

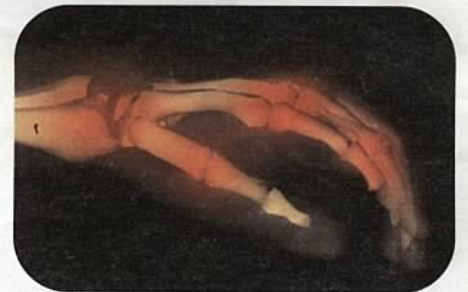
Beyond Glucosamine and Chondroitin: The Next Breakthrough for Joint Discomfort!

"Back in 1992, I was among the first doctors to recommend glucosamine and chondroitin for people with stiff joints and weak cartilage.

"That was nearly five years *before* the rest of the world caught on, when these two supplements were introduced to the general public.

"But now, I've discovered something that's *even more exciting*.

"It's the *only* solution you need for joint discomfort—one that I've seen work even when other natural solutions fail." See page 3. 67



DR. DAVID WILLIAMS, the "Indiana Jones of natural medicine." This noted health practitioner, scientist, and biochemist searches the world over for safe, new solutions for major health concerns, and has been among the first to report on such breakthroughs as St. John's Wort...fish oil and EPA...Coenzyme Q10...shark cartilage...saw palmetto...melatonin...and now his new discovery for joint health.

Nature's **SCIENTIFIC DISCOVERIES**

Special Doctor's Bulletin for people who worry about their...

- ▶ Hips
- ▶ Knees
- ▶ Fingers
- ▶ Shoulders
- ▶ Wrists
- ▶ Hands
- ▶ Ankles
- ▶ Elbows
- ▶ Neck
- ▶ Back
- ▶ Toes
- ▶ Any other joint

INSIDE THIS SPECIAL ISSUE...

The next breakthrough for joint discomfort.....13
 Doctor calls it the *only* solution you'll ever need

Indiana Jones in a lab coat14
 A major discovery from "Down Under" that gives you flexible joints

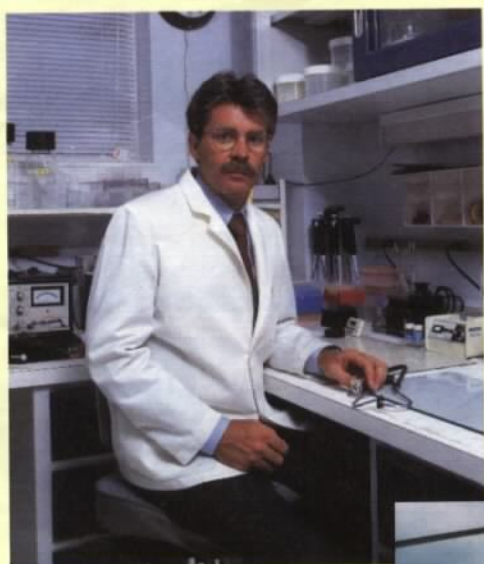
Keep your joints lubricated and build new cartilage!4
 Ideal if glucosamine and chondroitin *aren't* giving you the results you want

"I feel younger and better all over!"7
 Case studies from enthusiastic people all across the country

WARNING: The sinister side effects of over-the-counter pain relievers5
 What your doctor may *not* tell you

PLUS, three Special Reports to help you soothe aches and pains—and a FREE GIFT23

Why have NFL players...professional dancers...top executives...and over 150,000 other Americans trusted Dr. David Williams?



▲ Dr. David Williams

▶ Dr. Williams (at right) shown here being documented by the TV show "60 Minutes," as he leaves for Cuba to personally investigate a revolutionary cancer discovery, shark cartilage.



Because Dr. Williams is an internationally recognized authority who has dedicated the past 14 years to seeking out the most effective natural solutions for health problems.

- * Dr. Williams was one of the first doctors to report such breakthroughs as isoflavones...saw palmetto...garlic...glucosamine and chondroitin...Coenzyme Q10...feverfew...echinacea...fish oil...and many more.
- * Dr. Williams is a member of the International Academy of Preventive Medicine, and was past president of the International Preventive Health Care Foundation.
- * His award-winning newsletter, *Alternatives*, has one of the nation's largest circulations, with over 125,000 subscribers.
- * He has worked with NFL players...dancers with the Houston Ballet...and many other athletes and professionals seeking improved performance.
- * Dr. Williams is a well-known author and sought-after public speaker who's been featured on CBS "60 Minutes" and in *Forbes* magazine.
- * For his sometimes-harrowing adventures, he has earned the nickname "the Indiana Jones of Natural Medicine."

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

CALL TOLL FREE 1-800-888-1415

"In the future, this is how people will soothe stiff joints and ease discomfort.

"Only *you* don't have to wait. You can start right now!"

Dr. David Williams

Dear Friend,

If you had seen Maureen Caron that day, you'd know why she needed a miracle.

Terrible joint problems, especially in her knees, hips and ankles, made a "normal life" nearly impossible. Things got so bad, doing everything—even the little things—became a difficult task. She even needed help just to stand up in church.

Maureen first turned to natural supplements, like glucosamine and chondroitin, with limited success.

But when she switched to the amazing discovery I'm about to describe, her joints came alive again!

Now, after faithfully taking this discovery every day, *she feels fine!* So fine she's back fixing up her 10-room house—painting, doing carpentry work, and even climbing ladders. Imagine that!

If joint discomfort is keeping you from doing what you love, I know you'll be excited about what I'm going to tell you.



As you can see, with "young joints" Maureen Caron can move, flex, and bend with little or no discomfort.

Who says stiff joints are an inevitable part of aging?

A lot of people think they're bound to have stiff joints as they grow older. *That's nonsense!* As a doctor who's treated thousands of people with joint problems, I want to let you know you don't have to live with joint discomfort a moment longer.

I'm going to introduce you to a new discovery—the most important one I've ever made for joint health—that can...

- bring you soothing, long-lasting comfort for stiff, inflexible joints
- nourish and cushion your joints and actually help *build* your joint cartilage
- give you a lifetime of healthy joints
- and help you say good-bye to joint discomfort once and for all!

Better yet, you can have all of this *naturally*—without having to mix and match multiple supplements or take high doses of them.

But first, let me tell you...

please turn...

Why many people suffer unnecessarily from stiff joints

MANY PEOPLE suffer needlessly simply because they *don't* know all their options for healthy joints.

For example, if you're like most people with stiff joints, then you've probably tried or at least heard about glucosamine and chondroitin.

But as good as these nutrients are, I discovered they may *not* be giving you the extra support your joints need to stay healthy, flexible and free of discomfort. There are three reasons why.

1 Glucosamine and chondroitin *don't* work fast enough for some people.

Glucosamine and chondroitin renew cartilage and improve mobility, but they can be slow to relieve joint discomfort. But you want relief *now*!

2 Glucosamine and chondroitin are *only two of the compounds that are naturally found in all joint cartilage.*

There are hundreds of others, including heparan sulfate, dermatan sulfate, keratan sulfate and hyaluronan that are equally essential in promoting healthy cartilage.

So when you take only glucosamine and chondroitin, you *don't* get the cartilage-building benefits you would by taking all of these sulfates *together*.

3 Many people have problems digesting glucosamine and chondroitin.

These sulfates are large molecules, so they're hard to digest. It's particularly important for those of us over 40, since our digestive systems aren't what they used to be. This means many of the sulfates may never get to your joints in the first place!

In fact, the latest studies show that up to 50% of people get little or no relief from glucosamine or chondroitin!

So how can you find soothing, natural comfort for stiff joints?

As a doctor, it frustrated me that glucosamine and chondroitin helped some people, but not others.

And I realized that there was no single product that provided all the ingredients needed to both provide comfort *and* build cartilage.

I knew there had to be a better way. So, after extensive international research, I developed what I feel is the most comprehensive joint-support formula ever created. I call it *Joint Advantage*™.

Cushion and Rebuild Your Joints, Naturally!

Cartilage is one of the most misunderstood parts of your body. For example, did you know...

1. Cartilage is a *living* substance in your body. It needs to be cared for and nourished just like other parts of your body.
2. Cartilage is one of the few substances in your body that does *not* have its own blood supply. The only way it can get nutrients is through the synovial fluid which surrounds your joints.
3. Cartilage can be rebuilt and regenerated, naturally.
4. Cartilage is up to 85% water.
5. Cartilage is extremely strong and flexible. This means it can change form when under stress, then spring back to its original shape.

Most people with joint discomfort *don't* nourish their cartilage. But the *Joint Advantage* solution is one of the best natural ways to keep your cartilage healthy. See pages 19-21 for your "breakthrough packs" and Free Gift.



I believe it's the *only* solution you'll ever need to ease joint discomfort *and* build cartilage

Joint Advantage™ is an advanced, five-in-one nutritional solution that contains everything your body requires for healthy joints.

It starts with...

1) A complex mix of hundreds of essential cartilage-building sulfates *not* found in any other joint health product.

Having strong, flexible joint cartilage is the first step for healthy joints.

As I mentioned, many people with joint discomfort take glucosamine and chondroitin, but they stop there. There are hundreds more cartilage-building sulfates.

And when you take all of these sulfates *together*, your joint cartilage gets the *maximum* nourishment it needs to grow strong and healthy.

That's how *Joint Advantage* goes beyond glucosamine and chondroitin: by including these two nutrients and hundreds more.

Your joints will bend and flex easily, cushioned by strong, healthy cartilage

Joint Advantage does more than give you hundreds of cartilage-building sulfates. It also includes...

2) Natural enzymes to help your body better absorb these sulfates and build cartilage.

Taking hundreds of cartilage-building sulfates won't

do you much good if you can't digest them!

Because these sulfates are tough to break down in their natural state, and it's hard to digest them as you get older, I've added highly active forms of two digestive enzymes. These are bromelain (found in pineapples...and also a great supplement for healthy joints on its own) and papain (found in papaya).

These special enzymes break down long chains of proteins into smaller chains and even into individual amino acids.

That means your body can digest and absorb more of these joint-nourishing, cartilage-building sulfates...and faster, too! More important, you can *feel* the difference, as your joints are cushioned and move easier and more freely...with little or no discomfort.

But building strong joint cartilage is only part of your battle against joint discomfort. Moving your joints is essential to regain mobility, and you can't move them if you're in pain. That's why *Joint Advantage* includes...

Powerful natural herbs to help speed relief. Yet most folks in the U.S. have never heard of them

If you're currently taking supplements like fish oil, MSM or niacinamide, and you're *not* getting the results you want...

...or you just want faster relief for stiff joints, then you'll be glad to know *Joint Advantage* includes...

3) Nature's most powerful and effective herbs for fighting joint discomfort.

I've done extensive studies on nature's most potent herbs for joint health, and *Joint Advantage* includes six of
please turn...

WARNING!

The sinister side effects of over-the-counter pain relievers

Today, people take more over-the-counter (OTC) pain relievers like aspirin and acetaminophen for aches and pains than just about anything else.

You may get some temporary relief for your joints with these products.

But prolonged use or overuse may lead to many other serious health problems, including...

■ Gastrointestinal ulcerations and bleeding.

It's known that the agents in OTC pain relievers are hard on the stomach lining—causing holes and bleeding. Even perforated

ulcers are a possible side effect.

■ **Kidney failure.** Over time, the compounds in OTC pain relievers can shut down your kidneys.

■ **Higher blood pressure.** Research shows that OTC pain relievers may interfere with prostaglandins that

regulate blood pressure.

■ **And free radical stress on your body, especially your liver.** This has been documented in animal studies.

What's more, OTC pain relievers do *nothing* to nourish healthy joints or cartilage.

the absolute best I've found.

Each herb has been used by countless people in Europe and in other parts of the world for decades to ease joint stiffness, but they're less well known in the U.S. These are...

White Willow Bark...The bark of certain willow trees contains salicin, which can trigger your body's natural defenses against discomfort.



White Willow

Boswellia Extract...Taken from the resin of the Boswellia tree found in India, this extract prevents substances that cause swelling from forming in your joints.

Devil's Claw...German clinical studies show that Devil's Claw can help reduce joint discomfort. In fact, doctors in Europe routinely prescribe Devil's Claw for those with joint problems.

Feverfew Leaf...This flowering herb contains powerful natural chemicals that keep your body from producing histamines that can cause swelling. That's why some call it "nature's antihistamine."



Feverfew

Celery Seed...An essential oil found in this seed acts like an antioxidant to fight free radicals that may invade your joints. In addition, herbalists believe this seed has sedative and blood-purifying properties.

Yucca Root...Steroidal saponins, the active ingredient in Yucca, help ease stiff joints.

As I mentioned, these herbs have been individually used by people of many different cultures. But when these herbs are *combined* in the special *Joint Advantage* formula, they relieve pain in knees, hips, hands and fingers *even more quickly*.

My interest in finding health solutions from other cultures also led me to a startling discovery I made over 7,500 miles from my home in Texas. One that adds another factor that makes *Joint Advantage* unique.

Why 80-year-old Aborigines almost never have joint problems

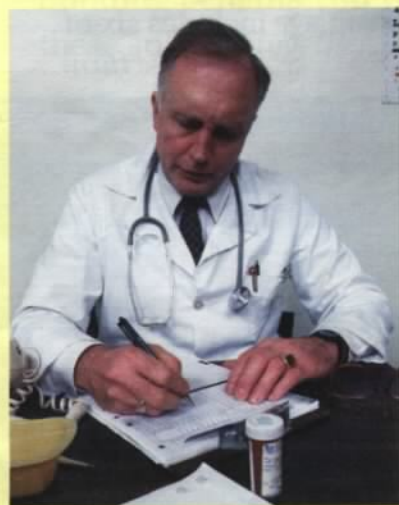
I've spent the better part of my career searching the world for natural health solutions. During that time, I've been drawn to ancient cultures which have used natural remedies for hundreds, even thousands of years.

But nothing could have prepared me for my recent visit to Australia. What I discovered there absolutely floored me!

While visiting Aboriginal tribes in the Outback, I found they almost never have the joint problems that plague us here in the West. In fact, it's common in the Outback to see people in their 70s and 80s running

continued on page 9...

Why your doctor may *not* be aware of the newest solutions for joint discomfort



For a doctor trained in traditional medicine, writing a drug prescription may be the "best" solution for joint discomfort. But natural breakthroughs like Joint Advantage can address the root of the problem.

A question people often ask me is, "If solutions like *Joint Advantage*TM are so good, why haven't I heard about them before?"

Good question. Here are the reasons why...

First, most doctors have little or no training in nutrition or nutritional supplements. They know traditional medicine and its treatments: surgery, prescription drugs, medical procedures, and may know these well. They're trained to cure disease, but they just don't have the background

or practical experience in nutritional health to address the root of the problem.

Next, they have too many patients and too much paperwork to have the time to investigate new health solutions like *Joint Advantage*. There are so many new health discoveries that it's tough for any doctor to keep up, especially if he or she don't have time for personal, hands-on research.

Finally, most doctors don't hear much about solutions like *Joint Advantage* because it's not a prescription drug. Drug

companies can only make money on products they can patent, and they can't patent nutritional supplements. No profit potential means no advertising dollars spent on a natural solution like *Joint Advantage*.

What's exciting to me is bringing a solution such as *Joint Advantage* to light so you can use it *starting right now*.

Try *Joint Advantage* and enjoy a lifetime of healthy joints. See pages 19-21 for your special "breakthrough packs" and your Free Gift.

Threw away the cane!

"Joint Advantage is working well for me—my knees seems much stronger now. I once walked with a cane, but I couldn't stand it. Now at 83, I'm not using one. I'm getting around better, thanks to Joint Advantage."

—Verda Williams, St. Paul, MN

No more stiffness!

"My husband (79) and I (72)...are incredibly active. We both put in 12-15 hours a day. This last year we noticed a lot of stiffness in our knees, and that it was hard to get up quickly. After using Joint Advantage, I'm able to get up more quickly...and there is very little stiffness left. My husband, whose knees were in discomfort, has no discomfort now."

—Margaret Lettvin, Cambridge, MA



My doctor couldn't believe it!

"I started taking Joint Advantage after I broke my arm and wrist. I was desperate for something that would help the discomfort, and glucosamine and MSM weren't hacking it. Joint Advantage took away the discomfort and seemed to heal the injury faster, and I have perfect mobility now. My doctor couldn't believe how quickly my bones were healed and my joints returned to normal."

—Josephine Nelson, West Islip, NY

Improving Every Week!

"The cartilage in my knee was so badly torn that it really restricted my mobility. I had to lift my leg up with my hands when I was getting up from the couch. I've been taking Joint Advantage for a few months now and my knee seems to be improving every week. I don't have the discomfort I had before, and I can bend my knee easier. I'm 74 and I can climb up the ladder to get on my 45-foot power boat."

—Harry Kemp, Bellport, NY

Hundreds of Letters Tell the Story of Joint Advantage™

"Dear Dr. Williams... I'm 82 but I feel like I'm 39 again!"



On my feet longer!

"My knees were so bad that there was no cartilage left—just bone rubbing against bone. Even after I got both knees replaced... I couldn't do much around the house...there were times I could hardly get out of bed and couldn't be on my feet for more than an hour. Since taking Joint Advantage...I feel better. I'm also able to be on my feet for 2-1/2 hours, so I can shop longer. I wish I had Joint Advantage... sooner. Perhaps I wouldn't have needed my knee operation."

—Elizabeth Reedy, Sandy Lake, PA

I'm Very Limber Now!

"Joint Advantage helped the discomfort in my knees and hip—they felt stiff and

hurt...especially when I got up in the morning. With Joint Advantage, my hips and knees feel completely fine. I'm very limber now."

—Helen Dennler, Julietta, ID

Amazingly Fast Results!

"I lived with a constant ache in my thumb and wrist for several years before I found Joint Advantage. After just a week or two, I was amazed that my hands didn't hurt all the time. We own an Italian restaurant, and I love working with my hands to decorate it, so I'm happy I can do that without discomfort. Joint Advantage really helped—I would recommend it."

—Beverly Fanelli, Golden, CO



Back to fishing and gardening!

"The trail to the lake where I go fishing has a lot of stairs. I was experiencing almost constant discomfort in my knees, which made carrying supplies down to the lake very difficult. Joint Advantage relieved the discomfort. It's certainly more pleasurable now to go fishing and do some of my other activities, like gardening."

—Milo C. Petersen, Tulsa, OK

Freedom of Movement!

"I felt pressure and strain on my hip joint every time I went up and down the stairs in my three-level townhome. It was frustrating to have discomfort every time I moved around the house. Joint Advantage has given me more freedom of movement...I noticed the difference within a month."

—Ruth Nystrom, Lakewood, CO

Tried Others... But Joint Advantage is the Best!

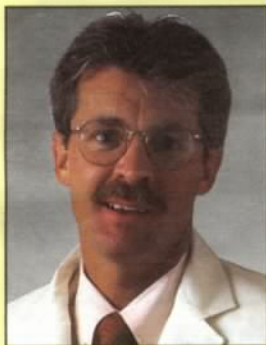
"I have cartilage damage in my knees, so when I walk I feel bone against bone and it is uncomfortable. Since taking Joint Advantage, my discomfort is much better. I tried other [joint] supplement formulas, but they didn't work for me. I like the unique ingredients in Dr. Williams' formula best."

—Hideo Nakashima, Hilo, HI

Climbing Stairs is Much Easier!

"Since I've been taking Joint Advantage, moving my knees is easier and I'm less stiff. The discomfort in my knees made it hard to kneel or climb up the stairs to our lake house. Now, I have practically no discomfort on some days, and I feel a little steadier on the stairs."

—Ben Riley, Houston, TX



How this five-in-one formula nourishes your joints and cartilage with what they desperately need...

"No other product I've ever found addresses all aspects of joint discomfort like Joint Advantage. It's like having five breakthroughs in one!"
—Dr. David Williams

1. Keeps your joints moving freely and comfortably with...

- ▶ Lemon myrtle leaf
- ▶ Mountain pepper leaf
- ▶ Wild rosella
- ▶ Aniseed myrtle leaf

Found only in Joint Advantage!

2. Soothes joints with...

- ▶ Bromelain
- ▶ Devil's claw root extract
- ▶ White willow bark extract
- ▶ Yucca leaf extract

3. Enhances joint flexibility and mobility with...

- ▶ Boswellia extract
- ▶ Feverfew flower extract
- ▶ Celery seed extract

4. Builds healthy new cartilage with...

- ▶ Bovine cartilage
- ▶ Papain (enhances absorption of sulfates)

Uniquely processed only for Joint Advantage!

5. Promotes the health of existing joint tissue with...

- ▶ Bovine cartilage
- ▶ Papain (enhances absorption of sulfates)

Uniquely processed only for Joint Advantage!

As a doctor who's treated thousands of patients with joint discomfort—from professional athletes to avid gardeners—I can tell you that there are four main reasons why your joints may be stiff and painful.

One reason is simple wear and tear, especially in the weight-bearing joints like your knees and the lower part of your back. Constant movement over the years wears down your cartilage and other joint components.

You may also have an old injury to

your cartilage or a joint that has never properly healed. This could lead to years of discomfort and pain.

Another reason is deterioration of the cartilage. One typical area is your shoulders. If your shoulder isn't going through a full range of motion every day, the cartilage around it may not get the nutrients it needs through the synovial fluid. So the cartilage starts to break down.

And finally, you may have inflammation of the joints. This happens when the proteins you eat

aren't properly digested. This changes the fluid in the joint and it can become inflamed, causing pain.

The good news for you is that *Joint Advantage*™ addresses all aspects of joint discomfort with its unique five-in-one formula.

To find soothing comfort for your joints—and to keep them healthy—try the five-in-one *Joint Advantage* solution. See pages 19–21 for your "breakthrough packs" and a Free Gift.

...continued from page 6
around like teenagers!

I soon learned that in the harsh wilderness of the Outback, stiff knees or painful shoulders can be a matter of life and death. But these people almost never have the joint problems that plague us here in the West.

What is their secret? The answer is found in their incredible knowledge of the medicinal value of every single plant, animal and mineral in the Outback. The Aborigines have an innate understanding of the properties of the flora around them that would put a Harvard botanist to shame.

In particular, I learned that for centuries, the Aborigines have relied on four herbs that *naturally cleanse their joints* and ease swelling...herbs grown only in Australia.

When I saw how these herbs helped loosen up stiff knees, shoulders, and hands, I knew I was on to something very exciting. And when I tried them myself, I knew I was on to something that would *revolutionize* the way we treat joint health in this country.

Regain mobility and freedom of movement...the natural way

Since these herbs are grown only in Australia, I knew it was up to me to bring them home to America. No one else has ever taken the time or effort to investigate their remarkable soothing properties. That's why I've made



Grown only in Australia, the lemon myrtle tree provides one of the most potent sources of citral, which aids the natural cleansing of your joints.



sure *Joint Advantage*™ includes...

4) Four unique Australian herbs to help naturally cleanse your joints and keep them flexible and mobile.

Joint Advantage is the *only* joint health product available today formulated with...

Australian Lemon Myrtle...for aiding the cleansing of your joints. Australian Lemon Myrtle is one of the world's best sources of citral, a potent substance found in lemons. Citral can get to the root of some joint problems because it aids the natural cleansing of your joints. Normal lemon oil contains 3% citral, but Australian lemon myrtle contains 98% citral. That's 32 times more citral!

Miracles for people like you!

Gleeful Gardener!

"My joints were pretty well worn, particularly my right hip and knee. I also noticed it in my shoulder and neck. I have a large organic garden, and my joints were so bad I could hardly hold a rototiller. With *Joint Advantage*, I can walk better and even use a shovel. I also can garden longer now."

—Mike Seneese,
Holiday, FL



Working better than anything else!

"My knee joints were worn out and I needed to grow cartilage. The bone-on-bone contact was painful, so I did as little as I had to. So far, *Joint Advantage* has been working better than anything I've used. I'm in less discomfort, and I feel like there's some growth there."

—George Pierson,
Columbus, OH

Rejoicing Retiree!

"I worked in a factory and it was hard on my body, especially my arms. I was in a lot of discomfort...I tried to take things for the discomfort, but nothing worked until I started taking *Joint Advantage*. I have less pain and much more flexibility in my arm."

—Lois Vetro,
Carolina Shores, NC

Grateful Grandmother!

"We live on a hill, and whenever I walked up the hill...my hip hurt and I'd feel it slipping or popping. Two weeks after taking *Joint Advantage*, I was fine. No more discomfort... I can take my grandchildren for walks—I don't have to let them down."

—Carmel Burmeister,
Portland, OR

Old injuries no longer a bother!

"When you get older, all your old injuries come back to haunt you. My knees hurt from my weight-lifting days, and my neck bothered me for the last 30 years due to an old football injury. With *Joint Advantage*, the discomfort in my neck is gone altogether and my knees are a lot better."

—Lloyd O'Guin,
Rainbow City, AL

Joint Advantage is the only solution you need to soothe stiff joints and find blessed relief. To get started, order one of the special "breakthrough packs" on pages 19–21.

Australian Aniseed Myrtle...for natural soothing of stiffness. This herb is vital for joint health because it helps counteract harmful elements that may build up in the joints. It also contains some very complex antipathogenic compounds similar to lemon myrtle.

"When you take something in its most natural form, you get more of its health-building benefits..."

Australian Mountain Pepper...for natural mobility. Grown in the rocky soils of Australia's southern mountains, the Aborigines say this herb induces calm and relieves swelling in a way that we in the Western world haven't yet discovered.

Australian Wild Rosella...for a natural antioxidant. For centuries, the Aboriginal people have used this herb to help neutralize factors that cause

joint discomfort. In addition, it seems to have fairly strong antioxidant properties to help your body defend itself from free radicals that speed up aging.

Once I'd witnessed the unique properties of these four Australian herbs, I knew they'd be a powerful

complement to the six herbs I described earlier.

When taken together, all of these herbs give your body what it needs to naturally soothe stiff joints. And when taken together, these herbs can comfort your joints even more quickly than if you were to take them separately. (You *can't* get these four Australian herbs individually anywhere else, unless you were to travel to Australia and find them yourself!)

But even including the most important natural ingredients for joint health isn't enough...you need the best source to ensure potency. Let me explain.

A scientific breakthrough that gives you deep, long-lasting joint health

In treating patients with joint discomfort and studying nature's solutions for this problem, I learned something very important about how joint health products are manufactured.

I discovered that the *best natural source* of the complex mix of hundreds of cartilage-building sulfates I mentioned earlier is bovine cartilage.

You see, when you take something in its *most natural form*, you get *more* of its health-building benefits. And you

What can you do when the stiffness is gone? Plenty! Just imagine...



A solid grip for a beautiful cast...



The ability to sit for hours, without stiffness...



Going hours, even days, without discomfort...



The ability to do shop projects and home repairs...

get it in the potency nature intended.

A perfect example is a carrot. When you eat a carrot, you get dozens of health-building carotenoids, beta-carotene, alpha-carotene, lutein, and lycopene. Compare that to getting just one or two carotenoids when you take a supplement like beta-carotene. Nature's way is better.

In the past, I've held back on recommending bovine cartilage because every other company in the world was processing it *unnaturally*, using caustic solvents like the acetone in nail polish remover. Plus, most of them used heat to prepare the cartilage for processing, which can kill the nutrients.

But that all changed a few months ago, when I discovered the only company in the world which has perfected the technology of processing bovine cartilage without stripping away the natural nutrient content.

This company's bovine cartilage is not processed with chemicals or with heat. It's done in a unique way that preserves all of the beneficial sulfate components. No other company has the know-how to process cartilage this way.

More important, when the natural proteins of bovine cartilage are left intact, you get...

5) A potent source of hundreds of cartilage-building sulfates that penetrate deep into your joints.

No other joint health solution, anywhere, uses this revolutionary process to prepare bovine cartilage. And no other joint solution I know can cushion and build up your cartilage better than *Joint Advantage*.

Joint Advantage™ is not only powerfully effective, it's 100% natural, too

Joint Advantage is my only recommendation for healthy joints. I stake my reputation on it.

- Its specially recommended forms and potencies are based on 14 years of my personal research on joint health—and on centuries of herbal medicine in Europe, Asia and Australia.
- The herbs in it are harvested under the strictest conditions for freshness and potency. (Just open the bottle and smell the fresh herbs!)
- No artificial binders or fillers are used. And no soy, corn, wheat or dairy products are included either. Only vegetable fiber is used, so your body can easily absorb all the nutrients.
- Each bottle is stamped with an expiration date to ensure freshness.
- Each bottle features a tamper-resistant seal to ensure *please turn...*



The freedom to keep up with your grandkids...



Taking that dream vacation, at last...



Full range of motion to enjoy your favorite activities...



Enjoying life's little pleasures...

ALL OF THIS AND MUCH, MUCH MORE!

Easier for me to sleep!

"Joint Advantage is working better for me than glucosamine and chondroitin. It has relieved some of the discomfort in my right hip...it's easier now to sleep on my right side."

—Georgibelle Bruzelton,
Elbert, CO

Increased mobility!

"Joint Advantage has helped to reduce the discomfort and increase my mobility. I'm a desk jockey—a lot of office work—and in the last few years I noticed my hips bothering me when I sat for a long period of time. That's completely gone now."

—Howard Dobbs,
Indianapolis, IN



Less discomfort and less deterioration!

"Due to a childhood illness, my legs were not very strong, and my right knee was worn way down. I think Joint Advantage has helped retard further deterioration in my legs. I have also felt less discomfort in my shoulders and arm."

—James Doherty, Clarkston, GA

No more creaking and hurting!

"I'm sold on Joint Advantage. I know it's working because whenever I forget to take it for a day or two, my shoulders and back start creaking and hurting. I have a huge garden with 200 roses and 20 fruit trees, and also like walking and biking. I know I wouldn't have been able to continue with my activities past 65 without Joint Advantage..."

—Velma Lemon, Columbus, OH

complete safety.

- Each bottle has an easy-to-twist-off cap. (Isn't it ironic that some joint-health products are sold in bottles with tops that are hard to twist off? That's the last thing you need if you have stiff joints.)

"When you add it all up, you can see why *Joint Advantage*™ works even when other natural supplements fail."

When you add it all up, you see why *Joint Advantage* is the next breakthrough in joint discomfort and why it works even when other natural supplements fail.

I know first-hand that *Joint Advantage* works, because I myself found...

Relief in just 24 hours!

I've personally tested this combination of nutrients, and I noticed a real difference in my stiff shoulder *within 24 hours* after I first took it. I could lift my arm in its full range of motion and even fully rotate my shoulder without discomfort.

I've never been more excited about a joint health breakthrough than I am about *Joint Advantage*. And I've

received more positive comments and "thank you" letters about *Joint Advantage* than about any other joint health recommendation I've ever made. Comments like...

"The discomfort's all gone!"

How much of a difference can *Joint Advantage* make? Just ask LaFollette Butler.

For two years, she had trouble with her right ankle. It kept her from her favorite pastimes like walking and doing yard work.

Now, she tells me after a few weeks on *Joint Advantage*, the pain's all gone. At 76, she's able to get out and enjoy her garden once again.

"Done more good for me than any other supplements!"

Connie Redford knows what it's like to have stiff joints disrupt her life. A few years ago, she fell and hurt her hip while waitressing. Standing on her feet was so unbearable, she had to quit waitressing (which she enjoyed) and start cashiering.

But then she discovered *Joint Advantage*. She tells me that *Joint Advantage* has done more good for her than other supplements she's tried. Connie definitely feels a difference in her hip, and she can be on her feet for eight hours straight, waitressing again.



Reports From All Across America: *Joint Advantage*™ works like nothing else!

Every joint ached, but not now!

"I'm 80 years old—every joint ached and I was in so much discomfort, but I didn't want to take the stuff the doctor gave me because it's bad for your stomach... After taking [*Joint Advantage*] I'm not in as much discomfort. My fingers are a little crooked, but I'm now able to use them to do detail work, and am making a king-size sampler quilt for my daughter."

—Helen Speckien,
Columbus, OH

Discomfort Disappeared in Just Weeks!

"I used to take glucosamine and chondroitin, but now I take only *Joint Advantage*. I had discomfort in my hip, but the problem seems to have disappeared after taking *Joint Advantage* for a few weeks."

—Mrs. Dahl
of North Carolina

First Natural Remedy That's Worked for Me!

"*Joint Advantage* is the first natural remedy that's helped me. I have tried everything for my knees and hands... But this is the only solution that has provided some relief. I noticed the difference after just a few days."

—JoAnn Brown,
Dexter City, OH

Feel I Can Tackle Anything!

"My left hip bothered me—I couldn't stand or walk for long periods of time, and had to watch myself all the time lifting. Two weeks after starting *Joint Advantage*, my hip was better. Lately, I've felt like I could tackle anything. My brother and I recently pulled the complete engine out of a VW and lifted it into my pickup—without hurting myself. I'm almost 75 but feel like I'm 40."

—William Pinkal,
Colorado Springs, CO

Are these isolated incidences? No, I've seen hundreds of cases just like these. And now, you can get the relief you always wanted with the *Joint Advantage* "break-through packs." See pages 19–21 for special savings, three Special Reports, and your Free Gift.

"Don't feel limited anymore!"

And if anybody should know about how joint inflexibility limits range of motion, it's Bobbin Maki. For 15 years, Bobbin lived with back-pain problems. Things got so bad, even getting out of a chair was a struggle.

But now, Bobbin tells me that after taking *Joint Advantage*, she doesn't feel limited anymore. *Joint Advantage* has given her a surge of energy and greater mobility. Now, she's back doing things to help remodel her house—like staining, climbing ladders and reaching into cupboards—things that she can't believe she's doing.

Take a look at all *Joint Advantage*TM can do for you

People tell me all the time that when they take *Joint Advantage*, they feel the difference. And so will you.

With *Joint Advantage*...

...you won't have to worry about *getting around*: climbing stairs, getting in and out of your car, walking and staying on your feet for a long time.

...you won't cringe every time you have to grip something with your hands and fingers. If you love golf, you can be out swinging your clubs like you used to...only without discomfort this time.

...you won't have to think twice about lifting anything. If you're a grandparent, you can lift your grandkids and hear their laughter as you toss them in the air like you once did.

...you won't have to worry about having to "pay" for too much bending and kneeling. If you love gardening, you'll be back out in the yard tending to your prized flowers and vegetables.

And with *Joint Advantage*, your joints won't spoil those special moments. If you love to travel, you can shop, sightsee and dance without missing a beat.

Yes, you can do all of this and more...with *Joint Advantage*!

If you've read this far, I think you can see why...

You too can benefit from the *Joint Advantage*TM breakthrough

As I've just explained, *Joint Advantage* is the most important joint health discovery I've ever made. Nothing I've ever seen comes close to *Joint Advantage* in giving people the results they want: unlocking stiff joints... restoring freedom of movement...soothing painful joints ...and building cartilage.

Joint Advantage is not available in any health food store, supermarket or chain store. Until now, the only

Why take a handful of supplements each day for healthy joints when *one* will do?

If you're taking natural supplements for healthy joints, you're likely relying on more than one product.

You may be taking a glucosamine/chondroitin product ...herbs...MSM...and/or a vitamin like vitamin B6 with niacinamide. And you may be spending a small fortune on a mix-and-match of supplements.

But since *Joint Advantage* is a five-in-one formula with a special combination of the best herbs and nutrients Dr. David Williams has personally researched and selected, it's the *only* solution you need for joint health.

Each tablet contains...

Joint AdvantageTM

Lemon Myrtle Leaf	40 mg
Wild Rosella Calyce	50 mg
Aniseed Myrtle Leaf	30 mg
Mountain Pepper Leaf	10 mg
Devil's Claw Root Extract	31 mg
Yucca Leaf Extract	25 mg
White Willow Bark Extract	25 mg
Feverfew Flower Extract	15 mg
Celery Seed Extract	8 mg
Boswellia Extract	8 mg
Bovine Cartilage (includes glucosamine and chondroitin and hundreds of other sulfates)	50 mg
Bromelain (from pineapple)	150 mg
Papain Extract (from papaya)	4 mg

No other product available today brings you all of these joint-supporting herbs and nutrients like *Joint Advantage*.

Take *Joint Advantage* every day...and *feel* the difference!

For your special *Joint Advantage* breakthrough packs, plus your Special Reports and Free Gift, see pages 19-21.



way to get *Joint Advantage* was if you were a subscriber to my newsletter, *Alternatives*, or one of my friends or family members.

But because the results have been so positive and the comments so enthusiastic about *Joint Advantage*, special arrangements have been made with the manufacturer for you to try it through this exclusive offer...

Try *Joint Advantage*™ —RISK-FREE— and receive three Special Reports!

You can receive...

- A one-month "*Joint Advantage*™ Breakthrough Pack" for only \$19.95, plus S&H. Save \$14.95!

This includes...

- A one-month supply of *Joint Advantage*.



- A Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).

This all-new and exclusive Special Report brings together, for the very first time, the most important discoveries I've made about joint health. You'll discover...

- A simple lifestyle approach for discovering maximum joint comfort, relief, and health—safely and naturally.
- Secrets from the sea that can quell inflamed joints.
- My special "Jump-Start" strategy if your joint pain is severe and you can't wait for relief.
- The two biggest exercise myths...and simple, easy instructions for moving *all* of your joints through a full range of motion in just minutes a day.
- Super joint-health breakthroughs...found at the supermarket! Load up your grocery cart with these foods and watch joint discomfort disappear.
- The dangers of over-the-counter (OTC) pain relievers and why cortisone shots can actually *accelerate* the

An ancient secret for healthy joints can bring you cooling relief

If you think Australia is a mysterious land "down under," you're right. The Aborigines are a mysterious people that time has almost forgotten.

I learned this firsthand when I began researching ancient Aboriginal medicine. After meeting with various tribes and "breaking bread" with them, I was startled to learn that many of them relied upon herbal secrets that have been handed down for literally *thousands* of years.

I was simply amazed by the wealth of knowledge amassed by these people about the medicinal value of plants, fruits and vegetables

in their untouched environment. They seemed to have a natural solution to every health concern you could imagine.

Why have these secrets been hidden for so long?

History tells us that the Europeans who settled in Australia 250 years ago found the Aboriginal culture strange and unfamiliar. So they kept to themselves and never learned about these simple but potent indigenous herbs.

In addition, because of the enormous time and expense involved in researching, testing and processing these herbs,

Australian doctors and scientists have virtually ignored them.

But after talking to people from many different tribes and seeing the results firsthand, I knew I was on to something extraordinary.

First, I was delighted to learn that because so few people know about and use these herbs, they haven't been over-harvested, or driven into extinction.

Then I worked closely with these tribes to understand how to best harvest and use these unique herbs.

The toughest and most challenging step came next: finding the best ways to

process these herbs to keep them in the most potent and concentrated forms.

After almost a year of research and development, I'm excited to tell you that these little-known herbal discoveries are now an important element in the *Joint Advantage* solution.

The Aboriginal people have used these herbs for healthy joints for generations...and now, you can, too!

No other natural solution for joint health includes these little-known herbs. To get your *Joint Advantage* "breakthrough packs" and Free Gift, see pages 19-21.

degeneration of your joint cartilage.

- And much, much more.

If you're tired of living with joint discomfort, you'll want to get your hands on this must-read Special Report.

That's a combined value of \$34.90 for **only \$19.95**, a total savings of \$14.95!

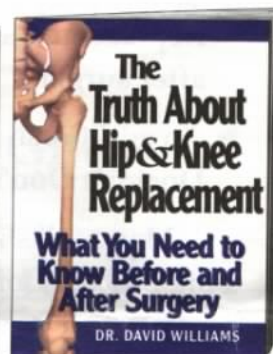
Or, you can receive...

**BETTER
VALUE!**

Three months at extra special savings

This is...

- A three-month "Joint Advantage™ Breakthrough Pack," only \$54.95 plus S&H. Save \$39.80!



This "better value" pack includes...

- ▶ A three-month supply of *Joint Advantage*.
- ▶ A Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).
- ▶ And an additional Special Report: "The Truth About Hip & Knee Replacements: What you need to know before and after surgery." (a \$9.95 value).

I wrote this Special Report because I've received so many letters from people asking me what I thought about hip and knee replacements. So in this all-new, exclusive Special Report, you'll read answers to important questions like...

- Do you *really* need knee or hip replacement surgery?
- What structures are replaced during surgery?
- How painful is it and what can you do if you have a low tolerance to pain?
- What questions should you ask your doctor *before* you decide on surgery?
- Are you a good candidate for knee or hip replacement surgery?
- How can you heal faster? (Hint: a big part is how you prepare for surgery.)

Proof that Joint Advantage™ is the only solution you need for joint discomfort...

I FEEL YOUNG AGAIN!

"I used to be athletic when I was younger, but then had lower back problems. Since I've been taking *Joint Advantage*, I feel great! I don't feel the stiffness anymore. I feel young again!"

—Manuel Torres, New York, NY

Ingredients I Can't Get Elsewhere!

"I take a lot of herbs and nutritional supplements to help ease the discomfort, but with *Joint Advantage*, I get ingredients I can't find in any other supplement—like lemon myrtle leaf, wild rosella, and aniseed myrtle leaf. Since taking *Joint Advantage*, I have better range of motion in my right knee and my back."

—Verna Kent, Des Moines, IO

Say Good-Bye to Discomfort!

"I'm 83 years old and I feel great! I noticed a gradual improvement in my hips and my back since taking *Joint Advantage*...I fell off a horse in my twenties, and my back and hips started aching 15 years ago. The injury kept me from walking right, but I no longer feel any discomfort."

—Dorothy Harder, Pahrump, NV



Sleeping and eating better!

"I was in excruciating pain in my jaw, neck and spine due to a dental problem. It hurt when I ate, and slept—I was uncomfortable all the time. *Joint Advantage* has certainly alleviated a lot of the discomfort, and I'm hopeful it will eliminate it completely. Now I'm sleeping and eating better."

—Olivia Rotert, La Jolla, CA

Exercising is More Pleasurable!

"I exercise a lot—doing yoga, working out with weights, and walking. And my right hip used to bother me while exercising. Now, the discomfort is gone and exercising is more pleasurable."

—Carol Bailard, Santa Ana, CA

Joint Advantage will give you relief and mobility you're looking for. So why not try one of the *Joint Advantage* "breakthrough packs" on pages 19-21?

- How can you tell if the surgery has been successful?
- What are practical suggestions if you've already had surgery and are still having problems?
- And many more facts, warnings and secrets you won't read elsewhere.

If you or a loved one is considering hip or knee replacement surgery—or if you've had it done already—you need to read this Special Report.

That's a combined value of \$94.75 for **only \$54.95**, a total savings of \$39.80!

But there's even more...

**BEST
VALUE!**

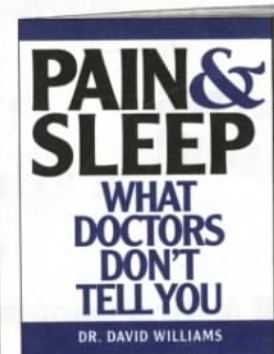
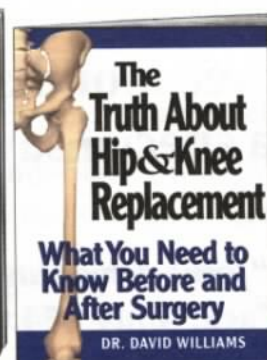
**Try the six-month pack
for maximum value!**

This is...

- A six-month "Joint Advantage™ Breakthrough Pack," only \$99.95 plus S&H. **Save \$79.60.**

This "best value" pack includes...

- ▶ A six-month supply of Joint Advantage.
- ▶ A Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).
- ▶ A Special Report: "The Truth About Hip & Knee



Replacements: What you need to know before and after surgery." (a \$9.95 value).

- ▶ An additional Special Report: "Pain and Sleep—What Doctor's Don't Tell You" (a \$9.95 value).

Many folks across the country tell me lack of sleep is a big problem for them. But what surprised me is how many people have trouble sleeping because of pain. Back pain. Joint pain. Neck pain. Or just chronic aches and pains.

So, after doing research, I've written this all-new and

I feel younger and better all over!

"Joint Advantage™ is working well for me, and I'm glad I don't have to take anything else. For the past 5–6 years, my hands felt stiff whenever I moved them, and my right knee had a lot of discomfort. I am an active person, and didn't like being inactive. Now, everything is easier for me—I walk better and get more pleasure out of taking care of my big lawn and flower and vegetable gardens. I can also keep up with my eight-year-old grandson, bicycling and playing ball and so on." —Robert Pett, Brigham City, UT



"Joint Advantage makes everything easier for me. Just take a look at me shoveling snow—no more stiff hands!" —Robert Pett

My Finger is Back to Normal!

"I tried other glucosamine and chondroitin supplements, but I'm going back to Joint Advantage because it worked. I had a finger that was so stiff I couldn't straighten it. With Joint Advantage, my finger is back to normal."

—Marilyn Meyer, Garland, UT

Nothing's Worked as Well!

"I have a neck problem that had gotten so bad I couldn't sleep on either side...only on my back. I tried a whole bunch of things—traction, yoga, chiropractic, and nothing worked as well as Joint Advantage. It's definitely helping me get better range of motion in my neck."

—Sharon Carson,
North Canton, OH

No More Discomfort!

"I've been taking Joint Advantage twice a day for two months, and I don't have the discomfort in my left shoulder anymore. I have less stiffness as well."

—Greg Newman, Clovis, NM

The Burning is Gone!

"Before taking Joint Advantage, I felt a burning sensation in my hip joint every time I took a step. I feel more flexible now, and I'm able to take longer walks."

—Clara Szoke, Phoenix, AZ

Doused the fire!

"Before I started taking Joint Advantage, my fingers felt like they were on fire—in constant discomfort. Now, the discomfort is less, and I can flex them and close my fist better."

—Estelle Marek, Cheektowaga, NY

exclusive Special Report that reveals...

- Why as many as 50% of people with joint pains have trouble sleeping.
- Simple steps you can take if too much pain won't let you sleep.
- Secrets to *peaceful, uninterrupted sleep* no matter what kind of pain you have.
- How a lack of sleep can trigger pains in your body and your overall health.
- How to vanquish back problems and back pain...just by changing the way you sleep.
- The commonly available mineral that can halt leg cramps.
- And much, much more!

That's a combined value of \$179.55 for **only \$99.95**, a total savings of \$79.60!

Plus, here's a FREE Gift just for ordering within the next seven days!

Because I know how much *Joint Advantage*™ can help you—like it's helped thousands of people all across America—I asked Mountain Home Nutritionals, the company who distributes my product, to give you a

special incentive to try it, now!

If you order your "*Joint Advantage* Breakthrough Pack" within 7 days, you won't pay for the shipping and handling! That's right. You'll receive this remarkable product with Free shipping and handling...saving you \$5.95!

So hurry and call, fax or write today...and start enjoying soothing, cooling relief of joint discomfort even sooner.

And here's more good news...

You take absolutely no risk. Your satisfaction is guaranteed three ways!

You *risk nothing* by trying out *Joint Advantage* today. Here's why...

GUARANTEE No. 1: *Joint Advantage* is guaranteed to be the most complete, most powerful joint health breakthrough available today. It's the only formula that includes a rich source of hundreds of naturally occurring sulfates and little-known Australian herbs for joint health.

GUARANTEE No. 2: You'll feel soothing comfort and relief for your joints with *Joint Advantage*. If not, you can return it any time *up to an entire year from the purchase date*,

Works better than other remedies!

"My hands ached almost constantly. Since taking *Joint Advantage*, the discomfort has decreased considerably. I'm into woodworking and like to build cabinets and other things...it's easier and more enjoyable now that I'm not in so much discomfort."

—Jay Ketron, Phoenix, AZ

No more grinding when I walk!

"Since I've been taking *Joint Advantage*, my knees and hips feel better. I used to feel a grinding sensation when I walked or did certain things, but now I can walk 4–5 miles no problem and use the treadmill."

—Timothy Kirby, Red Bank, NJ



Back to knitting!

"*Joint Advantage* took away the discomfort in my left thumb, shoulder and hip. I used to find it hard to pick up things and had trouble knitting. Now, I can knit more."

—Gertrude Jung, Columbus, OH

Greater mobility, less pain after surgery!

"I had knee surgery a year ago, but was still experiencing a consistent, dull pain, especially when walking or during bad weather. *Joint Advantage* relieved the discomfort."

—Fern Mills, Haddenfield, NJ

Back playing golf!

"I was a year away from getting my right knee replaced, but think that *Joint Advantage* may have bought me some time on it. I had my left knee replaced and it's working fine now. But my right knee started to go a few years ago. I've been taking *Joint Advantage* for about three months now and the soreness is starting to recede. I play golf two times a week and the knees were starting to get in the way of my game—now I'm not in as much discomfort when I play golf."

—Robert Donley,
Lake San Marcos, CA

No More Grinning and Bearing It!

"My knees were...in a lot of discomfort. As a seamstress, it was extremely uncomfortable to constantly get up and down off the floor pinning hems—I had to force myself to grin and bear it. I was considering getting a knee replacement until I tried *Joint Advantage*. Now, I'm pretty much free of discomfort...and it's now more enjoyable to get down to pin someone's hem."

—LaShelle Waltz, Coldwater, MI

How much **better** will your joints feel with the *Joint Advantage* solution?

Find out with your special "breakthrough packs" on pages 19–21.

even if the bottle has been opened and partially consumed, for a *full, 100% money-back refund!* No questions asked. You don't risk one cent!

GUARANTEE No. 3: Should you return your *Joint Advantage*TM for any reason, you can keep your Special Reports and your FREE Gift.

That's how certain we are that you'll love *Joint Advantage*. You can't lose, you can only gain!

Why go one more day or one more minute with joint discomfort?

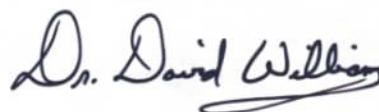
If you've tried glucosamine and chondroitin and other natural products, and you're still having trouble with your joints...

...and if you want the deep, soothing, long-term relief you've always dreamed of, try *Joint Advantage* today.

Many people have told me that *Joint Advantage* is the "best thing that's ever happened to them." And now, for the very first time, you can use it, too.

Joint Advantage is the next breakthrough for joint discomfort...and the way joint discomfort will be treated in the future. Only you don't to have to wait. Order today.

Sincerely,



Dr. David Williams

P.S. Take a look at the comments from grateful people in this special issue and see for yourself why *Joint Advantage* is the only solution you need for joint discomfort.

P.P.S. Remember...

- 1) You risk nothing, thanks to a **100% money-back triple guarantee of satisfaction that's good for an entire year!** So why not order the six-month "best value" pack and get and save even more! (See the next page for your specially discounted offers.)
- 2) You'll save \$5.95 on any order with Free shipping and handling. But only if you order within the next 7 days. So hurry!

Best formula I've come across...I can go all day long!

"Dr. Williams' *Joint Advantage* is the best [joint] formula I have ever come across. I tried everything to get relief from knee discomfort—ACE bandages, creams, herbs, vitamins. But it wasn't until I tried *Joint Advantage* that I began to feel better. I noticed improvement in three weeks. My legs don't swell up after working in my garden...and I don't even feel knee discomfort on hot, humid days."

—Elizabeth Kuehnle, Madison, OH

Hate to be without it!

"I would hate to be without *Joint Advantage*. I had a lot of shoulder discomfort and had to stop golfing and bowling. I also had a lot of muscle tightness. Now, my shoulder feels much better and I think my muscles are more relaxed."

—M.A. Pickett, Fostoria, OH

Complete turnaround!

"Before taking *Joint Advantage*, my joint condition had gotten so bad that I couldn't get out of the bathtub by myself. My joints and muscles ached and were weak all the time. Now, it's easier to do these types of things."

—Donna Nelson, Hobart, IN



Better than glucosamine!

"Physical therapy didn't help my shoulder problem, which had gotten progressively worse over the past year and a half. I took glucosamine sulfate, and then switched to *Joint Advantage*. Now, the discomfort is nearly gone. I can sleep through the night now."

—Hsiang-Shou Cheng,
Setauket, NY

What a difference in just a week's time!

"In a week's time, I could tell *Joint Advantage* had made a definite difference in my toes and ankles. I had been living with back, leg, and ankle discomfort for 18 years due to an injury, but it had gotten progressively worse. It felt like an exposed nerve shooting down my leg. My hip was so sore, I couldn't lie on my right side. Standing and rolling over in bed were difficult. Since taking *Joint Advantage*, I seldom feel discomfort and doing everything—from laundry to exercising—is easier now. I tried other joint supplements, but *Joint Advantage* is the major thing that's helped me."

—Linda Clouser, Marion, IN

Get the soothing comfort your joints need with the *Joint Advantage*TM breakthrough!

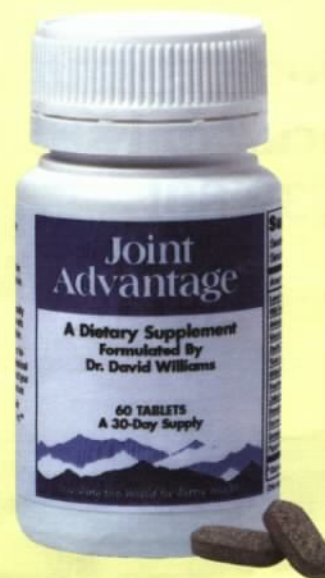
DOCTOR-APPROVED!

For the first time, you can find soothing comfort and long-term cartilage renewal with "the only solution you need for joint discomfort"...Dr. David Williams' specially formulated *Joint Advantage*. Simply order...

A one-month "*Joint Advantage*TM Breakthrough Pack" for only \$19.95, plus S&H. Save \$14.95!

This includes...

- ✓ A one-month supply of *Joint Advantage*.
- ✓ A Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).



Dr. David Williams wrote this exclusive Special Report based on his experience helping thousands and thousands of patients, subscribers, and friends who were having joint problems.

This all-new Special Report brings together, for the very first time, the most important discoveries he's made about joint health over the past 14 years, including...

- **The secret to maximum joint comfort!** A simple lifestyle approach for the most powerful, pain-relieving results.
- **Jump-start pain relief!** Dr. Williams' special strategy if your pain is severe.
- **How to stop pain in its tracks** with two simple discoveries.
- **Soothing comfort...even if you hate to exercise!** Simple, easy instructions for moving *all* of your joints through a full range of motion in just minutes a day.
- **Foods that can actually cause more joint pain!** Surprise, these popular vegetables can cause a lot of suffering.
- **Dr. Williams' favorite joint-friendly foods!** Healthy, nourishing *and* delicious.
- **Secrets from the sea that can help quell inflamed joints!** A rich natural source of omega-3 fatty acids.
- **Hidden danger in tap water may worsen sore joints!** Try drinking distilled water instead.
- **Powerful kitchen secret helps rebuild your body and your joints!** Easy to mix.
- **Dangerous side effects of over-the-counter (OTC) pain relievers!** Why overuse may raise blood pressure and cause stomach bleeding and even kidney problems.
- **Cortisone warning!** Why you should *never* take a cortisone shot for pain.
- **And much, much more!**

If you have trouble with your joints, you'll want to get your hands on this must-read Special Report.

That's a combined value of \$34.90 for only \$19.95, a total savings of \$14.95!

SPECIAL SAVINGS

Once you start feeling the soothing comfort of *Joint Advantage*™, you won't want to miss a day. So, simply order...

Enjoy a healthy joint with special savings and six-

Three months at extra-special savings

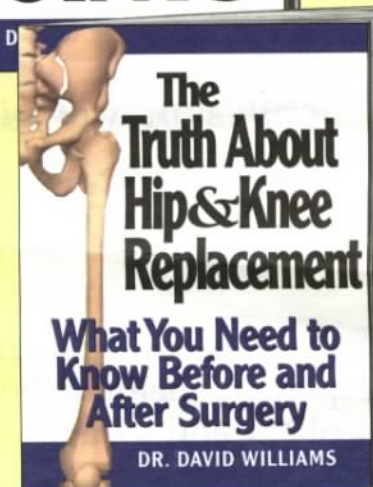
A three-month "Joint Advantage™ Breakthrough Pack," only \$54.95 plus S&H. Save \$39.80!

This "best value" pack includes...

- ✓ A three-month supply of *Joint Advantage*.
- ✓ A Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).
- ✓ And an additional Special Report: "The Truth About Hip & Knee Replacements: What you need to know before and after surgery" (a \$9.95 value).



NEW NATURAL SECRETS for HEALTHY JOINTS



In this all-new exclusive Special Report, you'll find everything you've always wondered about or wanted to know about hip and knee replacement surgery. Discover answers to questions like...

- **What are the surprising pros and cons of knee or hip replacement surgery?** Candid, objective information you may not know.
- **Do you really need surgery...or are there better alternatives for you?** An easy way to find out.
- **What questions should you ask your doctor before you decide?** Essential.
- **What kind of knee and hip replacements are most**

common? With medical drawings.

- **How successful are these surgeries?** Surprising new findings.
- **Is your doctor the most qualified?** A handy checklist.
- **How can you prepare for surgery to ensure a faster recovery?** Easy, practical suggestions.
- **After surgery, what therapies and exercises are best?** Secrets

for a quicker recovery with less pain.

- **What to do if you've had surgery but are still in pain?** Dr. Williams' best advice.
- **And surprising answers to many more questions!**

And many more facts, warnings and secrets you won't read elsewhere.

If you or a loved one is considering hip or knee replacement surgery—or have had it done already—you need to read this Special Report.

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- ✓ An additional Special Report: "Pain and Sleep—What Doctors Don't Tell You" (a \$9.95 value).



**NEW
NATURAL
SECRETS for
HEALTHY
JOINTS**



**The
Truth About
Hip & Knee
Replacement**

**What You Need to
Know Before and
After Surgery**

DR. DAVID WILLIAMS

**PAIN &
SLEEP**
**WHAT
DOCTORS
DON'T
TELL YOU**

DR. DAVID WILLIAMS

In this exclusive Special Report by Dr. David Williams, you'll discover the surprising connection between pain *and* sleep and what you can do about it. You'll also read why sleep problems appear to be particularly common among people with joint pain.

What's more, you'll read new research findings and discoveries that can help you conquer both sleep *and* pain problems, such as...

- **The *real* reasons why pain keeps you awake at night!** What most people don't know.
- **How you can sleep better, even if you've had a lifetime of pain!** Amazing.
- **The shocking sleep/disease connection!** Why a lack of sleep can trigger pains in your body and breakdown your overall health.
- **Why I don't recommend melatonin to help you sleep!**
- **Why waking during the night can weaken your body's natural defense.** An eye-opening clinical study.
- **How dark is the room where you sleep?** The unreported connection between nighttime light exposure and health risks.
- **The experts agree—here are 7 secrets for healthier, more restful sleep!** Easy and inexpensive.
- **Is there such a thing as nature's sleeping pill?** A surprising look.

- **Which common sleeping position can actually aggravate back pain?** Vanquish the pain...just by changing the way you sleep.
- **Can you really reset your body's natural alarm clock for more restful sleep?** Simple secrets work wonders.
- **The foods it's okay to eat—just before bed!** (they actually help you sleep.)
- **And much, much more!**

That's a combined value of \$179.55 for only \$99.95, a total savings of \$79.60!

And remember, you risk nothing with a powerful 100% money-back triple guarantee of satisfaction. So order today!

CALL TOLL FREE 1-800-888-1415

FREE GIFT!

A Special Reward If You Order Within 7 Days!

Order your *Joint Advantage*TM "breakthrough pack" within the NEXT SEVEN DAYS by phone, fax or mail, and you can order with...

FREE SHIPPING AND HANDLING!

That's right! The \$5.95 shipping and handling charge will be waived as a Free Gift to you for your prompt order.

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A 100% Money-Back Triple Guarantee!



Dr. David Williams

"I've seen first-hand the amazing results of the *Joint Advantage*TM breakthrough with my patients, my subscribers, friends and family, and myself.

"That's why I stand behind it and even put my name on the bottle. That's how sure I am that *Joint Advantage* will work for you. And that's why your satisfaction is assured by...

You risk nothing by trying out *Joint Advantage* today. Here's why...

GUARANTEE No. 1: *Joint Advantage* is guaranteed to be the most complete, most powerful joint health breakthrough available today. It's the only formula that includes the richest source of hundreds of naturally occur-

ring sulfates and little-known Australian herbs for joints health.

GUARANTEE No. 2: You'll feel soothing comfort and relief in your joints with *Joint Advantage*. If not, return it anytime for up to an entire year from the purchase date, even if the bottle has been opened and partially consumed, for a full 100% money-back refund! No questions asked. So you don't risk one cent! This is NOT one of those short-term, pro-rated refunds, but a **FULL REFUND FOR UP TO AN ENTIRE YEAR!!!**

GUARANTEE No. 3: Should you return your *Joint Advantage* for any reason, you can keep your Special Reports and your **FREE Gift**.

That's how certain we are that you'll love *Joint Advantage*. **YOU RISK NOTHING, SO ORDER TODAY!**

Dr. David Williams

Choose from three Joint Advantage™ "breakthrough packs"

BEST VALUE!

Six months, plus all three Special Report



THREE-MONTH SPECIAL

Three months, plus two Special Reports



ONE MONTH!

One month plus one Special Report



Three easy ways to order for soothing, cooling joint comfort!

1) BY MAIL

Just fill out and clip the Special No-Risk Savings Certificate. Then mail it in the postage-free envelope to:

Mountain Home Nutritionals
P.O. Box 1400, Ranson, WV 25438

2) BY FAX

Just fill out and clip the Special No-Risk Savings Certificate. Then fax BOTH sides of it to: 1-800-525-5562.

Our fax machine is "on" 24 hours a day, so fax anytime!

3) BY PHONE—FASTEST SERVICE!

Please have your credit card ready... then call TOLL-FREE 1-800-888-1415. You may call 24 hours a day, 7 days a week.

SPECIAL NO-RISK SAVINGS CERTIFICATE

SPECIAL DISCOUNTS • SPECIAL REPORTS • SPECIAL FREE GIFT

YES! Dr. Williams, I want the Joint Advantage™ breakthrough so my hips, knees, fingers and other joints feel soothing comfort and natural relief. Please rush me my Joint Advantage "breakthrough pack," including the *only* five-in-one joint formula that contains hundreds of sulfates and Australian herbs *not* found in any other formula. I understand my order is protected by your no-risk, 100% money-back triple guarantee of satisfaction.

☐ **I want the BEST VALUE: Six months at the lowest per-bottle price!** (Item #AJ06) A six month "Joint Advantage™ Breakthrough Pack," only \$99.95 plus \$5.95 S&H. Save \$79.60! (See box at right for additional savings.) This "best value" pack includes...

- ✓ A six-month supply of Joint Advantage.
- ✓ The Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).
- ✓ The Special Report: "The Truth About Hip & Knee Replacements" (a \$9.95 value).
- ✓ An additional Special Report: "Pain and Sleep" (a \$9.95 value).

That's a combined value of \$179.55 for only \$99.95, a total savings of \$79.60!

☐ **I want the THREE-MONTH SPECIAL at extra savings!** (Item #AJ03) A three month "Joint Advantage™ Breakthrough Pack," only \$54.95 plus \$5.95 S&H. Save \$39.80! (See box above right for additional savings.) This "better value" pack includes...

- ✓ A three-month supply of Joint Advantage.
- ✓ The Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).
- ✓ And an additional Special Report: "The Truth About Hip & Knee Replacements" (a \$9.95 value).

That's a combined value of \$94.75 for only \$54.95, a total savings of \$39.80!

☐ **I want to try Joint Advantage™ for ONE MONTH!** (Item #AJ01) A one-month "Joint Advantage™ Breakthrough Pack" for only \$19.95, plus \$5.95 S&H. Save \$14.95! (See box above right for additional savings.) This includes...

- ✓ A one-month supply of Joint Advantage.
- ✓ A Special Report: "New Natural Secrets for Healthy Joints" (a \$9.95 value).

That's a combined value of \$34.90 for only \$19.95, a total savings of \$14.95!

I CHOOSE THIS METHOD OF PAYMENT:

☐ My check is enclosed for U.S. \$_____ (payable to Mountain Home Nutritionals)

☐ Please charge my: ☐  ☐  ☐  ☐ 

Card # _____ Expires: ____/____ Amount: \$ _____

Signature: _____ (for credit card orders only)

Phone: () _____ (Phone optional, in case we have a question with your order.)

E-mail Address: _____ (Optional)

There's no need to fill in your name and address. Just check the back cover to see if that information is correct. If not, please correct it.



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Order within 7 days and get Free Shipping & Handling!

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► Six months = \$99.95

► Three months = \$54.95

► One month = \$19.95



Dr. David Williams,
internationally-recognized
researcher, scientist,
author and biochemist
who has discovered many
cutting-edge solutions for
health problems.

**“If you’re suffering
from stiff joints,
then I urge you to read this special issue.
Especially...**

IF you’ve tried glucosamine and chondroitin or
other natural products, and you’re *not* getting
all the relief you wantpage 4

IF you’re worried about the side effects of
over-the-counter (OTC) pain relievers.....page 5

IF you’re frustrated when stiff joints make it tough
to enjoy life, and you want to be free of pain
and discomfortpage 6

IF you’re tired of short-term solutions to joint discomfort,
and you want deep, penetrating, long-lasting comfortpage 10

IF you’re interested in the *next* breakthrough
for joint discomfortpage 13

IF you’d like three Special Reports for fighting
aches and pains and a FREE GIFTpage 16

Important New Information for

anyone suffering from
stiff joints and lack of
mobility in your...

- ▶ Back
- ▶ Hips
- ▶ Hands
- ▶ Knees
- ▶ Shoulders
- ▶ Wrists
- ▶ Fingers
- ▶ Ankles
- ▶ Neck
- ▶ Elbows
- ▶ Or any other area



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