



Dr. David Brownstein's

NATURAL WAY TO HEALTH

Achieving & Maintaining Your Optimal Health

Special Issue

Special Report:

A Doctor's Guide to Happy, Healthy Joints — At Any Age

Approximately 21 million Americans suffer from painful “wear-and-tear” joint problems.

Along with the actual physical suffering these caused by these joint concerns, they are also very painful to the pocketbook, both in terms of medical treatment costs and income lost due to disability.

That's why I've created this short and simple guide — to help you prevent or minimize issues related to your body's many joints, particularly as you grow older.

With painful joint concerns, even simple tasks such as writing, sewing, preparing meals, climbing stairs, arising from the toilet, buttoning a shirt, or getting a good night's sleep may become problematic.

It's important to understand that these degenerative changes around the joints usually develop **gradually**. Weight-bearing joints (such as your knees, spine, or hips) are most commonly



affected, although any joint in your body can become inflamed or painful. Some people notice joint symptoms first in the small joints of their hands.

The word “arthritis,” literally translated, means joint inflammation. However, the simple degenerative changes discussed in this report should not be confused with severe inflammatory and autoimmune arthritic conditions (such as rheumatoid arthritis, lupus, or other disorders), for which you should seek medical supervision and treatment.

What Does Joint Inflammation Do to Your Joints?

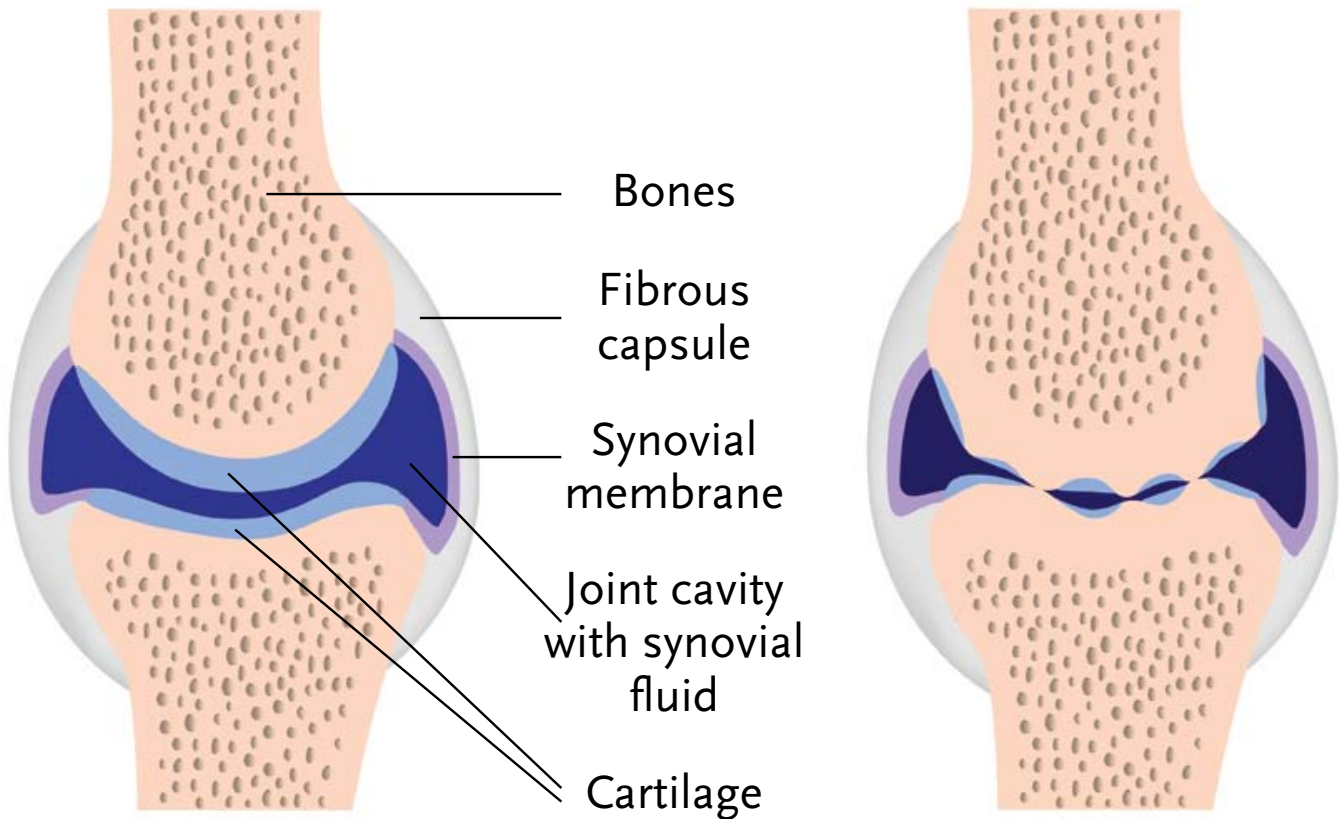
Joint inflammation causes certain chemical substances within the joints to irritate and wear away the cartilage cushions at the ends of the bones. This can cause swelling and pain. Over time, the joint may lose its normal shape and/or function. Small bony growths or spurs may grow at the joint

Continued on page 2

Synovial Joint

HEALTHY JOINT

DAMAGED JOINT



Continued from page 1

edges, particularly on the spinal joints.

Signs and symptoms of common joint concerns include:

- Soreness or pain in the joints, either after overuse or inactivity
- Joint stiffness, particularly in the morning
- Joint swelling, redness, or warmth
- Restricted range of motion of the joints
- Enlargement of the joints (such as bony knobs on the fingers)

- Grinding, crackling, or popping sensations or sounds in joints
- Sleep disruption due to joint symptoms

The Three-Pronged Approach to Save Your Joints

In this report, I will give you some easy strategies in three key areas to help minimize or prevent joint concerns from wreaking havoc in your life.

The key strategies for joint health that you should follow include:

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NEWSMAXMEDIA

Don't Leave Your Blood Sugar To Chance.



FACT: 79 million American adults have blood sugar levels that, while still in the normal range, are too high — and a warning sign for further problems . . .

So What Are You Doing About Your Blood Sugar?

According to holistic health expert David Brownstein, M.D., high blood sugar is now America's #1 health crisis — a true epidemic. And whether your doctor has warned you about this problem or not, you could unwittingly become a victim, especially since a large percentage of people with blood sugar imbalance experience NO symptoms whatsoever.

Symptoms May Be Absent or Vague

Even when you do have symptoms of high blood sugar, they may be non-specific:

- ▶ Feeling sluggish after eating
- ▶ Food cravings, even after you eat
- ▶ Feeling tired or fatigued during the day

And oftentimes, by the time symptoms of high blood sugar appear, you may already

have damaged some of your body's systems.

Blood Sugar Concerns Soar With Aging

Unfortunately, your sensitivity to insulin — a major hormone affecting your ability to get sugar out of your bloodstream and into the cells where it belongs — decreases as you age. Plus, living a sedentary lifestyle and eating a diet full of simple carbohydrates compounds the problem.

Diet and Weight Control May Not Be Enough

While diet and exercise are crucial to a healthy lifestyle, many people do not achieve complete blood sugar balance with these measures alone. That's why Dr. Brownstein developed **Glucose Reduce™**. This all-natural dietary supplement contains 26 special ingredients chosen to help improve and maintain your normal blood glucose levels. These 26 ingredients have never before been combined . . . until now.

Try Glucose Reduce™ With This FREE OFFER!

Dr. Brownstein is so confident that **Glucose Reduce™**, along with a healthy diet and exercise, can help you balance your own blood sugar that he's made arrangements for a **FREE OFFER!**

Yes — for a limited time, you can get a **FREE** 30-day supply of **Glucose Reduce™** (a \$39.95 value) with enrollment into our convenient Smart Ship Program. Plus, if you act now, you will also receive a **FREE** Special Report, *A Doctor's Guide to Maintaining Healthy Blood Sugar* (a \$20 value), authored by Dr. Brownstein. You just cover a low shipping and processing fee of \$4.95. That's a total value of almost \$60 — yours for only \$4.95.

For more details on getting your bottle of **Glucose Reduce™** and your Special Report, please sign up online, or call our representatives toll-free at the number below.



FREE OFFER!

Try Glucose Reduce™ FREE OFFER Today!



Go Online: www.GlucoseReduce.com/Epidemic

Call Toll-Free:

1-800-500-4325 and mention special offer code **"Epidemic"**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

1. An Anti-Inflammatory Diet
2. Safe Exercise
3. Targeted Joint Supplements

I will also include some bonus tips at the end to complement these three key strategies.

First, let's talk about how diet and nutrition affect your joints...

Avoid the SAD Diet at All Costs

The Standard American Diet (or SAD) is heavy on refined carbohydrates and other refined products, and sets the stage for nutrient deficiencies and a weak immune system. This sad excuse for a diet (pun intended) often leads to the development of chronic health conditions like joint concerns. It also promotes obesity, accelerates the aging process, and leads to **excessive inflammation** in your body.

We need some inflammation. In fact, inflammation is one of your body's ways of protecting you from harm, so it isn't all bad. Sometimes, however, this process spirals out of control, causing your body to attack its own healthy cells or tissues. Additionally, when your body does not get the proper signals to stop the inflammation, you may suffer from a low-grade, chronic inflammatory process. Such chronic inflammation can lead to many health problems.

Eat to Minimize Inflammation

Eating an anti-inflammatory diet is one of the healthiest things you can do for your joints. Here are some crucial steps for you to follow:

- Ditch refined carbohydrates, including anything made with white sugar or white flour (pastries, cookies, doughnuts, cereals, pasta, white bread, tortillas, pancakes, soda, etc.).
- Eat more *unrefined* carbohydrates from whole foods, such as vegetables (munch lots of dark leafy green vegetables) and whole grains.
- Choose carbohydrates that have a low glycemic index and thus do not raise your blood sugar level excessively, including most vegetables and some whole grains. You can search for a list of low glycemic index foods online.
- Don't fall for the low fat myth. You need healthy fats in your diet! A very low fat diet

or eating the wrong type of fats will elevate your risk for joint problems and other degenerative issues.

- Avoid trans fats (french fries, margarine, potato chips, microwave popcorn) and consuming too many hydrogenated omega-6 fats, which are found in most vegetable oils (corn, sunflower, safflower, canola oils) and common products such as crackers, cookies, and pasta.
- Use butter instead of margarine and cook with extra virgin olive oil. Additionally, use coconut oil for high heat cooking. Get more omega-3 fatty acids in your diet by taking fish oil or by eating cold water oily fish (sardines, salmon, mackerel), flaxseeds, walnuts, or olive oil.
- Up your fiber intake, as this will help your body fight the inflammatory process.
- Avoid eating too much red meat as it promotes inflammation. Particularly avoid feedlot-raised meat or processed meats. Stick to lean cuts from organic, free-range animals that were not fed antibiotics and hormones.
- Decrease, or better yet, avoid dairy products. Over half of Americans have some sensitivity to dairy products. Milk is a very common allergen that can trigger an inflammatory response in the body.
- Use healthy spices and herbs if you can tolerate them. Herbs and spices with anti-inflammatory properties include garlic, ginger,

David Brownstein, M.D., is a board-certified family physician and one of the foremost practitioners of holistic medicine. Dr. Brownstein has lectured internationally to physicians and others about his success with natural hormones and nutritional therapies in his practice. His books include *Drugs That Don't Work and Natural Therapies That Do!*; *Iodine: Why You Need It, Why You Can't Live Without It*; *Salt Your Way To*



Health; *The Miracle of Natural Hormones*; *Overcoming Arthritis*; *Overcoming Thyroid Disorders*; *The Guide to a Gluten-Free Diet*; *The Guide to Healthy Eating*; and *The Guide to a Dairy-Free Diet*. He is a medical advisor for Medix Select and the medical director of the Center for Holistic Medicine in West Bloomfield, Mich., where he lives with his wife, Allison, and their teenage daughters, Hailey and Jessica. For more information about Dr. Brownstein, please go to www.MedixSelect.com/brownstein.

turmeric, cumin, cayenne pepper, black pepper, and cinnamon. Use them fresh when you can find them.

- Opt for organic products as much as possible, including fresh organic vegetables and fruit, and organic eggs.
- Avoid artificial sweeteners, which can increase your risk for inflammation and have many other unhealthy effects. Use stevia for a little sweetness, or indulge occasionally with a naturally sweet piece of fruit or antioxidant-loaded piece of dark chocolate.
- Dine in instead of out for more healthful meals. It should go without saying that fast food is particularly unhealthy and pro-inflammatory.
- Use less frying (stir-fried foods are OK), less high-temperature grilling and broiling, and less microwave cooking, in favor of more steaming and poaching.

Hydration: A Key Factor for Healthy Joints

I know, everyone says it — because it's true: You need to drink more water. This is especially true if you want to save your joints!

In my clinical experience, nearly every patient I've seen with chronic health concerns is dehydrated. And, in a vicious cycle, those health concerns worsen with inadequate water intake.

When it comes to your joints, I've found that joint stiffness (particularly in the early morning) is one of the cardinal signs of dehydration. You need water in your joints to flush out toxins and keep your joints lubricated. In fact, it will be impossible for your joints to heal without adequate water (and salt, which I'll discuss next).

If you have pain in the joints of your back or neck, you should know that the degenerative

changes in your spine will be worsened by dehydration. Your spinal discs are composed of 75% water, so chronic inadequate hydration will allow the discs to dry up and degenerate, leading to abnormal bony changes.

Additionally, muscle spasms in the back and elsewhere in the body are often due to dehydration. I recommend you drink 32 ounces of water immediately if you feel the onset of any muscle spasms.

Here are some suggestions to ensure you receive proper hydration:

1. Drink the proper amount of water for you. Divide your weight in pounds in half. The number you get is your recommended water intake in ounces. For example if you weigh 160 pounds, you need to drink 80 ounces of water per day. You can then divide your number of ounces by 8 to get the number of glasses of water per day you need. In this example, 80 ounces divided by 8 means you should drink 10 glasses of water per day.
2. Decrease your caffeine consumption — coffee, caffeinated tea, and soft drinks (which you shouldn't be drinking anyway). Caffeine is a diuretic which can cause or worsen dehydration.
3. Minimize your intake of alcoholic beverages. A little red wine is fine for most people.
4. I recommend using a water filter that removes fluoride and chlorine as well as bacteria and parasites. Bottled and tap water have their own downsides, but using them is better than not drinking enough water at all.

Salt Is OK — Really! (If You Use the Right Kind)

Most doctors believe that salt use can lead to elevated blood pressure. However, salt is essential to promote good health.

Salt can actually help improve your joint mobility. Salt that is stored in your joints' cartilage attracts water through osmosis to aid in the lubrication and easy gliding of joint surfaces.

However, refined salt — even the iodized salt you find in the grocery store — is lifeless and unhealthy. The refining process has removed the minerals present in unrefined salt, and has a high

Common Signs You Could Be Dehydrated

- Joint stiffness
- Fatigue
- Dry skin or skin with poor elasticity
- Dry or coated tongue
- Vertical ridges on your nails

Special Men's Health Alert



An Enlarged Prostate is Just as Common for Men as Gray Hair

... but it doesn't have to be an inevitable part of aging!

A normal prostate is supposed to be the size of a walnut, however many men have a prostate much larger than this. In fact, more than half of men aged 40-59 have prostate issues and the percentage increases for men aged 60 and over. This makes prostate issues roughly as common for men as gray hair.

So, what's the big deal if my prostate is swollen?

Common prostate conditions can become a BIG issue that can greatly affect a man's quality of life.

How frustrating it must be —

- ❑ To be unable to get through your golf game without taking time outs for the bathroom — then standing over the toilet endlessly waiting for something to happen . . .
- ❑ To wake up tired and grumpy after getting up 3, 4, 5 times a night (and making your spouse irritable, too) . . .
- ❑ To plan your day or travel schedule — even a child's little league game — around proximity to a bathroom . . .

If you're suffering from any of the problems listed above, I'm sure you'd agree that your quality of life could stand an improvement.

You know you'd feel a whole lot better if only you had the right solution.

What can I do about my prostate issues?

Prostate problems do not need to be a normal course of the aging process. It is true that aging men have more prostate concerns, compared with younger men.



"I personally formulated Prostate Revive™ to include the most essential natural ingredients necessary to help promote your healthy prostate gland and optimal urinary function."

— David Brownstein, M.D.

However, adopting a healthy lifestyle helps most men who suffer from prostate problems. This includes proper diet and exercise, as well as introducing the proper nutritional supplements where necessary. That's why Prostate Revive™ was developed.

Prostate Revive™ is an all-natural dietary supplement containing 15 special ingredients to help improve and sustain your normal prostate function.

These 15 ingredients have never before been combined . . . UNTIL NOW!

Prostate Revive™ FREE OFFER

For a limited time, you can try Prostate Revive™ for FREE (a \$39.95 value) with enrollment into our convenient smart ship program. Plus, if you act now, you will also receive a FREE Special Report on Prostate Health authored by renowned holistic expert, Dr. David Brownstein (a \$20.00 value). All we ask is that you cover a low shipping and handling fee of \$4.95. That's a total value of almost \$60 — yours for just \$4.95.

For details on getting your FREE bottle of Prostate Revive™ and your FREE Special Report, please sign up online, or call our representatives toll-free at the number below.



You've nothing to lose — except those irritating trips to the bathroom . . .

Try Prostate Revive™ Today!

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www.ProstateRevive.com/SleepBack

Call Toll-Free:

1-800-500-4325

— and mention special offer code 'SleepBack'

aluminum content that contributes to many chronic disorders.

I recommend you use **unrefined sea salt** (such as Celtic sea salt), which you should be able to find in any health food store. In fact, start your day with a small pinch of sea salt followed by a glass of water for the health of your joints.

Keep Your Joints Moving

While a certain amount of exercise is crucial for maintaining good joint health, do not fall prey to the “no pain, no gain” philosophy. Do not force any movement beyond a range comfortable to you, and make sure you pace yourself. And don’t forget to warm up for 5 to 10 minutes with light stretching or slow walking before exercising.

You should try to incorporate several different forms of exercise into your daily life, including basic range of motion (ROM) and stretching, strength training, and cardiovascular conditioning or aerobic exercise.

Range of motion exercises help preserve your joint function and should be easily tolerated. You can even do them in bed before you get up in the morning to get your blood flowing and decrease that morning stiffness. As you lie in bed, start with the joints in your feet. Flex and extend your toes and ankles slowly, and do the same for all the joints of your body as you move up from your knees to your hips, and then the joints of your arms and hands. Turn your head slowly from side to side. You can do “circles” with some of your joints, such as your ankles, wrists, and shoulders. Adding some simple stretches to your routine will also improve your flexibility.

For strength training, you can use exercise bands or tubing, or lift light (1-2 pound) weights. You could even use a can of soup from your kitchen for some exercises! Start with 5 repetitions of each exercise, and slowly increase with practice. You can also perform isometric exercises, which strengthen your muscles without involving your joints. Examples of isometric exercises include pressing your palms together or pressing your hand against your forehead and your forehead against your hand.

If you are not familiar with these types of exercises, you can buy an inexpensive exercise video geared toward the older population. Some websites

Risk Factors for Joint Concerns

- Overweight or obesity
- Age (usually affects middle aged to elderly individuals)
- High inflammatory diet
- Injury or overuse
- Genetic predisposition
- Muscle weakness
- Female gender

also offer free workout routines: www.arthritistoday.org or www.exercise.about.com. Additionally, you could pick up a book at your local bookstore or order one online. A few potential titles include:

- “Exercises for Arthritis: A Safe and Effective Way to Increase Strength, Improve Flexibility, Gain Energy, and Reduce Pain”
- “The Fit Arthritic: Fighting Knee and Hip Arthritis With Exercise”
- “Yoga for Arthritis: The Complete Guide”

Or take advantage of exercise classes in your community geared toward seniors or those with limited mobility. You could also ask your doctor to prescribe a couple of sessions with a physical therapist to get you started with a proper home exercise program.

You need cardiovascular or aerobic exercise to move your large muscle groups and strengthen your heart. Good cardiovascular exercises for those with joint concerns include walking, swimming, using a stationary bicycle, or aquatic exercise. One study found that walking for about 30 minutes at least 3 days per week resulted in a reduction of joint symptoms. However, make sure you get your doctor’s approval before starting any exercise program.

Other exercise regimens that can be beneficial for joint issues include tai chi, gentle yoga or pilates, qigong, and “fun” activities such as dancing.

Targeted Supplements to Support Your Joints

If you already suffer from joint concerns, or are middle-aged or older, a healthy diet and exercise may not be enough. That’s why I recommend certain targeted nutritional supplements and

vitamins as the third strategy to help promote healthy joints.

BOSWELLIA SERRATA. Also known as Indian frankincense, this herb has been used in the Ayurvedic healing system for many centuries. Modern research has demonstrated that Boswellia extract promotes healthy joints by repairing cartilage, lowering inflammation, and decreasing pain. Additionally, it may help promote liver health, support healthy cholesterol levels, and help certain respiratory concerns. New extracts of Boswellia show even better results in terms of bioavailability and overall effectiveness at protecting against collagen breakdown.

GLUCOSAMINE. You may have heard of glucosamine in the news. With aging, our bodies lose the ability to produce enough glucosamine, a natural compound found in joints. This leads to dehydration and degeneration of the cartilage cushions at the ends of bones. Fortunately, clinical studies have shown that supplementing with glucosamine helps support healthy joint function and joint repair, primarily by promoting healthy cartilage and reducing inflammation.

CHONDROITIN. Like glucosamine, chondroitin is also a major component of cartilage in the joints. It helps maintain proper hydration of cartilage, similar to glucosamine. It also provides the basic building blocks to produce new cartilage, stimulates cartilage repair, and reduces cartilage destruction. Studies have shown that chondroitin helps reduce joint pain, swelling, and stiffness. Both chondroitin and glucosamine need to be used for a period of time before full benefits can be experienced.

BROMELAIN. This extract from the pineapple plant contains a mixture of enzymes that digest protein. Research indicates that bromelain helps reduce pain, swelling, and inflammation in joints. It is also used to treat musculoskeletal sports injuries and inflammation due to surgical procedures.

TURMERIC. This spice used in Indian curry dishes is also responsible for the yellow color of mustard. Evidence suggests that curcumin, the active ingredient in turmeric, is a powerful antioxidant.

Antioxidants help fight the free radical molecules that damage cell membranes and DNA, and cause cell death. Additionally, turmeric helps lower the production of prostaglandins — compounds that produce joint inflammation, swelling, and pain. Because bromelain increases the anti-inflammatory effects of curcumin, the two are commonly used together.

GREEN TEA EXTRACT. Long used in China as a remedy for various health concerns, green tea is now being studied by modern researchers. The major biologically-active component of green tea, EGCG (epigallocatechin gallate), helps protect cartilage cells from inflammatory damage. Plus, green tea is also a very potent antioxidant.

PIPERINE. The spiciness of black pepper is due to the compound piperine, which reduces joint pain and inflammation and combats joint damage. Piperine is also an effective antioxidant, and helps increase the absorption of curcumin.

HOLY BASIL. In the Ayurvedic tradition, holy basil or tulsi, as it is also called, is widely used as a tea to bring body systems into balance. Clinical research demonstrates that this herb contains various anti-inflammatory and antioxidant properties that provide significant joint support.

POMEGRANATE EXTRACT. The pomegranate fruit has been revered for centuries for its healing properties. Extracts of the pomegranate fruit not only contain highly potent antioxidants, but also help combat inflammation by lowering the levels of enzymes that cause cartilage damage and deterioration.

MULTI-VITAMINS AND MINERALS. I recommend you take a basic multiple vitamin and mineral supplement daily. Maintaining an adequate level of basic vitamins and minerals is essential to preventing and overcoming any chronic health concern, including those affecting the joints. In particular, vitamins C and E are important antioxidants that help protect the joints from the ravages of free radical damage. Vitamin C helps stimulate the production of collagen, a key component of cartilage. Vitamin E also stimulates the growth of cartilage cells and demonstrates anti-inflammatory properties.

Little-Known Cartilage Facts

- Cartilage is 65-80% water. That's why hydration is so important.
- Cartilage heals very slowly because it has a poor blood supply.
- Cartilage doesn't contain free nerve endings, so joint damage may not become painful until it becomes somewhat advanced.

What Else Can Help Your Joints?

While exercise is great for managing your joint concerns, you should also learn to read your body's signals and rest when necessary. Stress reduction and relaxation techniques may also be helpful for chronic pain. Epsom salt baths, or hot or cold packs (20 minutes on and 20 minutes off) can also work wonders for some people.

Losing weight when necessary is critical to reduce stress on weight-bearing joints and avoid further joint problems.

Other holistic treatments that can be beneficial for joint concerns include acupuncture and chiropractic.

I have found that many individuals with joint concerns also have allergies complicating their health status. These allergic substances could include anything — certain foods, chemicals, cigarette smoke, perfumes, or environmental factors. For these people, I often recommend a natural allergy elimination technique called NAET, which is safe and effective. While NAET does not help in all cases, I have found it successful about 75% of the time to help my patients overcome many types of allergies. Find more information at www.naet.com. Additionally, most allergic conditions can be helped by increasing your water and salt intake to lower your histamine levels.

You probably noticed I did not include drugs (prescription or over-the-counter) among the three-pronged approach for healthy joints. As a

holistic medical doctor, I try to steer clear of drugs when possible, especially when so many natural compounds are available to get at the root of joint concerns. And especially when medications such as NSAIDs (nonsteroidal anti-inflammatory drugs), the first-line treatment for joint concerns, can lead to serious side effects, including GI bleeding and stomach ulcers. You probably are not aware that long-term use of NSAIDs has been shown to actually worsen joint issues.

You may want to work with a holistically oriented doctor to develop an effective regimen to help your joint concerns and determine whether medication would be indicated. Make sure to tell your doctor about any supplements you are using.

I have researched the little-known connection between infection and certain types of arthritic conditions, which goes beyond the scope of this report. In some cases, I have prescribed antibiotic therapy when I suspected an infectious component to the joint problems. For more information, I refer you to my book, *Overcoming Arthritis*.

As I stated at the beginning of this report, certain types of arthritic disorders such as rheumatoid, lupus, psoriatic, and others require medical monitoring and comprehensive treatment approaches. While the three-pronged approach addressed in this guide could be helpful for any type of joint issue, it is not a substitute for professional medical care.

Final Thoughts

Over 20 million Americans report being physically limited by their joint concerns. That makes this a major health issue, particularly for older individuals.

If you suffer from concerns related to your body's joints, I hope this brief guide has given you some simple and actionable strategies in three key areas to minimize and protect your joints from further damage — and help you lead a more active and vibrant life. □

Please note: All information presented in Dr. David Brownstein's *Natural Way to Health* is for informational purposes only. It is not specific medical advice for any individual. All answers to reader questions are provided for informational purposes only. All information presented in Dr. David Brownstein's *Natural Way to Health* should not be construed as medical consultation or instruction. You should take no action solely on the basis of this publication's contents. Readers are advised to consult a health professional about any issue regarding their health and well-being. While the information found in Dr. David Brownstein's *Natural Way to Health* is believed to be sensible and accurate based on the author's best judgment, readers who fail to seek counsel from appropriate health professionals assume risk of any potential ill effects. The opinions expressed in Dr. David Brownstein's *Natural Way to Health* do not necessarily reflect those of Newsmax Media.



Do You Treat Your Car Better Than You Treat Your Heart?

Your heart works hard to keep you going . . .

168 hours a week, 8736 hours a year, year after year, under all types of conditions. It gets no vacation — ever — as long as you live.

Did you realize that every day, your heart needs to produce the amount of energy equal to driving a truck 20 miles? During an average lifetime, that's enough energy generated to drive you to the moon — and back.

So as you can imagine, your heart has huge demands for nutrition and energy. It needs "high-octane" fuel — and regular maintenance — to propel blood through your 60,000 miles of blood vessels.

Yet, if you're like many people, you hardly give your heart a second thought. Until something related to your heart goes haywire, that is . . .



Chauncey Crandall, M.D.

"I personally formulated Cardio Advanced™ to include the optimal amount of plant sterols and other nutrients necessary to promote a healthy heart."

Like blood pressure concerns, high cholesterol, or other heart issues . . .

The point is, many people treat their car better than they do their own heart . . .

By the time you hit your 40s, 50s, or 60s — even if you feel great — you should be very concerned about what's going on inside your heart. Especially after decades of a less-than-optimal diet, too little exercise, too much stress, a few extra pounds, or other bad habits. That's why your doctor probably "bugs" you about your cholesterol numbers every time you go in for a checkup. And why, according to cardiologist Chauncey Crandall, M.D., it's high time to stop taking chances with your heart health.

A New Breakthrough in Heart Support . . .

Dr. Crandall recently developed **Cardio Advanced™**. This all-natural dietary supplement contains 12 special ingredients chosen to help improve and maintain your normal cholesterol levels and heart health. The "flagship" of this exclusive formula — plant sterols — may actually help

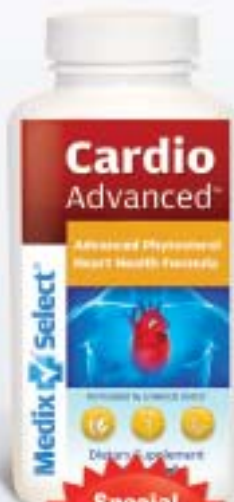
lower your risk for heart disease when taken as part of a diet low in cholesterol and fat. Although you've likely never heard of them, research indicates that plant sterols work by blocking the absorption of cholesterol in your intestines. And you'll find a full research amount — 2 grams — in your daily dose of **Cardio Advanced™**, along with 11 more hand-picked ingredients to support your heart, like CoQ10, hawthorn, and essential B vitamins.

Cardio Advanced™ FREE OFFER!

Dr. Crandall is so confident that **Cardio Advanced™**, along with a diet low in fat and cholesterol, can help you optimize your heart health — and impress your doctor at your next checkup — that he's made arrangements for a **SPECIAL OFFER!**

Yes — for a limited time, you can get a **FREE 30-day supply of Cardio Advanced™** (a \$49.95 value). Plus, if you act now, you will also receive a Special Report from Dr. Crandall, *A Doctor's Guide to a Healthy Heart* (a \$20 value). You just cover a low shipping and processing fee of \$4.95. That's a total value of nearly \$70 — yours right now for only \$4.95.

For complete details on claiming your **FREE** bottle of **Cardio Advanced™** and your **FREE** Special Report, please sign up online, or call our friendly representatives toll-free at the number below.



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