantage while your immune system is busy fighting off the flu. It helps your body aggressively attack and destroy all kinds of invading germs, reduces your viral load by making sure those germs can't multiply, and starts you on the road to recovery just as soon as you start taking it.

And it still gets better.

This anti-germ formula doesn't cause negative, potentially deadly side effects. None. But many of its ingredients also work to improve overall good health. One, for example, has been clinically proven to reduce the risk of heart attack¹. Another works as a potent (yet very safe) anti-inflammatory². A third helps lower high blood pressure³. (Dosages may be different than you'll find in this formula.) And the list goes on.

Homeopathic ingredients act like vaccines to get you feeling better faster

Let me start by saying that homeopathic ingredients are *not* vaccines. They just work on the same principle: A little of what makes you sick teaches your body how to fight it better and faster.

Homeopathy is based on extremely diluted preparations that give your body infinitesimally small levels of the symptoms you're trying to get rid of. So, for example, if you had a headache, a homeopathic remedy would cause a teeny, tiny headache symptom. That lets your body work on a small scale to figure out what to do with the major symptom.

The two homeopathic ingredients Dr. Barron added to his already powerful formula have been used for hundreds of years.

Byronia alba treats coughs, headache, deep muscle aches, weakness, even bronchitis and pneumonia. Pulsatilla takes on phlegm and nasal congestion, very useful in treating colds and flu. Together, these remedies can help relieve a whole host of cold and flu symptoms, in addition to those ‘specialties’ mentioned above.

- Fever
- Chills
- Nausea
- Sore throat
- Sneezing
- Feeling faint

These homeopathic remedies work immediately to start easing those awful symptoms, and speed you on the road to recovery.

But the real superstar ingredient here, the most powerful of them all, is something you might very well have in your kitchen right now, something you may not know works as a natural “wonder drug.”

Natural wonder drug leads the troops that defend you against the flu

One of the most potent antimicrobial agents in existence powers the formula, bringing extreme germ-killing capabilities...and possibly the need for a mint.

You see, it all starts with garlic—a full thirty cloves of garlic (you read that right) is packed into every single bottle of Dr. Barron’s magic formula.

Garlic has been treating infections since long before pharmaceutical antibiotics were ever dreamed up. In fact, Louis Pasteur himself recognized that garlic works as well as penicillin!

And taking advantage of its strong reputation as defense against infection, the Soviet army literally relied on this “wonder drug” to the point that it was nicknamed “Russian penicillin.”

Now, garlic has been used traditionally against bacterial infections (like strep and cholera), but it’s equally (and maybe even more) effective for treating upper respiratory viral infections. That’s because it has an amazing ability to clear mucous from the lungs.

Garlic also stimulates your immune system, increasing T-helper cell activity and activating natural killer (NK) cells. It also inhibits harmful bacteria, helps destroy many viruses (including the ones that cause the common cold), and even relieves some flu symptoms. Plus, garlic helps your body clear mucous from your lungs, critically important if you’re stricken by the flu.

63% fewer colds PLUS 70% faster recovery time

There are lots of studies proving just how well garlic kills viruses and bacteria in the lab. But the most interesting study I found proved that garlic can help you get fewer colds—and if you do get a cold, it can help you recover more than three times faster.⁴

In this double-blind, placebo-controlled clinical trial, volunteers (146 in total) took either a garlic capsule or placebo every day for twelve weeks, between November and February (the heart of cold and flu season).

The people in the garlic group had a much better winter than those in the placebo group.

- Garlic takers had 63% fewer colds
- The placebo group had 300% more sick days (a total of 366 compared to just 111 in the garlic group)
- The people in the garlic group who did get colds saw a much shorter duration, feeling sick for only 1.52 days (on average) compared to 5.01 days for the placebo group—that's 70% faster recovery!

The conclusion: Garlic can help prevent the common cold. And if you do get hit with it, you'll feel better more than three times as fast.

And its powers don't stop with colds. Another study⁵ found that mice that were given garlic extract could not be given the flu. That's right. Scientists *tried* to give those mice the flu but it didn't work. The next ingredient is equally impressive, especially in the way it makes short work of viruses.

Stop viruses from causing infections with this natural anti-viral

The next ingredient brings considerable antimicrobial powers to the Super ViraGon formula, along with a long history of wiping out viral infections. Olive leaf extract (OLE) has a well-deserved reputation. This natural extract can kill off a broad range of harmful organisms, including bacteria and viruses.

In fact, OLE has been tested against many viruses and come out on top. That's probably because it interferes with the viruses' ability to multiply, making sure you don't get slammed with even more virus cells. Because of that, OLE helps prevent viruses from taking over and evolving into full-blown infections.

On top of that, OLE can knock out a wide range of bacteria, parasites, yeasts, and fungus.

The source of its power is a bitter glucoside called oleuropein, found naturally in the leaves of green olive trees. Like other plants, these olive trees have

been forced to develop an entire armory of ever-changing weapons against an enormous variety of microbes.

Ancient Chinese remedy fights fevers and eases nausea

Killing off viruses and bacteria is critical to getting better, but you also need something to help you *feel* better right now. Ginger takes care of that, while assisting on the antimicrobial front.

You may already know just how well ginger works to relieve nausea and prevent vomiting, both of which often come along with the flu. And unlike pharmaceuticals, ginger is completely safe. So safe, in fact, that when scientists tested its anti-nausea and -vomiting properties, they used pregnant women as the study subjects. And its soothing powers are so powerful that ginger alone has been proven to alleviate nausea even in patients undergoing chemotherapy and radiation treatment.

And this ancient Chinese remedy is capable of so much more.

Ginger is a proven antibacterial agent, capable of wiping out several strains of harmful bacteria (based on in vitro studies).

This ancient root also reduces fevers and relieves inflammation. In fact, according to one study, it worked almost as well as aspirin to reduce fevers, knocking down temperature by 38%.⁶ Plus, unlike aspirin, ginger won't upset your stomach or cause other negative side effects. And as for inflammation, ginger possesses strong anti-inflammatory properties...which can go a long way toward helping your throbbing head feel better.

Five additional germ fighters attack the cause while they ease your symptoms

Dr. Barron chose the five active ingredients that round the Super ViraGon formula with great care. Each is more impressive than the next, and they all work together to increase the formula's antimicrobial powers while relieving even the worst flu symptoms.

Onion works sort of like garlic, making it a powerful antiviral and antibacterial agent. Like garlic, onion also helps your body get rid of mucous, so you can breathe more easily. Plus, onion has been shown to relieve asthma (which can be brought on by the flu and other infections), mainly by relaxing the bronchial muscles.

Horseradish root contains volatile oils with strong antibiotic properties. Traditionally, horseradish has been used to fight sore throats and upper respiratory

infections, along with relieving flu symptoms. Part of that is due to its ability to eliminate excess mucous, and reduce mucous thickness (so your body can expel it more easily).

Habanero fruit stimulates and energizes your body, helping it rev up to defend against invading viruses.

Liquid ionic zinc is critical for optimal immune system function, boosting helper T-cell levels and activating NK-lumphocytes. This form of zinc acts as a very strong antibacterial and antiviral agent, and appears to inhibit virus replication.

Wild mountain oregano oil is a particularly strong antimicrobial agent, working hard to wipe out viruses and bacteria. It appears to be especially effective for alleviating sore throats and bronchitis, and is believed to speed up recovery from the common cold.

Combined with the other powerful herbs and homeopathic remedies, these five super ingredients complete the Super ViraGon formula to help you wipe out some of the most dreaded winter viruses.

Take Super ViraGon right away to stop germs cold

As soon as you feel that first tickle in your throat...that heaviness in your head...the overall dull, achy feeling that comes right at the beginning, “slam down a full megadose” of Super ViraGon (Dr. Barron’s own words).

If you can stop the flu while its still incubating, it will be much easier to get rid of—and may even stop the virus dead in its tracks. But even if you’ve missed that window and the virus has had a little time to brew, Super ViraGon can help substantially cut down the duration of your illness.

The recommended dosage for Super ViraGon is 2-3 droppers in 2 ounces of juice as needed. I highly recommend using tomato juice, and you can also put it into soup or broth after its heated. At that first sign of illness, though, you can increase that dose to 3-10 droppers in juice every hour, until the bottle is finished.

Just to be on the safe side, keep taking Super ViraGon for four or five days after your symptoms stop, just to make sure the virus is completely cleared from your system.

Oh, and a word of advice: Be prepared for the pungent garlic scent when you get your package—even before you open it. Those 30 cloves make for a powerful aroma, but since they come with powerful flu-fighting abilities, they’re worth it.

You can find ordering information for Super ViraGon in the Member Source Directory on page 80.

CHAPTER XII

Exotic bees hold the key to treating excruciating gastric ulcers (and other digestive woes) fast

Deep in the heart of Brazil lies the secret to a pain-free GI tract. And now you can use its extraordinary healing to protect and repair your gastrointestinal system.

No more burning acid reflux, or painful (and embarrassing) gas. Best of all, finally fast relief from excruciating gastric ulcers.

And it all starts with a very rare compound produced by a small group of Brazilian bees.

Brazilian propolis heals gastric ulcers fast

Imagine the unbearable pain of an open wound covered in acid. That's what gastric ulcer patients live with every single day.

Gastric ulcers are tears in your stomach lining. Your stomach is full of digestive acids. Exactly as painful as it sounds. And standard medical treatment (which can include painkillers and acid-reducing drugs, the two worst things you can take for this) typically takes about least 6 weeks to get things under control.

But studies show that bee propolis can make you feel better almost right away AND heal those internal wounds within 2 weeks. Not only that, but it's been proven to kill the bug often responsible for those agonizing gastric ulcers, the infamous *H. pylori* (*helicobacter pylori*), as well as many other detrimental bacteria.¹

Science headline

In one study, Brazilian green propolis was pitted against gastric ulcers in lab animals. Some of the rats were pretreated with propolis before the ulcers were induced (by chemicals and stress). Those pretreated rats had fewer gastric lesions than the untreated animals. What's more, the pretreated rats produced less stomach acid. The researchers concluded that Brazilian green propolis "displays good anti-ulcer activity."²

There have been other animal studies, as well as *in vitro* research, demonstrating the healing impact of propolis on gastric ulcers. Along with that, one herbalist turned author Richard Lucas wrote extensively about the use of propolis for this condition.³ In his book, he included reports of case studies and (unpublished) trials:

- In one case study of a 50-year old male gastric ulcer patient, taking 3 propolis capsules daily 30 minutes before meals decreased the patient's pain after just one day.
- Doctors at Klosterneuburg Hospital in Austria treated 250 gastric ulcer and colitis patients with propolis, and 97% of those patients experienced healing within two weeks.
- Dr. Franz K. Feiks (of Austria) reported that 7 of 10 gastric ulcers patients treated with 3 drops of propolis 3 times daily before meals experienced pain reduction within 3 days. Plus, the wounds associated with their gastric ulcers had totally cleared within ten days for 60% of the patients.

On its own, bee propolis can work miracles for gastric ulcer patients. And when its combined with nearly 40 years of Scandinavian medicine, healing is practically guaranteed.

When Brazilian bees team up with Scandinavian tradition, gastric ulcers don't stand a chance

Back in 1974, Sven Salomon, a forward-thinking Danish biochemist, developed what was to become a staple of Scandinavian medicine—a formula sold in Europe as Gastroform[®]. His remedy included three natural cures for gastrointestinal ailments (from ulcers to traveler's diarrhea to acid reflux), one of which was regular bee propolis.

His formula was proven effective in a clinical test⁴ (published in Danish, but I got the highlights). Now this was a small pilot study, with 71 subjects treated for 14 days with Gastroform powder (the equivalent of 2 tablets per day), but the results were very positive:

- 78% reported relief from stomach ulcers
- Subjects reported “very good relief” from traveling stomach (diarrhea and heartburn)
- Good results with stomatitis (inflammation that causes mouth ulcers)

These results are borne out by decades of use throughout Europe and Scandinavia. And the formula is now even better.

Flashforward nearly 40 years, to when NaturaNectar’s patented FLAV™ propolis extract was combined with the two other ingredients from Salomon’s original formula, and you have the healing power of Gastroform plus unique Brazilian propolis that includes the one-of-a-kind exotic red bee propolis you can’t get anywhere else. That’s critical, because not all propolis has the same healing properties—it all depends on where the bees live.

Only in NaturaNectar’s Gastro Guardian™ can you find FLAV™ extract made of pure standardized flavonoids of premium Brazilian propolis including Brazilian Red Propolis and Green Propolis combined with Salomon’s proprietary blend of Licorice DGL (deglycyrrhizinated licorice, a form which makes it easier on your stomach) and Fenugreek seed extract. And the combined power of these three anti-ulcer compounds will bring sufferers much needed relief...fast.

Licorice and fenugreek take on gastric ulcers and so much more

Both licorice and fenugreek are famous in the alternative medicine community as digestive aids—but their powers go so much deeper, especially when it comes to gastric ulcers.

One study⁵ found that fenugreek seeds were more effective than omeprazole at preventing the formation of lesions that cause gastric ulcer. Omeprazole, as you may know, is the generic name for Prilosec, a drug commonly used to treat gastric ulcer by reducing stomach acid.

And licorice has been shown to fight *H. pylori*, even drug-resistant strains that are extremely tough to beat.^{6,7} And several studies, including some human studies, found that licorice could help heal gastric ulcers.^{8,9,10} One human study even found that licorice DGL (in high doses of 2300 mg per day) reduced ulcer size in 78% of patients, and brought on complete healing in 44% of the gastric ulcer patients.¹¹

That’s pretty impressive...and that’s not even all that these three powerhouses can do. In addition to taking on gastric ulcers, they also team up to take care of an impressive list of digestive woes:

- Traveler's diarrhea
- Colitis
- Gas
- Indigestion
- Constipation
- Acid reflux

**Take Gastro Guardian™ to eliminate
painful gastric ulcers and
other digestive woes**

If you're living with the excruciating pain of gastric ulcers, Gastro Guardian may bring the relief you've been so desperately searching for, very quickly. And it works just as well with other digestive problems, from indigestion to diarrhea.

The manufacturer recommends taking 1 capsule of Gastro Guardian 3 times a day to support digestion.

If you're traveling, they recommend taking 1 capsule daily to protect your digestive system, but you can increase that to 2-4 capsules daily if you'll be eating unusual or very spicy foods.

You can find ordering information for Gastro Guardian™ in your Member Source Directory on page 80.

CHAPTER XIII

The “Chernobyl Secret” to safely and naturally ridding your body of dangerous radiation and toxins

There’s a lot of debate and mixed messages out there...but are we *really* at risk for radiation contamination?

Unfortunately, there’s no simple answer to that question. From potential attacks from terrorists with dirty bombs to nuclear reactor accidents (like Fukushima), the threat exists...even if statistics count the likelihood extremely low.

But the problem is, it only takes one drastic event to cause overwhelming, life-threatening havoc. And with natural disasters coming one after the other—fires blazing across the Midwest, earthquakes striking the Mid-Atlantic states, tsunamis, tornadoes—can any nuclear plant be guaranteed safe?

And even without a major radiation event, you could be exposed to much more radiation than you realize—every single day. I’ll share some shocking hidden culprits of dangerous exposure in just a minute.

But there is a way to protect yourself, every day, and even help you get rid of toxins that have already crept into your organs and bloodstream...without damaging side effects, and without emptying your bank account.

One single, safe, natural substance can help you “get clean” and stay there, protecting your thyroid and your whole body from the hazards of radiation, heavy metals, free radicals, and destructive toxins.

How much radiation is too much?

It's hard to know who to listen to. People throw around a lot of different numbers when it comes to radiation exposure, but no one can really define a "safe" level.

Exposure is measured in units called millirems (mrem). According to the EPA, the average American is exposed to a 620 mrem radiation dose every year. About half of that comes from natural sources (like cosmic radiation from space), but the rest comes mostly from medical tests and procedures.

To put this all in some perspective, let's look at some real life numbers:

- 5,000 mrem = maximum permitted annual occupational exposure
- 500 mrem = typical annual dose for a hospital radiologist
- 2,000 mrem from a single cardiac CT scan
- 1,400 mrem from a single GI (gastrointestinal) series test
- 1,000 from one full-body CT scan
- 30-50 mrem from one mammogram
- 0.5 mrem from each hour spent traveling in a plane (so a single 6-hour flight would add 3 mrem)
- radiation 'therapy' for cancer patients measures in the millions of mrems

All that 'normal' radiation exposure can add up to more than the American average pretty fast.

And that doesn't even begin to cover heavy metal exposure...so thank goodness there's a safe, natural way to protect yourself.

How you can protect yourself from radiation

When it comes to radiation exposure, your thyroid is the key player. That's because radiation events throw off radioactive iodine (iodine-129 and iodine-131).

The problem is, your thyroid can't tell the difference between healthy, essential iodine and radioactive iodine—it just wants iodine. So if your body isn't getting enough of the good stuff, your thyroid will grab at the bad kind to meet its needs.

Now that doesn't mean you should overdose on iodine—that can be harmful, too. But making sure your thyroid is getting all the good, clean, healthy iodine it needs can help protect your whole body from the effects of radiation exposure. And in just a moment, you'll learn about the best source of iodine to nourish and shield your thyroid.

But first, a quick look at the toxic heavy metals that may have infiltrated your organs.

Toxic heavy metals accumulate in your blood and organs

Toxic heavy metals can do massive damage to your body, accumulating in your organs, blood, and fat cells. Some of the worst include mercury and radioactive strontium—and it's extremely difficult to detox these heavy metals safely. Except when you use nature's answer to toxic metals.

Mercury is the most toxic non-radioactive heavy metal. Excessive levels can cause an extremely long list of health hazards, some fatal. And people with mercury fillings (also called amalgams) can't avoid some exposure because it leaches out over time. In fact, depending on how many mercury fillings you have, you could be exposed to as much as 100 mcg of mercury every single day.

Strontium-90 (radioactive strontium), which can come from nuclear fallout, concentrates in your bones and bone marrow, displacing the calcium that's supposed to be there. This toxic heavy metal can linger in your body, causing unbelievable damage.

And thanks to corporate carelessness, the ground, water, and air around you can contain other toxic metals: barium, lead, arsenic, aluminum, and more, any of which can cause long-term health hazards and illnesses. While chemical chelators and detox drugs can help your body get rid of these, their help comes at quite a price (your health and your wallet).

But there is one natural way to combat heavy metals and radiation, and even improve your overall health, without damaging side effects (or a dwindling bank balance).

This natural extract saved Chernobyl plant workers

1986. Chernobyl. The worst nuclear disaster of our time.

Thousands of people were exposed to radiation, and the Russian government knew just where to turn.

You see, back in the 1960s, a special detoxifying extract was created, and made in very small quantities. By the early 1980s, it was being used to keep the men working with high and low frequency radiation healthy.

Flash to 1986, when disaster struck. And the Russian government made three tons of this naturally healing extract—the first and last time it was mass-produced there. It was primarily given to the thousands of people working to rebuild and repair the Chernobyl plant damage, keeping them safe from radiation exposure.

And, now, you have access to this powerful extract, to help protect you from existing and potential radiation exposure...and toxic heavy metals to boot.

Powerful extract safely cleanses your body of toxins

If you want to protect yourself against radiation poisoning and toxic metal contamination, there's a single, natural extract that can handle it all. But that's not all it can do. Along with detoxification, you'll notice a lot of health benefits.

The first thing people notice when they start taking this supplement is very positive changes to their skin, hair, and nails. Skin becomes moister and more supple. Hair and nails grow longer and stronger. And speaking of changes you can see, dry eyes will become a problem of the past.

Next on the noticeable changes list comes increased energy, closely followed by improved bathroom regularity.

And then come long-term protections. Your thyroid—one of the most important glands in your body—will be nourished and protected. Your body will be able to easily and safely rid itself of many toxins, including heavy metals and radiation. Along the way, your body will get extra protection against cancer.

All of that protection in a single safe natural extract.

The slimy brown source of unmatched protection

This unrivaled source of protection against toxins comes directly from the ocean, the richest source of healthful minerals on earth.

This unique seaweed contains an abundance of natural iodine, the kind you want to feed your body, along with more than 70 other essential nutrients all working synergistically together. It's called *laminaria*, and there's no other seaweed like it.

But there's a problem: Seaweed isn't intended for human consumption. We simply can't digest it properly so eating seaweed straight (and you'd need to eat a lot!) won't supply the iodine and minerals you need.

It takes about 40 pounds of raw seaweed to create just 1 pound of that extract. And to make sure you get the full complement of 72 essential nutrients naturally found in *laminaria*, the extract has to be prepared in a very special way.

Getting the nutrients out of the *laminaria* and into you

There's a trick to coaxing the nutrients out of seaweed without doing them any damage, and that's what the manufacturers of this *laminaria* extract do.

Now I can't give away their secrets, but I can tell you this: Basically, they very quickly extract all the nutrients from the seaweed without using heat or

chemicals, either of which would destroy some of the nutrient potency. Then, they get rid of the indigestible part (which is actually most of the seaweed itself) to create a dried powdered juice concentrate of seaweed.

Sounds a little gross—and it does really smell like the ocean—but it's really the only way to give you everything you need in completely and easily digestible capsule, delivering all the health benefits the seaweed offers. And it takes a lot of seaweed to pack so much benefit into a capsule: Remember, it takes 40 pounds of *laminaria* to create just 1 pound of extract.

Of course, not just any seaweed will do. No, you need *laminaria*, an exceptionally nutrient-rich brown seaweed.

And not just any *laminaria* will do. You need to be able to fully trust the source... or you could end up ingesting some of the very toxins you're trying to avoid.

Not all seaweed is safe

With all the contamination and radiation swirling around our oceans right now, it's critical to know your source.

You see, seaweed has a critically important job—it purifies ocean water, the same way it helps keep your body clear of toxins. But under the wrong circumstances, it can become contaminated by the very toxic metals and radiation it's clearing out of the water it lives in.

That's why it's critically important to know where your *laminaria* comes from.

The cleanest, safest source of pure *laminaria* comes from the pristine waters off the Tasmanian coast, in the unspoiled natural environment of the South Pacific. Right alongside King Island and Fisher Island is one of the very few spots on earth where this seaweed grows naturally.

That wild seaweed is hand-harvested to ensure its sustainability, only hand cut when it grows to a suitable size for harvesting. Only then, and only from there, can a completely pure, clean *laminaria* extract be created.

And in that extract, among the abundant ocean nutrients, are three compounds critical for good health:

- iodine, to nourish and protect your thyroid
- alginate, to safely clean toxins from your body,
- and fucoidan, to help prevent dreaded diseases like cancer

You're probably not getting enough iodine

More than anything else in your body, your thyroid needs iodine—but in exactly the right amount of the right kind. Too much or too little can cause problems, so the proper dose is crucial, essential for human life.

And, of course, it has to be pure, non-radioactive iodine, because your thyroid (as you learned earlier) will grab at any iodine it can reach. That's why it is absolutely crucial to nourish your body with good iodine, and load up your iodine receptors, so there's no room at all for the radioactive variety.

Now the recommended daily dose of iodine is 150 mcg...but many scientists believe our bodies require much more, maybe as much as 15 mg, a whopping 100 times more! And that's a daily dose, needed because your body doesn't hoard iodine for long-term storage like it does with some other nutrients. No, about 70% of the dietary iodine you take in gets filtered out through your urine very quickly.

Here's a little more math: Your body uses about 75 mcg of iodine every day to produce thyroid hormones, which regulate major body functions like your metabolism. So if you take in the recommended 150 mcg, and 70% gets flushed out in urine, that doesn't leave enough to meet your thyroid's true needs!

But when your thyroid is properly nourished, everything will run more smoothly. And the best natural source: seaweed.

Alginates keep you toxin-free

When it comes to ridding your body of toxic substances, alginates may be your best choice. Studied for decades, these compounds are well known for their cleansing effects.

You see, alginates naturally pair with many toxic and radioactive minerals. The alginates bind with these metals, sort of absorbing them into a gel, so they no longer circulate in your body. And because alginate can't be broken down by bile or saliva, it cannot be reabsorbed by your body. Instead, it just passes through and gets excreted through urine, feces, or sweat...along with all the toxins it's linked with.

Now the mainstream versions of heavy metal detoxification can make you very sick. That's because they basically push the toxins out of your organs and into your bloodstream. Some of those toxins get eliminated, but some linger in your blood and organs. What's more, detox chemicals can rob you of essential minerals (like copper), too.

Alginates don't work that way. In fact, quite the opposite. They pull out toxic metals while leaving essential minerals in place.

Several studies prove just how effective alginates can be—especially against the highly toxic radioactive strontium-90, a heavy metal that some scientists believe can be detected in everyone because of nuclear power plants, weapons, and meltdowns. Alginates alone can remove up to 90% of strontium-90 from

our intestinal tract, and even pull this toxin out of our bones without robbing you of any calcium.^{1,2} What's more, alginates can also rid your body of other toxic metals, including³

- barium
- cadmium
- lead
- radium
- mercury

Fucoidan offers protection from dreaded diseases

We can't talk about *laminaria* without mentioning fucoidan. It's a naturally plentiful key constituent of this seaweed, and it's been studied in earnest for more than a decade as an anti-cancer agent. But that's not all it can do.

One study found that fucoidan extract could help activate bone marrow stem cells, and even encourage them to make repairs.⁴

Animal studies offer hope that fucoidan can help prevent degenerative brain diseases, like Alzheimer's disease and Parkinson's disease.^{5,6}

And then there are the cancer studies. Now, so far, all the cancer studies have involved petri dishes and animal models, but the results have been promising. It looks like fucoidan may be able to help prevent cancer by keeping some carcinogens (cancer-causing agents) from starting the cancer process.⁷ And based on preliminary studies, fucoidan may be able to help fight lung, colon, and liver cancers.^{8,9,10}

Keep in mind, in this *laminaria* extract, fucoidan is just one component, occurring in natural proportion, and not a concentrated fucoidan product. And our own HSI Panelist Dr. Makise cautions that fucoidan is not a first-line cancer treatment, though it may be part of a comprehensive protocol.

Still, the fucoidan in this *laminaria* extract adds an extra layer of protection...much needed in our increasingly toxic world.

Take Ocean Cleanse, a trusted source of *laminaria* extract

Keep yourself free from the hazardous effects of radiation and heavy metal toxicity with Ocean Cleanse, a truly trusted source of pure *laminaria* extract.

Caution: There are many counterfeit versions out there, claiming to be the same clean *laminaria* extract that you'll find in Ocean Cleanse. Don't be fooled—they are not all from trustworthy sources.

The manufacturer recommends taking 3 capsules a day with plenty of water before breakfast. However, it's best to start with 1 capsule a day for about a week, then 2 capsules the next week, working up to the full 3-capsule dose.

If you're using Ocean Cleanse to detox, the manufacturer suggests that you can take up to 6 capsules per day (but work up to that dose slowly).

While you may see some results fairly quickly (like changes in your hair and nails, or regularity), it can take 3-4 months to see a real difference, especially if you are using the product to detox heavy metals or radiation. Some people begin to experience noticeable changes after about 3-5 weeks.

People taking Ocean Cleanse for thyroid support should see results in about a month or two. If you have diagnosed thyroid problems, please work with your doctor to determine the right dose of Ocean Cleanse for you. According to the manufacturer, each capsule contains 300 mcg of alimentary iodine per capsule.

Be aware that you may experience some minor side effects during the first week, as you begin to detoxify. You may feel tired and a little uncomfortable, and you may notice an unpleasant odor as the toxins leave your system. These effects typically last only about a week or less.

You can find ordering information for Ocean Cleanse in your Member Source Directory on page 80.

CHAPTER XIV

Get ready for the sexiest, most satisfying sex of your life: *Stimulate your sex life with nature's "miracle molecule"*

Ladies and gentlemen, if your sex life has taken a down turn, things are about to change. Whether you're 40...60...80 years old, even older, your libido will ignite and your sex life will explode with passion.

No longer chained to a pill bottle, you'll be able to enjoy hot spontaneous sex whenever (and wherever!) the mood strikes.

And the best part is—it works for *both* of you. So your arousal will match your partner's, taking both of you to new heights of pleasure.

Women and men take pleasure in the best sex ever

This stimulating supplement wasn't designed to ramp up your sex life, but that's exactly what's been happening.

"More than half of the feedback from customers and physicians are that ED [erectile dysfunction] issues are resolved...for both men and women," Dr. Nathan Bryan (one of the product creators) told me.

What's most exciting is the effect in women is as powerful as the effect in men. They're enjoying hotter, juicier sex and intensified orgasms—better sex than they've had in years.

With men, well, you really can't miss the change. Men are reporting bigger, harder, more powerful erections.

That makes a lot of sense, because the core technology at the heart of sex and ED issues is blood flow.

Fix that, and nothing will stand in the way of a very satisfying love life. And that's exactly what Neo40 Daily (originally CircO2) fixes.

One amazing molecule turns everything around

It's no wonder they call it the "miracle molecule."

Because this molecule, nitric oxide, can literally pull your sex life back from the brink of premature death. And that's just what Neo40 Daily does: gives you back all the NO you need to say Yes! Yes! Yes!

You see, when you're young and healthy, your body naturally produces plenty of nitric oxide (NO). But levels drop as we get older, and that can be the start of sexual dysfunction for women and men, including erectile dysfunction (ED).

The mainstream answers for men—drugs like Viagra and Cialis—work along the same lines, making sure your NO doesn't break down too quickly. The trouble is, you need to produce enough NO in the first place for these drugs to work. (If you're not producing enough NO already, these drugs can't work properly.) And then, of course, you've got potentially permanent damaging side effects to contend with.

And for women—well, there's really not much out there that really works to get our juices flowing again.

Which is where NO comes in. You simply cannot have a satisfying sex life without it. Nitric oxide drives circulation, blood flow. Without NO-rich blood flow, well, there are no strong sexual sensations. But add it back with Neo40 Daily, and your bedroom won't be for sleeping anymore.

How does one little molecule do all this?

Nitric oxide plays a very important role in your body, maybe as important as oxygen itself. You see, NO sends crucial signals between all the cells in your body... and its most important work is in your circulatory system, which flows all the way down.

The NO sinks through your blood vessels to enter the smooth muscles of your arteries, signaling those muscles to relax (in medical speak, vasodilation). That lets your blood flow increase to healthy levels, so every part of your body gets its full supply of oxygen and nutrients.

And speaking of blood flow, men, you can't get an erection without it—no way, no how. And ladies, without a rush of blood to your nether regions, your body can't experience the many pleasures of must-have sex, not to mention explosive orgasms.

And speaking of must-have, Neo40 Daily's effects start right away.

The impact is immediate...and lasting

As soon as you put a Neo40 Daily lozenge in your mouth, the NO production starts immediately. From there, your saliva sets off a NO cascade, where it's absorbed into your system right away, circulating through your entire body and landing right where you need it most.

And while not everyone experiences the effect right away, many people feel generally better almost as soon as they take it. And that overall sense of wellness lingers while NO levels remain optimal.

As for impact, ladies, nitric oxide affects your sexuality in four very vital ways:

- Improved desire phase¹
- Increased lubrication
- Heightened sensitivity²
- Intensified orgasms

Men will experience similar effects... but not in an obvious way. That's because Neo40 Daily doesn't work quite like Viagra, where you take it and your body responds, like it or not. Instead, Neo40 Daily offers up the *potential* for a thundering erection whenever your brain and heart decide it's the right time. Of course, you may find yourself responding to things in ways you haven't since junior high!

And along with harder erections, you'll enjoy more sexual stamina, more powerful orgasms, and more sexual energy than you've felt in a very long time.

So if you have been having some difficulties in the sex department, taking Neo40 Daily to improve your NO levels will invigorate your love life...and maybe even save your life.

The secret to heart health is in your pants

Most doctors have it wrong, believing a sexual problem like ED is the endgame. Really, it's often the very first sign of NO deficiency, and if that's not corrected it can lead to disastrous problems.

In fact, erectile dysfunction (and sexual dysfunction in women) can be an early warning sign for impending heart attack or stroke, so don't write it off as

a simple sign of aging. It could be letting you know that you desperately need to restore your NO levels.

And when you do increase those NO levels with Neo40 Daily, you're on the way to preventing some pretty horrible health problems, maybe even reversing existing damage. That's because nitric oxide can:

- Stop artery-clogging blood clots from forming
- Reverse arterial plaque build-up
- Reduce your risk of heart attack and stroke...
two of the top three killers of Americans
- Prevent high blood pressure
- Reduce your risk of devastating diabetes complications,
including kidney disease, blindness, and amputations

All that combined with mind-blowing sex... you really can't lose!

Stimulate your sex life with Neo40 Daily

The moment you take Neo40 Daily, your body will start producing nitric oxide, and sending it through your whole body. And when your body wakes up—watch out! You'll be on the way toward mind-blowing sex and rip-roaring orgasms (and protecting your heart in the process).

The manufacturer suggests that adults 40 and over take 1 lozenge, once or twice daily. Place 1 lozenge on your tongue and let it dissolve. Don't chew or swallow the lozenge, just move it around with your tongue while it dissolves.

One little thing: the lozenges can make you burp (usually right after they're dissolved). That's totally normal, and to be expected. After all, nitric oxide is a gas, so that's one way you can see it's really working.

You can find ordering information for Neo40 Daily lozenges in your Member Source Directory on page 80.

Member Source Directory

BreastDefend and Pectasol-C, Econugenics, Ph: 800-521-0160; www.econugenics.com. BreastDefend costs US\$99.95 for 120 capsules. Pectasol-C costs US\$99.95 for a 1-lb jar. HSI members will receive an exclusive special offer on this formula when they order.

Cognizin, Healthy Origins, Ph: (888) 228-6650; www.healthyorigins.com. A 30-count bottle of Cognizin costs \$19.99, a 60-count bottle costs \$22.59, and a 150-count bottle costs \$47.99.

CraveStop, Redd Remedies, Ph: (888) 453-5058; www.reddremedies.com. One bottle of CraveStop (a one-month supply) costs US\$34.99 plus shipping. Products available from Redd Remedies only in the US and Canada. Product may be available for delivery in New Zealand and Australia at www.naturalmeds.co.nz.

EaseFemin, Natura Nectar, Ph: (800) 609-7794; www.naturanectar.com. EaseFemin costs \$30.99 per box.

Gastro Guardian™, NaturaNectar, Ph: (800) 609-7794; www.naturanectar.com. Gastro Guardian costs US\$26.99 for one bottle (60 capsules).

Good Gums, Right Angle Enterprises, Ph: (888) 693-0333; www.good-gums.com. Good Gums costs \$15.95 per bottle (a 45-day supply). Good Gums is currently available only in the United States.

JIPANG Ginger, Makise Lifeup International, Ph: (808) 537-2050; www.makiselifeupusa.com. JIPANG Ginger costs US\$50.00 plus shipping for 60 tablets.

NEO40 Daily, Neogenis Labs, Ph: (855) NEO-4040 [855-636-4040]; www.neogenis.com. One box of NEO40 Daily lozenges costs US\$59.95. HSI members can get two boxes of lozenges for just US\$99.96 plus a free tube of test strips (a US\$35 savings!). Products are available only in the US.

Ocean Cleanse, Flax Lignan Health, Ph: (817) 710-6918 or 817-886-8108; www.flaxlignanhealth.com. One 90-capsule bottle of Ocean Cleanse costs US\$32.00, but HSI members can get one bottle for half price when they buy two by using code HSI.

Ostinol™, ZyCal Bioceticals, Inc., Ph: (888) 779-9225. One 30-tablet bottle of Ostinol costs US\$45.00.

Member Source Directory

Prostabel, Natural Source International, Ph: (212) 308-7066; www.natural-source.com. One bottle is normally US\$145.00 plus shipping, but HSI members can save 20% when they mention HSI.

Resprin, Resprin, Inc., Ph: (877) 473-7774; www.resprin.com. A bottle of 60 capsules is US\$26.99 plus shipping. Product available only in the United States.

Super ViraGon, Baseline Nutritionals, Ph: (800) 440-3120; www.baselinenutritionals.com. Super ViraGon costs \$34.95 per bottle. Please note: Phone lines are open only from 9:00 a.m. to 4:00 p.m. Pacific Standard Time.

Syntra5[®], Syntratech. Ph: (888) 447-4898; www.BloodSugarHealth.com. A one month supply (180 count bottle) normally costs US\$69.87, but HSI members pay only US\$59.87, an exclusive 15% discount on a single bottle, or HSI members can buy two 180-count bottles at the discount price AND get one free. Product only available in the U.S., Canada, Australia, and the United Kingdom.

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HSI's

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SURPRISING

CURES

HSI's 13 Most Surprising Cures

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CHAPTER 1

Read this now to find out if you need to take immediate steps to prevent deadly heart failure

L ydia Jones had no idea she was about to die. She'd been brought to the emergency room with severe shortness of breath. The doctors diagnosed her with heart failure, confirmed by a profound drop in LVEF (left ventricular ejection fraction), meaning not enough blood was pumped out with each heartbeat. And among the other tests they ran, they found she had a very high level of galectin-3.

In time, her symptoms got better, and she didn't have to go back to the hospital.

But by the four-month follow-up contact, Lydia had died.

So even though this 63-year-old woman had never before had heart problems, and even though she was able to leave the hospital feeling better, that elevated galectin-3 may have turned out to be a death sentence.¹

This deadly compound causes progressive heart disease

Researchers were surprised to uncover the galectin-3/heart failure connection. But now that this deadly culprit has been identified, you can take steps to save your life. The first step is to have yourself tested—and I'll give you details on that in a moment. Then, if necessary, you can begin the only protocol proven to combat this specific issue.

And just so you know what you're up against, galectin-3 is much more dangerous than it sounds.

- Galectin-3 is implicated in 30% of mild to moderate heart failure
- High levels of galectin-3 are a powerful indicator of imminent death
- Elevations are found in nearly 2/3 of patients hospitalized for heart failure
- High galectin-3 levels are linked with a mortality rate as high as invasive cancers
- It causes progressive loss of heart function, and
- Causes BOTH diastolic and systolic heart failure, and
- Causes changes to the structure of your heart

And this can all happen without you even knowing that something is wrong.

This essential protein can head down a very dark and dangerous path

When everything's in balance, healing proteins do their jobs: repair damage, and move along. But sometimes, this particular protein takes a very wrong turn, and sets your heart on a very destructive path.

Galectin-3, the protein in question here, has a very specific job. When your body detects a problem—like injury, infection, or inflammation—it sends the proper agents to solve that problem, in this case, galectin-3.

Galectin-3 activates fibroblasts, cells that come together to surround and contain the problem, a process called fibrogenesis. Those fibroblasts create fibrosis (similar to scarring). And under normal circumstances, the problem is solved and the reaction is over.

But sometimes, galectin-3 goes haywire, and takes things much too far.

Are you at risk?

What mobilizes galectin-3?

It can be something as dramatic as a heart attack, or something as silent and unseen as high blood pressure damage. Any kind of tissue injury, large or small, that calls for a wound-healing response can set off the cascade.

Bottom line: You could have undetected cardiac injury and runaway galectin-3 without any noticeable symptoms. So ask your doctor about getting tested... before it's too late.

Serious heart consequences when galectin-3 spirals out of control

In these out-of-control cases, it seems that galectin-3 is triggered in the normal way, by some (known or *unknown*) damage to the heart.

But instead of simply stopping when that damage has been tended to, the fibrosis keeps going. It becomes so progressive that it can actually change the shape and structure of your heart, a process called adverse remodeling. And that, very often, leads to heart failure.

Unfortunately, galectin-3 related heart failure is all too common. And the fact that this problem is progressive makes it even worse, as it continues to cause more and more damage—increasing the risk of hospitalization...and death.

The statistics are pretty scary. About 30% of mild to moderate heart attacks are triggered by this galectin-3 problem. Nearly two-thirds of people hospitalized because of heart failure have elevated galectin-3 levels. And galectin-3 related heart problems come with a very high death rate, similar to that of invasive cancers. Worse, patients with high galectin-3 levels face an increased risk of dying within 60 days.²

But thanks to new technology, you can find out if you have elevated galectin-3 levels. And if you do, there is a solution, a way to help you overcome this once insurmountable problem.

How high are your galectin-3 levels?

Researchers were surprised when they found that galectin-3 played a dangerous role in heart failure³—it was not what they'd been looking for. In fact, they'd cast a wide net in their animal study, and come back with a single, devastating target: galectin-3.

That finding had enormous implications, and has led to quite a bit more focused research, including major human clinical studies (like the HF-ACTION⁴ and COACH⁴ studies). All of those have found that high levels of galectin-3 can wreak havoc on your heart, and put you at a high risk for death.

But good news came out of that research as well. Scientists have been able to identify danger levels for galectin-3, and that eventually led to the development of a focused blood test. And this test can help identify people at risk for this “inherently progressive” form of heart failure, people with galectin-3 levels higher than 17.8ng/mL.

High levels of galectin-3 seem to be a very powerful indicator of higher risk of imminent death. And one study even found that elevated blood levels can help identify patients at risk of dying of heart failure within 60 days!²

And it turns out that this form of heart disease can't happen without galectin-3... which makes the solution very clear.

The only solution known to inhibit galectin-3

Thankfully, there is a real, safe, natural solution for runaway galectin-3. A solution that sounds very simple, but works in a complex (and effective) way. The answer, pectin, comes to us from fruit, actually the peel from citrus fruit. But not any old form pectin, or even citrus pectin, will help. You see, pectins naturally bind to galectin-3, sort of coating it to keep that protein molecules from interacting with each other. But pectins are typically very large molecules, and hard for your body to use properly, so they need to be modified—and that's where Modified Citrus Pectin (or MCP) comes in.

HSI panelist Dr. Isaac Eliaz developed an especially absorbable form of MCP known as PectaSol-C, one that's been proven to be more effectively absorbed into the blood stream. Because PectaSol-C has such an extremely small molecular weight, it's easier for this unique form of MCP to bind and block galectin-3.

And PectaSol-C has been proven to do the job. A brand new animal study⁵ found that PectaSol-C reduced galectin-3 levels in mice, as well as decreasing existing fibrosis. And while this effect has not yet been tested in people, follow-up studies are underway.

When you can stop galectin-3 from doing more damage, your body has a fighting chance. Blocking galectin-3 prevents additional fibrosis, and may even reduce scarring that's already there.

PectaSol-C stops galectin-3 from continuing its deadly path

You've seen how deadly galectin-3 can be if it's left unchecked. Contact your doctor and arrange a test right away. Because even if you have no noticeable symptoms, galectin-3 could be damaging your heart right now. If your levels are elevated, you may want to start on an immediate course of PectaSol-C. The recommended dosages are as follows.

For people with no known medical conditions, and galectin-3 levels:

Under 14 ng/ml
5 grams of MCP per day in 1-2 divided doses
Between 14-17.8 ng/ml
10 grams of MCP per day in 1-2 divided doses
Over 17.8 ng/ml
15 grams of MCP per day in 2-3 divided doses

For people with active medical conditions (such as cardiovascular disease), and galectin-3 levels:

Under 12 ng/ml
5 grams per day in 1-2 divided doses
Between 12-14 ng/ml
10 grams per day in 1-2 divided doses
Over 14 ng/ml
15 grams per day in 2-3 divided doses

For the best results, take PectaSol-C on an empty stomach (at least 30 minutes before eating or 2 hours after eating), and away from other supplements or medications.

Also, it helps to let the powder sit in liquid for a few minutes before you stir it (if you stir it right away, it sometimes clumps).

(HSI readers will be familiar with PectaSol-C, in its role as an anti-cancer agent. Visit our online archives to learn more.)

You will find ordering information for the galectin-3 blood test and for PectaSol-C in your Member Source Directory on page 161.

CHAPTER II

Revealed: The life-saving cancer miracle the French government tried to keep buried

Advanced cancer patients, enduring the most aggressive—and most damaging—mainstream treatments finally have real hope. If you or someone you love is struggling against cancer, we've uncovered a way you could actually live longer and healthier, thanks to a radical scientific discovery that almost did not see the light of day.

Because instead of celebrating this miraculous treatment, the men in power at the Pasteur Institute tried to have the research stopped. And the French government went even further: arresting the dedicated scientist who created this miracle therapy, destroying his lab, and confiscating his life-saving products...even from the very patients whose lives were being saved.

But his commitment to helping people never died, despite years of persecution. And before he died (because he was not allowed to use his own product), he made sure that you would have access to this true scientific miracle.

It reads like a John Grisham novel...

With the sun still rising on October 6, 1996, Dr. Mirko Beljanski woke to find his home invaded by security forces carrying deadly weapons. The 73-year-old scientist was ordered outside, handcuffed, and arrested. And his life-saving work—years of research notes and lab equipment—was seized. And while I haven't been able to dig up or translate all the details (the full story is in French), I do know this: Just like it has happened so many times in the

US, his forward-thinking gained him very powerful enemies in the scientific community, the pharmaceutical industry, and the government.

Though he was held and questioned for 24 hours, Dr. Beljanski wasn't told what the charges were. And his wife, placed under house arrest, was denied access to legal counsel.

Still, the harassment didn't stop there. The French government ordered that all the life-saving products he'd created be destroyed—going as far as to confiscate them from patients' homes, essentially turning seriously ill citizens into criminals simply because they wanted to continue taking the only treatment that was helping!

For the next two years, Beljanski was persecuted. His passport was taken away, so he was forced to remain in France. He was forbidden to publish, even to write or speak about his work. And in a horribly ironic twist of fate, he was denied the use of his own life-saving products when he was stricken with cancer.

Knowing the end was near, he sent his life's work to his daughter Sylvie in America so people in need would have access to his miracle cures.

Two years later, on October 28, 1998, Mirko Beljanski died. He never knew that he would later be fully exonerated by the European Court of Human Rights. Or that French citizens would literally take to the streets to protest—they wanted their Beljanski products back enough to risk arrest.

And thanks to his foresight and the dedication of Sylvie Beljanski, now you have access to a true medical breakthrough, one that can help you defeat cancer without suffering from devastating side effects of radiation and chemotherapy.

Erasing the destructive effects of chemotherapy without reducing its anti-cancer power

Now, here at HSI, we often speak out against standard chemotherapy and radiation treatment because they are so very destructive. But regardless, we respect everyone's right to choose the treatment that is right for them. And every year, millions of people endure these therapies—so if you or someone you love is among them, we want to help you get through these treatments as safely as possible.

Unfortunately, bone marrow and blood cell damage come along with many aggressive chemotherapies, the treatments used to fight the most aggressive and advanced cancers. And due to those life-threatening side effects, the treatment often has to be stopped before completion.

That's devastating for cancer patients undergoing conventional treatment. A partly completed cycle doesn't pack the full cancer-killing impact, so it

was endured for nothing. And now the patient will likely need to go through another cycle, just praying that they make it all the way through this time.

Dr. Beljanski, decades ahead of his time, found the solution, a way to make sure blood cells were reproduced as quickly as they were destroyed, so that treatment could be completed successfully, with much less risk for the patient. And it worked!

No need to suspend cancer treatment with this breakthrough

Chemotherapy and radiation can wreak havoc on your bone marrow, which works as your body's blood cell manufacturing plant. That leads to dangerously low levels of white blood cells and platelets. And when that happens, treatment has to be stopped immediately. That can mean a major setback, and there's nothing to do but wait and hope. Those life-threatening complications, along with the treatment delays, lead to dire outcomes.

Because while there are some medications that can increase a certain kind of white blood cell, there is no pharmaceutical that can boost platelet levels. The only option for restoring platelets is transfusions—and they take time to work, time advanced cancer patients don't have. Worse, transfusions tend to stop working over time. And then there is no hope.

But Dr. Beljanski's work changes that. His Real-Build® formula (based on specific, unique RNA fragments, more on that in a moment) keeps white blood cell and platelet production at maximum levels, letting patients complete their full rounds of treatment without even needing dose reductions. RealBuild helps advanced cancer patients—with any kind of cancer—get through their chemotherapy and radiation protocols successfully, boosting cure and survival rates.

Remarkable treatment progress, despite earlier failures

In this stunning trial, researchers worked with 63 advanced cancer patients, all of whom were suffering from thrombocytopenia (dangerously low platelets) caused by chemotherapy.¹ Many of the patients' cancers had spread, even into their bones and bone marrow. And all of them had compromised bone marrow due to earlier treatment.

The patients were split into two groups, one which got RealBuild, and the other which got a different RNA-based compound.

Here's the amazing part: No patients in the RealBuild group had to stop treatment. All the patients maintained remarkable platelet levels, much to the

researchers' surprise. And at a 60-80 mg dose, none of those patients even needed transfusions. Unfortunately, the patients in the other group did not fare as well: some of them required dose reductions or treatment delays.

This study came on the heels of an earlier investigation, led by doctors at the Cancer Treatment Centers of America.² This small, Phase I study also showed that RealBuild was able to boost platelet recovery in advanced cancer patients undergoing aggressive chemotherapy. One third of those patients had cancer that spread into their bones, and more than half suffered from thrombocytopenia. Again, all of the patients taking RealBuild had improved platelet levels, and no chemotherapy dose reductions.

This remarkable treatment turnaround in patients with advanced metastatic cancers, patients whose treatment had been suspended before due to dangerously low blood counts, speaks to the genius of Dr. Beljanski, a man whose work was truly ahead of its time.

Special RNA fragments turn the scientific world upside down

Dr. Beljanski's research turned the scientific world upside down. In that world, DNA reigned supreme. But his work found that another substance, RNA, could have a giant impact on DNA, especially when it came to blood and bone marrow cells.

You see, he was the first scientist to detect a process called reverse transcriptase in bacteria, a process where RNA essentially tells DNA what to do. This key breakthrough led to the creation of small 'trigger' RNAs, which can make healthy cells replicate, like the bone marrow and blood cells depleted by cancer treatments. That discovery eventually led to the RealBuild formula.

And all this happened despite overwhelming resistance from leading French scientists, and the continual obstacles they forced in his path.

But Dr. Beljanski never quit. He figured out exactly how the RNA trigger stimulated DNA, setting off normal cell (and only normal cell) replication. To keep experimenting, he had to overcome yet another barrier: RNA chains were prohibitively expensive, so he came up with a way to get around that, by creating smaller pieces derived from a very safe form of *E. coli*. (Yes, there is a 100% safe *E. coli* strain that does not cause any disease.)

With that in hand, Beljanski set out to tackle the most challenging disease—cancer—made even more challenging because its conventional treatment often causes severe blood cell losses. Those dangerous drops in white

blood cells and platelets enormously increase the risk of infection and hemorrhage, and when that happens, treatment must be stopped at once.

And that's where Dr. Beljanski's genius really shines through. He figured out exactly which RNA trigger would increase blood cells without having any impact at all on cancer cells or on cancer treatments. From that research, he created RealBuild, so cancer patients would finally be able to successfully complete chemotherapy and radiation treatment, without destroying their general health.

And thanks to his foresight to send his work to Sylvie, this amazing discovery is available to us today.

RealBuild helps cancer patients survive chemotherapy and radiation...and survive

If you or someone you love is undergoing chemotherapy or radiation therapy, adding RealBuild into the protocol can help complete the treatment and increase its chance of success. Bring this article to your oncologist, and talk to him about starting RealBuild. For further information, including clinical studies, visit www.RealBuild.us.

The manufacturer recommends taking one unit of RealBuild every other day. To take it, pour the contents of one RealBuild unit into your mouth and let it slowly dissolve. They also recommend that you work closely with your oncologist, so he can monitor your blood levels and determine the optimum dosage for you.

You can find ordering information for RealBuild in your Member Source Directory on page 161.

CHAPTER III

HSI Exclusive: Fascinating technological breakthrough unleashes the full power of this Alzheimer's miracle

CONFIDENTIAL. Stamped on every page of the research I'm about to share with you. You, as an HSI member, are getting an exclusive look at information that has not yet been revealed to the public—and some of it may remain under wraps for quite a while.

Thanks to our extensive network of inside sources, you're among the first to hear about this innovative breakthrough, technology so advanced that it may forever change the way we treat cognitive decline.

Confidential unpublished research reveals a life-changing discovery

Now because this breakthrough is still unpublished, I can't share a lot of details. But I can tell you this—and you're among the very first to know about this huge scientific advance.

Using cutting edge technology, scientists were literally able to see Longvida[®], a revolutionary new brain-saving compound, bind to beta amyloid after a single dose. A single dose!

The implications are stunning. And the work is ongoing. Since I can't reveal any more, let me just say this: a safe substance that can bind to beta amyloid immediately could very well change the future of treatment for Alzheimer's disease...

Decades of painstaking research result in lifesaving technology

It all starts with a natural medicine—curcumin—but paired with a groundbreaking technological advance, a whole new level of healing can be achieved.

This remarkable and revolutionary formula centers around a genuine scientific advance. And while the research is still new (so new much of it hasn't even been published yet), what we do know is truly awe-inspiring.

You see, curcumin has been studied extensively. And in the lab, it performs real miracles: wiping out cancer cells, for example, and dissolving the plaques that can lead to Alzheimer's disease. But there's a catch. Curcumin works wonders in lab models, but not as much in real people.

The great hero curcumin comes complete with an Achilles heel—it's hard for our bodies to absorb it. And that's its *almost* fatal flaw. If we can't absorb enough of it, curcumin can't act like the natural miracle cure we just know it could be.

Luckily, a group of brilliant and dedicated scientists at UCLA refused to stop there. They worked tirelessly for years, trying literally hundreds of ways to make curcumin more bioavailable. That painstaking process finally paid off. They developed SLCP™ (solid lipid curcumin particle) Technology. And absorption shot off the charts.

Everything you thought you know about curcumin just got better

More curcumin absorbed means more healing power—up to 65 times more. And that's what matters. Not how much curcumin you take, how much your body can use.

And this wondrous new SLCP curcumin, known as Longvida (patent pending) is clinically proven to be from 4 to 65 times more absorbable than regular curcumin. Why the range of numbers? Because different studies were run with different methods (human, animal, blood levels, brain levels, fasting, after food—you get the idea), so they came up with different absorption results.

The very earliest versions of Longvida were found to be four times more bioavailable, but the formulation now is much more highly concentrated. Newer research has found that Longvida offers blood curcumin levels up to 10 times higher than other curcumins, and it absorbs up to 50 times more in tissues, like your brain. In fact, Longvida seems even more attracted to brain tissue than the scientists had even hoped.

And that super high absorption works for you even more than you might realize. On top of the amped up healing powers, you also don't have to take

nearly as much Longvida as you would with traditional curcumin supplements. That's right: no megadoses (and the stomach upset that can come along with them), no dozens of daily pills. To get the full dose of curcumin to achieve the kind of results you're looking for, you only need a little Longvida.

Runaway proteins disrupt brain function, but Longvida helps restore it

We don't know enough about Alzheimer's disease, but we do know this. People with the condition tend to have excess harmful proteins in their brains. The two main proteins we know about, amyloid beta and tau, create disruptive plaques that interfere with proper brain function...and lead to severe and devastating cognitive decline.

The protein problem gets even more complicated. The buildup can be caused by a combination of overproduction and lack of clearing—your body makes too much of it, and doesn't get rid of the excess. When that happens, the protein clumps up (into plaques), sneaks into and clogs nerve cells, and blocks normal brain activity. It also sets off inflammation (which we'll talk more about in a minute).

Right now, the pharmaceutical industry primarily targets amyloid beta with its Alzheimer's drugs, which really don't get the job done but do open up the risk for serious side effects. And if the brain is riddled with tau instead, well, these drugs do absolutely nothing. Current drugs aim to target one or the other, but none can handle both.

Longvida, on the other hand, takes on both amyloid beta and tau—and wins. In a study that will be published later this year (making this information *confidential*), scientists discovered that Longvida could reverse memory deficit in both amyloid and tau animal models. Meaning that animals with either kind of protein overload that made them forget things were able to remember them once again after being treated with Longvida.

That's because curcumin (when it's able to get to the brain in sufficient levels) can break up those protein clumps like nothing else. Add in the special absorption powers of Longvida, and you've got a real effective weapon against Alzheimer's disease.

Curcumin protects, preserves, and restores brain function

In addition to its plaque-destroying powers, curcumin plays a key role in optimal brain functioning. It does so much to protect and preserve your brain, even treats neurological disease.

- Actually protects the blood brain barrier from damage¹

- Stimulates neuron growth²
- Repairs and prevents stress-induced damage to the hippocampus (the part of your brain responsible for learning and memory), and actually reverses cognitive impairment³
- Modulates more than thirty necessary cell signals by acting on signaling receptors and enzyme systems
- May keep Multiple Sclerosis from progressing⁴
- Helps treat and prevent Parkinson's disease^{5,6}

Add Longvida's superior absorption to curcumin's extensive brain support, and conditions like Alzheimer's disease may no longer mean loved ones forever lost.

Conquering an insidious enemy—inflammation

Inflammation. It's one nasty culprit involved in cognitive decline. And it's one of the most important issues to address over the long term.

You see, inflammation is the smoldering log that keeps the damaging oxidative stress burning, setting the stage for plaques to take hold. And since plaques also contribute to inflammation, the cycle keeps going.

That makes inflammation a primary target when it comes to fighting all forms of cognitive decline, including Alzheimer's disease.

HSI members know that curcumin has a stunning reputation as an anti-inflammatory agent. It fights even chronic inflammation by heading straight to its source, inflammatory enzymes like COX-2 and Interleukin 1. But in this formula, called DeJaVida™, Longvida doesn't have to work alone.

Though it doesn't get nearly as much attention, there is a silent hero backing up curcumin on the inflammation front. It's a proteolytic enzyme called serrapeptase, and this formula contains a specially potent form called Peptizyme® SP. We'll talk about what makes it special in just a moment, but for now let's focus on its powerful anti-inflammatory properties.

In head to head competition, serrapeptase proved a stronger anti-inflammatory power than other proteolytic enzymes. And it significantly outperformed placebo in a double-blind trial, reducing inflammation by 50% in post-operative patients while the people in the placebo group saw no improvement at all.⁷

Serrapeptase gets rid of plaques that cause Alzheimer's disease

Step one in clearing excess brain plaques is to break up the clumps, and we've got Longvida for that. But the DeJaVida formula keeps going. By

including serrapeptase, a powerful proteolytic enzyme, there's a virtual house-cleaner on your side.

How does that work? When Longvida binds to and breaks up those plaques, some of that residue makes its way into the bloodstream. There, serrapeptase basically chews it up, making it easier for your body to get rid of it.

Makes sense, since serrapeptase is a well-known plaque-dissolver, though much of the research focuses on arterial plaques, which cause atherosclerosis.

Three more brain-saving ingredients strengthen DejaVida

Along with curcumin and serrapeptase, three critical nutrients help keep your brain power on full.

Vitamin D3, well, you can't really have a successful brain formula without it. Low levels of vitamin D3 can directly cause decreased cognition. And there are several studies linking low D3 with Alzheimer's disease—and better brain function in patients with higher levels.^{8,9,10}

Niacin (vitamin B3) appears to prevent DNA damage to neurons that occurs in Alzheimer's disease.¹¹ In fact, mice with Alzheimer's who were given vitamin B3 performed as well on memory tests as normal, healthy mice.

Green tea extract, with 50% EGCG, helps calm down out-of-control enzymes. When these enzymes (more specifically, the NADPH oxidase enzyme) are out of balance, they keep "turning over" and produce a cascade of free radicals. That's where the green tea extract steps in, making sure those enzymes calm down, producing only as much as your body needs.

DejaVida turns the tables on Alzheimer's disease...and more

DejaVida is the only brain supplement with the full healing powers of Longvida—you can't find this formula anywhere else.

The manufacturer recommends taking two capsules, twice a day, on an empty stomach to maintain strong brain function.

You can find ordering information for DejaVida in the Member Source Directory on page 161.

CHAPTER IV

Overcome even overwhelming fatigue in just seven days

If fatigue has taken over your life, keep reading, because Angela's amazing recovery story just might be the answer you've been praying for.

"The fatigue was so overwhelming that I could barely get through the day. I couldn't get out of bed in the morning. I couldn't make it through the work day without stopping to rest. It got so bad, I almost needed to go on disability."

"But all that changed about a year ago, thanks to one amazing supplement. And people who meet me now have no idea that anything was ever wrong."

"It's literally been life-changing for me."

About three years ago, Angela Saldano's life did change—in a terrible and profound way. After surviving a devastating car accident, her doctor discovered that the crash had brought a hidden autoimmune disease to the forefront. And Angela's ordeal was just beginning.

Just when she thought she couldn't go on, Angela found the answer

Myasthenia gravis. That's the diagnosis Angela walked away with when she went to see her doctor for an upper respiratory tract infection. And it explained a lot—like why she was having trouble swallowing, why some of her muscles just didn't seem to work right, and why she needed her husband to help her get out of bed in the morning. But worst was the crushing fatigue. It wasn't just feeling tired, or even exhausted. It hit her whole body, and made even the simplest tasks seem like unattainable goals. And the more she did sleep, the worse it got.

She started missing work. And when she did make it in to the office, it was impossible to get through the day without resting. Her neurologist wanted to put her on prednisone, or try some other prescription drugs, but Angela wanted to avoid that. Her boss suggested she file for disability—but she really did not want to do that, either.

But just when she was getting to the end of her rope, about two years after her diagnosis, Angela found out about a revolutionary supplement, one that could put an end to her overwhelming fatigue, and get her back on her feet again.

Because of her swallowing problems, she couldn't manage the full dose right away, so she started slow and worked her way up. By the time she'd gotten to the full dose, about two months later, she saw a real difference. And people who meet her now have no idea she ever struggled with such overpowering fatigue.

This life-changing supplement is called OPTI Factor. And it can change the lives of people struggling with severe fatigue. Whether it's from an autoimmune disease (like myasthenia gravis or fibromyalgia) or the crippling effects of cancer treatment, this supplement can help you feel like yourself again.

Fatigue is much more than being tired

It can't be fixed by a nap or a cup of coffee. In fact, like Angela learned, getting more sleep (which is what everyone around you recommends) doesn't help at all—in fact, it can make you feel even worse.

Fatigue drains your body of energy, and replaces it with down to the bone weariness. It lasts for weeks, months, years, making it impossible to live your life. You simply can't function at your normal level. And after enduring this for an unimaginable length of time, it starts to take a toll on your emotions.

Fatigue strikes in many ways. In your brain, it comes across as confusion and depression. Your muscles just feel weaker overall. It impacts your mood, your sleep, your every waking moment, and every cell in your body. It takes a toll on your health, your whole life.

That's why the only real solution is to combat fatigue at the cellular level.

With a damaged powerhouse, your body can't produce enough energy

Your body can't function without healthy mitochondria, the energy producers for every cell in your body. But these tiny powerhouses have a weak spot: they're extremely vulnerable to oxidative damage, which is completely unavoidable—virtually everything causes it.

The phosphoglycolipid membrane (a sort of protective coating of specialized lipids) surrounding the cell gets broken by that oxidative stress. And when your mitochondria divide and replicate, that damage becomes part of their new template.

A broken powerhouse just can't produce enough energy. And now multiply that by every single cell in your body, and you can see where this overwhelming fatigue begins.

Your body does realize there's a problem, though, and tries to fix it—but without a fresh source of healthy raw materials in perfect condition, it doesn't stand a chance.

That's where NT Factor, the proprietary key ingredient in OPTI Factor, comes into the picture. It offers your body a full supply of wholly intact, pristine phosphoglycolipids that it can use to replace the ones that have been damaged by oxidation.

That fixes the current problem, and helps keep the damage from becoming part of the cellular template. Now you have healthy, fully functioning mitochondria. And energy production can start up again, full steam ahead. And it takes a lot less time than you'd think.

NT Factor restarts energy production in as little as one week

Think about it. In just one week, you might start feeling like your old self again, not plagued by overpowering fatigue. It sounds too good to be true, I know, but the latest study, a small preliminary trial with very positive results, bears it out. And earlier studies (which we'll get to in a moment) confirm NT Factor's energy-restoring powers.

Using an online fatigue survey, scientists were able to measure just how well NT Factor (combined with a B-vitamin complex in a proprietary formula very similar to OPTI Factor) worked for 67 adults with varying levels of ongoing fatigue.¹

And in just one week, that fatigue decreased by an average 36.8%, using the Piper Fatigue Scale. In fact, several components of fatigue including mood and cognition also improved dramatically.

Again, this is a very small study, and done with online participants. But there are several other studies showing that NT Factor plays a definite role in reducing fatigue. But to get there, you have to start with your mitochondria.

Only the pristine lipids in NT Factor get the job done

Nobel Prize nominee Dr. Garth Nicolson has dedicated his long and distinguished career to mitochondrial function. So if you want to know how to

restore precious cellular energy, he is the man to talk with. And when we did talk, he explained why NT Factor (the subject of much of his research) is the only real solution for chronic fatigue.

You see, it's impossible to avoid oxidative stress, literally impossible. And the mitochondria inner lipids, being especially delicate, need constant replacement. When those lipids are inevitably damaged, your body will try to fix them.

But to do that, it needs an ample supply of the right lipids, and they have to be in perfect condition—which is nearly impossible. Even if you're taking lipid supplements (like fish oil, for example), what eventually gets to your cells isn't perfect.

Those lipids have to be pristine, completely flawless, when they reach your mitochondria. They have to be protected during storage, ingestion, and digestion—not a simple task, and nearly impossible to attain.

But NT Factor acts like a “shuttle carrier” to deliver perfect lipids. In that carrier, they are protected against oxidation, and remain undamaged and ready to go. And when they reach the target, they directly restore function to your mitochondria.

“You can literally see it happen,” Dr. Nicolson told me. “With fluorescent dyes, we got visual confirmation of how NT Factor works.”

And once he figured out how it worked, he started investigating just what this “lipid replacement therapy” could really do.

Turn back your mitochondrial clock by decades and watch your energy return

Everything chips away at mitochondrial health, and one of the biggest culprits is aging. So a group of scientists (including Dr. Nicolson) decided to find out just what impact NT Factor would have on older people (at least 60 years old) troubled by mild to moderate fatigue. And they were truly impressed with the results.²

After taking NT Factor for eight weeks, subjects' mitochondrial function was increased by 26.8%, the same level of function you'd find in young adults. Remember, these subjects were all over 60 (in fact, the average age was about 69 years old). But now their mitochondria were working like they were much, much younger.

Another key—and slightly surprising—finding came out of the study. NT Factor had a substantial effect on moderate fatigue (as classified by the Piper Fatigue Scale), but not on mild fatigue. Basically, the worse the fatigue, the better NT Factor worked. In just four weeks, those suffering moderate fatigue saw a 20.2% improvement. By the eight week mark, fatigue was reduced by 33%.

Some of the subjects kept taking the NT Factor for a total of twelve weeks, then went through a twelve-week washout period (where they didn't take it). And while it didn't happen right away, mitochondrial function began to drop back toward pre-trial levels, and fatigue re-emerged.

So while NT Factor (the main ingredient in OPTI Factor) can restore energy and combat fatigue, it is not a cure or a one-time fix. You need to keep taking it to maintain the positive results... and that's just what HSI member Jim Harkness from Tennessee did.

HSI member stunned by OPTI Factor's energy boost

Jim Harkness has always been a very active guy, a real outdoorsman. In fact, he loves being outdoors so much that he's been bitten by ticks more than 50 times!

The last time he was bitten, though, he got more than an itchy bump. He started feeling sick and exhausted, enduring terrible headaches for more than a week. For the first time in his life, Jim had no energy, and the fatigue was so strong he had trouble getting out of bed.

On his sister's advice (he'd never call on his own), Jim went to the doctor and got tested for Lyme disease. The test came back positive... and so did the test for Rocky Mountain spotted fever. The doctor put him on a long course of antibiotics, and told him to wait it out. But he had no real answer for the fatigue, and wasn't sure whether that would go away.

During that time, he read about a product in his *Members Alert*, and when he called to order, he got into a conversation about his overwhelming fatigue. And luckily for Jim, the company also sold OPTI Factor.

He started taking OPTI Factor, and noticed a real difference in just two weeks. At first, he thought it was from the antibiotics, but then he realized it was the new supplement. His energy was back, and he had more of it than he'd had for a while, "an endless supply of energy," according to Jim.

NT Factor plus energizing nutrients make OPTI Factor the ultimate anti-fatigue supplement

OPTI Factor builds on the effectiveness of NT Factor with a complement of energizing nutrients.

B complex vitamins, including biotin, folate, B6, and B12 (among others) are well-known for their energy boost. Vitamin B6, for ex-ample, is believed to help the body increase energy and resist fatigue. And Vitamin B12 is practically famous for its energy boosting capabilities.

Calcium is critical for optimal cell function.

Phosphorous appears to be involved in energy production, and may alleviate muscle fatigue. A proprietary mitochondrial fuel blend contains the nutrients your cells need (like amino acids) to create energy.

These nutrients support all the hard work of NT Factor, to make sure your energy production returns to full capacity.

Take OPTI Factor to conquer crippling fatigue and get your energy back

You've seen how well OPTI Factor worked for Angela and Jim, and just how effective NT Factor was found to be in studies. Now it can start working to help you get your energy—and your life—back by restoring your body's natural energy source to full working order.

The manufacturer recommends taking two OPTI Factor tablets, three times a day. That gives you a 3900 mg daily dose of NT Factor, the same amount that got results in studies.

You can find ordering information for OPTI Factor in the Member Source Directory on page 161.

CHAPTER V

Ancient aphrodisiac tames menopause symptoms and fires up your love life

Let's face it, ladies. No one looks forward to menopause. The hot flashes, the night sweats, the extreme moods, and the disappearing love life.

That's the old view of menopause. And thanks to a brand new, ancient remedy, it's about to change dramatically.

On top of that, this incredible formula may very well help prevent breast cancer—something you won't find with pharmaceutical menopause medications. In fact, they may actually increase your risk, making this remedy far superior.

Soon-to-be published studies show overwhelming benefits

Menopause symptoms can be pretty intense, and make your life feel like a very unpleasant roller coaster ride. For millions of women, it gets so bad they consider using HRT, despite the very real and sometimes deadly risks associated with that treatment.

But now there's a safe natural option, that's proven effective in clinical trials. It's called Warmi®, and it draws on the ancient wisdom of the Incas for modern menopause relief. And though its key ingredient's been used traditionally for thousands of years, cutting edge science shows us just how well this formula works for women. Now, the studies specifically investigating

Warmi aren't published yet (though that will happen soon), but the results are so compelling I had to share them with you now.

The biggest study involved 122 women, all suffering moderate to intense symptoms of menopause.¹ And after using Warmi for just 30 days, those unpleasant symptoms were substantially improved on several measures, much better than the women in the placebo group, and just as well as (sometimes even better than) Tibolone, a pharmaceutical menopause treatment. Even standing alone, the Warmi impact on virtually every menopause symptom was overwhelmingly positive—and many improved within just 30 days.

Now, I'm not allowed to give you the details, since the study hasn't yet been published and the patent is still pending. But I can tell you this: I saw the numbers, and they bowled me over. What I can share is this...

- Quality of life improved in four key aspects: overall, physical health, psychological, social relationships
- Anxiety and depression decreased substantially
- Huge drop in hot flashes (formally known as vasomotor symptoms), much more than placebo, and nearly as much as pharmaceutical
- An enormous increase in progesterone levels in just six months
- An 85% increase in estradiol levels in just six months
- A measurable drop in blood sugar levels
- A significant decrease in LDL and total cholesterol levels
- Triglycerides levels dropped substantially
- CRP (C-reactive protein, an inflammation marker) levels plummeted by more than 30% (while both the placebo and drug groups saw an increase!)
- Osteocalcin (which is associated with reduced bone density after menopause) decreased substantially

And then there are the sexual benefits. Ladies, hold on to your hats!

Warmi can bring the fire and fun back to your bedroom

Menopause often marks disinterest in sex, and sometimes painful intercourse. But not with Warmi. That same study uncovered some very pleasant effects.

For one thing, interest in sex climbed substantially. Along with that came increased arousal and sexual fantasy, a key component of sexuality.

At the same time, researchers saw a big drop in vaginal dryness and painful intercourse—two things that can really put your love life in the doghouse.

Best of all, orgasm frequency and sexual satisfaction went through the roof, increasing substantially for the women taking Warmi.

Confidential studies reveal Warmi performs as well as HRT with none of the risks

Consider this: the benefits of mainstream HRT without the terrible risks. That's what you'll get with Warmi—and this preliminary Phase II study shows it.²

For this trial, researchers studied *lepidium meyenii* (more commonly known as maca), the key ingredient in Warmi, and pitted it against Premarin plus Provera (pharmaceutical HRT). Now you know all the potential dangers associated with HRT, so we don't need to list them here. But in comparison, the rare side effects reported with Warmi were sleepiness, and increased appetite. Really, that's nothing when you think about the sometimes deadly impact of HRT.

At the same time, though, Warmi performed as well as HRT in many parameters. In fact, Warmi reduced physical symptoms of menopause more than HRT did! And both treatments substantially reduced symptoms from baseline.

And the earlier (and still confidential) Phase I safety trial reported very positive results.³ Warmi was found to be as safe as placebo. It was well-tolerated by the trial subjects, and didn't significantly change any of the lab parameters. In fact, no adverse side effects were reported after 90 day of use, even at twice the recommended daily dose.

Highly effective menopause relief comes from surprising sources

You've seen from the studies that Warmi works as well as HRT to relieve some menopause symptoms—and in some ways (like in the bedroom), even better. And then there's the safety profile, which literally puts HRT to shame.

And all that menopause magic comes from two safe, natural foods, rich in crucial nutrients. The key ingredient is a cruciferous vegetable called maca used by the Incas as an aphrodisiac, joined by a powerful bone-saving citrus fruit flavonoid called hesperidin.

Together, these two seemingly simple ingredients work to eliminate even severe menopause symptoms, and keep you feeling like your real self (especially in the bedroom). And just might help protect you against breast cancer.

The menopause solution that fights breast cancer

HRT increases your risk of breast cancer. Period. Warmi does more than just not increase the risk. It actually offers some protection against the dreaded disease.

Now, the research is still at the in vitro stages (meaning only tested in cancer cells in the lab), but the results have been powerful.

Beta-sitosterol, a primary component of maca, inhibited breast cancer cell growth by 80% in just five days.⁴

Hesperidin stopped the production of highly invasive MCF-7 breast cancer cells.⁵ Some researchers believe that hesperidin may actually work as a breast cancer treatment.

Yes, these studies are preliminary, and involved only some cells in a lab. But wouldn't you rather use something that might prevent breast cancer than something that might cause it?

Warmi cools down hot flashes and heats up your love life

Along with relieving unbearable menopause symptoms, Warmi brings the fire back to your bedroom...and even adds some breast cancer protection.

The manufacturer recommends taking 1 capsule, 3 times a day, with food, and with a full glass of water for best absorption. You can expect to really feel the effects in about a month, though some women respond more quickly.

You can find ordering information for Warmi in the Member Source Directory on page 161.

CHAPTER VI

Tiny powerhouse kills cancer and keeps it from coming back... but that's not all

There's a teeny tiny natural miracle that has an enormous impact on cancer: killing off cancer cells, making sure cancer doesn't spread, even preventing its return.

- 82% decrease in the spread of metastatic lung tumors
- 71% reduction in the protein that causes aggressive cancer growth
- 31% increase in cancer cell death in just 30 days

And if that was all this miniscule miracle could do, you'd need to know about it right away. But this life-saving powerhouse can do so much more: prevent diabetes, protect you from heart attack, reverse atherosclerosis, the list goes on.

Most surprising, this little lifesaver is something you've heard of—well, almost. It's called FHL Concentrated Flax Hull Lignans, related to the flax you can buy at the health food store, but so much more powerful and protective. That's because the biggest supply of lignans are in the shells, the part that's left out of those bags of flax in the store. And the lignans contain the lion's share of disease-fighting action.

Fighting even aggressive breast cancer with the power of lignans

When HSI first broke this story back in June 2008, the research was slim, but promising. Since then, more studies have been conducted, proving just

how well flax lignans can help you in the fight against cancer—especially cancers tied to hormones, like breast cancer.

Like in this study, which included postmenopausal women who'd just been diagnosed with breast cancer. For just 32 days, the women in the test group ate muffins containing flaxseed with a specific amount of SDG (the key lignan, more on that in a moment). And in that very short time period—just one month—the researchers saw truly amazing results. Breast tumor cell growth had decreased by 34.2%. Cancer cell death (called apoptosis) increased by 30.7%. And a protein called C-erbB2 (also known as HER2), which causes highly aggressive cancer growth, decreased by 71%.¹

And an animal study brought equally impressive results. Mice with breast cancer were either given flax seed or not. The animals in the flax group had a substantial reduction in their tumor growth, plus a 45% decrease in total cancer spread (metastasis) compared to the control group. In fact, 88.9% of the animals in the control group had cancer spread to their lymph nodes, compared to just 33.3% in the flax group. Best of all, the flax reduced the spread of metastatic lung tumors by an amazing 82%.²

The secret of this overwhelming success is in the lignans, especially an extremely powerful lignan known as SDG (secoisolariciresinol diglucoside). The lignans found in flax hulls get broken down in the colon, and turned into two different kinds of lignans, specifically enterolactone and enterodiol. And it turns out that enterolactone plays a very important role in keeping breast cancer at bay.

- A German study found that postmenopausal breast cancer risk decreased significantly in women with higher enterolactone levels.³
- A Danish cohort study, which included information on 24,697 women, found that those women with higher levels of enterolactone before their breast cancer diagnoses had a lower mortality rate⁴
- A 2011 animal study found that enterolactone works like tamoxifen, preventing breast cancer tumors from forming their own blood vessels (a process called angiogenesis), but without any toxic side effects⁵

And breast cancer is just one of the dreaded diseases that flax lignans can fend off.

Flax lignans knock out prostate cancer and ease BPH symptoms

For years now, scientists have known that flax lignans can impact prostate cancer, and a brand new study determined exactly how they work.

In this 2011 *in vitro* study, researchers learned that enterolactone (created when you consume Flax Hull Lignans) inhibits the growth and development of prostate cancer. It does that triggering apoptosis (cell death) of prostate cancer cells, and actually increased apoptosis by 46%.⁶ That helps explain the results researchers have seen in human and animal studies. Like in this Danish pilot study, which included 161 men with prostate cancer, all scheduled for prostatectomies. The men were split into five groups, two of which got flaxseed. The men in the flaxseed groups saw their tumors grow 30%-40% more slowly than the men in the other groups. Researchers concluded that flaxseed could be associated with symptom relief and better survival.⁷

An earlier and smaller pilot study, this one with 25 prostate cancer patients, found that flaxseed could help to prevent and treat prostate cancer.⁸ In this study, researchers saw clear benefits for the men in the flaxseed groups:

- An average 62 point decrease in total testosterone
- Free androgen index dropped from 36.3% to 29.3%
- Cancer cell growth (based on the proliferation index) was just 5%, compared with historical controls of 7.4%
- Cancer cell death increased significantly
- Total cholesterol decreased by an average 27 points (a very good side effect)

Flax lignans can also substantially improve BPH symptoms. A four-month study, which included 87 men with BPH, found that SDG boosted quality of life and decreased prostate symptoms significantly better than placebo. Researchers concluded that SDG effectively improved BPH symptoms similarly to pharmaceuticals like 5-alpha-reductase inhibitors⁹—which have recently been linked with an increased risk of aggressive prostate cancer.

Real men watch prostate symptoms fade away with flax lignans

Chris has prostate cancer, so advanced that it spread to his bones—his hips, knees, shoulder, and back—causing considerable pain. His doctor decided to subject him to four rounds of chemotherapy to lower his PSA count, which was alarmingly high at 50+. After those four treatments, his PSA had climbed to 94.7, so his doctor stopped all treatment.

By some miracle, Chris learned about FHL Concentrated Flax Hull Lignans and began taking them. And in just a few short months, his PSA shrank to 46.2. And about six months later, it dropped all the way down to 26.3... and reduced his many nightly bathroom trips to one.

Howard had a dangerously high PSA when he started taking FHL—and within five months, his score dropped by 40%. He kept taking it, and at his last check, his PSA clocked in at normal levels. The nurses on his case said they'd never seen such a drastic drop in PSA.

About two years ago, Buddy had a PSA count of 17. His doctor wanted to schedule prostate cancer surgery immediately. Instead, Buddy started using flax lignans twice a day. Though the doctor and his staff kept pressuring Buddy to schedule the surgery, he didn't. And when he returned for another test, his PSA count had dropped down to 3. That was a couple of years ago—and Buddy's PSA is now holding steady at 2, and his prostate is fine.

Can flax lignans keep cancer from coming back?

Former cancer patients say yes!

While researchers have studied how well flax lignans can fight certain cancers, and tried to figure out how, there isn't any published research on how well it keeps former cancer patients healthy.

But former cancer patients are spreading the word about how flax lignans have kept them healthy and in remission for years...even when they'd suffered cancers that normally have high recurrence rates.

Like Will, who'd been through surgery for a fast growing 9.6 cm tumor in his stomach (just so you now, when they hit 10.0 cm, it's too late for surgery). After that, Will did not want to suffer through chemotherapy, but he also didn't want his GIST (gastrointestinal stromal tumor) to come back—and these tumors have a pretty high recurrence rate. So Will started taking the FHL Concentrated Flax Hull Lignans, and has remained cancer-free for the past five years.

And Alfred, who'd endured recurrences of basal cell skin cancer for more than ten years. Then he learned about FHL, and started taking them every day, and hasn't needed to have a basal cell cancer removed since.

Carol suffered from bladder cancer, and had four tumors removed. After that, her father introduced her to FHL concentrated flax lignans, and she began taking them every day. And despite the warnings of her doctor that her cancer would very likely recur, it hasn't. She's been checked every three months, and her doctor is literally amazed that there has not been a single recurring tumor.

Murphy was diagnosed with lymphoma back in 2004, when he developed a lump in his groin. He had surgery and radiation. But the next year, another lump showed up on the other side. So he suffered through surgery and

radiation again. His third lump called for radiation. When the fourth lump appeared, Murphy's doctor told him not to treat it, and to expect to keep getting these tumors for the rest of his life.

But in 2008, Murphy learned about flax lignans. Within six months, the latest lump was shrinking, then disappeared completely. His doctor was impressed, but told him the tumors would certainly return. So far, they haven't.

These are just a few of the many people who've shared their FHL stories, but the others were just as inspiring.

Flax lignans take on more than cancer

As impressive as the cancer-fighting track record is, flax lignans offer so much more.

- Prevent Type 2 diabetes
- Reverse atherosclerosis
- Balance blood sugar
- Lower LDL and total cholesterol
- Potent antioxidant protection
- Fight and kill viruses
- Keep your pets healthy

All of those powers come from the shells of the flaxseed, the part that's usually thrown away. But thanks to a farmer who invented a chemical-free way to separate the lignan-rich hulls from the rest of the flax, you get the full power of all the lignans, and more.

Because Concentrated Flax Hull Lignans don't just contain up to 65% pure lignan content. Every single scoop contains 150-300 mg of SDG, the most potent lignan of them all, about 70 times more than you'd find in plain old ground flax. And you also get 275 mg of ALA (alpha linolenic acid), a powerful omega-3 fatty acid, in each scoop. ALA, as you'll see in a moment, is quite a powerful disease fighter all on its own.

Then there's the antioxidant content, which flax lignans have by the bucketful. To put it in perspective, the USDA lists prunes as having the highest ORAC value (which measures antioxidant content), coming in at a score of 5,770 per 100 grams. Concentrated Flax Hull Lignans have more than three times the antioxidant power, coming in at an amazing 19,600 per 100 grams—which translates to 980 ORAC per scoop.

So you can see where the overwhelming healing powers in every tiny scoop of flax lignans come from. And now you'll see what else they can do.

Flax lignans can reverse atherosclerosis

The benefits of flax lignans don't stop with cancer-fighting power. Thanks to their high SDG and ALA (alpha linolenic acid) content, they can also keep your cardiovascular system in peak condition.

In fact, even people with existing cardiovascular problems—like atherosclerosis and high blood pressure—can see those turn around if they add a little scoop of lignans into their daily regimens.

A 2010 review study found that SDG can slow down the progression of atherosclerosis. Even better, it seems that this ultra-powerful lignan can even reverse atherosclerosis caused by high cholesterol—reverse it!¹⁰

And one double blind, placebo controlled study¹¹ found that subjects with high cholesterol enjoyed a 13% decrease in LDL levels in just five weeks when they added flax into their routines. Plus, subjects who also suffered from hypertension saw a 19% reduction in their CRP levels. On top of all that, the people in the flax group improved their insulin sensitivity on two standard scales—and reduced their average insulin resistance index score by 23.7%.

And speaking of insulin resistance, it looks like the SDG in flax lignans can actually prevent Type 2 diabetes from ever taking hold.

SDG prevents Type 2 diabetes

It seems like Type 2 diabetes is nearly impossible to avoid, even if you eat pretty well and exercise regularly. But add FHL Concentrated Flax Hull Lignans into the mix, and you might just dodge that sugar bullet.

In this study, researchers tested SDG in rats that were genetically prone to develop Type 2 diabetes. For 72 days, some of the rats got SDG in their water, while others (the control group) did not. At the end of the study period, all of the rats in the control group had diabetes. But only 20% of the rats in the SDG group developed the condition.¹²

In a more recent study, this one with human participants, SDG (600 mg daily) was shown to lower fasting blood glucose levels by more 25% in just six weeks.¹³

More lignans offer unique protections

While SDG is certainly the most well-known, widely studied, and talked about flax lignan, it is absolutely not the only one that offers protection against disease. So while other products may boast of their SDG content (which is probably not as high as the 150-300 mg you'll get in every scoop of FHL Concentrated Flax Hull Lignans), they may not contain any other beneficial compounds.

First, there's matairesinol, a precursor for the mammalian lignan enterodiol. This lignan wields the special power of stopping the aromatase enzymes that allow breast cancer cells to multiply.¹⁴ What's more, an *in vitro* study found that matairesinol could stop the growth of leukemia cells (acute promyelocytic leukemia) nearly as well as pharmaceuticals.¹⁵ This lignan was also found to stop the growth and spread of liver cancer in lab rats.¹⁶

Another animal study¹⁷ found that matairesinol attacked prostate cancer by reducing the size of tumors and increasing the prostate cancer cell death rate.

It can also keep a hormone called dihydrotestosterone from binding to a compound called SHBG (sex hormone binding globulin). And when you keep those two apart, you may be able to stop male pattern baldness.¹⁸ That's right—no more hair loss.

And there are still more flax lignans, each offering its own area of protection. But that still isn't all you'll get in each scoop of FHL—you also get 275 mg of ALA in every scoop.

ALA fights cancer and reduces heart attack risk

In just one tiny scoop of FHL Concentrated Flax Hull Lignans, you'll get a huge 275 mg dose of ALA, a heart-healing, cancer-fighting omega 3 fatty acid. And you can't get that same ALA boost with any old flax. According to one bioavailability study¹⁹, milled flaxseed (just like you'll find in this product) increased blood levels of ALA...but whole flaxseed did not.

Here are just some of the things ALA can do for you...

- Prevent some types of cancer by stopping tumor growth²⁰
- Stop breast cancer tumors from metastasizing²¹
- Reduce the risk of developing breast cancer²²
- Lower the risk of second heart attack²³
- Decrease the risk of death from a second heart attack by 80%²³
- Reduced arterial plaque by 50%²⁴

And ALA is just one of the healing compounds you'll get in FHL flax lignans. Put them all together, and you've got a whole cancer- and disease-fighting army in one tiny little scoop.

Take charge of your health with Concentrated Flax Hull Lignans

Once you start adding FHL Concentrated Flax Hull Lignans into your daily routine, they'll go to work right away to keep you in optimal health.

The manufacturer recommends using one scoop per day (1/2 tablespoon), mixed into food or a drink. The scoop comes in the jar, so you won't have to worry about measuring. And these flax lignans are naturally shelf stable for up to 18 months, so you don't have to put them in the refrigerator.

You can even use the flax lignans in baking without losing any of the cancer-fighting protection.

And just so you know, different jars may be different colors, ranging from gold to brown. That has no impact on the lignan content.

You can find ordering information for FHL Concentrated Flax Hull Lignans in the Member Source Directory on page 161.

CHAPTER VII

Cutting-edge invention reduces pain and erases inflammation in minutes

Dr. Jackson Corley, chiropractor and inventor, played extreme sports... until he fell off a ravine, and sustained crushing injuries. He herniated several disks in his back, and couldn't walk anymore.

Mainstream medicine offered up surgery, but Dr. Corley knew the outcome was iffy. So he decided to create his own solution, based on something he'd heard about a few months before that fateful accident.

In just two weeks, Dr. Corley was walking again. No surgery. No drugs. No handfuls of supplements.

It's a fascinating new technology, and it starts working in just minutes, sometimes even faster.

Increase circulation, heal wounds, relieve pain and inflammation in just moments

Dr. Corley's cutting-edge invention is a special fabric comprised of carbonized bamboo charcoal and germanium (more on that in just a moment). This fabric, the centerpiece of the Incrediwear product line, literally increases the blood flow to any area it touches.

What does that mean to you? Increased blood flow means better circulation, which brings more oxygen and healing nutrients to the area. It means pain relief, better mobility, less muscle fatigue, and more comfort. Plus, increased blood flow speeds healing. And for those of you whose feet are always cold, it means warm feet.

And if you're suffering pain and discomfort because of poor circulation—if you have Reynaud's syndrome or peripheral neuropathy, for example—you'll feel those benefits right away. Even chronic back pain, knee pain (like from osteoarthritis), and tendonitis sufferers can feel more comfortable right away.

Incrediwear users are feeling better in just minutes

Incrediwear products are so new that there aren't any published trials to evaluate how well they work...yet. But there are individual thermographic imaging and blood flow tests that give us a pretty good picture of their effectiveness. And there are a few studies underway, but we won't see the results of those for several months (stay tuned!).

First, the evidence we do have, a compilation of imaging tests (which I've seen, and they are stunning to look at) and blood flow tests. (All temperature references are in Fahrenheit.)

- One thermographic imaging test showed that a foot in an Incredisock gained 6.0 degrees in just five minutes, along with a 50% increase in blood flow.¹
- A patient with Carpal Tunnel Syndrome experienced a 4.5 degree temperature increase in his fingers in just 22 minutes, and regained full feeling in his hand with an Incredibrace.
- A patient with chronic shoulder strain had a 5 degree drop in temperature in just 20 minutes, and gained 20% more range of motion in the shoulder using an Incredibrace.
- A man wearing a hiker-style Incredisock had a 12.8% increase in blood to his leg along with a 14.3% increase in blood speed to the area²
- A man wearing an Incredibrace knee sleeve gained 12.1% in blood flow and 12.8% blood speed in just 20 minutes³

With more blood getting to the area more quickly, you'll feel the relief flowing through you. Whether it's a chronic condition like Carpal Tunnel Syndrome or an injury, Incrediwear products will make you feel better right away. No pills to choke down, no smelly creams to rub on (and get on your clothes). And since you don't have to take the socks or braces off every few hours (the way pills and creams wear off), you'll have constant, consistent relief.

People are raving about the truly incredible effectiveness of Incredibraces

While we won't have the study results on the Incrediwear products for quite some time, people are being helped right now—and their experiences are close to miraculous.

Will Larson has worn some kind of brace ever since he was stricken with polio as a child. He's tried many different knee braces, but hasn't really liked any of them. Until now. He recently tried an Incredibrace and found it to be lightweight, comfortable, and "it really works." Will says he will "never use another kind of knee brace. It is the best. My knee doesn't hurt as it did before."

Dr. K., a practicing physician for more than 30 years, has tried countless products. He was skeptical when he first read about the Incredibrace, but decided to try it anyway—and his reservations quickly dissolved. The chronic pain in his left calf was relieved by 90% after wearing the Incredibrace knee sleeve.

Judy Cino suffers from terrible pain due to Carpal Tunnel Syndrome, so bad she was taking painkillers several times a day. Then she tried an Incredibrace, and her pain dropped from a 6 down to a 1 in just about ten minutes. She reports that "the brace is very comfortable and I don't really even notice it is there most of the time. And it is very easy to launder; I just throw it in the wash with my other clothes."

Incredisocks eliminate swelling and make your feet look better than ever

Ron Hartand has had many problems with his feet—swelling, pain, neuropathy—mainly caused by his Type 2 diabetes. He was walking the floor at a tradeshow one day, which would normally end with his feet in agonizing condition, when he came across Incredisocks.

The men at the booth asked Ron to test their diabetic socks—wear one Incredisock and one of his own Dr. Scholl's diabetic socks, and see the difference. Ron took that challenge, and within a half hour, he was wearing the Incredisocks diabetic socks on both feet... and he hasn't worn any other socks since.

At the end of that long day of walking around the tradeshow, Ron went back to his hotel room and took off the socks, expecting to see his usual purple, swollen feet. He and his wife were "flabbergasted," because Ron's feet looked better than they had in years.

Then there's the story of Rick Rachwitz, who suffered from a sore posterior tiabialis tendon (the tendon that holds the arch of your foot) for more than two years. But wearing Incredisocks around the clock for about four months seems to have healed it once and for all.

Marie Hotens has persistent numbness in her toes, which disappeared completely after only a few days of wearing Incredisocks. She calls them a "wonderful aid to circulation."

Diabetic Incredisocks use special non-compression technology

When you suffer from diabetes, peripheral neuropathy is a very common result, causing pain, swelling, and numbness in your feet. For days when your feet are extra tender and swollen, standard socks can feel like a vice grip.

That's why Dr. Corley developed special diabetic socks. These socks still use anion technology (this time from a porcelain polymer thread), but they are non-compression, meaning they will be much more comfortable to wear when you suffer from extreme swelling.

And the letters just keep pouring in, with people just glowing about the incredible effectiveness of these socks. The secret to their success: the simply amazing fabric created by Dr. Corley.

Revolutionary technology offers constant therapy wherever you need it

This amazing fabric, made of bamboo charcoal or bamboo charcoal with germanium (the metal, not the flower), releases negatively charged atoms called anions when they come in contact with your body. And while negatively charged atoms sounds like a bad thing, the truth is exactly opposite. Anions actually stimulate “molecular vibration” and circulation.

Increased circulation supplies more oxygen and nutrients to your tissues. That translates to reduced swelling, less pain, easier movement, and more comfort for you. And the products are especially helpful if you have poor circulation issues—even if it's already progressed to a point where the skin has a purple tinge caused by lack of oxygen.

In addition to the oxygen boost, you'll also notice a temperature-changing effect. Basically, the Incrediwear products act like thermal regulators: If you're cold they'll warm you up, and if you're too warm (like happens with inflammation) they'll cool you down. In fact, this cutting-edge technology will even keep your feet warm if the socks get wet.

When you wear this unique anion-producing fabric, you'll experience constant therapy, similar to the technology long-used in sports medicine clinics (which use infrared anion technology). And while the infrared technology used by physical therapists does bring negative ions to the injured area, it's only for a short time. With Incrediwear products, the therapy lasts as long as you wear the brace or sock—and you can safely wear them around the clock.

Stay tuned—we'll keep you updated on new developments and study results when they're in

Right now, scientists at the University of Utah are running studies with the Incrediwear products. They're specifically looking into just how well these products can improve vascular functioning, skin thickening, and wound healing in quadriplegic patients.

And researchers at clinic in Sacramento, California are putting together the results of their study on how well these products helped children with cerebral palsy. (Though we do already know that the children using them no longer suffered from cold extremities.)

Dr. Corley told me that another new study is starting, this one involving post-surgical patients with arthritic knees.

He also told me that he has several new products in development, many based on requests from customers who are already using the socks and braces.

So stay tuned! We'll bring you the results of those studies, and keep you informed of new product developments, as soon as the information is available.

Slip these on and start feeling better right away

Combat poor circulation and inflammation with Incrediwear products—and you'll feel the difference right away.

Oh, and another great thing about these socks and braces: they last for a very long time. In fact, in tests Incredisocks withstood more than three times the wash revolutions of regular socks. Regular socks got holey after 30,000 trips in an irritation machine...but Incredisocks went through more than 100,000 revolutions without developing holes. Incredibraces can also be washed in the machine, but the manufacturer recommends that you don't put them in the dryer (to avoid shrinkage). The socks, however, can go in the dryer with no problem.

You can find ordering information for the Incrediwear products in the Member Source Directory on page 161.

CHAPTER VIII

One miracle molecule can stop heart attack, stroke...even pull you back from the brink of death

Dr. Scott Chirault's grandmother was literally at death's door. At 99 years and 11 months old, she became feverish and unresponsive, and was brought to the emergency room. With a declining heart rate, barely registering blood pressure (70/30), and a case of pneumonia, all hope was lost.

Mawmaw, as she was called, did not want IV medications to keep her alive. But just a few days earlier, Dr. Chirault had received a sample of a unique new supplement, and he believed it could help turn things around.

He placed a dissolving tablet in her mouth, then went out to the nurses' station. Just 40 minutes later, the nurse came to get him—Mawmaw's blood pressure was increasing, along with her heart rate.

A few hours later, Mawmaw woke up...sat up...talked to her grandson. And since they didn't know how long this would last, he called the family in to see her. They came, and she got to see and talk with everyone she loved.

After a couple of weeks, she asked to stop taking the supplement. And just five days later, she slipped into a coma, and then she died.

And while this supplement did not save her life—it couldn't cure the pneumonia—it gave her two more weeks to spend with her family, and a chance to say goodbye to everyone she loved.

One amazing molecule can turn everything around

That supplement did one simple thing: increase Mawmaw's nitric oxide levels.

It's just one little molecule, but it has the power over life and death. If your body is flooded with too much of it, there can be toxic effects. If you don't have enough, your body starts to break down, becoming ever more vulnerable to coronary heart disease, heart attack, stroke, diabetes, Alzheimer's disease, and so much more.

And this amazing molecule can literally pull someone back from the brink of death.

But that's not all it can do.

Prevent horrible health problems and reverse existing damage with NO

Nitric oxide didn't win "Molecule of the Year" for nothing.

Here are just a few of the very important ways it keeps you alive.

- Stops artery-clogging blood clots from forming
- Reverses arterial plaque build-up
- Prevents high blood pressure
- Lowers C-reactive protein
- Slashes triglyceride levels

And with that protection, NO reduces your risk of heart attack and stroke...two of the top three killers of Americans. On top of that, the miracle molecule can reduce your risk of devastating diabetes complications, including kidney disease, blindness, and amputations.

How does one molecule do so much to keep you alive and well?

Nitric oxide sends signals between the cells in your body, and extremely pretty important signals at that. In fact, there's not a single cell in your body that isn't sending or receiving messages via NO. But its most important work is in your circulatory system...and should those messages go haywire, the consequences can be deadly.

It all centers around your endothelium (the cells that line every blood vessel in your body) which have the critical job of producing NO. The NO enters the smooth muscles of your arteries, and signals those muscles to relax (the technical term is vasodilation). That lets your blood flow increase to healthy levels, giving your body its full supply of oxygen and nutrients.

When you don't have enough NO to go around, your arteries can't relax, they remain small and tight. And when your blood has a smaller, cramped space to flow through, it forces your blood pressure higher. That high pressure can cause some serious damage to your artery walls, allowing dangerous plaques to move in.

And once this cycle kicks off, your risk of heart attack and strokes increases dramatically.

Lack of NO has other consequences, too. In addition to setting off a plaque attack, it also leads to very damaging chronic inflammation in your arteries. Then, oxidative stress sneaks in. On their own, inflammation and oxidation are bad. Together, they help plaque burst open to release its toxins which can trigger blood clots in your arteries.

But restoring your NO levels can stop this from happening at all.

NEO40 Daily™ brings back the NO

Dr. Nathan Bryan knows a little something about nitric oxide—he's been studying it for more than ten years. And when he realized its role in disease prevention, he knew he had to come with a way to help people (especially those of us over 40) improve their NO status.

So he, along with Dr. Janet Zand, started screening hundreds of herbs and foods for their NO content. They took the best of those, and formulated a lozenge called NEO40 Daily. Then Dr. Bryan and his research team set out to learn just how well their new NO-boosting supplement really worked.

First, they tested the NEO40 lozenges to make sure they could really generate NO. To do that, they had some people test the lozenges. The researchers drew blood to get a baseline level, then the subjects each let one lozenge dissolve in their mouths. After five minutes, the post-lozenge blood testing began. And when all the data was in, nitrite levels (a key indicator of NO levels) had doubled.¹

And when they took their research to the next level, they found even more good news than they'd expected.

Reduce triglycerides by up to 55% while increasing your NO

The next phase of their study² lasted 30 days, and this time included subjects with at least known cardiovascular risk factors (like high triglycerides, high blood pressure, and diabetes, for example). Every day, these subjects took either a NEO40 lozenge or placebo twice a day for 30 days.

As expected, in the NEO40 group that led to a substantial increase in their blood levels of nitrite and nitrate, meaning more NO. The people in the placebo group actually saw a slight decrease in their levels.

But that's not all that happened. The NEO40 supplements also had made quite a direct difference in some very important cardiovascular risk factors.

- 72% of subjects with high triglyceride levels Triglyceride levels (fasting) plummeted by up to 55% (with an average drop of 27%)
- Up to 37% reduction in C-reactive protein (CRP) levels in subjects with elevated CRP
- An average 7 point drop in systolic blood pressure (in subjects with hypertension), and a 2.7 point drop in diastolic pressure
- Plus, more than half the subjects reported feeling more energetic and less anxious

What's more, nearly 80% of those participants said that they wanted to keep taking NEO40 lozenges.

NEO40 can help you cut back on pharmaceutical drugs...and their side effects

While the studies offer up a lot of impressive numbers, you really need to know how taking NEO40 Daily can help change your life. And the most dramatic impact may be that you'll be able to cut back on—and maybe get off of—pharmaceutical drugs. Especially when it comes to blood pressure medication.

In fact, one of the first people to enjoy that was Dr. Bryan's father, who had very poor circulation due to a car accident that left him paraplegic. He'd been taking three different drugs to manage his blood pressure, along with metformin for his diabetes. So Dr. Bryan (working with his dad's cardiologist) started his father on the lozenges. Over a period of months, his blood sugar normalized, and he began to wean off the blood pressure drugs—now he only needs one.

And then there's Dr. Zand's father (remember Dr. Zand, one of the researchers working with Dr. Bryan). Her 90-year-old father was also taking three medications to control his blood pressure. But within six weeks of starting the NEO40 lozenges, he didn't need any of them anymore.

Impressive—but they're far from the only two who've experienced this miracle. Elizabeth Shirley, compounding pharmacist for the People's Pharmacy, has seen it happen time and again. In fact, that's one reason people go to her, to get off pharmaceutical drugs and avoid their negative side effects. And

with NEO40 lozenges, she's been able to help many customers reduce their dependency on blood pressure medication.

In fact, she advises anyone taking blood pressure medication who starts using the lozenges to monitor their blood pressure regularly and to work closely with their doctors. Chances are, the doses will need to be lowered to make sure pressure doesn't drop down too far.

She does advise us of one pretty common side effect, though. Increasing your NO with NEO40 Daily will probably increase your sex drive, too.

NO side effect: a much better sex life

You've heard of Viagra, no doubt. Well it works by increasing circulation to the penis...by increasing NO, albeit in an unnatural way.

When you take NEO40 Daily, you increase NO, and improve circulation everywhere. That's right, when you let a lozenge dissolve in your mouth, it will kick off a chain reaction down below. And even if it's been a while since you've been able to achieve an erection on your own, those days will be over.

But NO isn't just for the men, ladies. It also plays an important part in female sexual desire and performance. So if you haven't been interested lately, NO can help turn that around.

Because satisfying sex really comes down to blood flow, and you'll get plenty of that from increased NO, thanks to the carefully selected formula that makes up NEO40 Daily.

Hawthorn and beet root boost NO and total heart health

The formula starts with a proprietary herbal blend which includes hawthorn and beetroot, both of which increase NO activity. When Dr. Bryan and his team were testing all those herbs and foods, these two scored the highest when it came to nitrate content (which your body uses to generate NO). But that's not where these two stop helping your heart.

Hawthorn does so much for your cardiovascular system, it's no surprise they included it in the NEO40 formula. And unlike many traditional remedies, this one has tons of science to back it up. In fact, this herb:

- cuts down on angina attacks³
- treats atherosclerosis by shrinking plaque and lowering cholesterol⁴
- improves circulation to the heart by dilating coronary blood vessels⁵
- lowers blood pressure⁶
- prevents heart attack⁷

And then there's the beet root, which in addition to its nitrate content has been shown to lower high cholesterol⁸ and lower blood pressure.⁹

But the NO-producing formula doesn't stop there.

Four NO-boosting ingredients round out the NEO40 formula

NEO40 Daily also includes magnesium, vitamin C, vitamin B12, and L-citrulline. Together, along with the herbal blend, these ingredients work to provide your body with a source of nitric oxide when your endothelium just can't product enough.

Magnesium is an essential mineral with a huge impact on your cardiovascular system. Among other things, magnesium helps directly counteract atherosclerosis¹⁰ and provides serious protection against heart attack and stroke.

Vitamin C promotes the availability of NO in your body, so you can use it most effectively. It also strengthen your arteries, and protects their structural integrity¹¹. And like magnesium, it can help prevent heart attack and stroke. On top of all that, let's not forget that it's a potent antioxidant, with very powerful free radical scavenging capabilities.

Vitamin B12 plays a very important role in your cardiovascular system: you can't make red blood cells without it (in fact, vitamin B12 deficiency can cause anemia). L-citrulline is directly involved in NO production. It does that by naturally converting to L-arginine, a form that's much easier for your body to use than if the L-arginine comes from supplements. Plus, L-citrulline has been shown (in an animal study) to reverse the progression of atherosclerosis.¹²

With this unique blend of NO-increasing ingredients, all of which do double duty to directly protect your cardiovascular system, NEO40 lozenges may just save your life.

Is low NO killing dialysis patients?

Dialysis patients have an especially high death rate from cardiovascular events, and Dr. Bryan thinks he might know why. His theory: Dialysis decreases NO. And this soon-to-be-published study backs it up.

You see, low concentrations of nitrite and nitrate in the blood and saliva translates to lower NO in the body. So Dr. Bryan and his fellow researchers measured nitrite and nitrate levels in dialysis patients before, during, and after the procedure. And they learned that dialysis could remove up to 90% of the patients' nitrite and nitrate, which in turn could have a profound negative on their NO levels.¹³

Take NEO40 Daily to prevent—maybe even reverse—cardiovascular disease

NEO40 Daily can improve your NO status and help prevent cardiovascular problems...even if you're riddled with risk factors. And according to both careful research and customer response, it's very likely that you will feel better instantly when you use it.

The manufacturer recommends taking one NEO40 lozenge once or twice a day. Put the lozenge on your tongue (move it around) and just let it dissolve—don't chew or swallow it!

And for those of you who like to see exactly how well something is working, you can. There's a very simple NO measurement strip that can help you find out your NO status, and literally watch those lozenges work to improve it.

One little thing: the lozenges can make you burp (usually right after it's dissolved). That's totally normal, and actually makes a lot of sense. After all, nitric oxide is a gas, so that's one way to see it's really working.

You can find ordering information for NEO40 Daily lozenges and the nitric oxide test strips in the Member Source Directory on page 161.

CHAPTER IX

The surprising secret ingredient that erases sinus problems in a very unlikely way

Your head feels like it's surrounded by a steel band, even your face hurts. The pain and pressure make you nauseous and dizzy. It's a bad sinus day, and you need something to help you feel better right now.

You think about reaching for the usual drugs, but they sometimes leave you feeling worse. Neti pots and steam machines and compresses may help a little, but your symptoms need more than a little relief. And now there's a true solution that can really make a difference—not just make your immediate symptoms disappear, but help make sure they don't evolve into something even worse.

Instead of momentarily attacking the most obvious systems (like most over the counter sinus medicines do), this formula gets to the real root of the problem—so you don't just feel better, you actually are better. And, also unlike those OTC drugs, this solution won't leave your heart racing or your head spinning. In fact, the “side effects” of this formula can bring on remarkable improvements to your overall health.

And that's not all that distinguishes this sinus remedy from the pack.

Three-level approach takes on sinus problems from all directions

Redd Remedies takes a unique approach to sinus problems—and that's what makes Adult Sinus Support so effective. Unlike other treatments, that

focus only on the headache pain and clogged sinus passages, this formula takes a whole-body approach. And it really works.

First, the formula tones down the histamine release, acting sort of like an antihistamine but without all the awful side effects. Through that, it helps normalize mucous secretions and healthier sinus cavities.

Next, Adult Sinus Support acts like a respiratory health booster, balancing your sinus and bronchial function. In doing that, it clears and soothes the mucous membranes of your sinuses and lungs.

Finally, and this is what makes the formula truly unique, it addresses your digestive system in a very specific way, a way that effectively alters your entire immune system function so it works better.

The real fix to your sinus problems comes from a very unexpected place

When you're looking for a solution to sinus problems, you'd never think to consider your digestive system—but that's where the answer really begins. In fact, your digestive system is literally the largest arm of your immune system, and if things aren't in balance there, your sinuses don't stand a chance.

And that's what makes Adult Sinus Support different than any other sinus formula you've ever tried. It attacks sinusitis where it really starts, in your digestive tract. That's why formulator Stacey Littlefield included barberry root extract, even though at first glance that doesn't seem to make sense.

Barberry root contains a compound called berberine, the unsung hero in this sinus remedy. Berberine creates a healthy environment in your gut with its super strong antimicrobial powers. It kills off the bad bugs so probiotics can colonize.

Which leads to the question: Why not just put probiotics in the formula? Because probiotics are very sensitive. They need precise conditions to survive, and you always want to take live probiotics. So Adult Sinus Support boosts your probiotic levels through the back door, by knocking out the bacteria that fight them for space. When probiotics thrive, they help your body recognize what's really harmful... and what's not... a big victory when it comes to an overreacting immune system that triggers allergy symptoms, like sinusitis.

When your immune system goes into hyperdrive, probiotics step in to help calm it down by helping to regulate an antibody called IgE. When IgE spins out of control, it sounds the alarm against substances (like pollen, pet fur, and foods) that aren't really harmful to your health (like viruses and detrimental bacteria are). That sets off allergy symptoms—blocked sinuses, post

nasal drip, and the lot. Probiotics, though, can keep IgE in check. But that only happens with the clean slate in your gut, thanks to the antimicrobial might of berberine.

In a formula full of heavy hitters, this enzyme shines

Sinus problems are all about mucous. So getting that under control takes a lot of the pressure off, and pain along with it. And that's where bromelain steps in.

Bromelain is an enzyme, a proteolytic enzyme to be exact, that plays a part in dozens of bodily processes. And one of its key roles is to help you get rid of mucous. In fact, bromelain has been proven in studies to make a huge difference here—it both reduces the amount of mucous you produce and thins out the mucous you have so it's easier to expel.⁶

On top of that, bromelain is recognized as a treatment for asthma—that's right, a wholly safe and natural asthma fix. And sinusitis often comes along with asthma, making it even harder for sufferers to breathe.

If that's not enough, bromelain can also calm the inflammation that comes along with sinusitis, which goes a long way toward making your head feel better. And it can help your sore throat, too—because if you're stuck with the post nasal drip that comes along with sinus infections, your throat is probably killing you.

Best of all, with its superior enzyme activity, bromelain boosts the power of everything else in the formula.

Secret sinus superstar does so much more

Bromelain does so much more than keep your digestive tract free of harmful bacteria. In fact, this natural antibiotic comes with a rather impressive list of "side effects."

- Helps prevent atherosclerosis¹
- Lowers high blood pressure in people with hypertension²
- Slashes high blood sugar levels in people with Type 2 diabetes³
- Gets LDL cholesterol and triglycerides under control⁴
- Helps prevent obesity⁵

Somewhere out there a Big Pharma scientist is desperately trying to get the same impact from something he cooked up in the lab—but, once again, nature works in wonderful ways that lab chemicals never could.

Breathing isn't optional, so this ingredient keeps the air moving

NAC (n-acetyl cysteine) gets down and dirty, helping make sure your sinusitis doesn't turn into a full-blown bronchial infection. This amino acid offers solid support for your lower respiratory system, keeping your lungs from getting overrun with thick mucous.

Not to get too gross, but NAC helps to liquefy thick mucous. So instead of clogging your sinus cavities, your nose, and your lungs, the mucous is thin enough for you to easily expel it.

And NAC doesn't stop there. It also suppresses harmful bacteria that lurks in your bronchial tract, so they can't develop into more serious infections.

But it also works wonders for that clogged nose, especially symptoms brought on by allergies.

This natural antihistamine keeps your sinuses clear

Weakened sinuses can lead to weakened lungs—unless you have quercetin on your side.

It starts out like an antihistamine (again, without harmful side effects), working even for the most desperate hay fever sufferers.⁷ Quercetin does this by stabilizing the membranes of special cells called mast cells, and that keeps them from overreacting when faced with allergens. That's critical, because when those mast cells do react, they release the histamines that cause your sinus symptoms. So quercetin starts by stopping one cause of the problem.

Studies also show that quercetin can clear sinus symptoms—even if you suffer from chronic sinusitis—partly because of its powerful anti-inflammatory properties.⁸ Quercetin also lessens inflammation related to asthma, making it much easier to breathe.

Three healing ingredients complete the formula

Ivy leaf adds support for your lower respiratory system, helping your body avoid secondary lung issues, and defending your lungs and bronchial passages from irritation. Ivy is particularly effective against allergy-induced asthma, which can come on after a bad bout of sinusitis.

Vitamin C helps clear up virtually anything that ails you, and sinus issues are no different. Specifically, vitamin C appears to reduce airway spasms that come with asthma.⁹ It can also ease and help prevent allergic rhinitis (the

official medical term for stuffy, runny nose and sneezing). And vitamin C has been shown in studies to reduce the inflammation that comes with sinusitis, plus speed up recovery from even acute sinusitis.¹⁰

Citrus bioflavonoid complex, which contains rutin, hesperidin, and a little extra quercetin, keeps vitamin C available to all your cells for as long as possible. No wonder nature naturally packages them together—every citrus fruit you've ever eaten contains both bioflavonoids and vitamin C because they work better as a team.

Take Adult Sinus Support and feel your sinus troubles fade away

Adult Sinus Support brings a unique approach to treating sinusitis, offering strong symptom relief and keeping the underlying problems in check. By addressing your digestive tract, the virtual centerpiece of your immune system, and focusing on keeping your lungs in peak condition, Adult Sinus Support helps prevent deeper infections from ever taking hold.

The manufacturer recommends taking two to four tablets daily to support healthy sinuses. For acute support, like when you're suffering from severe sinusitis, the recommended dose is 2 tablets every 2 to 3 hours, up to a maximum of 10 tablets per day.

For best results, take Adult Sinus Support away from food (at least one hour before eating and two hours after eating).

For added relief, Redd Remedies also offers an aromatherapy inhaler for seasonal sinus support. Chock full of beneficial essential oils, the inhaler can quickly open sinus passages to make breathing easier instantly.

They also have a children's version of the remedy (aptly named Children's Sinus Support), that comes in a tasty chewable.

You can find ordering information for Adult Sinus Support in the Member Source Directory on page 161.

CHAPTER X

Ancient extract conquers deadly cancers, even some that mainstream medicine calls “incurable”

“**T**here’s not much we can do. We can try some radiation or some chemotherapy, but at this stage, I wouldn’t hold out a lot of hope.”

Too many cancer patients have heard this hopeless news, this death sentence, and walked away from their oncologist’s office discouraged and defeated.

If you are among them, **do not give up hope.**

An extremely powerful natural extract can defeat many cancers—including very aggressive and hard to treat forms, like angiosarcoma—while protecting your healthy cells. That already sounds too good to be true. But like most natural medicines, this extract can do even more: protect your liver from toxins, boost your brain cells, soothe anxiety, and provide 1000 times the antioxidant power of vitamin E.

What’s more, these healing abilities are not theoretical. There are studies to back up every single one.

Ancient remedy defeats some virtually impossible to beat cancers

Some cancers are virtually impossible to defeat—and the mainstream therapies used to treat them can be almost as bad as the diseases themselves, draining the life out of the very patients they’re meant to “cure.” What’s worse, many of these so-called cancer cures actually cause cancer themselves.

But there's another option. A safe, non-toxic solution for even some of the most difficult cancers to treat. This unbelievably effective cancer-fighting extract comes from the bark of the *magnolia officianalis* tree. It's been used in Asian medicine for centuries to

- ease anxiety and promote relaxation
- bust up blood clots
- prevent nausea and vomiting, and fight bacterial infections

And when modern science entered the picture, we learned the true power and full cancer-slaying potential comes from a unique active ingredient, known as honokiol.

Honokiol attacks even the toughest cancers, even those that mainstream oncologists consider incurable. And while the studies proving its power have been done in the lab and with animal subjects, the evidence of its effectiveness is stacking up.

Honokiol fights cancer in multiple ways for a surefire defeat

When it comes to cancer, there's more than one way to beat it, so honokiol doesn't stop at one. Instead, it attacks cancer on multiple fronts, fighting tumors head-on.

It starts by making sure the tumors can't supply themselves with the nutrients they need to thrive. You see, like all other cells, cancer cells need food and oxygen (among other things) to stay alive. They get their supplies by creating their own blood vessel networks, a process called angiogenesis.

But honokiol simply doesn't let that happen. An early *in vitro* study found that honokiol could prevent angiogenesis,¹ and more. This research also uncovered another anti-cancer power in honokiol's arsenal: the ability to prevent tumor growth (formally known as antiproliferative activity) in mice with angiosarcoma, an extremely malignant and aggressive cancer that usually grows and spreads alarmingly fast.

Another *in vitro* study² discovered one of the key ways that honokiol helps conquer many types of cancer. It prevents a cancer-sustaining enzyme called PLD (phospholipase D) from doing its job. Left unchecked, PLD keeps cancer cells from dying off (a process known as apoptosis). So when honokiol blocks it, cancer cells die.

Increased PLD activity has been linked to several cancers (breast, kidney and colon, for example) and cancer cell lines (lung, pancreatic, and prostate, to name a few). So honokiol's ability to rein in this disease-promoting enzyme can have a remarkable effect on any cancer that relies on PLD to survive.

Fight colon cancer without making yourself sicker

Colorectal cancer strikes hundreds of thousands of people every year—often affecting people over 60 years old. And while this form of cancer can be treated successfully using mainstream methods (like surgery and chemotherapy), the treatments themselves can be painful and debilitating.

Honokiol fights and kills many forms of cancer—but studies have shown that it does this without harming healthy cells (unlike many forms of chemotherapy). So researchers investigated honokiol's effect on one of the most common cancers—colorectal cancer.

One group of researchers studied mice with human colon cancer. They injected the mice with honokiol every other day, and the results were stunning. The honokiol blocked tumor growth without a toxic effect on the mice. In fact, this powerful natural treatment prolonged their lives.³

Prostate cancer can be complicated, but the real solution is very simple

Prostate cancer takes more than one form, but most mainstream treatments only work on a single, specific form. Honokiol, it turns out, just may be able to treat prostate cancer regardless of the form: androgen status, for example, or p53 status. (Androgen status refers to hormone levels, and p53 is a gene that is sometimes altered in men with prostate cancer.)

An *in vitro* study found that honokiol effectively caused apoptosis in several kinds of prostate cancer cells, both androgen dependent and independent, as well as cells with varying p53 status.

Bolstered by that success, they progressed their research to an animal study. There, the scientists found that treating mice with honokiol three times a week halted prostate tumor growth. The researchers also found a higher rate of cancer cell death. And more prostate cancer cell death combined with less tumor growth is exactly what you want when fighting this disease.

And unlike the mainstream options—surgery, radiation, chemotherapy, and hormone therapy—honokiol did not cause weight loss or any other side effects.⁴

Honokiol takes on even 'incurable' cancers

B-cell chronic lymphocytic leukemia (B-CLL) is one of the toughest cancers to treat and beat. According to the mainstream medical community, it remains incurable. But some very insightful researchers refused to accept that. And based on honokiol's success against other cancer cell lines, they decided to see how well it would work fighting B-CLL cells. Their intuition paid off.

Their *in vitro* study⁵ found that honokiol sets off the death cycle of these cancer cells, and that the extract was more toxic toward the B-CLL cells than healthy cells. On top of that, honokiol also improved the anti-cancer effects of chemotherapy drugs (fludarabine, cladribine, and chlorambucil).

And that's not the only difficult cancer that honokiol helps conquer.

According to the National Cancer Institute, "For most patients with non-small cell lung cancer, current treatments do not cure the cancer." And squamous lung cancer fits right into that category. While current mainstream therapies remain largely ineffective, honokiol (at least in lab tests) appears to have a very deadly impact on these cancer cells.

When researchers tested honokiol against squamous lung cancer cells in an *in vitro* study, their worked paid off. The honokiol treatment set off a chain reaction that led to apoptosis, cancer cell death.⁶

Another study, this one an animal study, found that honokiol on its own suppressed lung cancer tumors. And when it was combined with first-line chemotherapy agent DDP (a highly toxic therapy also known as cisplatin), honokiol boosted its effect: killed off more cancer cells, and prevented the creation of more tumor-generated blood vessels. On top of that, the adding honokiol to the DDP "resulted in a significant increase in life span."⁷

Brand new research sees honokiol team up with a powerful ally to defeat liver cancer

The prognosis for liver cancer (that starts in the liver, rather than spreads to the liver) is generally very poor, usually just months by the time of diagnosis. The treatment options are sparse, and according to the National Institutes of Health (NIH): "*The usual outcome is poor, because only 10 - 20% of hepatocellular carcinomas can be removed completely using surgery.*"

But once again, honokiol may just save the day, along with a little help from a specific modified citrus pectin known as PectaSol-C. For this study, researchers added PectaSol-C, another potent natural cancer killer, to the mix—and the results (which are not yet published, but have been made available exclusively to HSI members, thanks to panelist Dr. Isaac Eliaz) are highly promising.

In this *in vitro* study, liver cancer cells were subjected to honokiol and PectaSol-C, both separately and together, for 72 hours. The honokiol extract slowed cancer cell growth by an astonishing rate. (I can't be more specific until the study is published later this year, but it really was astonishing.) The PectaSol-C alone reduced cancer cell proliferation by an impressive percentage.

And the synergistic mix of MCP and honokiol *substantially* decreased the cancer cells' life expectancy even more. On top of that, when combined with

PectaSol-C, researchers only needed a fraction of the honokiol dose to get the same stunning results—75% smaller! With this mix of powerful cancer-killing therapies, liver cancer may no longer carry the same grave prognosis. So stay tuned! We'll share these mind-boggling statistics with you as soon as we possibly can.

(You can find the full HSI story on MCP in the March 2003 issue of the Members Alert.)

Protecting you against cancer and Alzheimer's disease

With all this research supporting honokiol as an effective yet safe cancer killer, more studies are bound to come.

One promising area of research is in brain and other central nervous system cancers. You see, unlike most other polyphenols, honokiol can cross the blood brain barrier—a nearly impossible feat. As the most important organ in your body, your brain warrants impenetrable protection against viruses, bacteria, and other infectious microbes. The downside is that most medications (natural and pharmaceutical) can't get in.

That makes brain and other central nervous system cancers very tough to treat—especially with natural means. But honokiol can get in, and bring all of its cancer-killing powers along for the ride.

On top of that, we already know that honokiol boosts brain function—and may have the potential to fight off dementia and Alzheimer's disease. One animal study⁸ found that honokiol increased the amount of acetylcholine (a critically important neurotransmitter) released to the brain. And as long-time HSI members know, Alzheimer's patients generally have very low acetylcholine levels.

HonoPure™, your best defense against even the most difficult to treat cancers

For the first time ever, 98% honokiol extract is available in capsule form as HonoPure, giving you a fighting chance against some very serious cancers. And while the published research on honokiol's impact on cancer to date is all based on lab tests and animal studies, the body of data proving its effectiveness continues to grow. And as for safety, remember that honokiol been used safely for centuries in Asia, to cure a wide variety of ailments.

The manufacturer recommends taking four capsules of HonoPure, three times daily, for active support. They suggest that you gradually increase your dose from one capsule daily to the full dose over a two-week period.

Be aware that some people may become mildly drowsy when taking HonoPure. Also, rare mild digestive discomfort may affect some people taking high doses of HonoPure, but that can be eased by taking the capsules with food or warming herbs like ginger and cinnamon.

You can find ordering information for HonoPure in the Member Source Directory on page 161.

CHAPTER XI

The FDA, a mysterious fire, and an untimely death almost kept this life-saving health secret buried forever

The secret to lifelong good health, a disease-free life, is so miniscule that many medical professionals never see it.

In fact, if it weren't for a handful of stubbornly dedicated doctors and scientists, you wouldn't be hearing about what may literally be the key to keeping diseases (from infections to osteoporosis to cancer) from taking over your body.

But thanks to their undying commitment to share their research, you're about to learn how a seemingly simple formula can transform your health. In fact, just a few drops of this magical liquid can start turning your health around in a matter of moments.

The FDA doesn't want you to know the secret to staying disease-free

More than fifty years ago, Dr. George Earp-Thomas uncovered the secret to an abundantly healthy life. Through painstaking study, he proved time and again just how powerful this solution could be, that the human body literally cannot sustain itself without it. He had uncovered the secret to preventing and curing countless diseases, including cancer.

Dr. Earp-Thomas felt compelled to share his lifesaving research with the world, even if he had to do it one doctor at a time.

But in 1948, the FDA shut him down, forbidding him to let other doctors know about his work. Not intimidated, Dr. Earp-Thomas faced his Goliath in federal court and won. But the war was just getting started.

As he walked down the courthouse steps, the head of the FDA group confronted him, taunting him. He asked how much this victory had cost the doctor. And when Dr. Earp-Thomas named the amount (which would be about \$1 million today), the FDA agent asked if he could afford to do that every year.

Disheartened but still dedicated, Dr. Earp-Thomas returned to work. And just short time after his courtroom victory, his lab was mysteriously burned to the ground, and much of his research was reduced to ashes. The doctor never quite recovered from this tragedy, and died soon after.

The story might have ended there if Dr. Gerald Olarsch hadn't carried on the work, and taken it even further. And while his findings (which remain unpublished) unlocked the door to perfect health, another element was necessary to help you walk through that door. All this science comes together in a single perfect formula called Supplement Charge.

Ward off even the most dreaded diseases with this perfect formula

The secret uncovered by Dr. Earp-Thomas and passed onto Dr. Olarsch seems so simple, but it's beautifully complex. These scientists realized that the body could not function properly without trace minerals—and not just any trace minerals, but specific natural elements brought together in the precise proportions in Supplement Charge.

We need just the tiniest amount of these minerals—it would fit on the head of a pin—but they're very hard to come by. On top of that, they need to be in just the right form for your body to be able to use them properly. That form is called electrolyte (which probably just made you think of a certain sugary sports drink), which means something very different than most people think. It's not just sodium and potassium (though these minerals are a critical part of the perfect formula).

Electrolytes are energized, electromagnetic minerals—and your very cells are sustained by these electrolytes. In fact, every cell in your body needs electrolytes to stay round and healthy, a function of something called osmotic pressure, which balances the force inside and outside the cell wall. When that cell wall is strong, it's better able to ward off invaders, one step toward keeping you in optimal health.

But getting these trace minerals, even in the proper electrolyte form, isn't enough. These life-saving elements need to be fully absorbed by your body. And that can't happen if your pH balance is off, and it almost definitely is.

Cancer thrives when you're out of balance

If you eat a typical Western diet, your pH balance is probably out of wack. In fact, most Americans have what's called low-grade metabolic acidosis, which really just means that your pH levels are too low, making your blood acidic. (That's not to say your blood has turned to acid, just that your acid/alkaline ratio is imbalanced.)

Having even slightly acidic blood levels (rather than neutral, which is ideal) takes a huge toll on your health. That's partly due to the fact that your body can't absorb nutrients properly when your pH is off, which leads to all sorts of deficiency symptoms. And acidosis can also interfere with how your body works at the cellular level.

But when your blood is in the right pH zone, nutrients are very quickly fully absorbed into your cells, triggering the healing process.

Think about that for a minute. Getting your pH into good balance helps your body fully absorb nutrients. Every food you eat, every supplement you take, will actually be used by your body the way it's supposed to be. And instead of just flushing through your system, they'll find their way into your cells, where they can work their magic.

That's why Supplement Charge adds to Dr. Olarsch's perfect trace mineral formula with a pHbalancing proprietary blend—so your body can get the full benefit of these essential nutrients.

And while nutrients love a balanced pH state, there are plenty of things that don't, things that thrive when your blood is acidic: viruses, bacteria, and cancer.

That's right, cancer cells thrive in acidic (or low pH) conditions, when oxygen content is lower. Raise the pH, and you increase cellular oxygen levels—and that makes your body a deadly environment for cancer cells, along with some other disease-causing microbes.

Trace minerals fight disease from the inside out

With your pH balance in the neutral zone, right where it should be, your body is in prime nutrientabsorbing and disease-fighting shape. Now your cells can quickly take in those essential trace minerals we talked about earlier, which impact almost all the biological actions in your body.

The first thing you need to know about the minerals in Supplement Charge is that they're smaller than you can imagine, in what's called the crystalloid form, for complete absorption. Second, these crystalloids transform into electrolytes when they interact in water, which helps them move through cell membranes right away, as soon as you take them. Third, this specific mix and ratio was determined through years of painstaking research (which remains unpublished) by Drs. Earp-Thomas and Olarsch, and it's the exact blend your body needs to achieve optimal health.

With these electrolytes, your body can digest food better, and really use nutrients—including those in the supplements you take—the way they're supposed to. This balance also helps increase oxygen all the way down to the cellular level. Powered with oxygen and nutrients, your immune system will thrive. Add to that a neutral pH level, and infectious viruses and bacteria won't be able to survive...and neither will cancer cells.

A twelve-mineral blend created by forty years of intensive research

Many so-called electrolyte formulas throw together a jumble of minerals (mainly sodium and potassium) and call it beneficial. But combining minerals the right way is much more complex, because these elements interact with each other (and other nutrients). If you don't have the right minerals in the right proportions, the electrolytes can't form properly, according to Dr. Olarsch's research (which remains unpublished).

That's why Supplement Charge contains these twelve specific trace minerals, in very strict ratios.

1. Boron strengthens your bones, and boosts calcium absorption, helping you avoid debilitating conditions like osteoporosis and osteoarthritis
2. Chromium regulates blood sugar and blood pressure, along with protecting you against heart attacks¹
3. Cobalt is a key component of vitamin B12, essential for red blood cell production
4. Copper keeps your heart and blood pumping, bad cholesterol low and good cholesterol high, and may even prevent Alzheimer's disease²
5. Iodine prevents some forms of cancer,³ and is critical to proper thyroid function
6. Manganese stimulates bone production, and helps control diabetes⁴
7. Potassium can lower high blood pressure and help prevent stroke, improve sleep quality, and help prevent insulin resistance

8. Selenium prevents a wide range of diseases, including heart attack,⁵ cataracts,⁶ and many forms of cancer⁷
9. Sodium works to keep your body properly hydrated, and (despite mainstream misconception) plays a key role in maintaining healthy blood pressure levels
10. Zinc deficiency is linked to many debilitating conditions, including Crohn's disease, celiac disease, night blindness, fibromyalgia, and impotence, as well as helping prevent and treat many forms of cancer⁸
11. Silica (a form of silicon) keeps your blood vessels in peak shape and keeps your bones strong

That's eleven, the eleven elements included in Dr. Olarsch's original formula. But Supplement Charge brings one more crucial mineral into the mix: magnesium.

12. Magnesium plays a part in virtually every system in your body, right down to making sure your cell membranes keep the proper electrical charge. This mineral keeps your heart pumping, your brain ticking, and your lungs breathing. And when all that's under control, magnesium takes on cancer,⁹ diabetes,¹⁰ inflammation,¹¹ and so much more.

You can see the enormous protection these miniscule trace minerals offer, though there hasn't yet been any research conducted on this specific formula. And when that's combined with the pH-balancing properties of the proprietary salt blend in the Supplement Charge formula, the disease-preventing power could be unstoppable.

Take Supplement Charge to supercharge your health and fight off disease

The perfect combination of trace elements in Supplement Charge can help prevent diseases—even cancer—from winning. And it can help turn things around if you're already stricken with virtually any disease. With your blood in good pH balance, and a full complement of electrolytes, your body will be armed with everything it needs to stay healthy.

The manufacturer recommends adding 8 pumps (1 ml) of Supplement Charge to 8 ounces of water, as often as you like.

You can find ordering information for Supplement Charge in your Member Source Directory on page 161.

CHAPTER XII

Conquer the throbbing pain of gout for good

A sudden attack of burning pain and swelling knocks you off your feet—literally. Your big toe, something you never thought about before, has suddenly become the site of truly unbearable pain.

That's gout. It comes on fast and hard, and doesn't let up, sometimes for weeks. And when the pain finally goes away, and you think it's really gone, you get another attack. It just keeps coming back.

If you've suffered a gout attack, you know you never want to suffer through that again. And thanks to the dedicated healers at Redd Remedies, you may never have to suffer again.

The right approach can wipe out gout for good

The chief culprit in a gout attack is called uric acid, a chemical created by your body when it's breaking down certain foods (which, sadly, include burgers and beer). If your body makes too much uric acid, or doesn't get rid of it fast enough, it can form crystals that accumulate in your joints—especially your toes—and cause very serious pain.

That's why Dan Chapman developed Goutch!TM, an innovative natural product that takes the long view on preventing gout at the same time that it helps get you back on your feet again. And while there aren't any studies on this product (at least not yet), the key ingredients have plenty of science behind them.

The key to conquering gout once and for all is to gently help your body handle uric acid, without overtaxing your kidneys. At the same time, you need

to feel better, soon. So a really effective gout solution has to cover both sides of the issue: get rid of the pain and inflammation now, and help your kidneys clear more uric acid for the long haul. And that solution is Goutch!.

The formula was carefully developed by the Redd Remedies research team, a combination of science and tradition, including one gout-quelling superstar that had the FDA in an uproar.

Is this ‘controversial’ fruit causing a rift in the government?

You wouldn't think sweet cherries would be controversial, but they seem to have caused a rift in the US government. While the USDA seems to support cherries as a great way to battle gout, the FDA wants to shut cherries down. In fact, the FDA went as far as to issue warning letters to companies that dared make “unproven” claims about helping gout sufferers...claims that the USDA itself supports.

But unlike its Big Pharma-friendly cousins, the USDA continues to back cherries and their role in gout relief. In fact, this agency has actually been involved with studies proving that cherries tackle both inflammation and uric acid, two key players in every gout attack.

That's right. The USDA has studied cherries, with very sweet results.

Sweet treat lowers uric acid and CRP...and prevents gout flare-ups

It started back in 2003, when researchers set out to see just how well cherries could lower blood levels of uric acid. So they recruited 10 healthy women for a preliminary study, and had them eat 45 fresh Bing cherries for breakfast. The scientists measured the uric acid levels in the blood and urine of the volunteers before and after the cherries. And five hours after they ate the fruit, the women's blood levels decreased by a substantial 14%. Plus, at the three-hour mark, their uric acid output (in urine) increased by more than 70%.¹

With those results in hand, the scientists looked at another angle, pitting cherries against inflammation. In this study, 18 healthy men and women ate 280 grams of cherries every day for 28 days, along with their normal diets. The scientists took blood samples at the outset, every week during the study, and four weeks after the subjects stopped eating cherries. And those blood draws showed lower levels of inflammation markers, including a 25% drop in CRP (C-reactive protein) by day 28.²

And then just last year, another group of researchers found that cherries can actually prevent future gout flare-ups. They recruited 633 gout patients over the Internet, all of whom experienced recurrent attacks during the study.

Each patient reported attack details, including their cherry consumption for the two days prior. And it turned out that eating two servings of cherries (about a cup, or 20 cherries) over the past 48 hours appeared to reduce the risk of another attack by 50%.³

Now cherries alone seem to take a big toll on gout, but the Redd Remedies team didn't stop there.

Four supportive ingredients keep gout at bay for the long haul

When the Redd Remedies research team sees customers in desperate need of help, they really sink their teeth in. With a full understanding of what's happening in the body, they look to several ancient medical traditions to develop a comprehensive curative approach. Each ingredient is specifically chosen to address both the symptoms and their cause, a method that helps put your body back in order (literally the meaning of the company name: Redd means put in order).

The first two ingredients come together in the “proprietary kidney blend,” a combination designed to nourish and support your kidneys without pushing them to overperform. Boerhaavia diffusa comes from Ayurvedic tradition, where it's used to rejuvenate. It works together synergistically with couch grass, which has a mild diuretic effect, to help reduce your body's uric acid concentration.

The formula also includes ginger, a very well-known anti-inflammatory agent. But ginger has also been found effective in reducing the pain of osteoarthritis attacks (gout is a different form of arthritis). In one randomized, double-blind, placebo-controlled study of 261 patients with osteoarthritis of the knee, researchers gave patients either ginger or placebo for six weeks. And the patients in the ginger group reported a 63% reduction in pain, significantly more than the control group.⁴

The final ingredient in Goutch! is quercetin, a powerful antioxidant that offers your kidneys protection against free radicals.⁵ In addition, quercetin inhibits an enzyme (called xanthine oxidase) that contributes to uric acid production⁶—and that can help your body dodge gout altogether.

Feel better today, avoid pain tomorrow

If you're suffering from intense, throbbing gout pain, Goutch! can make all the difference. Most people start to feel better within 48 hours of an attack (some within 24 hours)—it can dramatically diminish your pain.

The manufacturer recommends an active dose (during an attack) of two capsules twice a day for the first three days, then one capsule twice a day. To

prevent future attacks, stay on the maintenance dose (one capsule twice a day) until recurrence stops. After that, taper down to a two days on, one day off maintenance cycle for continued support.

You can find ordering information for Goutch! in the Member Source Directory on page 161. Just a note: The capsules are not bright red, as you might expect, and they smell like ginger.

CHAPTER XIII

Regrow brain cells, fight off toxic proteins, and reverse the signs of Alzheimer's and dementia

By the time symptoms start to appear, it's too late. The damage is done. Alzheimer's disease is insidious, sneaking up on you with stealth, then taking away everything you hold dear.

But this cruel disease can be held off, and some function can be restored. More importantly, you can keep it from ever taking hold in the first place.

With a single safe, natural substance, you can protect the brain cells you have, and maybe even replace some of those that have been lost. What's more, this remarkable brain saver has been helping people suffering from the worst neurological diseases, both preventing and treating Alzheimer's disease and dementia.

Memory of a lion, nerves of steel

With its cascading snowy white tendrils, this mushroom literally looks like a lion's mane—and that's where its name comes from. An ancient staple of Chinese medicine, Lion's Mane (*Hericium erinaceus*) is relied on for its brain enhancing powers. In fact, traditionally, Lion's Mane is believed to bestow the memory of a lion and nerves of steel.

Scientifically, Lion's Mane has been found to contain unique active compounds that combat memory loss and decreasing cognitive powers often associated with aging. Specifically, this medicinal mushroom may:

- Improve memory function:

- Enhance mental clarity
- Stimulate coordination
- Boost the immune system
- Promote production of NGF (more on this in a moment)
- Regenerate brain cells

That's right—that last point says that Lion's Mane, and particularly a specific patented extract of the mushroom, can help regenerate brain cells, which may be the key to its success in treating Alzheimer's and dementia patients.

100% of dementia patients had improvement in daily functioning

Let's start right in with the meat and potatoes here. A small Japanese study¹ looked at the benefits of Lion's Mane in fifty elderly disabled patients (with an additional fifty patients as controls). Of those fifty, seven suffered from dementia.

After consuming 5g daily of Lion's Mane for six months, all seven dementia patients—100%!—showed improvement in basic functions based on an objective assessment called FIM (Functional Independence Measure), which measures everyday activities like eating, getting dressed, and walking around.

On top of that 100% success rate, six out of the seven also showed improvement in some pretty important ways: They recovered some crucial cognitive powers, like better memory, understanding, and communication.

Those results are nothing short of incredible. And we're just getting started.

Substantial improvement in cognitive function with Lion's Mane

A small 2009 study² saw noticeable improvement for patients with mild cognitive impairment (MCI). The patients were split into two groups: One group took yamabushitake (the Japanese word for Lion's Mane mushroom) three times daily, while the other group took placebos. That part of the study lasted for sixteen weeks, and the patients had their cognitive function tested several times during that period.

By week sixteen, 71% of the Lion's Mane group had improved by at least three full points on the thirty point scale (that's considered a huge jump). And another 21% of that group had seen a two-point increase. In fact, only one of the subjects in the mushroom group was considered 'unchanged,' compared to nearly 87% in the placebo group.

But the study didn't end there. Four weeks after the study was completed, the patients were tested again. And this time, the scores in the mushroom group dropped substantially. That led the researchers to conclude that patients would need to take the Lion's Mane continuously to keep its effects going.

So we know that Lion's Mane can reverse some cognitive decline—even help people regain some independence in their lives. That alone would make it worth trying, but some very dedicated scientists focused on harnessing the mushroom's capability in an even more powerful form.

Powerful extract sparks brain power by growing new brain cells and stopping lethal toxins

Back in 1991, a dedicated scientist named Dr. Hiokazu Kawagishi was hunting for compounds that could get brain cells growing again. But he hit a barrier—the blood brain barrier (or BBB), that is. You see, your brain is highly protected, and very few things can get past the BBB. That makes it very difficult to boost brain power.

Then Dr. Kawagishi stumbled across compounds called hericenones, and found that (at least in the lab), they could stimulate a very special protein called NGF—the very protein that's responsible for growing brain cells. Even better, those compounds, which come from Lion's Mane, were able to cross the BBB.³

As he kept working with Lion's Mane, Dr. Kawagishi discovered yet another brain-protecting agent, this one called amyloban. And this fraction does something truly amazing: It protects your brain cells from the toxic damage brought on by beta amyloid peptide—the main component of the brain-destroying plaque that develops in patients with Alzheimer's disease.

Scientists also isolated another active compound from amyloban, known as DLPE (dilinoleoyl-phosphatidylethanolamine). DLPE has shown some very powerful brain cell protection in vitro by inhibiting something called ER stress, which is known to destroy brain cells.⁴

With these three active substances—one that protects against toxic plaque, one that protects against deadly ER stress, and one that promotes new brain cell growth—Alzheimer's disease and dementia can be fought on three critical fronts.

So Dr. Kawagishi joined forces with Dr. Cun Zhuang, and together they developed a standardized extract (called Amycenone) that contains both hericenones and amyloban (which, by the way, is patented as an anti-dementia agent in Japan). And that proprietary extract is the key component of a supplement called Amyloban 3399.

One woman's journey from dementia to healthy with Amyloban 3399—a case study

Lin S. was an 81-year-old woman who'd struggled with depression and declining cognitive function for years. After several hospitalizations over several years, she made her way to the clinic of Dr. Inanaga...and her life was immeasurably improved.⁵

He started her on Amyloban 3399 (added to other medications and herbs she was taking). And after just two months, he saw 'notable clinical improvement.' On a clinical scale, her dementia rating went from a score between 20 and 22 (borderline dementia) to 29—a normal score. And the changes in her everyday life are even more compelling:

- Four years earlier, she struggled to name even four vegetables, but after Amyloban 3399 treatment she can name as many as she's asked to without hesitation.
- She couldn't cook before, and now she can.
- She can now solve double-digit subtraction problems, which she couldn't before Amyloban 3399.
- Scary dreams have vanished.
- And she handles separation from her husband much more easily, whereas before treatment she became anxious if he spent more than ten minutes bathing.

Aricept: Are the risks worth it?

Aricept (according to the Aricept website) is considered successful if the Alzheimer's patient doesn't get worse, or if his decline slows down—meaning he's still getting worse, but more slowly. And a very lucky few may actually see slight improvement in symptoms.

But that minimal improvement comes with a very disturbing downside in the form of pretty scary adverse reactions. Common adverse reactions (taken straight from Aricept's prescribing information) include things like extremely slow heartbeat and fainting, gastrointestinal bleeding, bladder obstructions, and convulsions.

It gets even scarier when you look at the less common reactions: congestive heart failure, bone fractures, intracranial hemorrhage (that's bleeding in the brain!), strokes (a form called TIA), collapsed lungs, and kidney failure...just to name a few.

When you consider the benefits you might see compared to the risks, is it really worth it?

While increased scores on scales are impressive, what really matters is every day life. And that's what Dr. Inanaga saw improved for his patient: A true change for the better in her quality of life.

Amycenone takes on Aricept...and wins

Though individual results with Amyloban 3399 are quite remarkable, research on the extract is just getting started, with extremely promising results. Like in this animal study⁶, where the Lion's Mane extract was pitted against one of the world's most popular Alzheimer's drugs—donepezil, better known by its brand name, Aricept.

Scientists started with Alzheimer Type Dementia model rats, and gave them either donepezil, a medium dose of Amycenone (the 'equivalent' to how much amyloban extract a person would take), a high dose of Amycenone, or nothing. Then the rats had to fend for themselves in something called the Morris Water Maze Test.

The rats taking either dose of amyloban extract performed much better than the untreated rats, showing huge improvements in learning memory and recognition. Plus, the rats in the high dose Amycenone group did at least as well—and sometimes better—than the rats taking donepezil.

And when it came to increasing NGF levels in their brains, the rats in the high dose Amycenone group beat the pants off all the donepezil group in every test. The medium dose amyloban group did very well, too. In all of the tests, NGF levels were significantly higher in the high-dose extract group than in the drug group. In fact, even the medium-dose extract group had higher NGF levels in half the tests.

Treating dementia and Alzheimer's disease with Amyloban 3399

Amyloban 3399 can protect your brain from cognitive decline and even help turn things around if a slide has already begun.

The recommended therapeutic dose of Amyloban 3399 is three tablets, two times daily. For maintenance or prevention purposes, the suggested dose is lower: two tablets taken twice a day.

You can find ordering information for Amyloban 3399 in the Member Source Directory on the next page.

Member Source Directory

Adult Sinus Support, Redd Remedies, Ph: (888) 453-5058; www.reddremedies.com. One bottle of Adult Sinus Support costs US\$34.99. Products available from Redd Remedies only in the US and Canada. Product may be available for delivery in New Zealand and Australia at <http://www.naturalmeds.co.nz>.

Amyloban 3399, Mushroom Wisdom, Ph: (800) 747-7418; www.MushroomWisdom.com. Amyloban 3399 costs \$89.95.

DejaVida, Vitamin Research Products, Ph: (800) 877-2447; www.vrp.com. One bottle of DejaVida (120 capsules) costs US\$79.95.

FHL Concentrated Flax Hull Lignans, Ph: (817) 710-6918 or (817) 866-8108; www.flaxlignanhealth.com. One tub of FHL Concentrated Flax Hull Lignans (a one-month supply) costs US\$36.00, but HSI members will get a special discount by using code FLAXVAULT.

Galectin-3 lab test, Health Diagnostic Laboratory, Ph: (877) 443-5227; www.hdlabinc.com.

Goutch!, Redd Remedies, Ph: (888) 453-5058; www.reddremedies.com. One bottle of Goutch! costs US\$29.99. Product available only in the US.

HonoPure, Econugenics, Ph: (800) 308-5518; www.honopure.com. HonoPure costs \$99.95 per bottle, but HSI members can get one free bottle when they buy three, or two free bottles when they buy five. Simply mention HSI when ordering to take advantage of these special deals. HSI members will also receive free shipping.

Incrediwear socks and braces, Incrediwear, Ph: (530) 345-5808; www.incrediwear.com. IncrediSocks cost between US\$13.50 and US\$24.95, and IncrediBraces run from US\$21.50 to US\$74.99.

NEO40 Daily lozenges and test strips, Neogenis Labs, Ph: (855) NEO-4040 [855-636-4040]; www.neogenis.com. One box of NEO40 Daily lozenges costs US\$59.95, and one package of Neogenis Test Strips costs US\$19.95. HSI members can get two boxes of lozenges for just US\$99.96 plus a free tube of test strips (a US\$35 savings!). Products are available only in the US.

Member Source Directory

OPTI Factor Markit Health, Ph: (800) 950-0387; www.optifactor.com. One bottle of OPTI Factor costs \$59.95, or you can buy three for \$149.85 (a 50% savings on the third bottle).

PectaSol-C, Econugenics, Ph: (800) 308-5518; www.econugenics.com. PectaSol-C costs \$99.95 for a one-pound (454 gram) jar, but HSI members can also buy three jars and get one free, or buy five jars and get two free for even more savings.

RealBuild®, Natural Source International Ltd., Ph: (212) 308-7066; www.natural-source.com. One bottle of RealBuild costs US\$85 plus shipping.

Supplement Charge, Markit Health, Ph: (800) 950-0387; www.Supplementcharge.net. Supplement Charge Water Revitalizer costs \$44.85 for three bottles, or you can buy five bottles and get one free (\$74.75).

Warmi, CompassioNet, Ph: (800) 510-2010; www.compassionet.com. Warmi costs \$24.95 per box.

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READ THIS NOW to find out if you need to take immediate steps to prevent deadly heart failure

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