

LET NATURAL MEDICINE'S MOST HONORED LEADER

lead you out of pain and disease...

OPEN NOW for his latest life-giving breakthroughs

- **ARTERIES SO SHOT, HE COULD BARELY WALK** But now he hikes "two miles three times a week"...page 32
- **BREAST PAIN & CYSTS SINCE SHE WAS A TEEN** Relieved in just 10 minutes...page 15
- **EMPHYSEMA TURNED ERWIN BLUE** but now he's in the pink again...page 25
- **THEY TOLD JOAN SHE WAS GOING BLIND** but now there's "no trace of macular degeneration"...page 30

Claim your 7 FREE BONUS GIFTS of health...page 40

NUTRITION & HEALING
P.O. Box 925
Frederick MD 21705-9913

Prsrt-Stid
U.S. Postage
PAID
PERMIT # 212
Bolingbrook, IL



NUTRITION & HEALING

Special Report | Summer 2003

If you told your doctor he could
effectively treat heart trouble, chronic
disease and this type of cancer with

SUGAR & MUSTARD...

He'd say, "**BALONEY!**"

But now we have proof, thanks to one
courageous and brilliant M.D....

Harvard-educated JONATHAN V. WRIGHT, M.D.
braved ridicule and hostility to pioneer a new
kind of medicine that **cures the causes of chronic
disease**. But now his new breakthroughs are
saving thousands of lives and fellow doctors
have awarded him their top honor...

(continued on page 3 inside...)

From the Legendary
Doctor honored with
natural medicine's first

**LIFETIME
ACHIEVEMENT
AWARD**

IN THIS ISSUE:

- **SPECTACULAR SUGAR CANE CURES** outdo cholesterol
drugs...page 6
- **MUSTARD MIRACLE** all natural cancer-fighter that's found in
mustard and other Brassica vegetables reverses nearly half
of early cervical cancers...page 14
- **"NO GRAIN, NO PAIN"** common food that's proven to
reduce arthritis...page 35
- **THE LIFESAVING ESTROGEN SECRET** your gynecologist
didn't tell you about...page 16
- **HOW STANDARD PROSTATE THERAPY** causes
cancer and turns men into women...page 19
- **MACULAR DEGENERATION BREAKTHROUGH**
restores vision & reverses memory loss...page 30

See inside
now for
your 7 FREE
GIFTS too!

PIONEERING A NEW KIND OF MEDICINE

While drugs just suppress symptoms, spectacular new food & vitamin cures from award-winning Dr. Jonathan V. Wright can beat your symptoms *and*

CURE THE CAUSES OF CHRONIC DISEASE:

- **EMPHYSEMA TURNED ERWIN BLUE**
but now he's in the pink againpage 25
- **THERESA'S HUSBAND WAS "LOSING IT"**
but he's sharp as a razor nowpage 31
- **HARRY'S KNEES WERE SO SWOLLEN**
he needed a cane, but 10 years of agony *vanished*page 32
- **RON DROPPED HIS CHOLESTEROL 180 POINTS**
without low-fat dieting or drugspage 10
- **THEY TOLD JOAN SHE WAS GOING BLIND**
but now there's "no trace of macular degeneration"page 30
- **FRED K.'S BLOOD PRESSURE PLUNGED 40 POINTS**
and he no longer needs beta and calcium-channel blockerspage 12

A few years ago, the medical establishment *hounded* JONATHAN V. WRIGHT M.D. for his maverick approach to medicine, but now he's *winning awards* for it!

WHY? See for yourself as you learn how to *cure the actual causes of your own hurts...*

Dear Friend:

Not long ago, doctors from all over the world attended a ceremony unique in the annals of modern medicine.

They had gathered to bestow a very special award on a man whom many believe to be one of the greatest medical geniuses of our time:

HIS NAME IS JONATHAN V. WRIGHT, M.D.
and they awarded him the very first *Linus Pauling Award* for Lifetime Achievement in Natural Medicine...

Because Dr. Wright isn't just respected by his peers, he's a hero. In many ways, he's the *reason* we now have the life-giving miracle called natural medicine.

He championed it against all odds, braving ridicule, hostility and even a band of armed thugs sent to trash his clinic. (No kidding, keep reading.) And because he fought so hard, now it really is possible to:

- ◆ **Outdo** cholesterol drugs...
- ◆ **Outfight** failing antibiotics...
- ◆ **Eliminate** your need for painkillers...

With new breakthroughs that do *much more*, yet are as natural and non-invasive as SUGAR and MUSTARD. Incredible as it sounds, it's really happening—because Dr. Wright's brilliant mind is constantly pushing the envelope:

- ◆ While others attack just *one symptom* of heart disease (high cholesterol), Dr. Wright thinks bigger...and shows us how a sugar cane extract can correct more than *five* deadly heart problems at once.
- ◆ While old-style cancer research gives us *poisons* that temporarily shrink tumors...Dr. Wright comes forth with a *mustard extract* that erases up to 50% of this type of very early cancer.
- ◆ While the latest drugs dull your pain for *just a few hours*...Dr. Wright gives us a food cure that can eliminate joint pain and

swelling forever.

Hard to believe? Check out the proof in this special report. As you'll see, Dr. Wright's famed "food and vitamin cures" have been carefully tested in many different studies. They're already reaping fantastic results for tens of thousands of patients...

And they can happen for you too RIGHT NOW...

On the following pages, you'll learn about just a few of these breakthroughs...discoveries so profound, they'll totally change the nature of what doctors can do for you in years to come.

A HERO TO FORWARD- THINKING DOCTORS

and life-giver to tens of thousands of patients

- Jonathan V. Wright, M.D. has degrees from Harvard University (*cum laude*) and the University of Michigan, but unlike some "gurus," he doesn't like or need to trumpet his academic credentials...
- Because he's the brilliant scientist who introduced natural (bio-identical) hormone replacement therapy for women, pioneered the nutritional remedy for benign prostate disease (BPH), developed the first successful treatment to reverse macular degeneration, and gave us many other revolutionary natural cures...
- He's the legendary doctor who introduced Americans to natural medicine with a regular column in "Let's Live" magazine

But why wait years? JUST SAY YES today and I'll be pleased to send you 7 FREE BONUS GIFTS detailing *all* of Dr. Wright's most valuable new breakthroughs.

Whether you want to restore your own health, or help a parent, spouse or loved one...

This FREE 7-VOLUME BONUS *Library of Food & Vitamin Cures* will show you how to get healthier than you ever dreamed, without surgery, drugs, radiation or anything else more dangerous than...

(continued on page 6...)

...and introduced doctors to it in his best-selling *Book of Nutritional Therapy and Guide to Healing with Nutrition*, as well as other classics in the field...

- More than 3,000 doctors, nurses and other health professionals have taken the famous seminars taught by Dr. Wright and his colleague, Alan Gaby, M.D., acclaimed as the #1 educational resource for physicians who want to learn nutritional medicine...
- And the prestigious *Linus Pauling Award* is the latest in his long list of honors. He's President Emeritus of the National Health Federation and has served on the Board of Directors of Bastyr University, The Life Extension Foundation, the American Preventive Medical Association and other important institutions...
- Yet for Dr. Wright, all the above is secondary to his family medical practice. At his world-acclaimed Tahoma clinic, he's received over 35,000 patient visits...from people who have come from as far away as Brazil, France, Japan and Thailand.

SUGAR SHOCKER SHAKES MEDICAL WORLD

They've told you that *all sugar* is bad,
but **SURPRISE...**

Dr. Wright has discovered that, much like fats, there are "bad" and "good" sugars, and the difference can transform your health in days—or *even minutes*.

"BAD" sugars attract dangerous germs...

You see, sugar isn't just sweet for us—germs love it too. The sugar in your body sends out chemical signals that draw them like moths to a flame. By reading the "sugar code" on your cell walls, these pathogens target cells all over your body. But what if you could turn that secret code *against* your microbial enemies? Incredibly, now you can, with...

"GOOD" sugars that disable germs

These "exotic" varieties aren't found in table sugar, but they do show up in small quantities in certain fruits, like cranberries. Their molecules are just a little different, but it makes a *huge* difference to germs...

Instead of just waiting to be eaten, these *good* sugars overwhelm germs by jamming their chemical "radar" and blocking the cellular receptors these pathogens grab hold of (kind of like coating your cells with Teflon). Suddenly, germs have a hard time even finding your cells—but if they do manage to locate a few, they're too slippery to cling to. Because they can't hang on, your body fluids then wash these germs away harmlessly. Too good to be true? WRONG. Dr. Wright has found sugars that do exactly this.

Take "Sugar X", for example. Also known as *xylitol*, it looks and tastes a lot like ordinary table sugar, but actually *disables* bacteria...

What better place to test a "good" sugar than in your mouth?

To start with, researchers created a gum made from Xylitol. Amazingly, people who chewed it got 80% *less tooth decay*, even though they didn't change their eating habits. But it gets better...

CONQUER tooth decay with sugar? Strange but true...

Five years later, they studied the teeth of the same people after they hadn't chewed Sugar X for the last 5 years...

And they had 90% less decay! Strangely, the anti-germ effect was stronger than ever, even though they hadn't eaten a thing containing Sugar X. It was as if they had actually "retrained" the bacteria in their mouths to be harmless. (Wouldn't you call that a cure?)

Now the obvious question is...

Can the same thing work for more serious diseases? BIG YES.

For example, researchers placed Sugar X in a nose spray and gave it to people with chronic ear and sinus infections. Lifelong sufferers were shocked to find...

Sinus and ear infections SLASHED BY 93%

Yes, this same sugar "unsticks" the germs in your nose, sinuses and ear canals! Spray it in, wait a bit, blow your nose, and away go the bacteria.

You better believe I've tried it myself. You can feel the difference *in minutes*. If you're a sinus sufferer, or know a child tortured by ear infections, think of what this means. Instead of being doomed to a lifetime of antibiotics and all the nasty side-effects they bring...no more diarrhea and cramps, no more

yeast overgrowths, no more fatigue, *no more suffering, period.*

But that's just the start, because now...

Sugar X proves equally miraculous for ASTHMA AND HAY FEVER SUFFERERS

In addition to washing out germs, it apparently works the same magic on *pollutants, pollen grains* and other allergens that attach to your mucous membranes, triggering hay fever and asthma attacks. Suddenly, all those micro-particles get "unstuck" and slip away.

And there's similar sweet news about BLADDER AND URINARY INFECTIONS....

If you or your spouse have ever suffered these painful attacks, I don't have to tell you what antibiotics *can't* do. They *can't* keep the infection from bouncing back as soon the drugs stop.

Worse, the germs quickly gain *immunity* to the antibiotic. Drugs like penicillin that *used* to work well must now be taken at *triple* the old dosage. In a frightening number of new cases, they can't kill the bugs at all...

"Sugar M" washes out bugs that resist THE MOST POWERFUL ANTIBIOTICS...

The scientific name for this miraculous sugar is *D-Mannose*. And it has already proved a godsend for *hundreds* of patients at Dr. Wright's clinic, and readers of *Nutrition & Healing* who have tried it themselves. In most cases, patients are infection free in less than 48 hours. The bacteria become so slippery they can no longer cling to your cell walls. *You literally flush them down the toilet.*

More good news. These healing sugars even *taste* delicious, yet...

**They don't make you fat, because they
"slip-slide" right through your digestive system.**

They can even help you lose weight...

(continued on page 10...)

HE BRAVED TWO DOZEN GUNMEN to save his patients

With guns drawn, two dozen heavily armed thugs kicked down the door of Dr. Wright's clinic. One of them stuck a revolver in his receptionist's face. They actually held the staff at gun point for 2 hours, then kicked them out of the clinic.

They ransacked the clinic, destroyed medical equipment and pawed through confidential patient records. It was like some terrorist nightmare out of Afghanistan or Kosovo. But the truth was even scarier...

The terrorists were wearing GOVERNMENT BADGES

They were sent to harass Dr. Wright by the FDA. And what was his "offense?" Was he selling drugs illegally? Giving out phony prescriptions over the Internet? Oh no...

He was using preservative-free B vitamins. (That's it. B VITAMINS. Of course, no charges were ever filed.)

Are you starting to see why Dr. Wright is such a hero to forward-thinking physicians? And how hard he's willing to fight to find better cures for you?

No other doctor in the world has worked harder, risked more and produced more truly brilliant natural solutions to the medical problems that threaten us most. No other newsletter is more respected among natural physicians than *Nutrition & Healing*. And there's no better time for you to discover his new kind of medicine than right now...by sending for your **FREE BONUS Library of Food & Vitamin Cures** today!

Are you starting to see why so many doctors are starting to study Dr. Wright's theories? *His solutions don't just stave off disease, they wipe it out for good.*

Yet all this is just the beginning. Think even bigger. Like *heart disease...*

“What? Cut cholesterol with SUGAR CANE?!!”

Actually, it's even more astonishing than that...

EVEN IF YOU'VE BEEN BLISSFULLY IGNORING your doctor's advice for years, drinking, eating the wrong foods, not getting enough exercise...

How Ron dropped his cholesterol 180 points

Without low-fat dieting or drugs!

Ron not only followed a strict low-fat diet for 3 years, but also tried every vitamin, mineral and herbal remedy you've ever heard of. Yet his total cholesterol stubbornly stuck at a frightening 400 mg/l...and his triglycerides (also strongly linked to heart attacks) measured a staggeringly high 700!

But Dr. Wright helped Ron cut his cholesterol count all the way down to 220, lop an amazing 540 points off his triglyceride count—and even lose 80 unwanted pounds! HOW? All it took was one easy test that your own doctor can perform, followed by a surprisingly simple change in Ron's eating habits. (Not less fat, but more!) Full details in your **FREE BONUS Library of Food & Vitamin Cures**.

Maybe you won't have to pay the piper after all. To a stunned world, Dr. Wright recently revealed details about an all-natural *sugar cane extract* that's now doing patients more benefit than the latest cholesterol-controlling statin drugs.

Unlike dangerous drugs that simply lower cholesterol, this harmless extract does just about everything your heart could desire. Several studies show that it can:

- ◆ Cut **TOTAL** cholesterol as much as 17%...
- ◆ Slash **LDL** cholesterol by 25%...
- ◆ Raise **HDL** (“good”) cholesterol up to 29%...
- ◆ Drop dangerous triglycerides as much as 18%...

(continued on page 12...)

Months of infection GONE IN 2 DAYS

“Dear Dr. Wright:

“My wife recently had a urinary infection. I had just read your article on [Sugar M] and quickly ordered some. Although the physician estimated my wife had the infection for many months, it took only a couple of days [on this new treatment] and she felt better.”

– T. S. M.

Full details about this breakthrough and many more in your FREE BONUS Library of Food & Vitamin Cures.

See page 47 now to get yours!

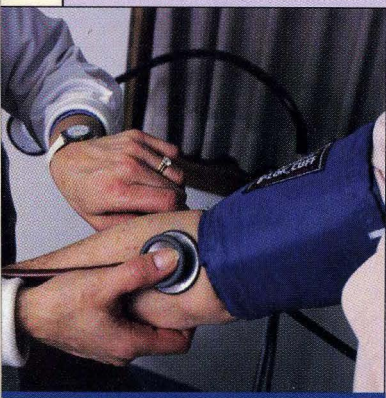
Getting the picture? Your *whole circulatory system* just got a second chance...

No drug known to science can match this

Skeptical? So were a lot of scientists. They proceeded to test the sugar cane extract against top prescription drugs—substances with some very dangerous side-effects. In three different double-blind, placebo-controlled studies, they put it up against prevastatin (Prevachol®), lovastatin (Mevacor®), simvastatin (Zocor®)...

The sugar cane miracle whopped them all. More benefits, no side-effects, and all at a slender fraction of the cost. The results leave little room for doubt...

Reduce systolic blood pressure BY 20, 30, EVEN 40 POINTS



Fred K. wasn't even 50 years old, but when he came to Dr. Wright, his blood pressure was 170 over 110. He was taking a calcium channel-blocker and a beta-blocker—and the drugs seemed to be his only hope.

"I'd already cut out all the added salt," says his wife Susan. "I eliminated the high-salt foods, and switched us to decaffeinated coffee. We cut out all the alcohol too, except a little beer and wine. But his blood pressure just kept going up!"

But Fred soon dropped his blood pressure to normal, tossed out both drugs, and Dr. Wright will show you how to do the same, in your FREE BONUS Library of Food & Vitamin Cures.

Yet it's so safe, even diabetics use it with NO HARMFUL SIDE-EFFECTS

In fact, it's been carefully tested on people with type II diabetes and has proved totally safe, with *no* adverse impact on glucose control.

(continued on page 14...)

Dr. Wright shows us an herb that

***"repairs" pancreas cells so they
make their own insulin!***

In your **FREE BONUS LIBRARY OF FOOD & VITAMIN CURES**, you'll also learn full details about Dr. Wright's herbal discovery that's helping type I and type II diabetics combat this deadly disease. In controlled studies on diabetics, this natural discovery *cut their insulin needs by 50%*.

More amazing still, lab tests on diabetic subjects show it can even...



**Reverse diabetes damage
in as little as 20 days**

Time and again, the pancreas actually *regained the ability to make insulin*. The number of insulin-producing cells in the pancreas increased, meaning the damage was being repaired! More research is needed, but this could prove to be the biggest diabetes breakthrough of our time. The herb is readily available, cheap and carries no harmful side-effects.

**FULL DETAILS IN YOUR FREE BONUS
Library of Food & Vitamin Cures.**

SEE PAGE 47 NOW TO GET YOURS!

Yes, even though it's a sugar cane extract. Because this remarkable substance has practically zero carbohydrate content. (Technically, it's not even a sugar.) And this most amazing of "sugar cures" has even more tricks up its sleeve...

For example, it reduces blood clot risk *without* aspirin...

Meaning you get the lifesaving benefit *without* the risk of intestinal bleeding and osteoporosis that aspirin therapy carries. But there's even more it can do for you, as you'll learn in your FREE BONUS *Library of Food & Vitamin Cures*. And in case you're wondering...

Why didn't my own doctor tell me about this?

Great question. That's exactly why many thousands of caring physicians—alternative and traditional-minded doctors alike—are flocking to Dr. Wright's seminars and subscribing to *Nutrition & Healing*.

Because he's *always* pushing beyond medicine's old "comfort zone." Challenging smug assumptions. Coming up with dazzling new solutions to puzzles that have eluded tradition-bound doctors for years.

This is also where many doctors found out for the first time about...

"MUSTARD MIRACLE" makes female cancers vanish

**You knew vegetables can stave off cancer,
but *cure* it?**

SUDDENLY, A DOOR JUST OPENED into a brand new world where miracles are possible even for cancer patients.

This stuff is so harmless, you could (and probably should) take some every day just to be on the safe side. *Yet it's so powerful*, even I was blown away

when Dr. Wright delivered the breathtaking news...

A POTENTIALLY DEADLY SEX-ORGAN CANCER HAS BEEN WIPED OUT in nearly 50% of cases by an extract from vegetables you eat for dinner

Thirty women with a deadly form of cervical cancer took part in this breakthrough research. And within just 12 weeks...

(continued on page 18...)

Breast pain and cysts since she was a teenager...

RELIEVED IN JUST 10 MINUTES

Jenny B. had painful cysts in her breasts since she was 17. They hurt so much, she said "I can't even sleep on my chest between periods. And if my husband even touches my breasts...well, it makes sex awfully tricky."

Dr. Wright found she had dozens of lumps in each breast, and swelling around the lumps. He knew it was caused by a deficiency—and gave her just two common minerals.

Ten minutes after taking them, she could hardly believe the difference. "I'm better! I don't hurt as much and I think the swelling is less, I think even the lumpy areas are smaller."

Seven months later, she was even happier. "I haven't had any pain in two months now! All those lumps are a lot smaller and I think some of them are gone. I feel generally better all over!" Full details about the treatment that healed her in your FREE BONUS Library. Return your Free Gift Certificate today.

ANOTHER "GOOD" ESTROGEN COULD SAVE YOUR LIFE

And you're not going to get it from Premarin or Provera

Here's a little estrogen secret your gynecologist probably never told you:

FACT: A woman's body makes *dozens* of estrogens. Three major types are: estrone, estradiol and ESTRIOL.

FACT: ESTRIOL is a "good" kind.

FACT: Women with breast cancer tend to be low on ESTRIOL and *high* on the "bad" kinds...

FACT: The balance of these three estrogens in a healthy, cancer-free woman should be 90% ESTRIOL...

And guess which kind is probably not contained in your hormone replacement therapy?

I'm afraid that millions of menopausal women taking Premarin® and Provera® are not getting even a drop of estriol. They're just getting the "bad" types of estrogen—plus dozens of unfriendly estrogen-types that are totally alien to the human body.

Know what "Premarin®" is short for? Pregnant mare. That's right—it's a concentrate of horse urine! Maybe your doctor told you that. But perhaps she *didn't* tell you about the proven alternative that delivers many more benefits, without the cancer risk.

It's called bio-identical hormone replacement therapy. It pre-

cisely replicates the estrogen balance in a healthy, cancer-free woman. With plenty of estriol and no horse hormones!

Unlike conventional HRT, at correct dosages, it *doesn't* carry the risk of breast tenderness, weight gain, depression and breakthrough bleeding. And not only does it make you *feel* like a new woman...

It's been proven to increase bone density by over 15%...

In fact, some women have increased their backbone density by 20-25% *in one year*. Plus, this natural therapy lowers heart disease risk, while conventional HRT has been now been proven to have no positive cardiac effect.

So why the hush-hush? Is it brand-new? Still in the testing phase? Far from it...

Dr. Wright is famed for pioneering this all-natural hormone therapy 20 YEARS AGO!

Isn't it time your loved ones knew all the facts about it? Don't delay even one more day...

GET FULL DETAILS IN YOUR FREE BONUS Library of Food & Vitamin Cures.

See page 47 now to claim yours!

Nearly half the women who ate the extract became TOTALLY CANCER-FREE

The results shocked nearly every researcher who saw them, *except Dr. Wright.*

He had already been advising his patients to devour these veggies with gusto. They're commonly called *the mustard family*—mustard, broccoli, cauliflower, bok choy, cabbage and brussels sprouts all belong to the club.

They contain lots of good stuff, but their best secret is THE MIRACLE MOLECULE I3C

And ending cervical cancer is just the *start* of what I3C could do for us. It may also prove to be...

A long-sought key to combatting

- ◆ **BREAST CANCER...**
- ◆ **UTERINE CANCER...**
- ◆ **OVARIAN CANCER...**

And every other kind of cancer that feeds on female sex hormones. Instead of attacking cancer cells, I3C reverses their ability to convert your estrogen mix from "bad" to "good."

Yes, there's "bad" and "good" estrogen! (This has *nothing* to do with progesterone.) Dr. Wright is famous for having written about this long ago. And he confirmed they've got to be *balanced*, just like good and bad cholesterol, because...

- ◆ **BAD ESTROGEN** feeds cancer in your breasts and sex organ tissues...
- ◆ **GOOD ESTROGEN** inhibits this out-of-control cell growth...

It's a big reason why some women are more prone to cancer than others. It's the *type* of estrogen in your body that makes the difference. You'll find full details on how to check and correct your own estrogen balance in your FREE

BONUS *Library of Food & Vitamin Cures*, so please do take the opportunity to send for it now. (See page 47.)

Here's where you'll also find the shocking secret that could save millions of men from prostate cancer...

How standard prostate therapy is *encouraging* cancer and TURNING MEN INTO WOMEN

Nearly all American men get prostate cancer if they live long enough.

Know why? The truth may appall you...

IT'S COME TO THE POINT where they're telling men that *prostate cancer is normal*. Autopsies on a frightening number of American men are showing traces of prostate cancer and many authorities are simply admitting defeat.

But not Dr. Wright. For years, he's been warning us that established theories are *dead wrong* and the latest research reveals he was right all along. Contrary to popular wisdom...

SURPRISE! The bad guy is *not just* your testosterone...

How could it be? As Dr. Wright has long maintained, prostate cancer rates *soar* in men exactly at the age when their testosterone production *plummets*. What's more...

It may *not* even be your DHT testosterone...

Some authorities argued that a special *kind* of testosterone is to blame—

so-called "bad" testosterone or DHT. They blamed DHT for causing both prostate cancer and benign swelling.

Drug firms developed powerful blockers (like Proscar®) to suppress DHT, and promoted them with huge ad campaigns, even though they're known to cause *impotence* in many men.

So if DHT testosterone causes cancer, these "wonder" drugs should prevent it, right? But guess what? When researchers at the University of Southern California studied men at high risk for prostate cancer...

Men taking the drugs were 800% more likely TO GET A CERTAIN TYPE OF PROSTATE TUMOR

So if testosterone *isn't* the problem, what is? How about this for an eye-opener:

Today, many American men over 60 have more ESTROGEN in their bloodstream than a 60-year-old WOMAN!

ESTROGEN! The "female" hormone! Now, it's natural for men to have a *little* estrogen in their bodies, just as healthy women need a little testosterone. But too much estrogen isn't just bad for a man, *it's catastrophic*.

Suddenly, it all makes sense. Prostate cancer and benign prostate swelling and so-called "male menopause"...

Is it any wonder the prostates of so many men are swelling and growing tumors?

Is it any wonder that millions of strong, healthy, alert men are changing into frail, chronically ill, mentally dull, old codgers who haven't had an erection in decades and couldn't care less if they did?

But where is all this excess estrogen coming from? Strange as it sounds, studies now confirm that if you're a man over 40...

(continued on page 22...)

Is soy SUPER or SUICIDE?

What women and especially men should know about this health food sweetheart

10 SHORT YEARS AGO, soy was strictly for health food stores, but today your corner grocery is packed with soy burgers, soy milk, soy cheese, soy ice cream, soy meat balls and of course soy infant formula...

And it's healthy, right? As Dr. Wright recently warned his readers, the real story may not be so rosy.

Soy can pump you as full of "estrogen" as birth control pills

Soy contains estrogen-like substances called isoflavones." And in women, they are thought by many to improve menopause symptoms. *But what else are they doing?* The national soy organization recommends one hundred grams of soy protein daily—and that's the estrogenic equivalent of a *birth control pill!*

The implications for women are serious enough, *but imagine what this could be doing to men.*

And what about the millions of male babies getting soy formula?

Should any boy (or girl!) be getting the estrogenic equivalent of *five birth control pills a day?* That's what it's like! Some experts now believe it can lead to learning disabilities and even premature sexual development.

New research also ties tofu to "accelerated brain aging"

Just two servings a week can do it. And there's much more news on this subject that I don't have space to detail, but I do want you to have it, so be sure to send for your **FREE BONUS Library of Food & Vitamin Cures**. See page 47 to claim yours!

Much of your testosterone may be TURNING INTO ESTROGEN

Weird as it sounds, testosterone-to-estrogen conversion is a well-known chemical process. It's very normal and desirable for women and again, a little estrogen is normal in men, but in way too many cases it's out of control.

Part of the problem could be the well documented effects of literally dozens of common pesticides and herbicides. Another part could be estrogen-mimicking "health" foods that men *and* women are being told to eat. But at least one other culprit is to blame...

FACT: Prescription drugs for BPH *encourage* testosterone-to-estrogen conversion. Men who take them have even been known to grow *female breasts!*

Before you reach for the SAW PALMETTO

No man on earth ever suffered from a saw palmetto deficiency. But many men do suffer from a secret mineral deficiency—and when you've got it, your prostate typically swells. If that's your problem, saw palmetto just covers up the *symptoms*. The underlying deficiency could cause even more serious problems later on.

So why not try the mineral first? It's cheaper, healthier, proven to be protective against prostate cancer and often clears up benign prostate problems all by itself.

**GET FULL DETAILS
IN YOUR FREE BONUS
Library of Food & Vitamin Cures.**

See page 47 now to claim yours!

Of course, this can't be the only cause. Other drugs and foods may be guilty, and more research is needed...

But there's no need to put up with this plague for even one more day. Dr. Wright has been leading the charge in male hormone research for many years, and in your FREE BONUS *Library of Food & Vitamin Cures* he'll show you a blessedly safe and simple way to defeat this secret enemy...

"Passionate" herb banishes excess male estrogen

It's a natural extract from the *passionflower* that's safe, cheap and readily available. Even if you're wary of taking testosterone-boosters, this herb's a no-brainer. It doesn't change the amount of testosterone you're making, *but stops it from turning into estrogen in most cases.*

Dr. Wright reports that his male patients who simply take this harmless herb often regain their healthy testosterone balance in as little as a month.

And restoring healthy testosterone levels can revive a lot more than your prostate...

As hundreds of Dr. Wright's male patients can attest, you may feel like you took a Jacuzzi-bath in the fountain of youth...

- ◆ It can rejuvenate your **SEX LIFE...**
- ◆ Reverse years of **DEPRESSION...**
- ◆ Slash your risk of **HEART DISEASE...**
- ◆ Relieve problems from **INSOMNIA** to **OSTEOPOROSIS...**

Every man who feels even a little "behind the curve" should know the *truth* about testosterone. So do send for details in your FREE BONUS *Library of Food & Vitamin Cures*. And find out also...

(continued on page 28...)

LET NATURAL MEDICINE'S MOST HONORED LEADER

lead you out of pain and disease!

"WHEN I FIRST OPENED MY CLINIC," says Dr. Wright, "nobody came." But now the wait to see him is six months and fellow physicians recently awarded him their very first *Linus Pauling Award* for his breakthroughs in natural medicine.

Doctors flock to his seminars by the thousands, skeptics no more

Back when it wasn't fashionable, Dr. Wright broke ranks and risked his reputation, insisting that *common vitamins* could outperform the most powerful drugs...that the cure to fading eyesight and "brain drain" is hiding in your *stomach*...that testosterone is *man's best friend* instead of his worst enemy...

Now the fire he sparked has spread all over the world. He's a folk hero in Japan, a sought-after speaker in Europe, and more than 3,000 medical professionals have put their careers on hold to attend his seminars. The reason is simple...

Dr. Wright has that rare genius for reaching "outside the box"...

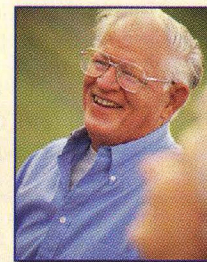
And this lets him cut through medical knots that have puzzled doctors for decades. While "drug and surgery" doctors treat symptoms, Dr. Wright goes *straight to the cause* of chronic suffering and often roots it out forever.

35,000 patients can't be wrong

Dr. Wright has received more than 35,000 patient visits at his Tahoma Clinic in Washington State. Patient after patient attests, "Dr. Wright, I've been to several different doctors and you're the first one who ever helped me." Time and again, the world's most stubborn, seemingly hopeless diseases fade or vanish...

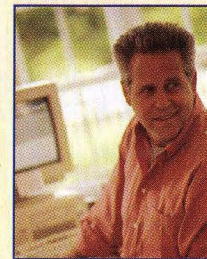
EMPHYSEMA strangled Erwin until his face was a dull, mottled blue...

But Dr. Wright simply asked him to inhale a common nutrient, and Erwin was a new man. "The lung doctor can hardly believe how well I'm doing," says Erwin. "He's going to use [your treatment] for all his other patients." (Shouldn't your doctor already be using this treatment?)



ANGINA PAIN held John in its grip for three agonizing years...

His wife was understandably terrified. "[John's] father died of a heart attack at age 55," she told him. "John is 53!" But within just two weeks, John reduced his angina...and after six months he was off all medications and totally free of chest pain. Now he can run two miles without a twinge! Let Dr. Wright show you what did it.



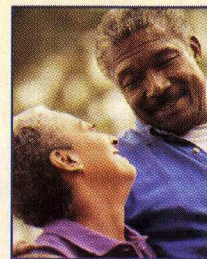
CONGESTIVE HEART FAILURE weighed upon Helen like a giant rock...

She was bedridden and her lungs were so full of fluid, she couldn't even sleep without being propped up. But Dr. Wright soon had her sleeping like a baby and feeling so strong, *she even started gardening again!* What did he know that others didn't? Get full details about the nutrient treatment that saved her life in your FREE BONUS Library of Food and Vitamin Cures!



JOINT PAIN & DEPRESSION made George a shell of his former self...

But Dr. Wright detected the shockingly simple cause behind both. "George's sense of humor is back, he's smiling and the kids and grandkids are amazed," reports his wife. "His knees don't hurt any more either, and he's almost as fun and funny as when we were first married, even though his jokes aren't any better!"



**"Medical history will judge after this:
'WRIGHT MAKES
MIGHT!'"**

*~ From text of the Linus Pauling Award given to
Jonathan V. Wright M.D. by grateful fellow physicians*

**But you don't have to visit Dr. Wright's clinic
to discover his greatest breakthroughs FREE...**

Because right now, Dr. Wright is inviting readers of this report to benefit from his latest and greatest breakthroughs. Return the Gift Certificate on page 47 *today* and you'll receive his comprehensive, updated **BONUS Library of Food & Vitamin Cures...** with full details about how to get and use *all* the discoveries mention on these pages. As you'll see, you could start feeling the difference in mere months, days or *minutes....*

- ◆ **CHRONIC FATIGUE FALLS AWAY.** "My old energy's back, I've been chomping at the bit to do everything I've not been able to do!"

~ Kathy C.

- ◆ **ANXIETY VANISHES.** "It's unbelievably less. I feel better all over, as well as being less anxious."

~ Victor H.

- ◆ **AGING BODIES SURGE WITH NEW ENERGY.** "I not only have more energy, but I've noticed that most of my joint aches are gone. I'm seeing a little more clearly and I'll swear my memory is a little better."

~ Grace L.

- ◆ **HYPERACTIVE KIDS BECOME "NORMAL & BRIGHT."**

School authorities wanted to put little Jeremy B. on Ritalin. (No wonder. It turned out the school received about \$1,000 in federal funds for each kid they put on the drug!) But Jeremy's treatment required no drugs at all. Later his teacher said, "[he's] *not hyperactive at all, just normal and bright.*" Find out what he did!

DOCTORS LAUD JONATHAN V. WRIGHT M.D.
**"doing things drug companies
never imagined possible"**

"[Dr. Wright] proved that a lone physician, whose cause is true, can prevail...Medical history will judge after this: 'Wright makes might!'...Your scientific accomplishments are no less impressive: You were among the first physicians to embrace orthomolecular [natural] medicine and you write about it with intelligence...Your medical discoveries and applications are numerous...And your...newsletter, *Nutrition & Healing*, has kept the American people abreast of the real progress in this field...Thank you, Dr. Wright."

*~ From the text of the Linus Pauling Award, given to Dr.
Wright by fellow physicians*

"Using the most common nutrients on earth, Dr. Jonathan Wright is doing things that drug companies never imagined possible. Listen to him. It could add years to your life."

Randall E. Wilkinson, MD
Coeur d'Alene, ID

"Dr. Wright is one of the smartest clinicians I have ever met. Alternative doctors everywhere know and respect him. His remarkable insights and medical wisdom have proven miraculous for so many."

Joseph E. Pizzorno, N.D.
President, Bastyr University

**RSVP now to benefit from
hundreds more of
his discoveries...FREE!**

STUNNING “STOMACH CURE”

restores lost vision, reverses memory loss and ends countless other diseases of aging, too

HOLD A NICKEL IN FRONT OF EACH EYE. Don't move your head. Then try to read...

That's what the world looked like to Sam P. when he first visited Dr. Wright. His macular degeneration had gotten so bad, he didn't even feel safe driving his car anymore.

"My eye doctor says that since the vitamin and mineral pills he gave me don't make any difference, there's nothing left to do," Sam worried. "I can't face going blind."

But it took just 30 days for Sam to *reverse* his vision loss...

**HIS EYES WERE BETTER IN A MONTH
and 8 years later he's still doing great**

HOW? What on earth did Dr. Wright do that never even *occurred* to Sam's eye specialist?

Something incredibly strange-sounding. *He checked the acid levels in Sam's stomach.*

WHY? Because, years ago, Dr. Wright made a revolutionary discovery...

Nearly half of all Americans over 50 lack the stomach acid to digest their food fully, let alone absorb vitamin pills

That's right. Drug companies have cast your stomach acid as a villain, but *it's the very foundation of good nutrition.* Bear in mind that a healthy stomach needs enough acid to reduce all the solids you eat to *soup*...

Otherwise your gut simply can't handle what's passing through. You may as well be throwing your veggies and vitamins in the trash...

And *this* is why so many Americans are growing misty-eyed, forgetful and creaky before their time

Now I know what you're probably wondering. "Not *enough* stomach acid? How could this be? What about all the *heartburn* we've got? What about all the commercials for *antacids* and *acid-blockers*?"

"Everyone *knows* that heartburn's caused by *too much acid*..."

But hold it right there. *Just how do they know?* Has anyone actually measured the acidity of *your* stomach? For that matter, have you ever heard of *any* doctor measuring stomach acidity?

Well, Dr. Wright *does* measure it, and he's kept careful figures on patients who complain of heartburn and other stomach ailments. Guess what. Over 90% of them don't have *too much* stomach acid, *but too little*...

And when they take supplements to increase the acid, the heartburn goes away forever

Wild, huh? But there's a logical explanation, as you'll see in your FREE BONUS *Library of Food & Vitamin Cures*. And when ailing patients correct this "minor" problem...often everything *else* clicks into place.

Their vision, memory—and good spirits—all come rushing back

Makes sense, doesn't it? If you can't break down your food, medically

Dr. Wright's 3-minute migraine miracle

"I still can't believe it," says Dr. Wright's young patient. "Three minutes...I felt warm and the pain started to fade." Five minutes more and the headache was gone.

Her secret was one cheap mineral and a common vitamin. Dr. Wright reports the same combination can even relieve menstrual cramps and back muscle spasms. Let him show you how to work this quick miracle and prevent any migraines from coming back, in your FREE BONUS *Library of Food & Vitamin Cures*.



speaking, *you're starving to death*. You could be eating six meals a day, you could even be overweight, yet if your stomach acid isn't up to snuff, most of the nutrients never get absorbed. But when you *restore* healthy acidity...

Vision problems disappear, because at last all those veggies and vitamins can go to work.

Memory problems and depression vanish, because healthy stomach acid also breaks protein down into *essential amino acids* that power your nerve cells. Suddenly, your brain is wired and working again!

You don't get sick as often because healthy stomach acid kills off dangerous parasites and bacteria...

And, in fact, as you'll see in your FREE BONUS *Library of Food & Vitamin Cures*, there's hardly any "disease of aging" that can't be helped to a surprising extent by correcting this simple problem.

I realize this is a mind-bender, but do your loved ones a favor...

If they seem to be losing their mental *or* visual sharpness, don't write it off to Father Time. Check out the proof in your FREE BONUS *Library of Food & Vitamin Cures*. And find out why Dr. Wright is such a legend among patients who thought they were just feeling their age. Like...

When Theresa's husband started leaving his socks in the fridge...

...she was merely worried. But then he came back from a fishing trip minus the fish, his boat and his dog, *they both* decided to see Dr. Wright. Vincent thought he was "losing it," but it turned out he was actually missing *the stomach acid* he needed to break down his food. And without it, his *brain cells* weren't being "fed" the nutrients they depend on. He's sharp as a razor now!

(continued on page 32...)

Saving 7 in 10 from going blind

Since 1985, Dr. Wright's breakthrough nutritional treatment has reliably saved 70% of all patients with apparently "incurable" dry macular degeneration by stopping the progression of the disease or in many cases actually reversing much of the vision loss. Here's what patients *and* doctors are saying about it...

"After a month...no trace of macular degeneration"

"I consulted with two doctors at Eye Associates, and then two specialists at the Virginia Mason Clinic. They told me I had macular degeneration and there wasn't anything that could be done...it would just be getting worse. Within after month of starting [Dr. Wright's treatment], my eyes returned to normal. When I went back to my eye doctor...he stated there was no trace left of macular degeneration."

- Joan P.

"As an added bonus, my hearing improved"

"Television was easier to see and reading became easier. I had to go back to using the glasses that I had gotten a year earlier as they were not as strong. As an added bonus, I noticed that my hearing had improved some...I had to turn the TV volume down several notches."

- Gertrude G.

"Dr. Wright's secret saved the eyesight of my patients"

"Mostly they were told...that nothing can be done...the prognosis is hopeless. I can testify from clinical experience I have that about seven out of ten of the patients who have come in with this diagnosis...benefitted substantially...what a boon it is to save one's vision!"

- Dr. Tom Dorman

Now *it's your turn*. If you know *anyone* with this heartbreaking condition or any *other* age-related degenerative problems, don't wait another day for things to get worse. *Do something* now while there's time...

**GET FULL DETAILS IN YOUR FREE BONUS
*Library of Food & Vitamin Cures.***

**Hernando's arteries were so badly diseased,
he could barely walk...**

He told Dr. Wright, "I'm just waiting around for things to get bad enough so I can have my legs amputated." But Dr. Wright found that Hernando had very low stomach acid and when they corrected it, *Hernando's arteries got younger*. Now he says he hikes "at least two miles, three times a week, without sitting down once!"

**Harry's knees were so swollen,
he needed a cane to get out of a chair...**

And his *neck, spine and knuckles* all throbbed with osteoarthritis too. But when Dr. Wright fixed his digestive problem, Harry bounced back like a new rubber ball. He felt better in just four weeks, and not long after, all the pain and swelling ceased. Ten years of agony vanished just like that and never came back.

And speaking of joint pain...

DR. WRIGHT'S ASTONISHING BREAKTHROUGH

now confirmed by landmark discovery...

"I KNOW THERE AREN'T ANY CURES," Theresa C. told Dr. Wright.

"I don't expect some of my joints will ever look normal again."

But Theresa was wrong and is she ever happy for that! Before long, her pain *and* her joint deformities were almost entirely gone. She stopped her 12 daily pain pills because she just didn't need them.

Astonishing? But to Dr. Wright, this "miracle" was quite routine. For years, he's seen the same treatment for inflammatory arthritis heal patient after patient...

HIS SUCCESS RATE IS NEARLY 100%

That's almost unheard-of in medicine—and new research now confirms

Dr. Wright is onto yet another huge breakthrough. He's recognized the healing potential in a little known discovery by Dr. James Breneman—the secret culprit hiding behind a large percentage of joint pain *and more than 50% of all undiagnosed illness...*

It's called low-level food sensitivity. And what it means is that your body can't tolerate certain foods. Oh, you won't break out in hives, but they *will* trigger immune reactions. Before long, you come down with a full-blown autoimmune condition, like arthritis, lupus, asthma, colitis, Graves' disease, chronic fatigue...

Yet if you simply stop the offending food, the problem melts away like snow in the spring. *Want proof?* Dr. Wright's track record is quite convincing by itself, but now there's plenty more evidence too...

100 patients totally cured of "incurable" lupus

An Australian colleague of Dr. Wright's—Dr. Christopher Reading of Sydney—treated 100 people with so-called "incurable" lupus. All of them

Why 99% of gallbladder surgery is POINTLESS SUFFERING

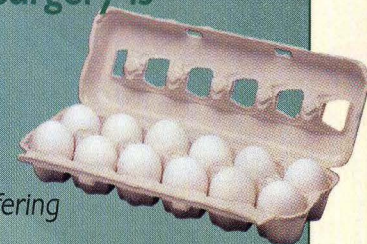
FACT: Many of us unknowingly have gallstones without ever suffering any pain...

FACT: In 99% of gallbladder patients aren't suffering pain from their gallstones either...

Yes, their gallbladders hurt like crazy, but it's *caused by food sensitivity*. Let Dr. Wright show you how he eliminates gallbladder pain with a 99% success rate...in just 3 to 5 days. Without surgery. Without even asking you to give up fatty foods. (The frequent culprit? Eggs!)

**GET FULL DETAILS IN YOUR FREE BONUS
Library of Food & Vitamin Cures.**

SEE PAGE 47 NOW TO CLAIM YOURS!



had full-blown symptoms (which include joint pain, fever and skin rash) and they weren't just imagining it. *They all tested positive for lupus in blood tests.*

Yet soon their symptoms vanished and *five years later all blood tests came up negative.* They were cured.

And all they really did was take some vitamins and cut a few foods from their diet...

Eliminating all grains except rice and corn. You see, these lupus sufferers all shared a sensitivity to *gluten*, a protein contained in wheat, rye, barley, spelt and oats, but *not* in corn or rice. And now, a brand-new study reveals it's...

The secret tormentor of 90 million Americans

A brand-new, landmark book just published this year links this same grain sensitivity to joint pain, cancer, depression, brain disorders...even osteoporosis. The study estimates that as many as 90 million Americans are suffering without even suspecting the cause...

And genetic research clinches it...

Cutting-edge research reveals that many people with autoimmune diseases share certain genetic commonalities that are *known markers for extreme gluten intolerance.*

And Dr. Wright has found that *when he treats the food intolerance*, the other problems fade away...without any need for prednisone or other immune-system destroying medicines. *The results are fantastic.*

6 years of chronic pain VANISH IN 30 SECONDS

She had been *suffering unrelenting pain for 6 long years.* Until she went to the Tahoma Clinic where she got her a special nutritional "cocktail," consisting of common vitamins and minerals.

Within 30 seconds, her pain was only a memory. She got right up from the table and literally *ran* across the room, totally relieved and happy. Amazingly, this kind of relief is more or less typical. Learn the formula for "Myers' cocktail" in your FREE BONUS *Library of Food & Vitamin Cures.* Return your Free Gift Certificate now.

Is YOUR PAIN from grain?

You may be secretly sensitive to grain, or dairy or something else you never suspected—but why guess? Get full details on how to test yourself *and* clear up the problem for good in your FREE BONUS *Library of Food & Vitamin Cures*, where you'll also discover how to...

(continued on page 36...)

A NOTE FROM THE DESK OF
JONATHAN V. WRIGHT, M.D.

"Just give your body a second chance and NOTHING IS HOPELESS!"

Dear Friend:

Patients often ask me how my treatments can work so much better, when big drug firms throw billions of dollars at trying to heal the same diseases.

Well, I certainly can't outspend them! But I do have the most powerful ally in all of medicine: you and your amazing body.

While drugs just work on symptoms, I'll work with you, and here's what we'll do together:

- We'll heal your whole body, so there isn't any pain to suppress...
- We'll eliminate the cause of your suffering, so it won't bounce back when the drugs wear off...

And if that sounds like a tall order, surprise! I promise you, my new kind of medicine" is not only far more effective "in the long run," but...

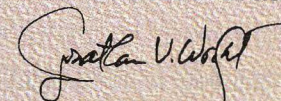
In the short run too. You may feel the first results within just a few days or even hours. Then keep improving until your old suffering is just a memory.

Believe me, whether your problem is as "chronic" as arthritis pain or as "incurable" as lupus or multiple sclerosis, I've found that nothing is hopeless when your body's back in the fight.

All the miracles we'll ever need are hidden inside you, waiting to be released. Won't you give your body a second chance? Let me show you how.

Please do mail your no-risk GIFT CERTIFICATE today.

Your new kind of doctor,



Jonathan V. Wright, M.D.

CUT HEALTH COSTS IN HALF

and your suffering down to *nothing*

CAN YOU REALLY CUT YOUR HEALTH CARE COSTS IN HALF? Before you dismiss this as hype, let's look at the facts. A few years ago, a major corporate study on a large group of people proved that...

Just one breakthrough used by Dr. Wright cut all their long-term health problems by more than 50%...

Just one! That's how incredibly powerful Dr. Wright's "new medicine" is. That's why he's such a legend among so many doctors *and* patients.

And that's why I urge you to seize upon his *new* kind of healing today...

Stop treating your pain only to see it come bouncing back...

Start eliminating the cause and feel your entire body bounce back, often faster than you ever dared imagine!

**It all starts as soon as you claim your
FREE BONUS Library of Food & Vitamin Cures...**

And if just one of his discoveries can slice your health problems in half, imagine what they *all* could do for you. I've only had space here to scratch the surface of what you'll find in your FREE BONUS Library.

You'll get full details—and Dr. Wright's comprehensive instructions—covering everything you've read on the pages above and so much more, like:

- ◆ **SHRINKING UTERINE FIBROIDS.** This ancient Chinese herbal therapy could make more than *half* of all fibroid surgeries unnecessary. In an open study, it improved the fibroids or totally normalized conditions for 60% of premenopausal women. Sure beats the knife!
- ◆ **ASTONISHING ASTHMA FACT.** Scientists have known for decades that nearly 80% of asthmatic children share *one* glaring nutritional

problem. By no coincidence, Dr. Wright has found that he can relieve wheezing in 80% of asthmatic kids through the use of ONE vitamin. Let him show you how.

- ◆ **VARICOSE VEIN VANISHING ACT.** Don't just suffer and blame your heredity. You're probably just not getting enough of a very important food! Lack of it creates extra pressure inside your intestines, and this swells the veins in your legs. The remedy is *so* easy.
- ◆ **THE BURSITIS BUSTER.** Often bursitis is simply a signal that you're deficient in good old vitamin B₁₂. Supplement correctly and all the aching can go away. But you *must* take a form that your body can handle. Let Dr. Wright tell you what works best.
- ◆ **THE PSORIASIS SENSATION.** Woodrow D. tried steroid creams, "tar" preparations, prednisone, you name it. Nothing worked for long *until* he tried the simple solution suggested by Dr. Wright. Now he's got normal skin (and a new girlfriend). If you're suffering, you've got to try it too.

All these life-giving discoveries and hundreds more, FREE

To claim your FREE BONUS Library of Food & Vitamin Cures, just tear off the Bonus GIFT CERTIFICATE on page 47 and mail it in the enclosed postage-free envelope. You'll get all 6 lifesaving, life-giving volumes, *plus...*

**AN UNBEATABLE, MONEY-SAVING DEAL
on today's most honored alternative health newsletter**

When Dr. Wright's colleagues honored him with *The Linus Pauling Award*, they gave special praise to his cutting-edge health advisory, *Nutrition & Healing*.

This is the *only* alternative health newsletter I know of that counts so many doctors among its subscribers. *Because it's the real stuff.* The first place where you'll learn what new breakthroughs are coming down the road from natural medicine's living legend.

Everything's reported in crystal-clear language, telling you exactly how to go

out and do it. So if your doctor ever questions any remedy you read about here, just whip out your newsletter and produce the proof. Any truly objective doctor can't help being impressed with the quality of Dr. Wright's research. (Warning: your doctor may ask to keep the issue!)

No other newsletter of its kind is more respected by natural physicians and actually used by them to heal their own patients. And no other newsletter will do more to heal you...

Because this isn't just "health news"—each issue is like a complete instruction book for healing yourself. Complete with dosages. Sources for the hard-to-find nutrients Dr. Wright recommends. And all the "pros" and "cons" that you (and your doctor!) need to make an informed decision. And, remember, these are the treatments Dr. Wright uses on his own patients day after day.

Just return the enclosed FREE BONUS GIFT CERTIFICATE in the postage-free envelope provided. Do it now!

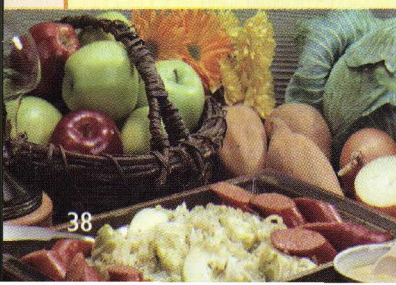
It saves you up to \$133 on your risk-free subscription to Dr. Wright's

NO KIDDING, HERE'S THE PROOF

Major corporate study confirms value of Dr. Wright discovery

Dr. Wright has maintained for some time that we could cut our *health problems in half* simply by identifying our hidden food sensitivities. Now there's more proof that he's right on the money. In 1998, a major American corporation commissioned a study to measure the actual health effects of detecting and correcting food sensitivities. Here are the results:

- The entire group under study cut their long-term health problems by more than 50%.
- Every single person who turned out to have a food sensitivity experienced partial or total relief.
- The group saved an average of \$1,271 per person, in one year, in health care costs. (And that's not including the enormous hospital costs that they avoided.)



Nutrition & Healing. And brings you Dr. Wright's complete library for reversing nearly a hundred "incurable" conditions, including his most acclaimed formulas and programs, FREE with your subscription.

There's no obligation to continue your subscription unless you're thrilled with your first issue. If you're not, just say the word, we'll send you a full pro-rated refund and you can keep your FREE BONUS GIFTS.

Just promise me you'll start using your FREE BONUS GIFTS as soon as you get them...

And as soon as you do, *I promise*, you'll feel a little stronger every morning, feel a little less pain every evening, until one fine day, you wake and realize...

"I'm not just better, I FEEL FANTASTIC!"

I guarantee *your* day will arrive very soon. Or just tell us and we'll send you a prompt refund on all unmailed issues. You'll KEEP YOUR FREE BONUS GIFTS no matter what.

Fair enough? So do let me hear from you *now*.

Let Dr. Wright push the envelope of what's possible for *you*...

Let his breakthroughs break open the door to a new world where miracles really do happen...

Make it happen *today*! Tear off and mail your GIFT CERTIFICATE right now.

Here's to the dawn of a bright new day in your health,

J. C. Thompson, Publisher

P.S. FAST-REPLY GIFT! Reply within 11 days, and I'll rush you Dr. Wright's report on the **SHOCKING NEW SUGAR CANE CURES**. Read all about the new clinical studies of these astonishing "good sugars" and sugar cane extracts that outfight antibiotics, outperform cholesterol drugs and even end tooth decay! Don't wait another day to claim this lifesaving **FREE BONUS!**

"I want you to have the new remedies that so many doctors are asking me about..."

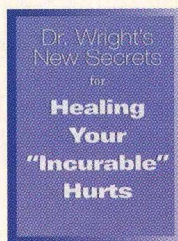
So please accept the complete new
Library of Food & Vitamin Cures

FREE!

**REPLY NOW FOR ALL 7 VOLUMES FREE
with your subscription to Nutrition & Healing**

**FREE
BONUS!
VOLUME 1**

**Dr. Wright's New
Secrets for
Healing Your
Incurable Hurts**



◆ **EVEN IF YOU'RE IN THE LATE STAGES** of an "incurable" condition, *it's not too late to turn your health around.* 100 lupus patients were *cured* by just one of these new natural breakthroughs, and there's fantastic news too about chronic fatigue, memory loss and much more...

◆ **ASTHMA'S NEW NON-STERIOD SOLUTION.** One vitamin and one mineral. That's it! Put them together and watch them stop an acute asthma attack with dazzling speed...

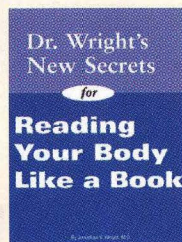
◆ **BEST NEWS IN YEARS ABOUT MS** A brand-new, all-natural skin patch could do for MS victims what insulin shots did for diabetics. In

the latest research, it helped patients move their limbs for the first time in years, stand, walk, even drive cars. Find out how to get it...

◆ **DOZENS MORE NUTRITIONAL MIRACLES** including enzymes that heal cuts and bruises faster...vitamin "cocktail" that erased chronic pain in 30 seconds...the painless nutritional program that's making 99% of gall-bladder surgery unnecessary... and a whole lot more.

**FREE
BONUS!
VOLUME 2**

**Dr. Wright's New
Secrets for
Reading Your
Body Like a Book**



◆ **LOOK IN THE MIRROR TONIGHT** and you'll see secret clues all over your body. They're your keys to

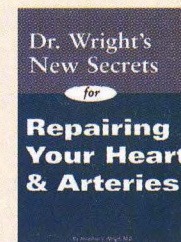
wiping out ailments that puzzled you for years! Varicose veins... broken fingernails... "skin tags" on your neck or under your arms...forehead wrinkles... bursitis... they're often just the "tip of the iceberg" for hidden problems that cause heart disease, crippling arthritis, senility, premature aging and more. Your remedy could be as simple as one or two vitamins and minerals! Learn this secret language...

◆ **OVER 60% OF THE MISERIES**

that you thought were incurable have now been linked to a single, secret culprit. Dr. Wright has long said we could cut our health problems in half simply by detecting our secret food sensitivities. Now a major corporate study proves he's right on the money! Learn the technique and watch hay fever, bronchitis, back pain, colitis, ulcers and even hyperactivity *disappear...*

◆ **THE MOST COMMON TYPE OF AGE-RELATED VISION LOSS** is totally unnecessary in 70% of all cases. New studies link the latter to a lack of just two common vitamins. And now both can be prevented, halted and even *reversed* with incredible ease. Here's how...

**FREE
BONUS!
VOLUME 3
Dr. Wright's New
Secrets for
Repairing Your
Heart & Arteries**



◆ **DROP YOUR CHOLESTEROL 134 POINTS** without drugs or deprivation? Find out how David did it. (Dr. Wright *added* food to his diet!) Far healthier than "statin" drugs and increases your energy too...

◆ **WHEN THEY AUTOPSIED KOREAN WAR VETS** killed in action, they found arteries clogged and starting to stiffen like pipe stems. But these guys were only in their teens and 20s! The cause wasn't their food, but a contaminant in their water. You're probably drinking lower concentrations of it too. Here's how to rid your water of it *without* buying expensive filters...

◆ **IF YOUR BLOOD PRESSURE'S HIGH**, you can take drugs. But why trade stroke-risk for weakness or even impotence? Dr. Wright's patients often drop it to normal from as high as 170 and throw out their drugs. It's not hard—one common nutrient alone can reduce systolic pressure by 18 points. Do a little more and it can drop 20,30, even 40 points...

◆ **MAKES ANGINA PAIN PLUNGE IN 77% OF PATIENTS.**

Time after time, this amazing natural substance has brought Dr. Wright's cardiac patients back from the brink of death to a healthy, full life. Low levels in your blood are now linked to hardened arteries, high cholesterol, high triglycerides, high blood pressure and even obesity! How to check your levels and where to get it...

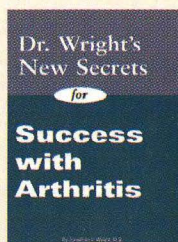
◆ **CARDIOMYOPATHY** normally kills 3/4 of its victims within two years of their first attack. But now you can lift the death sentence. 60% of those who supplemented with just one nutrient were alive and kicking even five years later. Given that we all need it, isn't this a no-brainer?

◆ **SLASHES EDEMA**, lung congestion, shortness of breath and palpitations. In a new study, 80% of heart patients who tried it got better! So how come no one's told you about the nutrient OPC? Here's your #1 source...

◆ **WHICH DIET'S HEALTHIER: LOW-FAT OR LOW-CARB?**

No matter what anyone else tells you, there's no "one-size-fits-all" answer for *your* heart and arteries. It depends on your body chemistry. Here's how to *know* what's best for you personally...

FREE BONUS!
VOLUME 4
Dr. Wright's New Secrets for Success with Arthritis



◆ **THE 100% SOLUTION.**

Folks with inflammatory arthritis must be the most "patient patients" in the world—so many new drugs, so few results! But Dr. Wright has discovered an easy, painless, side-effect-free nutrition program that does what no drug can claim. It's produced results for nearly all of the *hundreds* of patients who've tried it. For some, it reduces the swelling and pain. For others, all of it goes away. Shouldn't you at least *know* about it?

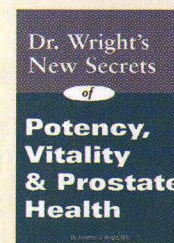
◆ **WHICH JOINT PAIN SUPPLEMENTS REALLY WORK?** Dr. Wright's research shows that the best are among the cheapest. None are patented, proprietary or even trendy, but put them together and the effect can be miraculous. Learn the formula and put away the Prednisone® and aspirin for good.

◆ **THE \$10 CURE** for pain and swelling of osteoarthritis. Dr. Wright's been using it for more than 25 years. Offers astonishing relief to the large

majority of his patients. Give it just three weeks and start feeling the pain melt away. A vitamin that costs all of \$10 a bottle...

◆ **IF WEAR AND TEAR** causes arthritis, how come so many long-distance runners *never* get it, but their sedentary friends do? Look no further than the food you eat. One type of food in particular can switch it on and off with uncanny precision. Avoid a few vegetables and your "worn out" joints could soon feel like new again. Here's the list...

FREE BONUS!
VOLUME 5
New Secrets of Potency, Vitality & Prostate Health



◆ **THE #1 FORBIDDEN TOPIC** that every man *must* know about. What is it that turns strong, healthy men into doddering, mentally dull old codgers? It's not Father Time, but a simple decline in *testosterone*! Just raising the levels can turn a man's sex life around. Reverse years of declining strength. *Plus* reduce your risk of heart disease, make your joints hurt less, make your memory sharper. and yes, even protect you from prostate disease. Learn the truth about *natural* testosterone...

◆ **"BUT ISN'T TESTOSTERONE DANGEROUS?"** No, *the stuff in all the scare stories isn't testosterone at all.* Toxic "anabolic steroids" are actually synthetic imitations, created by drug companies because you can't patent natural testosterone. That's the same reason you'll see so many ads for Viagra® and none for natural testosterone therapy. Yet the latter can be far safer...

◆ **WHAT DRUG COMPANIES DON'T WANT MEN TO KNOW** is that, thanks to a Nobel Prize winning biochemical discovery, scientists can now make identical-to-nature testosterone from *plants*. It's very safe if administered properly. Unlike Viagra®, it restores your libido. And unlike hi-tech, patented products like Androderm®, true-to-nature testosterone isn't terribly expensive...

◆ **"SO WHERE DO I GET IT?"** Real, natural testosterone is not on the shelves of many pharmacies. You must know who to ask and what to ask for. Let Dr Wright give you complete details about where to find it and how to get a prescription, including phone and fax numbers. This may be the only place you'll ever find this information...

◆ **BEST ALTERNATIVE TO PROSCAR.** Before you even *try* saw palmetto, Dr. Wright recommends two

WIPE OUT
Arthritis pain & swelling
Heart disease
Hypertension
Asthma wheezing

RESTORE
Lost memory
Vanishing vision
Impaired hearing
Depressed spirits

BEAT
Emphysema
Chronic Fatigue
Lupus, MS and other "incurables"

inexpensive nutrients. Most men with BPH (benign prostate enlargement) need nothing more to completely relieve the complaint—and isn't it much healthier to treat your hidden deficiency?

◆ **INCREASE YOUR OWN FREE TESTOSTERONE** amazingly with this libido booster that could also spare 50% of men with prostate trouble from surgery. Blocks the action of chemicals in your blood that immobilize your testosterone.

FREE BONUS!
VOLUME 6
New Secrets Every Woman Needs to Know

New Secrets Every Woman Needs To Know

◆ **THE "HORMONE REPLACEMENT THERAPY"** prescribed by most doctors does *not* replace your natural hormone balance. In fact, it fills you with horse hormones! But you've got a natural alternative that's more effective and safer too.

Maybe you've heard of natural hormone therapy, *but did you know Dr. Wright introduced it?* Thousands of his patients have been using it safely for 18 years. Let him tell you the little-known facts that every woman needs to know about the real thing...

◆ **INSTEAD OF JUST HALTING BONE LOSS**, wouldn't it be great to increase your bone density? Now it's possible, even if you're well past age 60. And this is just one benefit of Dr. Wright's natural hormone therapy. Find out how to get it in your area...

◆ **MENSTRUAL CRAMPS** are *not* the result of a Motrin® or Advil® deficiency. But they *are* often stopped altogether by several common vitamins, minerals and essential fatty acids. Wouldn't it be great to be rid of the pain completely? Here's the formula...

◆ **IF YOU THINK FIBROIDS ARE PAINFUL**, wait until you try surgery! But Dr. Wright has a natural solution that can save you from the scalpel.

FREE

with your subscription to Dr. Wright's
NUTRITION & HEALING

Dr. Wright's Nutrition & Healing

In an open study, this herbal formula improved fibroids or totally normalized things—for well over half of all premenopausal women. How to get it...

◆ **THE LONGEVITY HORMONE.**

Your adrenal glands produce about 70 different hormones. This one's the most abundant, but your doctor prob-

ably hasn't even mentioned it! After age 30, our production of this vital hormone can plummet. Low levels are found in women and men with rheumatoid arthritis, lupus, type 1 diabetes, and a whole range of cancers. Everyone over age 60 should be sure she's making enough of it. How to get tested and get the therapy...

FREE Fast Reply Bonus!
SHOCKING NEW SUGAR CANE CURES

Shocking New Sugar Cane Cures

Yes, *this is for real*. Not all sugar is bad and *the good stuff* can transform your health in short order. Learn the startling details about the new sugars and sugar cane extracts that can:

- ◆ **REPLACE POWERFUL ANTIBIOTICS** and wipe out drug-resistant infections. While "bad" sugars feed germs, "good" sugars scramble their "radar" and block the apparatus they use to latch onto your cells. In Dr. Wright's own practice, fruit-based Sugar "M" reliably clears up 90% of all urinary tract infections. Sugar "X" has been shown to wipe out sinus and ear infections in a staggering 93% of all cases.
- ◆ **OUTDO CHOLESTEROL DRUGS.** While "Johnny one note" drugs simply suppress one symptom of heart disease (high cholesterol)...this sugar cane extract does just about everything your heart could desire. Cuts total cholesterol, slashes LDL, boosts HDL, drops triglycerides, even lowers systolic blood pressure. Yet it's so harmless *even diabetics* use it with no harmful side-effects. Get the details here and try it...
- ◆ **AND YES, EVEN END TOOTH DECAY.** This "good" sugar not only made tooth decay plummet 80%—five years after patients *stopped* using it, their checkups were *even better*. It's as if it "retrained" the bacteria in their mouths to be benign...

RSVP with your subscription in 11 days and get it FREE!

READ THIS IF YOU'RE STILL WONDERING WHETHER DR. WRIGHT'S BREAKTHROUGHS CAN HELP YOUR LOVED ONES...

Dear Dr. Wright,

I just wanted to write and thank you for the wonderful year I have just had. I have not had one migraine since I left your office. This might come as a shock, but I'm not writing this letter about my migraine. When I was in your office, I read a few issues of your newsletter "Nutrition and Healing." I ended up subscribing—and applying that information to some problems at home.

You see, my father has Alzheimer's disease. A year ago, he did not know any of us and had terrible hallucinations. I did a little research in your newsletter and found all the information I needed. I ordered the products that you recommended and I immediately started seeing improvement.

Even my physician is surprised with the progress — maybe he'll even apply some of this knowledge to his practice. My father now knows who his family is and can even play cards again, one of his passions.

Every condition that comes up in our household, from my mother's arthritis, which by the way is not bothering her anymore, to my husband's sinus and ear infections. According to his ear specialist, my husband has been able to avoid ear surgery.

All of this has been possible through your newsletter, 'Nutrition and Healing.' Between the case study, the nutrient of the month and the interviews, everything I needed was there.

We can never repay you for the happiness that has been possible from your newsletter, but the least we could do is thank you. Please keep up the good work!"

In Good Health,
Velda K., Phoenix, AZ

NOW WATCH HIM DO IT FOR YOU TOO! MAIL THIS TODAY FOR YOUR 7 FREE BONUS GIFTS!

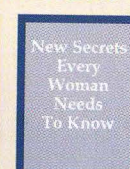
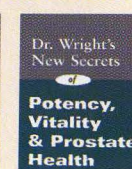
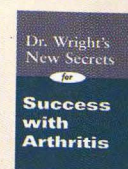
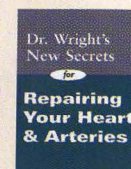
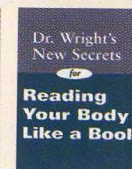
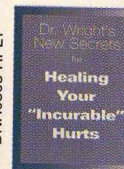
Dr. Wright's Nutrition & Healing

DO IT NOW!

Tear off this RSVP GIFT CERTIFICATE
and mail it in the postage-free envelope today!

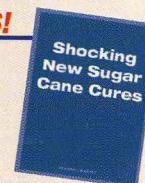
TAKE ALL THIS

WITH YOUR RISK-FREE 1-, 2- OR 3-YEAR SUBSCRIPTION:



FREE IF YOU REPLY IN 11 DAYS!

- Monthly Dr. Wright's NUTRITION & HEALING
- FREE BONUS Library of Food and Vitamin Cures
- RISK-FREE Guarantee
- FREE FAST-REPLY BONUS "Shocking New Sugar Cane Cures"



Claim your complete *Library of Food & Vitamin Cures*... **FREE!**
With your subscription to Dr. Jonathan V. Wright's NUTRITION & HEALING

☒ **YES, DR. WRIGHT!** I'll try *Nutrition & Healing* risk-free. I reserve my right to cancel and receive a full refund on all unmailed issues if not completely satisfied. My *Library of Vitamin Cures* and my *Bonus Volume* are all mine to keep FREE.

- ☐ **SAVE \$133. RECEIVE 6 FREE GIFTS!** 3 Years (36 Issues) for only \$89.
- ☐ **SAVE \$69. RECEIVE 6 FREE GIFTS!** 2 Years (24 Issues) for only \$79.
- ☐ **SAVE \$25. RECEIVE 6 FREE GIFTS!** 1 Year (12 Issues) for only \$49.
- ☐ **FAST REPLY BONUS! 7 FREE GIFTS IN ALL!** I'm responding in 11 days.

Send my FREE BONUS, *Shocking New Sugar Cane Cures*.

CHECK METHOD OF PAYMENT:

- ☐ **Check or money order** made out to Dr. Wright's NUTRITION & HEALING. (Maryland Residents add 5% sales tax.)
- ☐ **Charge my:** ☐ MasterCard ☐ VISA ☐ Discover ☐ American Express

Card Number: _____

Expiration Date: ____/____

Signature: _____

Phone: _____
(In case we have a question about your order.)

Email: _____
(If you wish to receive free health e-Alerts.)

Dr. Wright's NUTRITION & HEALING
Order Processing Center
P.O. Box 925
Frederick MD 21705-9913

LIFETIME GUARANTEE

At any time, for any reason—if you're not satisfied with Dr. Wright's NUTRITION & HEALING, just drop us a note to cancel your subscription and we'll send you a refund for all unmailed issues right away. No questions asked and, of course, KEEP YOUR FREE GIFTS.