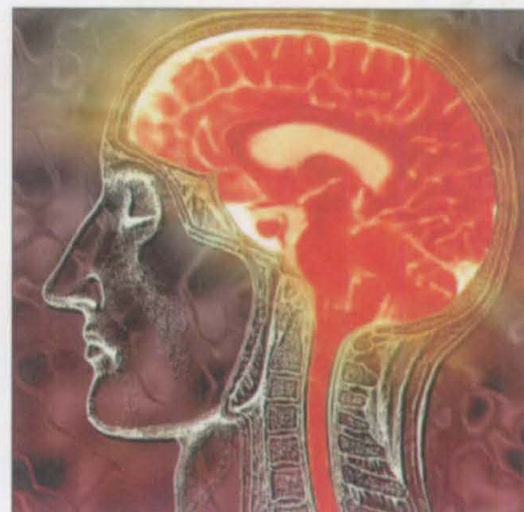


Special Issue for Preferred Subscribers

Must we trade high cholesterol for MEMORY LOSS?



(SAN DIEGO – Spring 2007)

If a loved one feels fuzzy-minded or weak, it may NOT be advancing age. For the first time, independent researchers at University of California-San Diego are studying the *full* range of effects—good and bad—from cholesterol-lowering statin drugs. Results to date aren't simply alarming, they're off the charts:

- **Nearly 50% of statin users report cognitive problems...**
- **About 60% are experiencing muscle weakness or fatigue...**

And over *19 million* Americans are taking these drugs right now! If these figures hold up, this means one out of every five folks over age 45 will suffer memory problems *this year...*

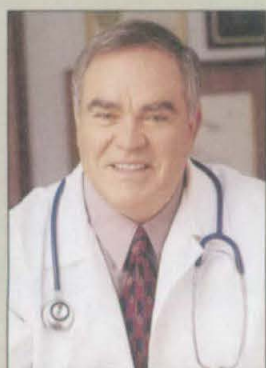
But what else can our frightened loved ones do?

See inside! In fact, cholesterol is just *one* risk factor for heart disease—and not even the most important one! And one brilliant MD is solving it all without drugs of ANY kind. He's healing virtually every common heart and artery problem with the safest, cheapest substances on earth...

(Continued on page 6 inside...)

INSIDE: What's YOUR heart-health nightmare? He's fixed it!

From the legendary "people's doctor" featured on USA Weekend TV:



Julian Whitaker, MD

■ **"You'll die in 3 months without a bypass,"** said Pauline's specialist, but look at her now! *Thousands* have repeated her transformation, thanks to this page 6

■ **From heart failure to perfectly healthy—in weeks!** FDA forced to approve it! Shortly after this treatment, Charmaine was out walking and shopping page 6

- **Blood pressure drugs beat by—V8 JUICE?!!**
Studies confirm doctor's low-tech triumph. page 7
- **Doctor's 10-cent arrhythmia fix—COVERED UP!**
Successfully tested in 170 trials. No-brainer!
Why the blackout? Page 7
- **Undo stroke damage in 14 days? YES,** and not just one lucky patient. Doctor's team now treats *60 people a day* with this life-giving therapy Page 7

PLUS: NEW 5-cent cholesterol breakthrough slashes "bad" LDL 25%, hikes "good" HDL and even prevents *liver damage*. Proven in brand-new clinical studies. Nothing's safer and cheaper! Page 6

DIABETES VICTIM LEFT FOR DEAD...

3 days later, Ken was back!



CASE STUDY: Ken Wright's symptoms recede in 3 days

- Blood sugar normal, with no need for drugs...
- No more neuropathy or blindness...
- If it happened for Ken, it *can* happen for you!

Ken Wright felt utterly hopeless about his Type 2 diabetes. He was in constant pain, couldn't walk, was going blind, had trouble breathing, and his doctor had told him nothing could be done.

Yet millions saw a transformed Ken on a USA Weekend TV special broadcast...

As Ken showed host Bryant Gumbel the living proof of his "impossible" cure!

In case you missed it, let me share just a few details of Ken Wright's warp-speed recovery...

- **Ken's transformation began in 3 days**, as his breathing improved dramatically...
- **Week by week, month by month**, life returned to his damaged nerves, arteries and limbs...
- **Just 14 months later**, you'd never know Ken had been dying of diabetes...

His blood sugar is *totally normal* without any need for drugs. Sensation in his legs has *improved 100%*. His blood pressure has dropped from sky-high to *perfectly healthy*. He can walk again, he works out in a gym...

EVEN HIS EYES HAVE COME BACK so amazingly that he's driving again...

And as an added "little" bonus, he's lost 170 pounds and kept it off.

Now I realize that Ken's cure almost beggars belief. I can't blame you for thinking...

"Fine for one lucky guy, but how about ME?"

Well, fasten your seat belt, because I'm about to take you on an astonishing ride. On the pages ahead, you're going to meet thousands of folks who have all done the "impossible." You're going to see new clinical studies proving *it can and will* happen for you. And you're going to learn how to start making it happen *today*...

From the doctor who healed Ken and 40,000 more real folks like you...

The world's most acclaimed living founder of natural healing—
Julian Whitaker, MD.

He's the man! Over 25 years ago, Dr. Whitaker shook mainstream medicine to its foundations by insisting that dangerous drugs can be outperformed by some of the safest, humblest, most affordable nutrients in nature...

And today, he's shaking 'em up more than ever! Ken's regular doctor cried out in horror when he learned what Ken was doing. He denounced Dr. Whitaker and his colleagues as "a bunch of quacks." But even that hidebound traditionalist changed his tune when he saw the results. What could *anyone* say in the face of Dr. Whitaker's track record? On the following pages, you'll see how his "humble discoveries" have healed so many thousands of...

- **People with "hopeless" diabetes...**
- **"Doomed" bypass candidates...**

■ **Sufferers of arthritis, dementia, cancer, osteoporosis and...**

Well, what's *your* health nightmare? Bad back? High blood pressure?

You're about to learn how to conquer it...

**Using nothing much
more than vitamins, minerals
AND V8 JUICE...**

And then, to make sure you never need worry about your health or your health bills again...

He's going to give you all the details that you need to use these new breakthroughs, for FREE!

Just let us send you 16 FREE GIFTS...

In a moment, I'll tell you how you can get the brand-new, updated, 16-volume set of *Dr. Whitaker's New Wellness Library*...totally FREE, together with a 100% RISK-FREE subscription renewal to his acclaimed newsletter, *HEALTH & HEALING*. This library contains full details about every discovery you'll read about here, and much more too. And it's yours FREE because Dr. Whitaker believes natural healing rightfully belongs to you.

But first, let me show you *why* you can continue to trust this astonishing doctor. I'm going to show you cures, case histories, new clinical studies, everything. And I want you to be skeptical—merciless!

Make Dr. Whitaker *earn* your respect. Cast a cold eye on all the evidence I'm about to present...

Then *you* decide for yourself if his shockingly simple secrets are worth continuing your subscription.

Fair enough? Let's start with diabetes. As you'll see, Ken's case is far from a fluke...

(Continued on page 4...)

**Ken's miraculous secret:
A 50-CENT MINERAL?!**

Ken's diabetes meds were killing him. In your FREE REPORT, *Dr. Whitaker's 3-Day Diabetes Miracle*, you'll learn the shocking truth about mainstream treatments like metformin, diabenese, dymelor. *New studies show these drugs will kill you faster than the disease itself.* They were making Ken fatter. They were attacking his heart and arteries, rocketing his death-risk. Worst of all, they were unneeded.

What saved his life? Let Dr. Whitaker show you how the trace mineral *vanadium* could fix your fasting glucose and other diabetes measures. It's freed thousands of his patients from diabetes drugs and its powers are confirmed in scientific studies. Yet a day's dosage costs under 50 cents!

IMPORTANT: Your glucose may drop too steeply unless you follow Dr. Whitaker's careful advice. Don't start taking vanadium before seeing your FREE REPORT. I promise, Ken did nothing that your loved ones couldn't repeat. RSVP for your FREE REPORT today!

**RSVP to start using his newest
discoveries, FREE!**

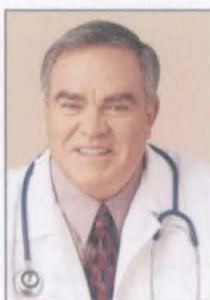
Readers of this special report may claim the brand new, updated 16-volume set of *DR. WHITAKER'S NEW WELLNESS LIBRARY* at no cost, with their risk-free subscription renewal to *HEALTH & HEALING*.

To receive these 16 FREE GIFTS, just use the request form on page 23 now.

Hailed on *The Today Show*, *Good Morning America*, *Larry King*...Quoted in *The New York Times*, *The Washington Post*, *Time* magazine...

**Nearly 40,000 grateful patients agree
HE'LL DO IT FOR YOU TOO!**

When Dr. Julian Whitaker was featured on USA Weekend TV's national special, it was just the latest evidence that his breakthroughs can work for you too. He's already proved it to nearly 40,000 grateful patients—and every day, he and his team are treating and healing dozens more people, who travel from all over the world to the acclaimed *Whitaker Wellness Institute* in California.



■ **He's a genuine legend.** It was over 25 years ago that Dr. Whitaker and his colleagues founded the natural healing movement. No one has contributed more in the ensuing decades. His discoveries have been hailed on *The Today Show*, *Good Morning America*, *Larry King*, *MSNBC* and many other television and radio broadcasts. He's been widely quoted in *The New York Times*, *The Los Angeles Times*, *The Washington Post*, *Time* magazine and myriad other prominent publications.

■ **He's a brilliant MD** After graduating from Dartmouth College, Julian Whitaker earned

his M.D. degree from the prestigious Emory University Medical School. He knows the value of traditional medicine, and he can be trusted when he tells you about natural discoveries that are *truly* more powerful.

■ **He's a world-famous medical author.** Dr. Whitaker is the author of 13 best-selling books that have become classics in their field. His newsletter, *HEALTH & HEALING* is considered by many to be the most influential physician-authored publication on earth, having reached nearly 3 million readers since 1991.

■ **He's a crusading humanitarian.** Dr. Whitaker's enormous compassion for suffering patients is a matter of public record. His *Freedom of Health Foundation* leads the crusade to ensure your access to *all* effective medicines—not just what drug companies want you to use. He's rallied consumer coalitions, testified before Congress and even sued the FDA (successfully!) to put *you* ahead of health profiteers.

Diabetes damage healed in days with **WHITE SUGAR?!**

CASE STUDY: From gangrene to glowing with health!

If you don't want to lose your leg, take a tip from Jerome. His diabetic ulcer was huge and oozing. Deadly gangrene was advancing. His doctor understandably told him he'd die unless they amputated...But before Jerome let them do it, he tried an outrageous-sounding secret from Dr. Whitaker.

I'll let him describe what happened next, so you won't think I'm making this up...

"At first the leg was almost black, then it started to get pinkish..."

"It was amazing how it continued to feel so much better!" In a matter

of days, Jerome's ulcer healed and his gangrene was totally gone. He happily returned to his job as a teacher—coaching the softball team!

"I've often thought of sending a card to the doctor who wanted to amputate, with a picture of my leg—I STILL HAVE IT!"

—Jerome B.

Now I realize this is unheard-of in mainstream medicine. Not even the most heroic measures could have restored Jerome's rotting leg. So please don't burst out laughing when I tell you what

actually worked.

White, refined sugar.
Yes, the kind in your sugar bowl! Believe it or not, Dr. Whitaker's team simply poured sugar into Jerome's open wound, wrapped it up, and it healed like a dream.

Too weird to be real? But the truly outrageous fact is—this used to be standard treatment for open wounds! First documented in ancient Egyptian papyruses, this "sugar cure" continued to be used well into the 20th century. Then antibiotics came along and doctors forgot the ancient wisdom...

Until Dr. Whitaker brought it back. And it's not a moment too soon! Every year, 82,000 Americans lose their legs or



ALERT!

DON'T WANT DIABETES? **Start taking this now!**

According to new figures, over 41 million Americans have pre-diabetes, marked by blood-sugar levels over 100. That's nearly 40% of everyone over 40.

What to do. If you act now, you've got an excellent chance of heading off full-blown diabetes. Weight control alone is not enough. See your FREE REPORT for Dr. Whitaker's simple and safe *magnesium therapy*.

The proof. A recently published study at Harvard University followed 127,000 people for 18 years. They found that those who consumed the most magnesium were the least likely to develop Type 2 diabetes—and a number of studies show that 7 out of 10 Americans don't get enough of this mineral.

His recommended dosage. You need far more than you're getting in your calcium pills or multis. Everyone over 40 should be doing this—and it's so cheap and easy! RSVP for details in your FREE REPORT!

KIDNEY COLLAPSE—FIXED! **Totally normal in just 4 weeks**

Over 20 million Americans are struggling with kidney damage and if you've got diabetes, it could be just a matter of time. But even if you're already suffering, it's not too late to turn it around. Check out Dr. Whitaker's new kidney breakthrough in your FREE REPORT.

CASE STUDY: Enid S. was on the verge of total kidney failure. Her creatinine was twice what it should be and her BUN was four times too high. Yet Dr. Whitaker's discovery returned her kidneys to normal in weeks.

Enid comments. *"To go from near failure to normal in 4 weeks is something nephrologists say can't be done. But it was. Thank you for giving me back my life!"*

How the treatment works. Dr. Whitaker's incredibly safe and simple therapy increases blood flow to nutrient-starved kidneys by 20% and urine production by 60%. Your body's natural recuperative power takes care of the rest. Get full details in your FREE REPORT, **Dr. Whitaker's 3-Day Diabetes Miracle.**

feet to diabetic ulcers that won't heal. Plus...

Even if you don't have diabetes, this secret could save your life...

Because over 2 million more Americans suffer *antibiotic-resistant infections* every year. Modern hospitals are breeding grounds for these deadly super-infections. They're killing 90,000 of our loved ones annually.

Yet the absurdly simple solution could be close as your sugar bowl!

Won't you let Dr. Whitaker send you the details of this lifesaving therapy? It's all in your FREE REPORT, *Dr. Whitaker's 3-Day Diabetes Miracle*. He'll explain how to use sugar to heal everything from serious diabetic wounds, to burns, cuts and scrapes. He'll also detail the science that makes it work so beautifully. (Some doctors claim this treatment could raise your blood sugar. Nonsense! Dr. Whitaker will explain why it can't.)

IMPORTANT: Don't try this without reading Dr. Whitaker's careful directions. *Sugar must not be used for certain wounds, and you must follow his instructions to the letter for best results.*

Starting to see why you *still* need Dr. Whitaker on your side? We're just getting warmed up. Wait till you see his new heart disease cure... (Continued on page 6...)

BRAND-NEW!

The latest breakthroughs from AMERICA'S #1 DIABETES DOCTOR

Some doctors can show you a few diabetes success stories, but how many have several thousand? Dr. Whitaker literally wrote the book on natural treatment of diabetes, with his widely-acclaimed classic *Reversing Diabetes*. Now he'd like to send you his latest breakthroughs for FREE, in a brand-new FREE REPORT, *Dr. Whitaker's 3-Day Diabetes Miracle*. It's not available in any store, but FREE if you RSVP today!

Dr. Whitaker's
**3-Day
Diabetes
Miracle**

Dr. Julian Whitaker

"DEAD" NERVES REGENERATE

Bill's diabetes had made him numb from his knees to the tips of his toes...

But thanks to a secret he found in *Health & Healing*, Bill's neuropathy is gone. And the solution was so easy! Please share it with every diabetic you know.

CASE STUDY: "Both of my hands had no response to vibration, heat or cold, or pinprick," writes Bill Bellomy. "From just above my knees to the soles of my feet, there was hardly any response. I was told four times I would never improve. The neurologist said there was no treatment..."

Dr. Whitaker begged to differ. In the pages of *Health & Healing*, he told Bill about an inexpensive supplement called alpha lipoic acid. It's been shown in numerous studies to help your nerves regenerate.

Too easy? Bill thought so too. But he figured, why not give it a try? He found the nutrient at his health food store—and was stunned by how fast it worked. "When I went to see my neurologist again," Bill recalls, "he was astonished! He said he had never had a neuropathy patient turn around like I did." Bill continued to improve. Thanks to a few more secrets from Dr. Whitaker, he's off diabetes drugs now. And his regular doctor is so impressed by Bill's recovery, that he's giving his other patients alpha lipoic acid. They're all doing well!

Worth a whirl? You bet! You'll find full details of Bill's treatment in your FREE REPORT, *Dr. Whitaker's 3-Day Diabetes Miracle*. Be sure to follow Dr. Whitaker's guidelines. See page 23 and RSVP today!

ALERT!

LIVER FAILURE REVERSED by doctor's powerful "triple therapy"

One in four Americans and half of all diabetics secretly suffer from a life-threatening condition called nonalcoholic fatty liver disease (NAFLD). It's killing far more people than alcoholic cirrhosis or hepatitis. So send for your FREE REPORT immediately! Find out how to detect it, how to prevent it and how to reverse *any* liver disease, even if it's far advanced.

Dr. Whitaker has seen great success with a therapy that combines three different nutrients. There's even hope for often-fatal sudden liver failure. If you drink, if you have hepatitis, if you're overweight or especially if you have diabetes, RSVP today for this free report!



"YOU'LL DIE IN 3 MONTHS WITHOUT A BYPASS,"

Pauline's specialist pronounced...

But Pauline was annoyed by his **godlike manner** and smart enough to seek a second opinion. To her doctor's alarm, she consulted a "young upstart" who did some fortune-telling of his own. *This* physician predicted she'd live a long, happy life if she followed his shockingly simple advice, and...

15 years later, Pauline is DOING FINE AT 89!

Now I'll grant you, Pauline's just one patient and her recovery *might* have been luck...

But the doctor who healed her has done it for *thousands* of "hopeless" *bypass candidates*.

His name, of course, is Dr. Julian Whitaker! And I have to confess, I had trouble selecting just one example to show you. His casebooks are packed with so many, it almost makes your head spin...

Like Arthur E. Brown, who's fit as a fiddle 20 years after canceling his triple bypass...

And thousands more, and that's just counting the coronary patients! As you can see below, he's had equal success treating heart failure, arrhythmia, high blood pressure, stroke damage...

How? I'll tell you, but first let me warn you, the answers may make you laugh! Because the only "drugs" you'll probably need are vitamins, fish oil and vegetable

juice. Let me send you all the details of his *new* heart-healing secrets in two brand-new, updated **FREE REPORTS**, *Bypass Candidates Healed* and *Dr. Whitaker's 14-Day Stroke Fix*. You'll learn about:

■ **His new "crash cure" for clogged arteries** that works in 3 weeks and won't cost you a cent. (Skeptical? Researchers at U.C.L.A. just *proved* it works. Let him show you the details.)

■ **How to clear blocked carotid arteries** with nothing more dangerous than soy extract! Rosemary and many others could tell you it works

Doctor's cholesterol cure

5¢

PROVEN! in new clinical studies

Why trade high LDL cholesterol for **liver damage**? Statin drugs are well-known to attack your liver, and even niacin therapy has its risks. Yet Dr. Whitaker has uncovered an incredibly easy new way to slash your "bad" LDL cholesterol up to 25%—and boost your "good" HDL—with an inexpensive vitamin that *protects* you from liver damage! Let Dr. Whitaker show you the new clinical proof about *Pantethine*. Nothing's cheaper and safer, so why not give it a try? He'll explain how much to take and where to find the right kind. All the facts are in your **FREE REPORT, BYPASS CANDIDATES HEALED**. RSVP today!

FROM HEART FAILURE

to perfectly healthy—in weeks!

FDA forced to approve breakthrough

Charmaine was told she had 6 months to live before heart failure finished her off. She was wheelchair-bound, she could barely breathe, and her body was so swollen with edema, the fluid was weeping from her legs.

Yet just 8 weeks after starting Dr. Whitaker's treatment, Charmaine was out walking and shopping!

What did it? Believe it or not, a set of pressurized cuffs! Sort of like giant blood-pressure cuffs, they fit over your arms and legs. Then they squeeze blood from your extremities back to your heart and lungs.

Sound silly? But the effects are so miraculous, that a reluctant FDA was recently forced to approve it. Thanks to Dr. Whitaker, now this therapy is available nationwide and your loved ones can obtain it too. Full details in your free report, **BYPASS CANDIDATES HEALED**. RSVP for your **FREE REPORTS** today!

amazingly well. Her before-and-after ultrasounds show that one carotid artery cleared up by 50%—and the other is clean as a whistle!

Wouldn't you say these new reports are at least worth a look? Please do send for them. They're free, and you'll also discover his equally simple solution for *dementia*...

(Continued on page 8...)

What's your heart-health nightmare?

HE'S ALREADY FIXED IT!

No More Heart Enlargement.

M.E. of Arizona, was diagnosed with an enlarged left ventricle. Now she attests "*Four years later I am doing great! No sign of enlarged left ventricle. Thank you Dr. Whitaker and may God bless all your future endeavors.*"

"I No Longer Need A Transplant."

After a major heart attack, Ron was placed on the waiting list for a transplant. But that was before he started subscribing to Dr. Whitaker's *Health & Healing*. Now Ron says "*On my last examination the cardiologist declared that 'everything was reversed' and I no longer needed a transplant!*"

40 Years of Hypertension Gone.

Joan had been on blood pressure drugs for 40 years—and even so, her pressure was 144/84 when she started Dr. Whitaker's program. In less than 7 days, it dropped into the safety zone. No more drugs!

Cholesterol Plunges to 168 Instantly.

Alvin Funderburg of Kettering, Ohio, writes that after following Dr. Whitaker's instructions, "*Immediately my cholesterol went down from 239 to 168 and has stayed there for 4 years!*"

**Blood pressure
drugs beat by...**

V8 JUICE?!

**New study confirms
doctor's low-tech discovery**

Urgent! A huge new study involving 13 different clinical trials shows that beta-blocker blood pressure drugs *increase* your overall death risk. Calcium-channel blocking drugs have been shown to have similar dangers...

Now what? Surprise! Let Dr. Whitaker show you how thousands of his patients are normalizing their blood pressure using nothing more dangerous than low-sodium V8 juice.

Sound too easy? But a new study published in the *Journal of the American Medical Association* confirms the power of this low-tech treatment. Learn why it works and how much to take in your free report, **DR. WHITAKER'S 14-DAY STROKE FIX**. RSVP today!

ARRHYTHMIA FIX— COVERED UP!

**Why is the FDA squelching it?
170 scientific papers show it
works!**

What if I told you that arrhythmia can be successfully treated with nothing more expensive than Dr. Whitaker's *fish oil* therapy? Over 170 scientific studies now confirm that it works. See the proof in your FREE REPORT, **BYPASS CANDIDATES HEALED**. Check out the details of a study done at Harvard University, confirming how and why it's so powerful.

The FDA won't allow supplement makers to tell you the truth about this lifesaver. Let Dr. Whitaker show you the covered-up facts. RSVP for your FREE REPORT today!

**Bypass
Candidates
Healed**

Dr. Julian Whitaker

How in the world could *mere oxygen* UNDO STROKE DAMAGE IN 14 DAYS?

PROVEN! University of Pennsylvania researchers
confirm Dr. Whitaker's secret

Weeks after her stroke, 76-year-old Jackie had to be carried into Dr. Whitaker's clinic. Yet she was walking again only 2 weeks later—and now she's a bundle of energy!

Just one patient? Hardly! Dr. Whitaker and his team now treat 60 patients a day with the life-giving therapy that transformed Jackie. Called HBOT for short, it infuses your nerve cells with oxygen. It was first developed back in the 1950s to cure victims of carbon monoxide poisoning, and even was featured on the cover of *Time*. But it took Dr. Whitaker to prove what a miracle it can be for stroke victims...

And now, a research team at the University of Pennsylvania has revealed a remarkable reason why. Believe it or not, Dr. Whitaker's harmless oxygen therapy multiplies *stem cells* in your own body. Concentrations of these stem cells can shoot up by 700%! They help your nerve cells regenerate—something once thought to be impossible. Intrigued? Check out the details and learn how to obtain this treatment at a clinic near you. Full details in your FREE REPORT, **DR. WHITAKER'S 14-DAY STROKE FIX**.



**Dr. Whitaker's
14-Day
Stroke
Fix**

Dr. Julian Whitaker

Before you surrender *your* loved one **TO A NURSING HOME...**

PROOF BELOW: "Hopeless dementia" can be reversed
and even cured in 30 days. With a vitamin breakthrough
so simple and safe, every family should know it **NOW...**



Sally R's loving daughter *almost* agreed to sign her into a nursing home, but look at Mom now! Dr. Whitaker's secret took only a month to work. **One month! What have you got to lose!**

her family had been advised to place her in a nursing home. Sally was lethargic and her answers to my questions limited and perfunctory..."

"She could not state the correct year or name the President of the United States, common questions on mental status exams..."

Sounds horrifically familiar, right? This humiliating state is what we all fear most—more than dying!

But here's the big difference. You see, this physician happened to be Julian Whitaker, MD, and he's been treating "hopeless dementia" patients like Sally for over 25 years. He knew just what to do...

Sally R. could be your spouse, your parent, or someday even YOU. So please don't take me at my word. Just examine the details below and then decide if this is worth a try.

Here are the records from the doctor's casebook...

"Sally R. was 72 years old when I first saw her," the doctor writes. "She had such severe memory loss and depression that

And just 30 days later...

"When Sally and her daughter returned in a month," Dr. Whitaker's casebook carefully records...

"I looked into the eyes of a different

Don't let Alzheimer's sneak up on you...

DO THIS TODAY!

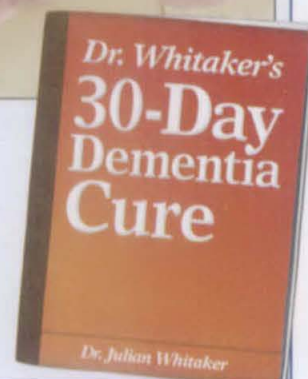
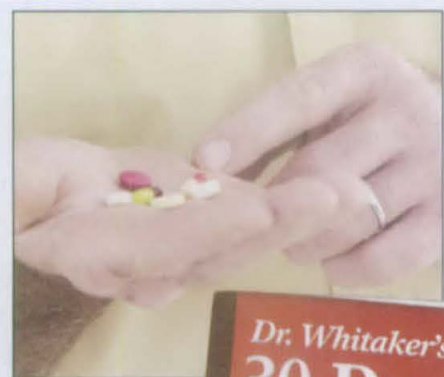
THE BAD NEWS. Autopsies reveal that the vast majority of Americans over 65 already have brain plaques linked to Alzheimer's. *Even if their brain function is totally normal.* That's because memory loss is a late stage symptom of Alzheimer's. The process starts years or decades before the full effects kick in.

THE GREAT NEWS. Researchers at Johns Hopkins Bloomberg School of Public Health recently studied 4,750 Americans over age 65. And they found that those who followed vitamin guidelines that Dr. Whitaker has been recommending for years were *60% less likely* to come down with full-blown Alzheimer's.

WHAT TO DO IMMEDIATELY.

Don't wait another day to start taking his recommended dosages. (It's maybe a dime's worth of vitamins. Easy enough?) RSVP today for details in your **FREE REPORT.**

Dr. Whitaker's 30-Day Dementia Cure FREE!
See page 23 and RSVP today!



20-MINUTE PARKINSON'S MIRACLE

PROVEN by independent researchers!

■ **Hugh was wheelchair-bound and unable to work,** so severe were his Parkinson's tremors. Yet he responded almost immediately to Dr. Whitaker's special nutrient therapy, and just 20 minutes after his third treatment, his tremors were totally gone. Hugh's back at work practicing law!

■ **Georgia's hands constantly trembled and her legs were so weak,** she could barely get around the house. Yet she responded just 48 hours after her first treatment. Now she's "bounding about like a teenage girl," says her delighted husband.

■ **Isolated flukes? NO WAY.** In an independent study, the same nutrient therapy that transformed Hugh and Georgia also improved every single Parkinson's patient tested. RSVP for details about this treatment and how to obtain it in your FREE Fast Reply Bonus, *Dr. Whitaker's Most Astonishing Speed Cures!*

Dr. Whitaker's
**Most
Astonishing
Speed
Cures**

Dr. Julian Whitaker

woman. She was alert, smiling, and made pleasant small talk. Her daughter said that her mood and memory were so much improved that they were no longer considering institutionalization." What an amazing transformation! Yet with typical modesty, Dr. Whitaker states...

"I did nothing heroic in Sally's care..."

"I simply identified and treated underlying nutritional deficiencies."

Nothing heroic—just another day's work for Dr. Whitaker!

I'm not wisecracking. You see, for any other doctor, Sally's case would indeed be a moon-shot. But Dr. Whitaker has treated more memory loss patients than your doctor may have treated sore throats. He's been through this many thousands of times, he knows what works, and he'll tell you it's not rocket science.

So what did the trick? Promise you won't laugh?

Vitamins. In particular, Dr. Whitaker gave Sally vitamin E, vitamin B-complex, plus some essential fatty acids and other specific nutrients that target the brain. But the most important key to her recovery was an unusually high dosage of a very special form of vitamin B12.

Yep, B12. That's it. That's the miracle cure.

Now I know you're thinking, "It can't be that simple..."

I mean, every doctor knows that B12 deficiencies can lead to nerve damage, depression, fatigue, dementia, Alzheimer's, the works. But that's why B12 is in every multi on earth. Breads and cereals are fortified with it. How could *anyone* be deficient? *Keep reading!* Because, time and again, Dr. Whitaker has proven...

NEW STUDY:

"It really is that simple!"

For decades Dr. Whitaker has been insisting that the government RDA (recommended daily allowance) of vitamin B12 is horrendously inadequate. Authorities yawned and said "Yeah, right." But finally, just recently, researchers at Tufts University actually examined B12 levels in the blood of 3,000 Americans. Guess what?

TUFTS RESEARCHERS: Nearly 40% of Americans are deficient...

No wonder nursing homes are overflowing!

Worse, you could be taking high-dosage B12 supplements and still be in big trouble, because...

FACT: The B12 molecule is ENORMOUS...

It's the biggest of all vitamins and

notoriously tough for your gut to absorb. Plus...

- Many best-selling drugs block B12 absorption...
- As we age, our stomachs often secrete less acid, so we can't digest B12 as well...
- Older stomachs often secrete less "intrinsic factor," a substance essential for B12 absorption...

And once you are deficient, it's devilish to correct...

Because a B12 deficiency also degrades your *digestive tract*. It's a vicious cycle! That's why Dr. Whitaker uses a very special form of B12 that's absorbed in seconds. He'll tell you how to obtain and use it—along with the other brain nutrients he prescribes for patients like Sally—in a brand-new, updated FREE REPORT. It's titled **DR. WHITAKER'S 30-DAY DEMENTIA CURE**. And I promise, there's nothing here that you can't get from your family doctor or health food store.

Even if you're personally feeling sharp as a tack, I urge you to start this program *now* (see the shocking reason why below). So please do RSVP today, and you'll also learn the simple secret to banishing your "incurable" pains

(Continued on page 10...)

U.S. elite forces adopt Dr. Whitaker's "SPEED-OF-LIGHT" PAIN CURE!

Why? Because they saw how fast it worked for "incurable cases" like Tom Ryan— *erasing 37 years of pain in just 4 days!*

Tom's knees throbbed with pain, his right leg dragged when he walked and his grotesquely swollen right hand trembled with agony. He couldn't work, couldn't sleep and had pretty much lost all hope. Just like you, he was fed up and disgusted with "natural pain miracles" that don't deliver...

**Yet only 4 days
after he tried
Dr. Whitaker's discovery...**

Tom's disfigured right hand was *totally normal* and pain-free!

It was just the beginning. I'll let Tom tell you the rest in his own words...

***"For the first time in over 37 years,
I was able to shake
hands using my right hand..."***

"This might seem like a small thing, but to me it was just a tremendous accomplishment.

"And now I'm totally pain-free. It's so amazing to get up in the morning feeling rested and refreshed. It's really a miracle. It's like being reborn. I'm smiling, I'm able to joke—I know it's a relief to my wife...

***"I don't see myself
as a burden anymore!"***

—Tom Ryan

Now I know you're probably thinking, "Great for Tom, but what about me?" I don't blame you. Tom's case could have been a

one-in-a-million fluke, and you're probably being bombarded by health hucksters touting questionable "pain miracles." But tell me this...

**Would you call the
Navy SEALs, Army Rangers
and U.S. Special Forces a
bunch of gullible rubes?**



Hardly! Military doctors are ruthlessly focused on proven, repeatable results. Unproven "natural miracles" cut no ice with them. When pain cripples a soldier, they want him back in fighting shape—*fast*. And that's why America's most elite forces have quietly started using the very same breakthrough that transformed Tom.

So what is it? I saved this part for last because, without knowing all the above, you might have laughed and tossed this report in the trash. Ready? Take a deep breath and...

**Imagine switching off
your joint pain quick as
SWITCHING ON
A LIGHTBULB**

Well, that's almost how fast Dr. Whitaker's *infrared light discovery* works. The technical term for it is "monochromatic infrared irradiation." Don't let the jargon throw you—there's no radioactivity involved.

It's just infrared light! Much like the light from the heating lamp in your bathroom. Except Dr. Whitaker's treatment uses light of *just one* wavelength. The astonishing properties of this special light were first discovered by NASA researchers...

**These amazing
light waves penetrate
deep below your skin...**

They go so far down, they actually saturate the blood vessels that feed your muscles and joints.

What happens next may sound incredible, but it's not mere speculation. It has now been proven in 15 studies on 5,000 patients, tested at VA hospitals—and approved by the FDA (now *that's* what I'd call a miracle)...

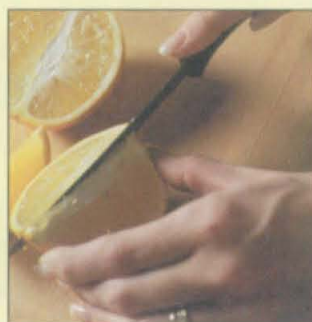
**In just 20 minutes, blood
flow to the pain site
jumps over 3,000%...**

This has been carefully verified

ALERT!

As the last "safe" COX-2 inhibitor bites the dust, NOW WHAT?

The one remaining "safe" COX-2 inhibitor—Celebrex®—has now been found to double heart-attack risk, according to a new study published in the March 2006 *Journal of the Royal Society of Medicine*.



Now what? Here's what! Thanks to Dr. Whitaker, now we've got a safe pill that's 100 times better! As he recently revealed, COX-2 drugs work by blocking *prostaglandin*—one of the chemicals in your body that triggers inflammation. But the drugs have no power at all to stem the flow of *leukotrienes*. And leukotrienes are 100 times more inflammatory. For years, Dr. Whitaker searched for a formula that could turn this tide of pain, and the *herbal extract* he finally uncovered proved stronger than even he hoped for.

In a recent study of volunteers with serious arthritis...

STUDY: Arthritis patients taking this formula improved 240%!

The extract is safe, well-tolerated, and much less expensive than COX-2 drugs. Full details in your FREE REPORT, **DR. WHITAKER'S SPEED-OF-LIGHT PAIN CURE!**

with laser doppler scans. Circulation increases by a factor of 32!

Well, this turns out to be the missing link in pain relief. The key to healing everything from arthritis and back pain, to the unimaginable agony of war wounds.

How? It couldn't be simpler. You see, you could be taking all the healing supplements in the world...

But nothing happens unless your nutrients reach the trouble spot!

Dr. Whitaker's light therapy opens up your healing highways, so your joints and muscles get drenched in the good stuff they need. So please...

No matter what is causing your pain...

If you've got arthritis, back pain, neck pain, knee pain, elbow pain, shin-splints, tendinitis, rotator-cuff problems, pain from old injuries... give it a try! It could greatly multiply the relief you're getting from your supplements or physical therapies. The track record couldn't be more impressive. It has already worked for Tom Ryan and thousands more of Dr. Whitaker's patients and readers. It's helping our Special Forces, Rangers and SEALs erase searing pain that dwarfs ordinary arthritis problems...

Think what it could do for you!

Won't you let me send you the details about how to obtain and use this therapy? It's all waiting in your brand-new, updated FREE REPORT, **DR. WHITAKER'S SPEED-OF-LIGHT PAIN CURE.**

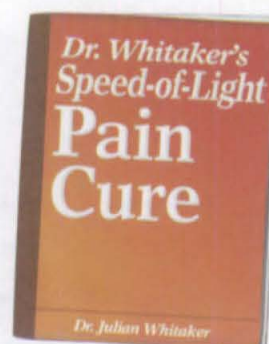
As you'll see, the treatment couldn't be simpler. No shots, no surgery, no waiting! You just sit in a chair for a bit, while they place light-emitting diodes over your pain site. They turn on the lights, and that's that.

It's probably available near you. Thanks in no small part to Dr. Whitaker's efforts, over 4,300 forward-thinking health professionals now offer this "speed-of-light" breakthrough. Your report will tell you how to find the nearest treatment center.

You could even get Medicare to pay for it. So RSVP today and learn how! We'll rush the free report to you, along with the shocking facts about...

(Continued on page 12...)

To receive your FREE GIFTS, just use the request form on page 23 now.



"Feeling 99.9% better!"

I wish I would have known about [your program earlier]. It may have prevented many years of pain and surgeries. Thank you Dr. Whitaker!

—S. Powell, Macomb, MI

"Now I cycle 9 miles to work!"

Developed painful arthritis in my left leg and hip. [After trying Dr. Whitaker's program,] the problem is on its way out. I move more easily in the morning and cycle 9 miles to work with nary a thought about arthritis!

—H. D. Elkhart, IN

If you were a Health & Healing subscriber, YOU TOO MIGHT BE SAYING...

"Life was hell, but I'm so much better!"

Two years ago this month, I woke up to the alarm going off [and] couldn't move. I was truly scared. I prayed God, please help! Life was hell. [But since trying Dr. Whitaker's program,] I am so much better! Am able to work! Thank you!

—M. A. Springfield, MO

"No prescription drugs...no pain!"

My insurance company got tired of paying [for my pain drugs] so started raising my rates. I canceled the policy [and] started [Dr. Whitaker's natural] program. No prescription drugs...no pain...no extremely high priced insurance premiums!

—Larry O., Jamul, CA

Isn't it your turn?
RSVP for your FREE REPORTS!
Hurry! See page 23 now!

Breast cancer *conquered* by... A 2-CENT VITAMIN?

- **The crowning achievement of America's only two-time Nobel Prize winner**
- **STUDY:** Patients who get it *live 6 times longer*

When Mary Jo was diagnosed with breast cancer, she made a treatment decision that you might think insane. But today, more than 5 years later, Mary Jo is cancer-free. And she'll tell you she owes it all to her "insanely" simple therapy.

Mary Jo's no fool and her husband's an eminent PhD...

They could both show you stacks of research that prove her recovery wasn't dumb luck. So please, if I tell you what she did, will you promise not to snicker? You see, Mary Jo's "miracle cure" was nothing but good old...

Vitamin C! That's right, vitamin C.

(Now remember your promise and hear me out!)

Granted, it's not quite the same stuff as the pills in your cupboard...

Mary Jo used a special form of vitamin C called IV Ascorbate—"IVA" for short. You've probably never heard of it (for reasons we'll discuss below), but IVA has a phenomenal 40-year track record.

- It's shown to work for breast cancer and *many* other malignancies...
- Can be used by itself *or* to complement mainstream therapies...



Two-time Nobel laureate Dr. Linus C. Pauling discovered this therapy and proved it in extensive human trials back in the 1960s. Here he is with his friend, Dr. Julian Whitaker—who tirelessly championed this breakthrough after Dr. Pauling's death. It's finally getting recognition, but most oncologists remain ignorant of it. *Don't let your loved ones die waiting!*

- Proven 100% safe and non-toxic...
- Best of all, according to studies by the Nobel Prize winner who discovered it...

Patients who get it live up to 6 times longer! Intrigued? Okay, let's meet the scientist and look at his proof.

If you were alive in the '60s, you probably remember Dr. Linus C. Pauling...

He's the reason you *have* that bottle of vitamin C in your cupboard!

Dr. Pauling was recently ranked by *New Scientist* magazine as one of the two greatest scientists of the 20th century (the other was Albert Einstein)...

He's the only person in history to win the Nobel Prize twice—and after doing so, he devoted the rest of his long, healthy life to the science of natural medicine. He was especially fascinated by the healing powers of vitamin C. When he suggested that it could relieve *common colds*, drug companies got worried. It was the first time anyone so famous had challenged their stranglehold on medicine...

LYME DISEASE CURED IN 72 HOURS *by this very same vitamin therapy! HOW?*

How IVA therapy works. Dr. Pauling's discovery kills cancer cells in the same manner that your own immune system does. It generates *hydrogen peroxide* in your bloodstream. This is the same substance that your own white blood corpuscles use to wipe out cancer cells—and it also kills bacteria, viruses and dangerous microbes. In your FREE REPORTS, Dr. Whitaker will also show you how IVA therapy has...

- **Cured hundreds of patients with "incurable" hepatitis.**
In fact, it's been shown effective against both the "B" and "C" strains of this devastating virus.
- **Wiped out drug-resistant Lyme disease** in a matter of hours!
A woman receiving this therapy had such a devastating case, it hadn't responded to several courses of antibiotics. Yet within just *2 hours* of treatment, her husband reported she looked 50% better—and by hour 72, she was completely well.

But they really flew into a panic when he released his cancer research...

I mean, here they were investing billions in toxic chemotherapies...

When the greatest biochemist of all time announces that a lowly vitamin works better!

This was not mere speculation. Sloppy scientists don't win Nobel Prizes and...

Dr. Pauling had truckloads of proof

He had conducted numerous human trials, all showing that the vitamin dramatically boosts survival time and quality of life. He had tracked hundreds of advanced cancer patients who took the vitamin, and compared them to similar patients who did not. **RESULT:** Patients taking it really did live up to 6 times longer.

Six times! Put another way, that means it was *500% more effective* than other therapies used by themselves.

You might think this would win him a third Nobel Prize...

But then the health establishment swung into action. Even back in the '60s, they could see the writing on the wall. If this man could cure cancer with a mere vitamin, what next?

All their most expensive patented products might soon be worthless!

What followed was the most vicious smear campaign in the history of medicine. The world's only two-time Nobel laureate was cynically denounced as a quack. His enemies funded a study that was specially rigged to refute him—using drugstore vitamin C instead of IVA. The evidence they produced was laughably unscientific, but they threw so much mud (and money) against him that some of it inevitably stuck.

Tragically and outrageously, Dr. Pauling's breakthrough was blacklisted...

And millions of our loved ones with cancer who might have been saved, died in agony!

Undaunted, Dr. Pauling continued his brilliant research for another 30 years.

When he passed away (in 1994, at the ripe old age of 93!)...

The torch was taken up by Dr. Julian Whitaker...

Yes, Dr. Whitaker! You see, Linus C. Pauling was one of Dr. Whitaker's inspirations. And Dr. Whitaker moved heaven and earth to vindicate Dr. Pauling's greatest breakthrough.

NOTE: Dr. Whitaker has never made a penny from this cancer therapy. But he has selflessly championed the brave oncologists who continue to offer it. He has repeatedly discussed its lifesaving powers in the pages of his newsletter, *Health & Healing*. And he'll show you how to get it and use it in brand-new, updated **FREE REPORT, THE VITAMIN CURE FOR CANCER: How to Live 6 Times Longer.**

Look, if you have cancer, I'm sure everyone's bending your ear. You're being bombarded with options, ideas, alternatives—and the stakes are enormous. So I'm not going to tell you to use this breakthrough. *But shouldn't you at least see the details?* Must mankind wait another 40 years for Dr. Pauling's crowning achievement to save millions of lives? Just RSVP for your free report and you'll also learn...

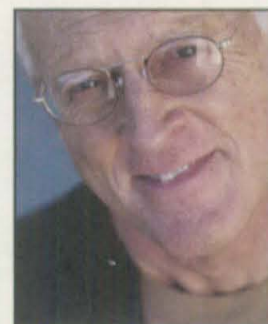
(Continued on page 14...)

After 40 years on the blacklist, VINDICATION AT LAST!

Just a few months ago, the **National Institutes of Health** finally performed a fair study of Dr. Pauling's breakthrough, using real IVA at last. Of course, they found that IVA works precisely as he proved 40 years ago. They concluded *"These findings give plausibility to IVA in cancer treatment."* Quite an understatement! Do let Dr. Whitaker show you the details in your **FREE REPORT.**

PROSTATE CANCER ROUTED IN 2 WEEKS!

In your **FREE REPORT**, you'll also learn about the astonishing new gene therapy that's saving victims of "terminal" prostate, lung and brain cancer. Clinically tested in FDA-approved trials, it's been shown to work for hundreds of real patients. It's so simple and safe, patients can treat themselves in their own homes. *But if not for Doctor Whitaker, it might have been banned!* Let him show you why it works, how to obtain it and use it—and meet the some of the many patients it's already saved:



■ **They told Ken Bergener his prostate CANCER WAS UNTREATABLE.** The tumors had spread throughout his body, invaded his bones and pushed his PSA count up to a staggering 50.8. Yet within just 2 weeks, Ken's PSA plummeted to 1.3! When his amazed local doctor ordered up MRI scans, they showed the bone tumors were disappearing—and *Ken's tumor-riddled prostate was suddenly normal.*

■ **Jodi Gold had STAGE 3 BRAIN CANCER.** The tumor had sunk its tentacles so deep into her brain, surgery was out of the question. Doctors suggested radiation and chemo, but told her she'd die anyway. Yet just 2 months after she started this therapy, she was back at work—and 8 weeks later the tumor was totally gone. This fact was validated by her stunned neurologist, who now admits it worked!

■ **Elizabeth's lung cancer was an especially DEADLY TYPE.** Called mesothelioma, it had already spread to her lungs, lymph nodes, intestines and abdomen. Surgery and chemotherapy couldn't stop its deadly progress. But this therapy erased *all traces of cancer everywhere.* Doctors at the Mayo Clinic who checked her recently could barely believe that there were absolutely no signs of malignancy.

**The Vitamin
Cure for
Cancer:
How to Live
6 Times Longer**

Dr. Julian Whitaker

Hurry! See page 23 and order now!

Can glucosamine, chondroitin, calcium, vitamin D and saw palmetto *all* be... **WORTHLESS?**

What's with all the new anti-supplement studies?
The truth is more alarming than you dreamed. *If you buy and rely on supplements, read this immediately!*

Have you noticed? Every month, another study seems to discredit another supplement.

Glucosamine, chondroitin, saw palmetto—even calcium, for heaven's sake. All supposedly worthless!

What's going on here? For decades, thousands of studies have shown these compounds *do* work.

How come, suddenly, all the new studies are pointing the other way?

Well, actually they aren't! What *has* changed very alarmingly is that....

Our health press has gotten DANGEROUSLY DUMB!

The good news is that everyone's covering "alternative medicine" today. They're talking it up on TV, on the

Internet, and in countless magazines. But the scary news is that, more often than not...

They don't have a clue what they're talking about! When you examine the actual studies they're covering, you have to conclude that nobody's reading them. They're just skimming the press releases and looking for grabby headlines. Here's an example of what I mean...

HEADLINE:
"Calcium and Vitamin D Fail in Fracture Prevention!"

Well, that sure got my mom's attention! "My friends are upset and confused," she told me. "Are we wasting our money? What can we do? *The New York Times* says maybe we should be

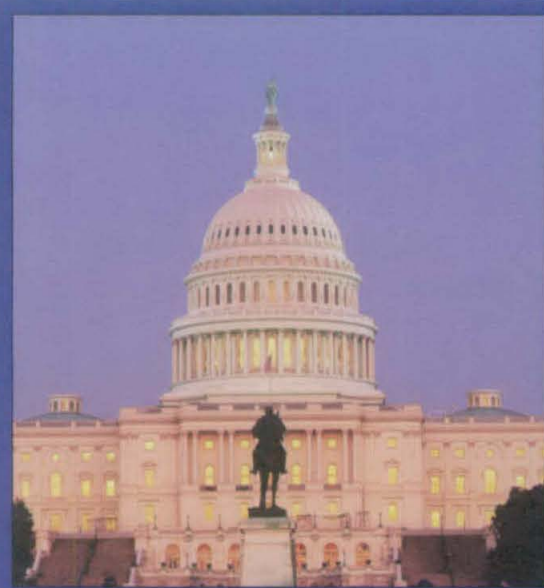
taking bone drugs instead..."

"Relax, mom," I said. "Just show your friends what Dr. Whitaker says in *Health & Healing...*"

Fact 1 **Most of the "supplement users"** in this study didn't take their supplements regularly! Only a minority even remembered to take their calcium and vitamin D four days out of five.

Fact 2 **Those who *did* take supplements daily** got fine results. Fracture risk dropped nearly 30%.

Fact 3 **The study had a control group—people who *weren't* supposed to be taking the supplements.** But they were allowed to supplement on the side and often did. (Who can blame them!)



Fighting for Your
**HEALTH
FREEDOM!**

*Dr. Whitaker's
battle to save
your supplements...*

Know why supplements are such a bargain compared to drugs? Why you can freely buy them through the mail? Why there are so many honest suppliers competing to keep prices low? *You can thank Dr. Julian Whitaker!* He's been fighting for your freedom to use natural medicines for over 25 years....

Back in 1994, his tireless work won you the right to buy supplements without government interference...

When Congress passed *The Dietary Supplement Health and Education Act of 1994*, it was a huge victory for consumers.

So, all the study really showed was that, if you take your supplements every day, you'll lower your fracture risk. You already knew that. But the media coverage might have scared you into taking dangerous bone drugs!

Starting to see why your loved ones need Dr. Whitaker on their side? Here's another example...

HEADLINE: **"Glucosamine and chondroitin fail to ease arthritis pain!"**

This study looked at 1,538 people with arthritis pain. Some took supplements, some took the COX-2 inhibitor Celebrex® and some got a placebo. Here's what happened:

Fact 1 **For people with moderate to severe pain,** the supplements worked even better than the drug. (Nearly 80% of supplement-takers were helped, compared to only 70% of drug-takers.)

Fact 2 **For people with only mild pain,** the supplements, the drug and the placebo all performed about the same. The media hopped on this second fact and conveniently forgot the first...

But of course, most people who take these supplements in real life have moderate to severe pain. And it's hardly

surprising that they don't work as well for mild pain. *Because glucosamine and chondroitin work by renewing your cartilage!* If your pain is mild, the cause may be inflammation alone. Your cartilage hasn't declined to the point where glucosamine and chondroitin can help. Plus, one more fact got lost in the hype:

Fact 3 **Twelve of the scientists who ran the study (and wrote the press release!)** received compensation from the makers of Celebrex, Vioxx® or Tylenol®!

Need I say more? But here's what really fries me. If these media headlines were slamming *drugs*, Big Pharma would be loudly defending itself...

But supplement companies can't defend themselves...

Because the FDA forbids them to say that their products prevent or relieve disease!

Starting to see why you need Dr. Whitaker on your side? Please, don't abandon your loved ones to this dangerous misinformation.

Let Dr. Whitaker send you all the unreported facts about the supplements you rely on. You'll find them in a brand-new FREE REPORT titled **WHAT SUPPLEMENT MAKERS CAN'T (AND WON'T) TELL YOU: The Only Supplement Guide You'll Ever Need**. You'll also learn:

■ **What honest supplement catalogs can't print.** The FDA doesn't let them reveal what their products actually do—the diseases they truly relieve—and the dosages that do it! Let Dr. Whitaker divulge the best forms, the most effective dosages, and the right concentrations for dozens of supplements you rely on. Including glucosamine, chondroitin, cinnamon, garlic, calcium, saw palmetto, turmeric, ginkgo, magnesium, multivitamins, alpha lipoic acid, milk thistle, ginger, policosanol, lutein, chlorella, hoodia, pomegranate extract, L-arginine, nattokinase, zeathanthin and much more. *If you're buying these supplements, why not use them correctly?*

■ **And what dishonest hucksters won't print!** Including the one form of calcium you should never take... costly vision pills that do nothing for your eyes... infomercial "miracles" with overblown claims... bargain generics that deliver real protection at a fraction of what you may be paying...and more!

Do you rely on supplements? This one FREE REPORT alone could save you hundreds of dollars a year and multiply your health results many times over. And it's just one of 16 FREE REPORTS you'll be getting by renewing your subscription and mailing the certificate on page 23! RSVP now and you'll also learn...

(Continued on page 16...)

This law removed needless FDA regulation of natural remedies. It encouraged hundreds of scientists to enter the field. The result was an outpouring of powerful, attractively priced supplements. *And it made drug companies and FDA control-freaks furious!* Ever since, they've been trying to turn back the clock, but...

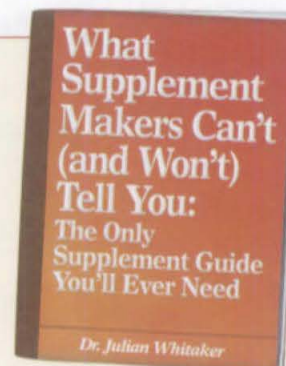
Dr. Whitaker's non-profit Freedom of Health Foundation is leading the fight to expand your health freedom...

Defending courageous alternative doctors who have been unjustly attacked by vested interests. Suing the FDA to allow

helpful labeling of supplements. (If you're taking fish oil for your heart, you can thank Dr. Whitaker. *His lawsuit finally allowed makers to tell you that they reduce heart disease risk!*)

That's not all! Connie Whitaker, his wife, is president of another non-profit foundation, *Vitamin Relief USA™*. It provides disadvantaged children all across America with free, high-quality vitamins to protect their health.

See how much every supplement user has benefited from Dr. Whitaker?



**RSVP today for your
FREE REPORT!**

**WHAT SUPPLEMENT MAKERS
CAN'T (AND WON'T) TELL YOU:
The Only Supplement Guide You'll
Ever Need**

BREAKTHROUGH!

99-cent find beats "blue pill"...

EVEN BEATS TESTOSTERONE!

When Italian researchers say something's great for your sex life, one can't help listening a little harder. And when they prove it with *two* new clinical studies, well...

Wouldn't you want to know what it is?

Thought so! Okay, I'll name the nutrient in a moment...

But first, just to show I'm not making this up...

Let me lay out the clinical proof. It's astonishing. No other sex-enhancer I know of (natural or drug!) has ever performed so powerfully. You see...

Until now, testosterone therapy was the "gold standard" for aging men...

This is the hormone that makes you a man. Nothing has ever beaten it. Nothing, that is...

Until they tested Dr. Whitaker's discovery! The results are on public record in the peer-reviewed journal *Urology*. The Italian researchers studied 120 men, ages 60 to 74. Some got testosterone therapy, some got a placebo—and the third group got this generic nutrient that might cost you 99 cents.

Well, just as you might expect, the testosterone-takers did great...

■ **They felt more energetic, their heart function improved...**



■ **They reported less depression, more libido...**

■ **Their erectile function zoomed to the moon...**

None of this was remarkable, because these guys were taking testosterone.

But imagine the scientists' shock when men taking the 99-cent nutrient got even *better* results...

In every single area, *including* erectile function!

Coincidence?
But when they re-tested it, lightning struck again...

This time, the Italians pitted the same 99-cent nutrient against the famous "blue pill."

They tested it on men with such severe impotence, even drugs weren't helping. Half the men took the blue pill alone,

while the other half supplemented with this 99-cent wonder. Happily, some of the men taking "big blue" were eventually able to have intercourse. But men who added the nutrient to their program reported more than *twice* that success rate...

PROVEN:
They enjoyed 123% more "connections!"

So what is it? Here's the best part. You see, although the proof is brand-new, Dr. Whitaker's male patients and readers have been using it safely for over 20 years!

Ever heard of L-carnitine? Maybe you know it's good for your heart muscle. But I'll bet you never knew how good it can be for your other "muscle"! Let Dr. Whitaker share the details in his brand-new, updated FREE REPORT, **BETTER THAN THE BLUE PILL:**

Dr. Whitaker's Breakthrough for Men. He'll tell you exactly how much men took in the new Italian studies. He'll reveal the best-absorbed form. Plus, he'll explain how to use this same nutrient to reduce angina—and even relieve peripheral artery disease (PAD). In yet another recent study, heart-attack victims taking Dr. Whitaker's recommended dosage were *10 times likelier* to live...

So what are you waiting for! RSVP for your FREE REPORT today and you'll also learn...

(Continued on page 18...)

STILL CAN'T BELIEVE IT?

Why L-carnitine worked so well in the new studies. If you're already taking L-carnitine and not seeing these impressive results, the reason is simple. *You're probably not taking near enough.* The researchers used far more than the usual dosage suggested on labels. Yet this nutrient is so inexpensive, even a large dosage costs as little as 99 cents. *Compare that to ten bucks a pop for the blue pill!* Do let Dr. Whitaker share all the details about this breakthrough.

RSVP for your FREE REPORT today!

BETTER THAN THE BLUE PILL:

Dr. Whitaker's

Breakthrough for Men

**See page 23 and
RSVP today for your
FREE REPORT!**

Better Than The Blue Pill:
Dr. Whitaker's Breakthrough For Men

Dr. Julian Whitaker

Macular degeneration IMPROVED

"ALMOST INSTANTLY"

Dr. Whitaker's patients who were told they'd go blind are reading and driving again! Check out the details in your FREE REPORT, **RESTORE FADING EYESIGHT FOREVER.**

■ **Doctors told Bill E. his eyes were beyond help.** But when he started Dr. Whitaker's program, he noticed improvement *almost instantly.* Suddenly he could even read tiny stock quotes in the newspaper!

■ **Joan Kostiuk recalls that her eyesight was "horrendous."** The central vision in one eye was just a blur of black and gray. But now she says *"Dr. Whitaker to the rescue! The gray/black is practically gone. My eye is so much improved!"*

Don't let your world fade to black!

**RSVP for your FREE REPORT,
RESTORE FADING EYESIGHT FOREVER**

Restore Fading Eyesight Forever

Dr. Julian Whitaker

DON'T LET YOUR MOM FALL

for yesterday's bone supplements...

NEW! Missing-link mineral boosts bone density 14.4%!

If your Mom's taking calcium, good. But if you want her to have the best protection...

Show her Dr. Whitaker's brand-new FREE REPORT! It's titled **DR. WHITAKER'S 5-CENT BONE MASS MIRACLE.** And it reveals some astonishing news about a little-appreciated trace mineral called *strontium*. In a brand-new clinical study, women who simply added this mineral to their supplement program...

Dropped their fracture risk over 40%...

...and boosted their bone density as much as 14.4%! Wouldn't you say it's worth trying? Let Dr. Whitaker tell you how much to take and when to take it.

NOTE: You must take strontium separately (not with other supplements) and you have to get the dosage right. Don't guess about this. The report is free and there's no risk. See page 23 and RSVP today!

RSVP today for your FREE REPORT!

**DR. WHITAKER'S 5-CENT
BONE MASS MIRACLE**

**Dr. Whitaker's
5-Cent
Bone-Mass
Miracle**

Dr. Julian Whitaker

**Doctors stunned as
bone test proves:**

**"DENSITY
INCREASED!"**

Lots of doctors talk a good game, but how many have Dr. Whitaker's track record? Now that you have been a subscriber to *Health & Healing*, you too might be writing to tell him...

"I had a bone test and it proved that my bones had, in fact, increased instead of decreasing. The doctors were shocked and said it almost never happens. God bless you, Dr. Whitaker!"

—Linda Miller, New Philadelphia, OH

WANT MORE PROOF?

You got it! Take our \$3,000 RISK-FREE challenge...

So now you've seen what Dr. Whitaker's done for nearly 40,000 patients. Solving their "incurable" health conditions in as little as 3 days! But you've still got one unanswered question...

CAN HE DO IT FOR YOU TOO?

And my answer *still* is—be skeptical! Make him prove it beyond any doubt. *Make him blow away your expectations!* Let me spell out exactly what I mean...

Just give Dr. Whitaker 3 short days...

All I ask is that you continue to give this living legend a ghost of chance to make your health better. Give Dr. Whitaker's 16 FREE GIFTS just 3 days to convince you. Even after that short time, I'm confident you'll agree...

He'll save your family at least \$3,000 in drug, doctor and hospital bills every year...

And spare you years of suffering, while adding so many happy years to your life!

That's my expectation. But if you don't agree after using your gifts for just 72 hours...

Then we'll return every penny of your subscription renewal price. And you'll keep everything we sent you!

PLUS: Your guarantee never goes away...

Keep making him prove it for 2 years! Even on the very last day of a 2-year subscription renewal, you can still call in my bet. We'll return all your money without a complaint, and you'll keep all your gifts and issues.

FAIR ENOUGH? Just continue to give Dr. Whitaker an outside chance to bring you back your health...

And he'll continue to deliver! He always has. He's been beating worse odds for 25 years...

If his discoveries can rejoin a severed spine, YOU'LL BE EASY...

Think you've got it bad? I saved this case history for last to make a little point...

When a skiing accident snapped Andrea's spine, she was paralyzed from the chest down. Her spinal cord wasn't just severed—the gap was over an inch wide. Yet thanks to a breakthrough called *omental transposition* described in your FREE REPORTS, Andrea's walking again. And

much to the shock of neurologists who insist this is impossible...MRI scans confirm that her spine has knit back together.

See why I'm sure he can do it for you? Just give him the chance to prove it!

Isn't it time your loved ones got the benefit of his genius? There's never been a better time. Because Dr. Whitaker has just completed his brand-new, updated edition of *Dr. Whitaker's New Wellness Library!* And we've arranged with him to give current *HEALTH & HEALING* subscribers the works! All 16 volumes. Containing full details of *all* the breakthroughs described in this issue and hundreds more.

Even if these 16 FREE GIFTS weren't included, renewing your subscription would still be the greatest bargain in alternative healing today...

Because you'll continue to be a privileged member of the *HEALTH & HEALING* network, enjoying over a dozen more life saving, life-giving privileges, such as...

1 Monthly issues of *HEALTH & HEALING*, updating you on Dr. Whitaker's newest discoveries, exactly as he explains them to his private patients at

Join the legendary doctor who's working "JUST FOR US—THE PEOPLE!"

Seeing 4 times better!

"My eye doctor could not believe how my eyes have improved. They have changed from an 8 [diopter correction] down to a 2!"

—Vernon Christensen, Stanchfield, MN

Free of colon cancer!

"Reading your bulletin (*Health & Healing*) literally has saved my life. [6 years after diagnosis,] I am still free of cancer and... in great physical health."

—E.N., Georgia

Lost 50 pounds without spending a cent!

"By following your advice I lost 50 lbs. It took about one year and did not cost me one cent. Thank you!"

—Betty J. Donahue, Ephrata, PA

the Whitaker Wellness Institute. Everything's written in the same down-to-earth style that has made him so beloved by nearly 3 million readers, including:

- **Easy-to-understand accounts** of how and why these breakthroughs transform your health.
- **Crystal-clear instructions** for how to obtain and use any nutrients needed, including phone numbers and addresses of the most trustworthy sources.
- **Contact information** for reaching healing professionals near your own home, trained and certified in natural therapies that Dr. Whitaker has pioneered at his clinic.
- **Documented proof that these discoveries work** in the form of patient case histories and carefully referenced clinical studies. (This is one more reason why so many doctors subscribe.)
- **Warnings about unsafe treatments**, bogus breakthroughs—and hushed-up bills before Congress that may bar your access to natural healing—months or years before the public hears about them!

2 Dr. Whitaker's up-to-the minute e-letter. Twice each month, you'll be briefed on health news that's too urgent to wait. (His e-letters will not overwhelm your inbox and you can always opt out if you like.)

3 Access to Dr. Whitaker's Web site, packed with his valuable research on dozens of conditions...his A-Z online encyclopedia of healing vitamins, minerals, herbs, amino acids and antioxidants...and more!

4 Special invitations to see and hear Dr. Whitaker at speaking engagements across North America. And members-only invitations to join him on the annual *HEALTH & HEALING* Caribbean and European Cruises. Here, in a relaxed setting, you'll be able to meet Dr. Whitaker, get personal answers to your individual health questions, and participate in forums devoted to your health concerns.

5 If you ever want to visit the Whitaker Wellness Institute for personal treatment, you'll be especially welcome as a subscriber. As you'll see, however, the vast majority of Dr. Whitaker's breakthroughs can be self-administered—and will keep you *out* of the doctor's office!

6 Careful screening of the latest supplements. Unfortunately, the health marketplace has become littered with substandard supplements that promise the moon and don't deliver. Only when a manufacturer meets Dr. Whitaker's stringent standards will its supplements be recommended to subscribers.

7 Special, subscribers-only deals on other selected health products proven to work. Do magnets really help with pain? Which water filters are worth the money? A few *do* make the grade, but most don't! Each product you'll hear about has been tested and approved by the Whitaker team.

8 Advance notice of Dr. Whitaker's new publications of interest to health conscious individuals.

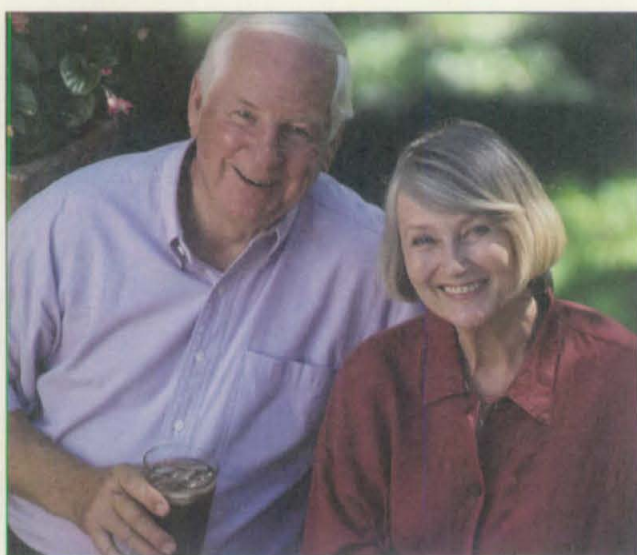
9 Personal access to Dr. Whitaker's vast library of special reports and more than a decade of back issues of *HEALTH & HEALING*. As a Member, you need only call a toll-free number and a representative will help you select what you need.

10 Opportunities to participate in clinical studies of cutting-edge treatments...

And so much more! To activate your no-risk subscription renewal, just tear out the **FREE GIFTS REQUEST FORM** inside the back cover of this issue and mail it now with your payment in the postage-paid envelope provided. Or call us now at 1-800-539-8219. We'll continue your Member Privileges and rush your 16 **FREE REPORTS**.

So why not ask for yours now? Nearly 40,000 patients and hundreds of thousands of readers will happily tell you how powerfully Dr. Whitaker's breakthroughs have transformed their health. The gifts are free, and you risk nothing by claiming this enormous **FREE HEALING GIVEAWAY**, because you're always protected by Dr. Whitaker's Zero-Risk Guarantee...

Turn page for details of your
**16 FREE REPORTS and
RISK-FREE GUARANTEE...**



"We experimented with all kinds of vitamins,

minerals and herbs. Spent hundreds of dollars at a time with no results. Then we got a [booklet] from Dr. Whitaker. This man has given his life to [solving health problems] just for us—the people. What more could we ask? We have been [following Dr. Whitaker's recommendations] and love it! Thank you so much!"

—Mary J. and Norman Hoch, Canton, Ohio

No more fatigue!

"Symptoms of tiredness and fatigue disappeared entirely!"

—J.R.D., NY

Solved my arthritis, blood pressure and prostate problems!

*"Several years ago, I was plagued with arthritis, high blood pressure and prostate problems. Thanks to *HEALTH & HEALING*, the arthritis is gone along with the blood pressure and prostate problems!"*

—Hank Edwards, Lucedale, MS

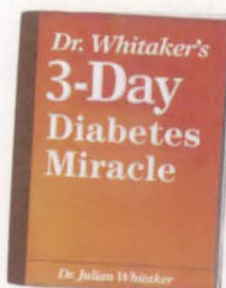
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Get 7 FREE VOLUMES with your 1-year no-risk subscription renewal...

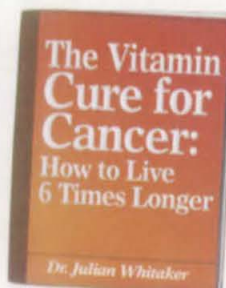
FREE!
Vol.#1

DR. WHITAKER'S 3-DAY DIABETES MIRACLE

Millions of TV viewers saw the living proof that Dr. Whitaker's "3-day cure" could drop *your* blood-sugar to normal, reverse neuropathy, restore eyesight—and that's just the beginning! Learn about the 50-cent miracle mineral that freed Ken from dangerous diabetes drugs... the "white sugar cure" that saved Jerome's leg from ulcers and gangrene... the amino acid that regenerated Bill's "dead" nerves... how Enid brought her kidneys back from near-failure to totally normal... and so much more! Thousands of patients agree it can work for *you*.



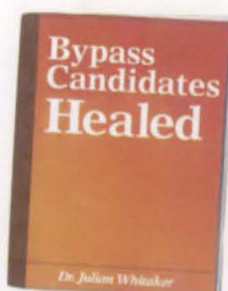
has been shown to help cancer victims live 6 times longer—and its powers were recently confirmed in a brand-new study by the National Institutes of Health. What is this miracle? Believe it or not, a special form of VITAMIN C! It was developed by Dr. Whitaker's mentor, two-time Nobel Prize winner Dr. Linus C. Pauling. *Then it was viciously suppressed by the establishment for 40 years.* Now it's finally being vindicated, but don't let your loved ones die waiting! RSVP for the lifesaving details today!



FREE!
Vol.#2

BYPASS CANDIDATES HEALED

Pauline's doctor told her she'd die in 3 months without a bypass, but thanks to Dr. Whitaker, she's *still* doing great—15 years later. And she's just one of many bypass candidates who have been cured by his absurdly simple secret. Let Dr. Whitaker show you his free "crash cure" for clogged arteries that works in just 3 weeks... how Rosemary cleared her blocked carotid arteries with nothing more dangerous than soy extract... the breakthrough that brought Charmaine from heart failure to perfectly healthy in weeks... his easy *arrhythmia* fix that the FDA is covering up... his cholesterol-fixing vitamin breakthrough that *protects* your liver...and more!



FREE!
Vol.#5

RESTORE FADING EYESIGHT FOREVER

Macular degeneration reversed?

Cataracts cleared *without surgery*? Scientists used to think this impossible, but Dr. Whitaker has shown us the way. Confirmed in double-blind studies, these discoveries may even improve glaucoma!



FREE!
Vol.#6

DR. WHITAKER'S SPEED-OF-LIGHT PAIN CURE

Why did the Navy SEALs, Army Rangers and U.S. Special forces all adopt Dr. Whitaker's pain discovery? Because it produces proven, repeatable results—*fast!* Just 4 days after pain-wracked Tom Ryan tried this break through, his grotesquely swollen right hand was totally normal and pain-free. No matter what's causing *your* pain, it could greatly multiply your relief, so RSVP and learn how to obtain it!



FREE!
Vol.#3

DR. WHITAKER'S 14-DAY STROKE FIX

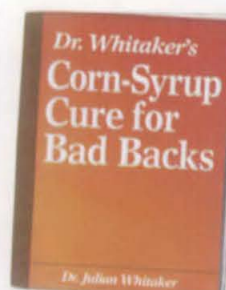
A stroke had paralyzed Jackie's legs—she had to be carried into the clinic. Yet just 14 days later, she was walking again! HOW? Dr. Whitaker's secret "wakes up" dormant neurons in the stricken brain so effectively, it benefit patients even years after a stroke. The sooner the better, so RSVP today!



FREE!
Vol.#7

DR. WHITAKER'S CORN-SYRUP CURE FOR BAD BACKS

What if you could end the torture of chronic back pain forever, using nothing more dangerous than CORN SYRUP? Suddenly, you can. Nearly 9 out of 10 patients improved dramatically in double-blind studies...and long-term records show that 4 out 5 back patients consider themselves *cured*. Dr. Whitaker's patients have also found that the same breakthrough works for pain from arthritis, TMJ, tendinitis, bursitis and more!



FREE!
Vol.#4

THE VITAMIN CURE FOR CANCER: *How to Live 6 Times Longer*

Its discoverer was recently named one of the two greatest scientists of the last 100 years (the other was Albert Einstein). It

THEY'RE YOURS FREE TO KEEP, NO

CALL TOLL-FREE, 1-800-539

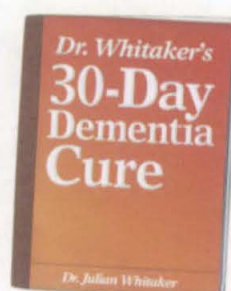
claim Dr. Whitaker's New Wellness Library...**FREE!**

Or get 14 FREE with your 2-year no-risk subscription renewal!

FREE!
Vol.#8

DR. WHITAKER'S 30-DAY DEMENTIA CURE

Sally R is living proof that "hopeless dementia" can be reversed or even cured in 30 days. Before she was treated, she couldn't even name the correct year or the President of the United States—but one month later, she was happy, alert and transformed. A one-in-a-million moon shot? No way! Before you surrender your loved one to a nursing home, learn how easily you could turn it around. (And protect yourself too!)



FREE!
Vol.#9

BETTER THAN THE BLUE PILL: Dr. Whitaker's NEW Breakthrough for Men

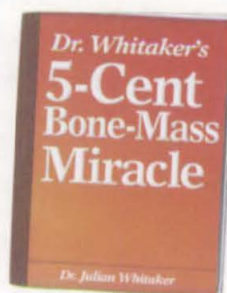
In two new clinical studies, this 99-cent nutrient didn't just beat the blue pill—it even trumped testosterone! Men who took it felt more energetic, their heart function improved, and their erectile function zoomed to the moon. No other sex-booster (natural or drug!) has ever performed so impressively. Let Dr. Whitaker explain why it works, how much to take and how to use it.



FREE!
Vol.#10

DR. WHITAKER'S 5-CENT BONE MASS MIRACLE

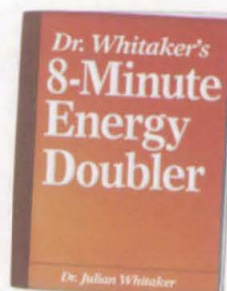
Don't let your Mom fall for yesterday's health supplements! If she's taking calcium, good—but if she added Dr. Whitaker's recommended dosage of the trace mineral strontium, she could be boosting her bone density up to 14.4%! Just let Dr. Whitaker show her how much to take and when to take it.



FREE!
Vol.#11

DR. WHITAKER'S 8-MINUTE ENERGY-DOUBLER

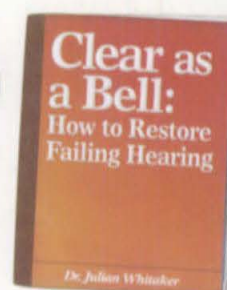
If you've got 8 minutes and zero money, that's all you need to start doubling your strength and energy, even if you're in your 90s. Dr. Whitaker's revolutionary program won't cost you a penny—and new discoveries about exercise, aging and muscle biology make it almost unbelievably powerful. Come on, you've got 8 minutes don't you? Try it and see for yourself, free!



FREE!
Vol.#12

CLEAR AS A BELL: How to Restore Failing Hearing

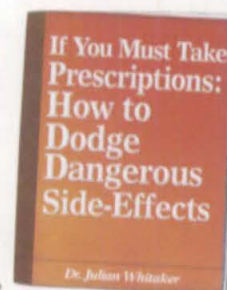
Don't blame your age for failing hearing! Recent studies link it strongly to nutritional deficiencies. Find out how to nourish your auditory nerves, encourage blood flow to the cochlea and measurably improve failing hearing.



FREE!
Vol.#13

IF YOU MUST TAKE PRESCRIPTIONS: How to Dodge Dangerous Side-Effects

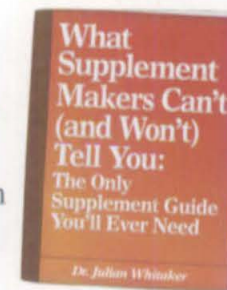
Did you know that estrogen therapy depletes your body of folic acid? Or that antibiotics drain your supply of magnesium? And there are so many other life-protecting secrets that drug firms won't tell you, because they hate to admit there's a problem at all! If you're taking any prescriptions, here are dozens of blacklisted facts that help you avoid the most dangerous side-effects.



FREE!
Vol.#14

WHAT SUPPLEMENT MAKERS CAN'T (AND WON'T!) TELL YOU: The Only Supplement Guide You'll Ever Need

What's with all the new anti-supplement studies? Can glucosamine, chondroitin, calcium, vitamin D and saw palmetto *all* be worthless? No! But the health press that reported this stuff is getting *dangerously dumb*! Don't abandon your loved ones to this misinformation. Let Dr. Whitaker share the lifesaving facts that honest supplement catalogs are *forbidden* to print. And learn what dishonest hucksters *won't* print about stuff you should never take! Let Dr. Whitaker explain the best forms, the most effective dosages, and the right concentrations for every supplement you rely on. Don't part with your hard-earned dollars on another month's worth of vitamins until you see this report! It could cut your expenses in half or *save your life*.



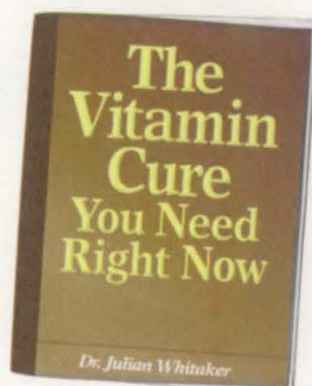
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FREE FAST REPLY BONUS #1

THE VITAMIN CURE *You Need Right Now!*



- Why do seniors *lose their balance and fall...*?
- Why do older people *die of flu...*?
- Why do African Americans have *higher cancer rates...*?
- What's secretly *hiking your blood pressure...*?
- *The shocking new answer to all the above...*

FACT: Did you know... ...that 80% of nursing home patients

have a simple vitamin D deficiency? And if you're taking the government RDA, you're likely to have one too. Human life started out in the tropics, where we were drenched in this "sunshine vitamin." Modern lifestyles ensure we don't get enough, and new clinical studies show it's killing us. Let Dr. Whitaker show you the alarming proof that vitamin D deficiencies:

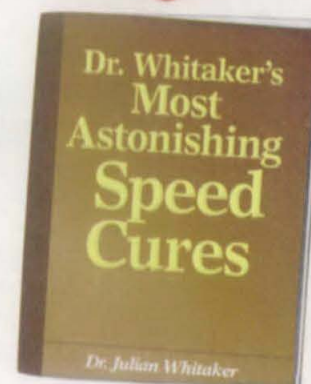
- Thin your bones and *destroy your sense of balance...*
- Leave you open to *colds and killer flu...*
- Trigger over a dozen different cancers, *killing 63,000 Americans a year...*
- Make you *cranky and depressed...*
- Inflamm your arteries and *raise your blood pressure...*

And outdated government guidelines practically guarantee you'll be deficient! Even if you're drinking fortified milk and taking regular supplements, new studies show you're probably still not getting near enough.

"Not me," you say? Please, just look at the new facts. Let Dr. Whitaker show you how one safe, weekly megadose can head off all these hazards in a heartbeat. Let him share the statistics proving what happens to folks who ignore this simple advice. **NOTE:** 98% of hip-fracture victims are vitamin D deficient, yet many were supplementing. They weren't taking enough! RSVP for FREE DETAILS today!

FREE FAST REPLY BONUS #2

Dr. Whitaker's Most Astonishing SPEED CURES



- How did Reba reverse "*chronic*" lung damage in only 14 days?
- What nutrient wiped out *Lyme Disease* in as little as 72 hours?
- What made Hugh's *Parkinson's tremors* vanish in 20 minutes?

These are just a *few* of the proven nutritional therapies that have helped make Dr. Whitaker such a legend in natural medicine. They could transform your health in a matter of minutes, so RSVP right now! Learn how he's speeding past the world's most expensive drugs with nature's commonest nutrients...

- **"Immediately, my cholesterol fell from 239 to 168,"** writes Alvin K. Funderburg, "and [it] has stayed there for 4 years." Yet Dr. Whitaker's discovery isn't a drug, but a treat that costs *pennies a day...*
- **When Stephanie struck a match to a leaky gas burner, it exploded—**covering her entire face with terrible flash burns. Yet less than 4 weeks later Stephanie was entirely healed, without the merest trace of a scar. *Here's her secret...*
- **Hepatitis C virus was ravaging Jack's liver.** His family physician was ready to put him on interferon, which takes a year. But Dr. Whitaker's "triple therapy" of 3 inexpensive nutrients worked in *only a month*. Careful blood tests showed Jack no longer needed interferon! (When the doctor discovered Jack's secret, he said "*That can't be true. If it were, somebody would be making a million dollars on it!*")
- **QUICK! If you're struck by a heart attack,** demand that medics give you this mineral. Expands your arteries and strengthens your heart so fast, patients who get it are proven to suffer just one-fourth the usual death rate! *It could quadruple your odds of survival...*
- **Plus many more** sensational speed treatments in this urgent new alert, so don't hesitate a moment...

HURRY! BOTH FREE *if you RSVP in 10 days!*

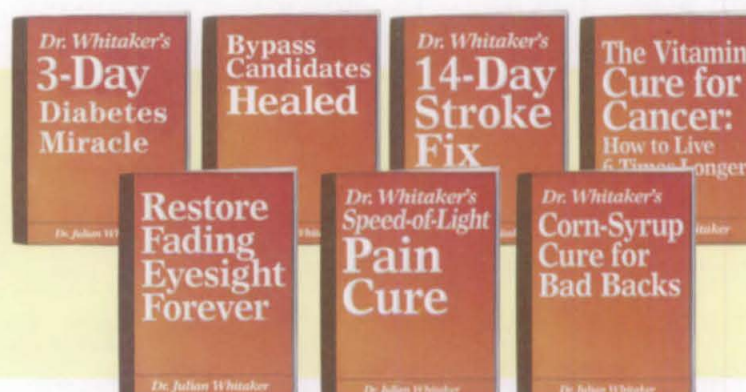
RSVP and get all this FREE!

☐ **YES, Dr. Whitaker!** Please send me the FREE REPORTS I've checked below, continue all my privileges as a *HEALTH & HEALING* subscriber, and renew my risk-free subscription.

I RISK ZERO. If I'm not delighted with *HEALTH & HEALING* at any time during my subscription, I'll receive a full refund (even if I'm on my final issue). I'll keep all my issues and free gifts, period.

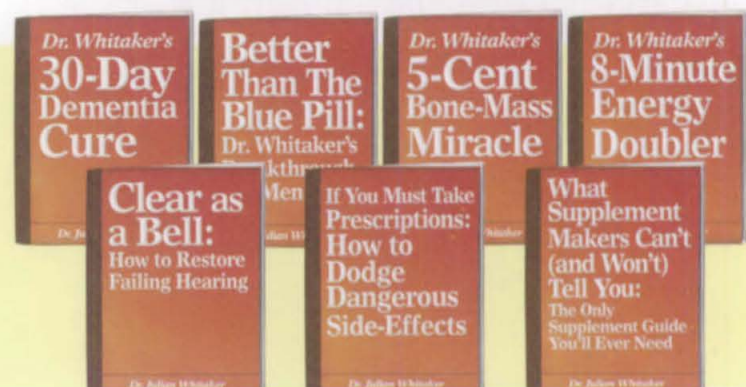
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Save \$20 and get 7 FREE volumes! I'll renew one year of *HEALTH & HEALING* (12 issues) at just \$49.99—saving me \$20 off the regular rate. I'll keep all my free gifts and my free fast-reply gift even if I cancel!

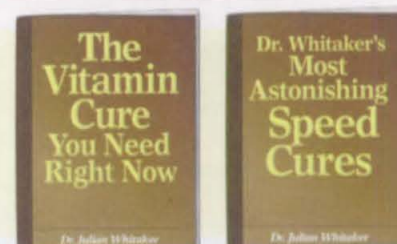


☐ **7 MORE FREE GIFTS with your 2-year subscription!**

Save \$50 and get 14 FREE volumes! I'll renew two years of *HEALTH & HEALING* (24 issues) at just \$89.99—saving me \$50 off the regular rate. I'll keep all my free gifts and my free fast-reply gift even if I cancel!



☐ **2 FREE BONUSES for prompt response!**
I'm replying in 10 days, so please include my FREE BONUS VOLUMES, *THE VITAMIN CURE You Need Right Now* and *Dr. Whitaker's Most Astonishing SPEED CURES*.



How much will you spend on drugs & supplements this year?

Dear Demanding Subscriber:

Now imagine you didn't need just one...

Your annual savings on one bottle would easily repay your subscription...

But I'm going to bet my business that Dr. Whitaker will save you far more. *At least \$3,000 a year in unneeded medical bills!*

Take our \$3,000 RISK-FREE challenge today...

Just accept your 16 FREE GIFTS and RISK-FREE subscription renewal to *Health & Healing*. If Dr. Whitaker doesn't exceed your fondest expectations, I'll gladly return every penny you paid. And you can keep everything we sent you. It's yours FREE!

And remember, this guarantee is good anytime! *You can ask for all your money back even on the last issue of your subscription renewal.* So isn't it time you found out how many bills you could be tearing up? RSVP for your 16 FREE GIFTS today!

Ed Kroenig
Publisher

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Or call toll-free **1-800-539-8219** today!

7 NEW DIABETES BREAKTHROUGHS!

From the legendary doctor featured on *USA Weekend TV*

Diabetes damage healed in days with

White Sugar?!



CASE STUDY: From gangrene to glowing with health!

Jerome's leg ulcer was huge and oozing. Deadly gangrene was advancing. His doctor understandably told him he'd die unless they amputated...

But before Jerome let them do it, he tried an outrageous-sounding secret from *Dr. Julian Whitaker*. I'll let Jerome describe what happened next, so you won't think I'm making this up. *"At first the leg was almost black, then it started to get pinkish..."*

(Continued on page 4 inside...)

MORE INSIDE: If anyone you love is fighting diabetes, don't miss...

DIABETES BEAT BY "3-DAY CURE"

Millions of TV viewers saw the living proof. Ken couldn't walk, was going blind, now diabetes-free.....page 2

"DEAD" NERVES REGENERATE

Bill was numb from his knees to his toes, but now his neuropathy is gone!.....page 5

KIDNEY COLLAPSE—FIXED!

From diabetic kidney failure to normal, in 4 weeks!.....page 4

LIVER FAILURE REVERSED

Over half of all diabetics secretly suffer from this condition. Doctor's "triple therapy" could save your life.....page 5

PRE-DIABETIC? START TAKING THIS NOW!

Therapy backed up by Harvard study of 127,000 people ...page 4

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