

Easiest way to
flatten your stomach.
See p. 14



Who will get breast
cancer?...How to avoid it.
See p. 11

RECIPE
No-Chie
This tasty variation of one of the
most popular foods in America is
low in fat, low in cholesterol,
and just 127 calories per slice.
Ingredients:
1 dough prepared

Super-Healthy
PIZZA Recipe
See p. 16

FALL, 1994

\$4.95

Health Breakthroughs

...from the World's Leading Medical Doctors and Research Centers

The **REAL** reason women outlive men

(See page 9 inside)

How you can reverse heart disease *without* drugs or surgery

(See page 5 inside)

Medical Doctor's Weight Loss Wonder:

Lose 10-30 pounds and keep it off without ever feeling hungry
(that's the whole key). *(See page 12 inside)*

Longevity Secret: New study reveals how you
can live to 120 in good health. *(See page 8 inside)*

Cancer Prevention

Breakthrough: How you can
eliminate up to 80% of your cancer risk.
(See page 10 inside)

Medication Alert: Do you
take any of these 19 common drugs?
(See page 15 inside)

**FOR A
HEALTHIER
SEX LIFE**

**ORIENTAL LOVE-
MAKING SECRET**

Just 3 little words
(NOT "I love you") that trigger
incredible passion in your
partner. See page 7 inside.

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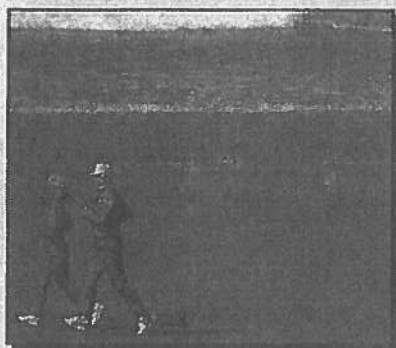
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#1 aphrodisiac for both men and women...**Page 13**



To Avoid and Even Reverse Heart Disease & Cancer

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YOURS FREE
See Page 18

UNPUBLISHED HEALTH BREAKTHROUGHS WARNINGS & SECRETS

FROM THE WORLD'S BEST DOCTORS...

Unpublicized Health Breakthroughs, Warnings & Secrets

- ✓ **YOUR LONGEVITY:** New study shows how to live 20–30 years longer in full vigor. *(See page 8 of this article.)*
- ✓ **YOUR HEART:** Here's how to avoid heart disease—and even reverse it—without drugs or surgery. *(See page 5 of this article.)*
- ✓ **YOUR RISK OF CANCER:** Slash it by 80%! *(See page 10 of this article.)*
- ✓ **YOUR WEIGHT:** Lose 10–30 pounds without hunger—and keep it off. *(See page 12 of this article.)*
- ✓ **YOUR LOVE LIFE:** Energize it as never before...cure impotence... and feel as frisky as a teenager. *(See page 7 of this article.)*
- ✓ **YOUR HEALTH:** Get rid of chronic fatigue, headaches, arthritis pain & scores of common ailments without drugs or surgery. *(See article starting below.)*

Dear Friend:

You are not being told about many of the most important health breakthroughs being discovered by leading medical doctors

and medical research centers.

There's no big conspiracy.

It's just that these breakthroughs usually *don't get much publicity.*

That's because they're

reported in medical journals intended for *doctors*, such as *The New England Journal of Medicine...The Journal of the American Medical Association...Lancet...The American Heart Journal...*

To receive your FREE BONUS REPORT please see page 18.

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(continued on page 5, top...)

A Note from the Publisher...

Announcing a Totally New Kind of Health Letter...

...and an invitation to try it risk-free.



Dear Reader,

If you treasure your health as I do mine, today I bring you wonderful news.

It's a breakthrough publication I believe is one of the most powerful tools ever created to help you experience radiant health, avoid killer diseases, feel more energetic every day of your life, get rid of chronic aches and pains and, in general, help yourself and your family live much longer, healthier lives.

Its name is *HEALTH CONFIDENTIAL*. Let me tell you why it's unique...

I've always suspected that there are many health breakthroughs I'm just not hearing about, mainly because the mass media report them on a "hit or miss" basis.

I've tried many health publications. While helpful, I found that each covers only one area of health, or takes a specific point of view. For example, one publication may focus on prevention through natural remedies only, while another may exclusively report the findings of just one well-known research hospital with which it is affiliated.

I felt there should be a *single, convenient, authoritative* source that would keep me posted on *all* the major health and medical breakthroughs literally pouring out of America's great university hospitals, most prestigious medical schools, private practices of world-famous medical doctors...as well as the discoveries of the most respected practitioners of alternative medicine and nutrition. Yet surprisingly, no such single source has ever existed.

Being a publisher, I was in a unique position to do something about it. I created a new kind of health publication, one that would give me—and you—*everything* we've always wanted in a single health publication. Now, with *HEALTH CONFIDENTIAL* you can keep up with major health breakthroughs in every area of health, medicine, nutrition, fitness and exercise from all around the world.

In the next several pages, I'd like to give you a "free sample" of what *HEALTH CONFIDENTIAL* is all about. If you like what you see and would like to try it, simply return the Reply Form on page 19. Best of all, you can try it without risk. If you don't agree it's the most interesting and useful health letter you've ever seen, just cancel and you will get a full refund.

Sincerely,

Martin Edelston

Publisher, *HEALTH CONFIDENTIAL*

P.S. Just for trying *HEALTH CONFIDENTIAL* on a risk-free basis, you can keep the big special gift described in the following pages, *Unpublicized Health Breakthroughs, Warnings & Secrets*.

**YOURS
FREE**

See Page 18

**UNPUBLICIZED
HEALTH
BREAKTHROUGHS
WARNINGS &
SECRETS**

(continued from page 3...)

among many others.

Or, in some cases, these discoveries are made in prestigious health centers *in other parts of the world*, and receive little or no coverage in US media.

In still other cases, highly respected medical doctors uncover breakthroughs in clinical studies *in their own private*

practices. They report their findings to professional medical societies, but these discoveries often escape the notice of the mass media.

All of this leaves gaping holes in the health information you should be getting. Yet these "*under-reported*" discoveries can be of tremendous importance to you and those you love.

For example, in this article I'd like to alert you to some remark-

able recent discoveries on how you can:

- Prevent and even reverse heart disease...cancer...arthritis...headaches...chronic pain and a host of other dread diseases.
- Dramatically increase your longevity.
- Experience much more satisfying sex for as long as

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How You Can REVERSE Heart Disease Without Drugs or Surgery

The New, All-Natural Therapy That's Reversing Heart Disease and Coronary Blockage in 82% of Even Severely Ill Heart Patients



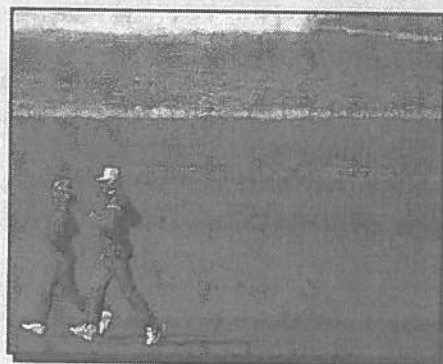
Startling new studies show that *you* don't have to fall victim to the #1 killer in America.

Every year, heart disease kills 725,000 Americans, accounting for 34% of all deaths in the US!

And it's not just *men* who are dying. By the age of 40, heart disease is the second leading cause of death among American *women*, second only to cancer. After age 55, it's the number one cause for both sexes.

This epidemic doesn't only kill. It transforms many of its survivors into physical and emotional invalids—perpetual "patients" so fearful of a recurrence that they're unable to live a vigorous life.

But as new studies are showing conclusively, *you don't have to be a victim!* Almost anyone with heart trouble *can fully recover*—whether the trouble is high cholesterol, a failed stress test, or a heart attack. And recovery *doesn't* mean learning to live within limitations. It means *elim-*



inating all symptoms and resuming a vital, fulfilling life.

If *you* want to do everything you can to avoid or reverse heart disease, in yourself or a family member, then you must read the special "Healthy Heart" chapter in the free bonus report we'd like to send you, *Unpublicized Health Breakthroughs, Warnings & Secrets*.

It leads off by telling you about the latest findings of a world-famous cardiologist whose revolutionary program reverses heart disease without drugs or surgery.

His program has successfully

reversed heart disease in 82% of his patients with severe heart disease and coronary artery blockage.

This is an *astounding* breakthrough of enormous interest to anyone who wants to avoid or reverse heart disease.

It's all the more remarkable because scores of other doctors have given *their* heart patients the now-standard advice to cut the fat, get more exercise, stop smoking, etc. Yet no physician in America is getting anywhere near the documented results this cardiologist is achieving for *his* heart patients.

What is he doing differently?

As you'll see in your bonus report, he has identified an almost universally overlooked, "missing ingredient" in preventing and reversing heart disease.

Remarkably, his scientific, control-group studies have shown that people *who are* missing this ingredient suffer 3-5 *times* the mortality rate, not

(continued on next page...)

- you live.
- Shed unwanted pounds far more easily and keep them off.
- Wake up each day brimming with so much energy that you want to bound out of bed and tackle the world head-on.
- Enjoy much deeper, more restful sleep, free of insomnia and anxieties.

- Relieve much of the stress of daily living that drags you down and can shorten your life span.
- Gain greater aerobic conditioning, flexibility and strength from every minute you invest in exercise.
- Banish the pain, disease and suffering caused by dozens of ailments and free yourself to live a life of radiant health.

YOURS FREE— Unpublicized Health Breakthroughs, Warnings & Secrets

In fact, to give you more complete information about these and a host of other health breakthroughs, I'd like to send you a free copy of an exclusive new report entitled, *Unpublicized Health Breakthroughs*,

(continued from bottom of previous page...)

You Can Reverse Heart Disease Without Drugs or Surgery

only from heart disease, but from *all* causes of death, when compared to people who *have* it.

You'd never guess what this "missing ingredient" is, not in a hundred years.

It is virtually free in unlimited supply and available to anyone anywhere in America. It's described fully—and how to make it part of your "healthy heart defense"—in your free bonus report. If you read this one article, your odds of living a longer, healthier, happier life will be much higher.

In addition to telling all about this breakthrough, your free report will also bring you the findings of major new studies from a wide range of other heart specialists. You'll discover, for example...

- The 7 leading culprits that cause heart disease, and how to get all of them out of your life.
- The fascinating new finding about *frequent exposure to loud noises*—and what it can mean to your heart.
- Why your heart attack risk shoots up 80% when you do this one thing that almost

everyone believes is "good and healthy."

- What your *height* can tell you about your odds of suffering a heart attack.
- You've heard that mild exercise such as golf, walking or puttering in your garden may be enjoyable, but useless in keeping your heart healthy, right? *Wrong*, according to an important new study from the University of Florida College of Medicine.
- Why your cholesterol can be *too low* for your own good! And if you're in the lowest 5%, *watch out!* Results of an 18-year study of more than 17,500 men in London, England.
- Easiest, most painless ways to get the fat out of your diet.
- How strange! The real reason why hunters die from heart attacks *three times* as often as from firearms accidents.
- 8 steps to a healthier heart—what new discoveries have shown.
- Breakthrough: Blood levels of a certain nutrient are more



**Yours
FREE**
See Page 18

important in predicting heart disease than your cholesterol!

- The surprising connection between breakfast and heart attacks.
- "Cholesterol crusher." The easiest way ever found to reduce your cholesterol.
- The all-natural nutrient that sweeps cholesterol out of your veins like a super-charged "Roto-rooter." Foods rich in it.
- Healthiest, most delicious, low-fat dishes to order when you're eating out in restaurants—Italian, French, Chinese, Mexican, others.
- Heart patients taking this common health food supplement had 50% fewer heart attacks and strokes, according to a Harvard University study.
- Safer and more enjoyable sex for heart patients.

Warnings & Secrets.

This oversized, 45,000-word report is yours free when you try a no-risk subscription to the unique monthly newsletter, *HEALTH CONFIDENTIAL*.

As you'll see in the following pages, *HEALTH CONFIDENTIAL* is

something of a "medical breakthrough" in its own right. It's the first monthly newsletter that makes it *easy* for you to keep up on the major, yet *under-reported* breakthroughs and control group studies in every area of health, medicine, therapies, fitness, nutrition and exercise.


Breakthroughs in Every Area of Your Health

To give you a better idea of what *HEALTH CONFIDENTIAL* is all about, here are a few examples from the special bonus report we've put together for

(continued on next page...)

FOR A HEALTHIER SEX LIFE...

Oriental Love-Making Secret:

3 Simple Words That Can Transport You and Your Lover to New Heights of Sexual Ecstasy (...and they're NOT "I Love You"!) 

The Western style of sex is like a parachute jump where you go up, up to the very top and then whoosh quickly down. This contrasts sharply with the Eastern approach, a continual, ever-changing roller coaster, where you feel you can go on and on for hours, and often do.

The key, three-word phrase in Oriental love-making: ***Make love lazily***. Instead of racing through to orgasm, discover the pleasures along the way. Often the most pleasurable period is right before orgasm. Learning to prolong that period can lead to extremely intense and even ecstatic sexual experiences.

You'll learn exactly how to do this in another free bonus report you can receive if you try *HEALTH CONFIDENTIAL* without risk for two years. This report, *Secrets of a Healthier Sex Life*, reveals a wide variety of ways you can enjoy a healthier, more fulfilling sex life. For example...

• How to exercise your "love muscle" for a much



more exciting love life.

- Undiscovered erogenous zones. Many places on the body that, when stimulated, greatly heighten sexual pleasure.
- Fascinating psychological study: Can a man and woman be "just good friends"...or does attraction always lie just beneath the surface?

Eye-opening findings of

a breakthrough study at Penn State University.

- Those "personal ads." When women place ads, these simple words trigger the highest responses from men. When *men* place ads, these "trigger" words make women respond in droves.
- The best time of day for older men to have sex.
- Impotence: The miracle treatment yielding an 80% success rate...plus, how to have a three-hour erection.
- Sex positions that are great for low-back pain. Most enjoyable back pain therapy ever invented!

you, *Unpublicized Health Breakthroughs, Warnings & Secrets*.

Did You Know That...

- ✓ **There's a *REASON* you feel so tired all the time—and it's preventable.** New evidence shows that about 95% of all cases of chronic fatigue are caused by one or more of these six common conditions. Good news: *Every one of them is correctable!* You'll find details of how to remedy each in your free report.
- ✓ **You can actually get *CANCER* from your pets.** Believe it or not, a new study shows that your risk of lung cancer *doubles* if you have this common (and very lovable) household pet. Hang

Simple Way to Lose 15 Pounds

Yours FREE
See Page 18

Modest physical activity for 30 minutes per day will knock as much as 15 pounds off your weight within six months—assuming, of course, that calorie intake is not increased.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets*.

around this same pet for more than 10 years, and your risk of lung cancer *triples!* But there's no need to get rid of your pet! A simple precaution corrects this hidden, undetectable problem and protects your health. *Details in your free report.*

- ✓ **There's new hope for chronic pain.** New studies

show conclusively that hypnosis can work better than even the strongest drugs, even on the most intense pain. *Details in your free report.*

- ✓ **You can sail through menopause without medicine, and feel just fine.** While you'd never know it from the popular press, there's a "wonder" vitamin that has been proven since the 1940s to be a powerful, all-natural remedy for symptoms such as hot flashes, vaginal dryness and mood swings. Plus, do you really need hormone therapy? The pros and cons are spelled out in your free report.
- ✓ **You can get AIDS from one of your doctor's "standard" office procedures.**

SECRETS OF LONGEVITY:

Can You Live to Be 120—And Remain Vigorous All Your Days?

Yours FREE
See Page 18



Robert N. Butler, MD, is chairman of the department of geriatrics at the prestigious Mount Sinai School of Medicine.

In a recent issue of *HEALTH CONFIDENTIAL*, Dr. Butler wrote:

"It's no longer news that more Americans are living longer. The 75-plus and 85-plus age groups are the fastest growing segments of the US population. But for the first time,

we can benefit from studies that tell us not only *who* is living longer, but why—and what *we* can do to enrich and lengthen our lives."

In an additional free bonus we'd like to send you (see page 18 for details), Dr. Butler describes what new research has discovered about how you can add many more healthy years to your life. This report is entitled, *New Secrets of Longevity*, and it reveals...

- The five most powerful things you can do to extend your life many more years.
- Why, contrary to common belief, intelligence does *not* decline with age. In fact, while *reaction speed* does slow, some abilities such as judgment, accuracy and general knowledge may increase. What a Seattle study found to be the key ingredient in remaining mentally

You'd think that all doctors would be scrupulously careful about this, but there's one "routine" test at your doctor's office (**NOT** a blood test) that can infect you with deadly HIV. If you read nothing else in your bonus report, *please read this.*

Yours FREE
See Page 18

The **REAL** reason women outlive men.



On average, women live to be 77.9 years old, 7.6 years longer than men. But a study shows that men who *never smoked* (or were not killed by violence) lived as long as women.

Lesson: The heavy smoking of men is the overwhelming cause of

women's relatively greater longevity. **Bad news:** Teenage girls now surpass their male counterparts in percentage of smokers, which could shorten the life span of women.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.*

Breakthroughs, Warnings & Secrets.

✓ **YUCK! The Dark Secret in White Wine:** The ingredient they would never dare print on the label. You would never guess you're drinking

this! (Details in your free report.)

✓ **Sugar Trap:** And speaking of things you're unwittingly consuming, you're eating *much* more sugar than you ever

(continued on next page...)

alert for as long as you live.

- Traits, all within our control, that the longest-lived and *happiest* people have in common.
- A surprising study at Duke University Medical Center found that the risk of mortality to be **four times greater** in people who fail to do this one simple thing (and it has nothing to do with exercise, smoking or the "usual" factors!).
- A Swedish study found that this same factor is one of the best predictors of mortality from *all* causes.
- A University of Michigan study has identified a closely related factor, likewise completely under your own control and very enjoyable, that can make you 250% more likely to live a very long and fulfilling life. Again, you'd never guess what this simple factor is. But it is amazing.

What a powerful factor in living longer!

Live to Be 120?

In your free report, you'll meet another longevity specialist, Dr. Art Mollen, the well-known syndicated columnist and author of *Dr. Mollen's Anti-Aging Diet*. He explains...

"My continuing research has convinced me that a lifespan of 100 or even 120 years is not only possible, but normal—given the right life-style."

What are the key hallmarks of a lifestyle that will give you 120 years of a full and active life?

Dr. Mollen and other researchers will share everything they've learned in the pages of your bonus report, *New Secrets of Longevity*. You'll discover...

- Why eating *too much* protein, even if it's *low-fat* protein, can

have a devastating effect on your body and dramatically shorten your life span.

- A fascinating discovery, confirmed by scientists from Cornell and the Beijing School of Preventive Medicine, that shows how a *simple dietary change* can not only help you live much longer, but also greatly reduce your risk of getting diabetes, heart disease, breast cancer, colon cancer and several other life-threatening ailments. Again, contrary to what you might expect, this dietary change did *not* focus on consumption of *fats*. It zeroed in on a totally different and almost universally overlooked factor.
- The "Methuselah" personality—what the longest-living Americans have in common.
- ...And much more.

thought. Why? Because food companies hide it under these 19 other misleading names on the label! All legal. But you won't be duped any longer. (Details in your free report.)

✓ **Cancer-Causing Agents in Our Foods:** Your free report will also tell you how to protect yourself and your family against the intake of pesticides, chemical fertilizers, preservatives and growth

hormones that make everyday foods more carcinogenic.

✓ **Plastic Surgery Warnings.** If you're contemplating plastic surgery, *please, please don't do it* until you read this

New Findings: To Avoid Getting Cancer, Take These Steps Now

It may be the most dreaded word in the English language: **Cancer.**

Despite numerous breakthroughs, deaths from cancer continue to rise.

One tragic reason is because many people simply aren't getting the information they need on how to avoid this terrible disease.

According to John F. Potter, MD, founder of the Vincent T. Lombardi Cancer Research Center at Georgetown University, *you can prevent cancer.* In fact, he has concluded that proper prevention could literally spare the lives of about 80% of the 900,000 people who develop cancer in the US each year.

What can you do to avoid getting cancer? In your free report, you'll discover...

- The "simple secret" to preventing cancer in all its forms, from one of the country's most respected specialists in cancer prevention.
- The two common substances which, when consumed together, skyrocket your risk of cancer 15 times!
- The two vitamins renowned for their cancer-prevention effects.
- The factor (not smoking)



which may be responsible for as much as 40% of the cancer in men...and 60% in women.

- The best dietary defense against cancer in all its forms, as endorsed by the American Cancer Society and the National Cancer Institute.
- A list of common foods, some of them even thought to be "health foods," now believed to be rich in carcinogens, both natural and man-made—from overuse of pesticides.
- Mental techniques for surviving cancer—from a doctor who was given only a 10% chance to live just one year, yet beat the odds.
- Simple steps anyone can take to reduce his risk of colon cancer, the #2 cancer killer, by up to 75%.

- Secrets to reducing your risk of cancer. A proven, 10-point self-defense plan, from Charles B. Simone, MD, former President and Director, Memorial Sloan-Kettering Cancer Center.
- How barbecued, pickled and smoked foods may raise your cancer risk.
- The vegetable that contains more of a cancer-fighting ingredient than any other.
- A 20-year University of California study of nearly 2,000 men found that those with the highest intake of this nutrient had the *lowest* likelihood of colon cancer.
- Help for *partners* of cancer patients — how to deal with the emotional strain of watching a loved one suffer.
- How do you know if you're getting enough fiber in your diet? Simple guidelines from Henry N. Ginsberg, MD, head of preventive medicine and nutrition, College of Physicians and Surgeons, Columbia University.
- How to use your imagination to prevent or even banish cancer from your body. You've heard that this works, but here's *how* to do it. (A must for anyone you know fighting cancer.)

section of your bonus report. It reveals simple steps you can take to protect yourself against emotionally devastating complications of common plastic surgery problems—including persistent infection, “nubbin nose,” lumpy skin, “Barbie Doll hair,” lopsided face, distorted eyes, an all-too-obvious nose job, too-tight face lift (recognizable a block away) and others. These problems can make you an emotional basket case. Yet they’re easily avoidable if you take the simple precautions described in your free report.

✓ **Can Your Drinking Water Cause Parkinson’s Disease?** You’ll also learn why people who live in certain parts of the country are more likely to get Parkinson’s disease. What to do about it—in your free report.

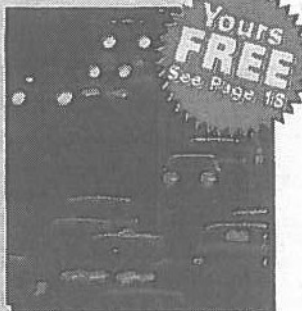
✓ **Back Pain.** You needn’t suffer in silence any longer. Your free report gives you 5 easy ways to get rid of it for good.

Worst night to be on the road

Saturday night is a bad time to be on the road. One out of every 10 drivers that night is likely to be drunk.

Drunk drivers kill more than 25,000 people a year now...and injure one-half million.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.*



Who will develop breast cancer?...and how to avoid it.

Yours FREE
See Page 18



As you’ll discover in your free bonus report, high-fat diets *do* increase your risk of breast cancer according to the latest study.

Background: Although researchers have long suspected this connection, two past studies were unable to prove the link.

New research: A study of 56,000 women found that for every 77 grams of fat eaten daily, the risk of breast cancer increased by 35%. Women who consume 47% of

daily calories from fat, compared to those who limited intake to 31%, had a 50% increased risk of breast cancer.

Breast Cancer Cure?

British scientists may have found a cure for breast cancer. A drug called 4-hydroxyandrostenedione (4HAD) actually appears to kill breast tumors, instead of merely stopping their growth as do conventional cancer drugs. Reason: 4HAD, now undergoing tests, blocks production of estrogen, without which breast tumors cannot survive.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.*

✓ **Arthritis:** 6 tips for blessed relief. Plus, a nutritional breakthrough: How a proper diet can prevent arthritis or neutralize it in long-standing cases. (Details in your free report.)

✓ **Headaches:** You *don’t* have to keep suffering! Your free report gives you a thorough review of the different types of headaches and the most effective ways to get rid of each, from Dr. Neil H. Raskin, professor of neurology, University of California ...and author of the standard medical textbook, “Headache.” Plus: Seven effective, totally *drugless* headache cures.

✓ **Colds:** 8 ways to avoid catching them...and be sure to change your toothbrush after you’ve had a cold—or you

could get your cold back in a month. (Details in your free report.)

✓ **Your Immune System:** It’s your first line of defense against all disease. 5 powerful ways to nurture it. (Details in your free report.)

✓ **New Hemorrhoid Cure:** Eliminates the need for surgery, reduces time of treatment and recovery, allows you to return to work the same day. Also eliminates much of the pain and discomfort of surgery...and is *much* less expensive. (Details in your free report.)

✓ **Medical Insurance:** Your bonus report tells you how to make your insurer pay your claim without quibbles or hassles.

(continued on next page...)

Doctor's Weight Loss Breakthrough— How to Lose 10, 20, 30 Pounds or More Without Ever Feeling Hungry Again

Most people think that the best way to lose weight is by *cutting calories*. But the head of Vanderbilt University's Weight Management Program, Dr. Martin Katahn, has found a better way.



as-fat" guidelines.

The key to his super-successful plan is that he wants you to *avoid deprivation*. What a wonderful and sensible way to lose weight and then keep it off forever.

He's identified a vast range of hundreds of delicious, all-natural foods with this remarkable characteristic—they "trick" your body into *burning up* food calories in a much more effective way.

In other words, instead of starving you, his breakthrough plan lets you eat even more. Yet you'll burn up your calories in extra energy while you always feel satisfied.

Based on his scientific tests with many "dieters" who never succeeded before, Dr. Katahn's plan means you can lose weight very effectively *without ever going hungry again*. And that means you keep the weight off.

You don't even have to give up your craving for sweets or snack foods. You can enjoy candy and lots of other treats during the day, just so long as you eat according to his, simple "*burn-it-up-instead-of-storing-it-*

Your free report, *Unpublicized Health Breakthroughs, Warnings & Secrets*, gives you full details, as well as new findings of other top specialists in the field of weight reduction. For example...

- Another excellent way to lose weight **not** by going hungry, but by eating more food—*especially* if it's a certain food eaten 30-40 minutes before your next meal.
- Two common foods that can dramatically curb your food cravings with almost no additional calories.
- How pleasant *background music* (of all things) while eating can subconsciously induce you to eat less. Most effective music for this purpose.
- Best breakfast for people who work hard—gives you high energy, low-fat, stick-to-your-ribs stamina.

4 Ways to Avoid Colon Cancer

- 1) Eat a high-fiber diet.
- 2) Daily milk (for calcium).
- 3) Daily sun exposure (20 minutes a day for vitamin D).
- 4) Regular exercise.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets*.

Yours FREE
See Page 18

- ✓ **Strokes:** They're often preceded by warning signs. To know what to watch for in yourself or a loved one, see your bonus report.
- ✓ **Fitness Breakthrough:** The simple exercise you can do at home without expensive equipment, yet is **three times more effective** for your cardiovascular system than jogging. (*Explained in your free report.*)
- ✓ **Nightmares:** How to get rid of them. (*Details in your free report.*)
- ✓ **Stress:** 7 easy ways to get rid of it and all the tension and disease it fosters. (*Details in your free report.*)
- ✓ **Insomnia:** 5 simple secrets of getting a good night's sleep. (*Details in your free report.*)
- ✓ **How to Get "VIP Treatment" in Any Hospital:** And what a difference it will make in your care, comfort and safety—yes, safety! (*See the "Better Care in Hospitals" section of your bonus report.*)
- ✓ **New "No-Scalpel" Vasectomies:** Advantages: You don't

have to go under the knife, less pain, less bleeding, fewer infections, no incisions or stitches, and takes only seven minutes to perform. Already tested on 11 million men abroad...but just catching on here. (Details in your free report.)

- ✓ **Osteoporosis:** How to prevent it, even if it runs in your family. (Details in your free report.)
- ✓ **Your Skin:** How to keep it healthy, supple, beautiful and younger. Best advice from a leading dermatologist at the New York University School of Medicine. This is an especially valuable section of your bonus report that can literally take years off your appearance. Helpful for *both* men and women desirous of looking younger.
- ✓ **New Weapons Against Prostate Problems:** Whether

Can YOU Be Hypnotized?

Take this simple test and see.



Roll your eyes upward and lower your upper lids partially—your lids may start to flutter. Ask someone to note how much white there is in the space between your lower lid and your iris. The more white space, the more hypnotizable you are. If there isn't any white space...chances are you are among the small group of people who can't be hypnotized.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.*

The #1 Aphrodisiac... ...may well be exercise!

Researchers and common sense have long held that exercise enhances health and makes people feel better about themselves and their bodies. This, in turn, makes them more sexually attractive and responsive.

Now studies are suggesting that exercise is a potent stimulus to hormone production in both men and women. It may, in fact, chemically increase basic libido by stepping up the levels of such hormones as testosterone.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.*



they know it or not, 4 of every 5 men over 50 have a prostate problem. Your free report reveals what you can do to minimize problems and even prevent prostate cancer, the second-leading cancer killer of men over 50. Plus, an alternative to prostate massage that doesn't involve your doctor and is a *lot* more pleasurable.

- ✓ **Surgery:** What you should know *before* going under the knife for *any* reason...plus, keys to a speedy recovery. (Details in your free report.)
- ✓ **Addictions:** 7 very effective things you can do to help a loved one recover permanently. (Details in your free report.)
- ✓ **Urinary Incontinence:** Most effective treatments with success rates of 90% or better. (Details in your free report.)
- ✓ **Sleep:** How much do you really need? (Some surprising answers in your free report.)

✓ **Do-It-Yourself Acupressure:**

How to use your fingers to relieve a host of common ailments, including pain, common colds, headaches, hiccups, impotence, many others. (Details in your free report.)

- ✓ **Stomach Pain:** Almost half of all Americans suffer from some form of it. Now, how to cure chronic stomach problems *without* drugs—ulcers, indigestion, constipation, diarrhea, gas, hemorrhoids, heartburn and other problems. (Fascinating discoveries you'll read about in your free bonus.)

- ✓ **Wrinkle Cure!** How the *right* chemical peels can rid you of wrinkles. (Please see the "Skin Care" section of your free bonus.)

- ✓ **Water-Beds:** Good or bad for your back pain? Your bonus report gives you the unhedged answer:

- ✓ **Almonds:** Powerful tool in

(continued on next page...)

the fight against cholesterol. (Since most health authorities believe that nuts are too high in fat, this is a most surprising finding, as you'll see in your bonus report.)

- ✓ **Tinnitus (Ringing in the Ear):** The new, no-drug cure that works 90% of the time. What a relief! (Details in your free report.)
- ✓ **Exercise:** Do it at the right time of day and burn off a lot more fat, as you'll read in your free bonus! (Details in your free report.)

WARNING!... WARNING!...

A big part of your free report, *Unpublicized Health Breakthroughs, Warnings & Secrets* is devoted to dangers you probably haven't heard about...but which could be critical for your good health. Examples:

- ✓ **Antacid Danger:** Eating too many calcium-containing antacid tablets can damage your brain and heart. How many are too many? (Please see your free bonus for precise instructions.)
- ✓ **Your Kids and Drugs:** 9 simple steps that have proven remarkably effective in making kids want to avoid drugs themselves.
- ✓ **Secondhand Smoke and Kids:** Very disturbing new findings from the Royal College of Physicians, UK. (Details in your free report.)
- ✓ **The Beauty Parlor Treatment That Can Give You AIDS.** Your skin can easily be pierced with this common utensil, seldom

Easiest Way to Flatten Your Stomach



Yours FREE
See Page 18

Sit or stand upright and suck in your stomach. Hold for about 20 seconds, breathing

normally. Repeat about once every waking hour. You should see results within four weeks.

...from your free bonus report,
Unpublicized Health Breakthroughs, Warnings & Secrets.

sterilized after each use.
(Details in your free report.)

- ✓ **Contact-Lens Danger:** Long-term wearers of this type of contact lens risk *corneal exhaustion syndrome* (CES). Do your contacts ever cause you discomfort, reduced lens tolerance, blurred or fluctuating vision? If so, please read how to protect your eyes, in your free report.
- ✓ **Cataracts Confidential:** Too many doctors routinely remove cataracts before it's truly necessary. Your free bonus gives you a simple way to know if you really need the operation.
- ✓ **The Truth About the Coca-Cola Sperm-Killer Rumor.** In your report, you'll read why some teenage girls are using soft drinks as a *douche* after sex...and making a big mistake.

- ✓ **Cosmetics in Plain English:** What are all these jaw-breaking chemicals you're putting on your skin? (They're named and explained in your free report.)
- ✓ **Skin Cancer Danger:** Why it's a year-round danger, not just a summertime threat. Your report tells how to protect yourself all year.
- ✓ **Allergy Alert:** Your report also names common foods—including milk, coffee, wheat, chocolate and others—that trigger a wide range of symptoms in many people, including anxiety, paranoia, drowsiness, chronic fatigue, even schizophrenia. Plus, which foods trigger which symptoms.
- ✓ **Fish Oil Warning:** Eating more fish oil can help prevent heart disease, but too much may impair your immune system. Your free bonus explains the best way to achieve the right balance.
- ✓ **Lead Poison in Your Drinking Water:** Anyone who lives in a house more than 20 years old *must* read this portion of the free bonus, *Unpublicized Health Breakthroughs, Warnings & Secrets.*
- ✓ **Pregnancy Alert:** Why pregnant women should limit coffee intake. (Details in your free report.)
- ✓ **Most Commonly MISDI-AGNOSED Ailments:** If you have any of these common symptoms not responding to treatment, your doctor may have goofed! (Details in

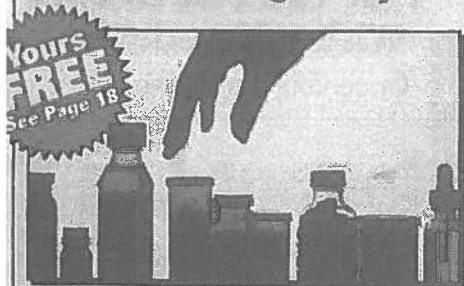
your free report.)

✓ **Questionable Drugs:** They don't always do what they are supposed to. Some are even dangerous. For others, there are much better alternatives. This part of your free bonus is must reading if you're taking any of these: Zantac, Tagamet, Indocin, Feldene, Motrin, Mevacor, Colestid, Lopid, Questran, Darvon, Darvocet, Hydergine, Pavabid, Vasodilan, Valium, Xanax, Librium, Halcion, Prozac.

✓ **Electric Blanket Warning:** Childhood leukemia risk increased 70% in children who used an electric blanket or whose mothers used an electric blanket during pregnancy. (Details in your free report.)

✓ **Hotel Bathtub Alert:** Infections you can catch in any hotel shower stall or bathtub.

Quickest Way to Find an All-Night Drugstore in a Strange City



Call the police. They know which pharmacies are open late. Many people waste very precious time calling every drugstore in the Yellow Pages or running all over town in a frantic search.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets*.



Sex & the Single Woman

Yours FREE
See Page 18

Fifty percent of single women sleep with a man on the first to third date.

Unattached heterosexual women over 50 years old outnumber men in the same category by more than five to one.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets*.

Do this before you step in.
(Advice from a leading medical school, in your free report.)

✓ **Five Types of Fish NEVER to Eat in the Tropics.** You could poison your brain... and there's no known cure. (Named in your free bonus.)

✓ **Baby Powder Risk:** It's bad for babies...and it can be serious. Discover why—and a safer alternative—in your bonus report.

subscribe to a shopping cart full of professional medical journals and newsletters. And you'd have to spend a king's ransom for the privilege.

You might also have to get a medical degree to understand many of the articles.

But now that's changed, thanks to *HEALTH CONFIDENTIAL*.

4 Reasons Why Health Confidential Is a Breakthrough Health Letter

1. **AUTHORITATIVE**, so you can trust the findings we report. *HEALTH CONFIDENTIAL* brings you the latest health findings being reported by the **leading medical doctors in private practice... world-famous health centers and teaching hospitals** (Mayo Clinic, Johns Hopkins, Mount Sinai, etc.)...**cutting-edge medical schools** (Harvard, Yale, Columbia, Tufts, Berkeley, etc.)...**most respected practitioners of alternative therapies... and pioneering research facilities** around the world (including renowned medical centers in London, Paris, Tokyo, Moscow and other world capitals).

All This in Your FREE Report

Every single warning, health tip and medical breakthrough I've just described is explained in detail in the free bonus we'd like to send you, *Unpublicized Health Breakthroughs, Warnings & Secrets*.

It's yours as a free gift when you accept a no-risk trial subscription to the monthly newsletter from which all these news items have been excerpted, *HEALTH CONFIDENTIAL*.

Until *HEALTH CONFIDENTIAL* came along, if you wanted to try to keep on top of new developments and scientific breakthroughs like all those I've mentioned, you would have to

The health breakthroughs you read about represent the best medical thinking on the planet.

2. COMPREHENSIVE, so you can easily keep up with the breakthroughs in every area of health. Some health newsletters report on the findings of just one medical research center...or just one area of health. *HEALTH CONFIDENTIAL* brings you news of every single important development we can uncover in health, medicine, nutrition, fitness and prevention. Now you have a marvelously convenient way to stay on top of it all.

3. UNDERSTANDABLE, so you can immediately benefit. Unlike technical journals written for doctors, *HEALTH CONFIDENTIAL* is published for the intelligent lay person interested in doing everything he or she can do to stay healthy and live longer. Now you

5 Ways to Beat Worry

Worrying can lead to health problems, impaired concentration and much wasted time. To control it:

- 1) Separate worries into those you can do something about and those you can't. Deal with the first group, and forget the rest.
- 2) Distract yourself with a walk, a book or a movie.
- 3) Behave as though you aren't worried. (Sometimes you can even fool yourself.)
- 4) Talk it out with a friend.
- 5) Use a relaxation technique, such as meditation or yoga.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.*

Yours FREE
See Page 18

don't need a medical degree to immediately benefit from the latest health findings reported in obscure medical journals and professional papers by physicians and researchers around the world.

RECIPE

♥ No-Cheese/No-Oil Pizza

This tasty variation of one of the most popular foods in America is low in fat, low in cholesterol...and just 127 calories per slice.

Ingredients

- 1 pound bread dough prepared with no shortening*
- 2 cups crushed tomatoes in puree
- One 4-ounce can sliced mushrooms
- 1/2 cup shredded turkey pastrami
- 1/4 cup chopped green peppers
- 1 teaspoon oregano
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Directions

Stretch risen dough out on large cookie sheet (approximately 15 x 10 inches). Spoon tomatoes over the dough, distributing evenly. Distribute

remaining ingredients evenly on top of tomatoes. Bake at 350 degrees for about 40 minutes or until crust is brown and crisp. Slice and serve.

Servings: 12 slices

Per serving: Calories/127... Fat/1.1 grams...Cholesterol/7 milligrams.

* Frozen bread doughs usually contain shortening, but many local pizza houses make a dough without shortening, or one with just a minimal amount of vegetable oil.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.* Original Source: Joanne D'Agostino, RN, MEd, a nurse, TV host, newspaper columnist and the author of *Italian Cooking for a Healthy Heart.*

4. INDEPENDENT, so you know our reporting is objective.

Unlike many health publications, *HEALTH CONFIDENTIAL* accepts **no advertising**—zero.

Why is that such a big deal?

You may be surprised to learn that some health publications make most of their money from their *advertising*. It can make you wonder, *who are they really serving?*

For example, surely you've seen health publications chock-a-block with ads from companies selling vitamins and supplements.

But what would happen if a new study at a world-famous medical center concluded that a certain supplement actually was doing you more harm than good? Would these publications immediately print that story if it meant losing tens of thousands of dollars in advertising revenue?

Who knows?

But *HEALTH CONFIDENTIAL* would have no such fear because it contains no advertising. Our only allegiance is to you.

Can You Fall in Love With a Newsletter?

Once you start getting

Instant Leg-Cramp Relief

Leg cramps can usually be alleviated by firmly pinching your upper lip for 20 to 30 seconds.

...from your free bonus report, *Unpublicized Health Breakthroughs, Warnings & Secrets.*

Yours FREE
See Page 18

HEALTH CONFIDENTIAL on a regular basis, you may well fall in love with it. Certainly it will make a big difference in your life and health.

How?

For one, you will have the knowledge you need to enhance and protect your most precious gift, your health.

You'll know what the world's most respected doctors are saying about how to achieve radiant health, live longer, enjoy more energy, banish chronic pain, avoid killer diseases, get more benefit from your exercise, look and feel so much better and extend your longevity many more years.

And, whatever your medical concerns, you'll be able to back up your own doctor's knowledge. You'll be able to ask more informed questions, or call to his attention some new finding or treatment he may not have heard about yet.

You'll also be able to keep a vigil for new cures for anyone you know with a serious disease. The world of medicine produces new miracles every week. What a real-life hero you would be if you could pass along life-saving information about a possible new cure to someone desperately hoping for it.

In all, **HEALTH CONFIDENTIAL** is your least expensive and most effective form of "health insurance" ever invented. And now you can try it with no risk whatsoever.

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A one-year subscription to **HEALTH CONFIDENTIAL** is nor-

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HEALTH CONFIDENTIAL

How Not to Be One of the Three Out of Every Ten Americans Now Living Who Will Develop an Aggressive Form of Cancer

The number of deaths from lung cancer alone has risen dramatically since the 1930s—and the true tragedy lies in the fact that lung cancer is one of the most preventable forms of cancer.

How to Cultivate a Wonderful Relationship With Yourself

Your relationship with yourself is the model for all your other relationships. When it's becoming a good one, you'll find the qualities that are important to you in a friend, a lover, a boss, a neighbor, a spouse, and a child, all springing from the same critical attitude: "I love myself."

Can Pets Really Help Sick People?

Pet owners have lower cholesterol and lower blood pressure than non-pet owners. They also report fewer minor health problems, such as headaches and gastrointestinal disturbances. Dog owners, in particular, feel less lonely and well-being and higher self-esteem for at least 10 months after getting their pet—and have fewer complaints of ear, nose, and throat problems. Then a study of more than 5,000 men and women by researchers at the Baker Medical Institute, Australia, and researchers at Cambridge University, England.

How to Follow Allergic Symptoms and Stay Healthy

Questions by Jack A. Green, M.D., Editor, *Health Confidential*

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It's yours **FREE**—we've got a copy with your name on it ready to mail. So why not claim

your free copy today, and we'll rush it right out to you.

To receive it, just return the Reply Form on page 19 of this announcement.

Yours for better health,

Martin Edelston

Martin Edelston,
Publisher

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Medical Doctor's Weight-Loss Breakthrough: Lose 10, 20, 30 pounds or more without ever feeling hungry again.

Avoid Heart Disease: New, all-natural therapy reverses heart disease and coronary blockage in 82% of severely ill heart patients...Why your heart attack risk soars 80% when you do this one thing that almost everyone believes is "good and healthy" (not exercise)...Why your cholesterol can be too low for your own good! (If you're in the lowest 5%, watch out!)...Real reason hunters die from heart attacks *three times* more often than from firearm accidents...All-natural nutrient that sweeps cholesterol out of your arteries like a super-charged "Roto-rooter"...Much more.

Prevent Cancer: Simple steps that slash your cancer risk by 80%...Two common substances which, when consumed together, skyrocket your cancer risk 15 times!...Two top cancer-preventing vitamins.

Chronic Fatigue: 95% of all cases are caused by one or more of these six common conditions—all correctable!

Menopause Without Medicine: Wonder vitamin, proven since 1940s, that's an all-natural remedy for hot flashes, mood swings, etc.

AIDS danger from standard procedure in your doctor's office.

Dark Secret in White Wine: Ingredient they *never* print on label.

Plastic Surgery Warning: Avoid emotionally devastating complications of "nubbin nose," lumpy skin, "Barbie Doll hair," lopsided face, distorted eyes, all-too-obvious nose job, too-tight face, etc.

New Hemorrhoid Cure: Eliminates surgery, pain.

Osteoporosis: How to prevent it, even if it runs in your family.

Your Skin: How to keep it healthy, supple, *much younger looking*.

New Weapons Against Prostate Problems. Plus, alternative to prostate massage that's a *lot* more pleasurable.

Urinary Incontinence: New treatment with 90% success rate.

Stomach Pain: No-drug way to cure ulcers, indigestion, constipation, diarrhea, gas, hemorrhoids, heartburn, other problems.

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Your Kids and Drugs: 9 steps to make kids *want* to avoid drugs.

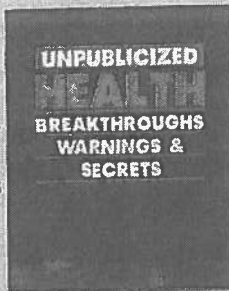
Beauty Parlor Treatment Can Give You AIDS: Your skin can easily be pierced with common utensil, seldom sterilized after each use.

Lead Poison in Your Drinking Water: Anyone who lives in a house more than 20 years old *must* read this.

Hotel Bathtub Alert: Infections you can catch in any hotel tub.

Five Types of Fish NEVER to Eat in the Tropics: You could poison your brain. *No known cure.*

PLUS, Parkinson's Disease from Drinking Water? • Back Pain: 5 easy ways to get rid of it. • Arthritis: 6 steps for blessed relief. • Headaches: 7 effective, totally drugless cures. • Colds: 8 tips to avoid them. • Nightmares: Remedies that work. • Insomnia: 5 simple ways to cure it. • Stress: 7 easy ways to get rid of it. • More.



4 Extra FREE Gifts with a TWO-Year Subscription

In addition to the One-Year Bonus, you'll receive:

Extra Bonus #1: New Secrets of Longevity

Reveals the five most powerful things you can do to extend your life many more years...Key ingredient in remaining mentally alert for as long as you live...Go without this "overlooked" factor and your risk of mortality leaps four-fold—has *nothing* to do with exercise, smoking or the "usual" recommendations!...Why eating *too much protein*, even low-fat protein, can have a devastating effect on your life span...The "Methuselah" personality—what the longest-living Americans have in common...much more.

Extra Bonus #2: Secrets of a Healthier Sex Life

Passion Intensifier: How the Oriental passion secret of "making love lazily" can bring you and your lover to new heights of pleasure.

Impotence: The miracle treatment yielding an 80% success rate...Plus, the secret of achieving a three-hour erection. How to exercise your "love muscle" for a most exciting love life.

Undiscovered Erogenous Zones: Many places on the body that, when stimulated, greatly enhance the sexual experience.

Personal Ads: "Trigger" words that make the opposite sex respond in droves...and why.

Sex Positions Great for Low-Back Pain: Most enjoyable back pain therapy ever invented!...Much more.

Extra Bonus #3: More Health Breakthroughs from Around the World

Examples: Why the Japanese live longer than any other people on earth—an average of 2,628 more days than Americans! They also have very low rates of cancer, heart disease and other ailments that plague Americans. How to use their secrets to enjoy similar results.

Health Secrets of China: Why Chinese people live surprisingly long lives, are seldom overweight or get heart disease.

Health Secrets of India: Best-selling author of *Perfect Health*, Deepak Chopra, MD, reveals how to use ancient secrets of India to let your mind heal your body.

How to Use Gentle Self-Acupressure to banish or alleviate a host of common ailments, including headaches, stomach pain, insomnia, impotence, asthma, colds, fatigue, constipation, more.

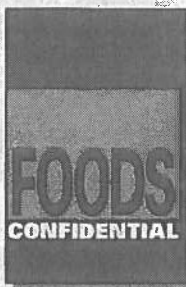
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Extra Free Gift When You Respond Within 10 Days

- Foods with MSG but don't say so on the label.
- Foods that wake you up. Who needs caffeine?
- How snacking on delicious foods will help you lose weight.
- 11 fruits & veggies you should always peel before eating.
- Mothers who should never breast-feed their babies, and why.
- Barbecuing foods can cause cancer—but not if you do this first.
- When is packaged food *too old*?
- Medications dangerous to take with orange or grapefruit juice.
- How artificial sweeteners make you gain weight!
- How potatoes can make you sick. (This could explain many "mysterious" symptoms.)
- Teflon alert. Unpublicized health hazard in non-stick cookware.
- Dangerous ingredients concealed by leading brands of packaged foods. (Brand names identified.)
- **Much more.**



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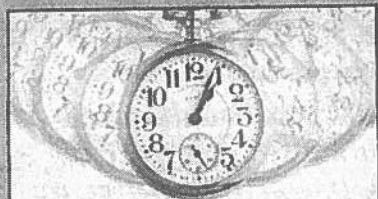
SPECIAL REPORT

Health Breakthroughs & Secrets Nobody's Telling You About

...from leading medical doctors and research centers around the world...



New
longevity
secrets.
See page 8
inside...



Can YOU be hypnotized?
A psychiatrist's simple test.
See page 13 inside...

- **Medical Doctor's Weight-Loss Wonder:** You keep losing weight but never go hungry. You always feel satisfied. *See page 12 inside.*
- **Live 10, 15, 25 years longer—in excellent health.** New longevity secrets revealed by major studies. *See page 8 inside.*
- **Protect yourself against killer cancer.** New studies show up to 80% of deaths from cancer can be *prevented*. What to do. *See page 10 inside.*
- **Startling new discoveries on how to reverse heart disease** without drugs or surgery. *See page 5 inside.*
- **Worst night to be on the road.** *See page 11 inside.*
- **5 ways to beat worry.** *See page 16 inside.*
- **4 ways to avoid colon cancer.** *See page 12 inside.*
- **Quickest way to find an all-night drugstore in a strange city.** *Page 15.*

SPECIAL REPORT For a Healthier SEX LIFE:

- **Oriental Love-Making Secret.** 3 innocent little words (*not "I love you"*) that will take you and your lover to new heights of sexual ecstasy. (*Revealed on p. 7 inside.*)
- **Sex and the Single Woman:** Eye-opening statistics. (*See p. 15 inside.*)
- **The #1 aphrodisiac** for both men and women. (*See p. 13 inside.*)

3-word secret for stirring
passion. *See page 7 inside...*



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