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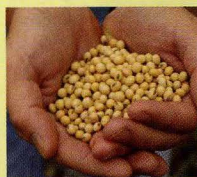
The One-Week, No-Pills Cholesterol Cure

Slash LDL cholesterol
30% in one week without
drugs OR supplements!
Beats the heck out of
cholesterol drugs that
save no lives at all... Page 25



■ **Diabetes** “wonder
drugs” cause heart
failure, bone loss and
liver failure. Ordinary
fiber does a better job
than the drugs!..... Page 10

■ **This osteoporosis**
drug makes you *more*
likely to break a
bone—the *opposite*
of what it’s supposed
to do! Here’s a plant extract that
builds bone better than the
\$704-a-year drug Page 42



■■■■■ ■ **The “little purple
pill” hoax:** How
they got millions to pay \$6.13 for a
70-cent pill. And get this—blocking
stomach acid can make heartburn
worse! Page 46

INSIDE: The Final Showdown
between prescription drugs
and natural alternatives. You’ll
never touch a prescription
drug again if you can help it!

The Drugs No Senior Should **EVER** Take

The shocking
BLACKLIST
of dangerous
medications


Congress
confirmed it,
a top medical
journal published it
—and the medical
profession almost totally
ignores it! See page 7.

Prescription drugs
are now the No. 4 cause
of death in the United
States—and the source
of living misery for
millions.



SEE INSIDE for The Final Showdown between
prescription drugs and natural solutions! For every drug,
there’s an alternative that’s safer, better and cheaper.
You’ll never take another drug if you can help it! ➡

The Final Showdown Between Prescription Drugs and Natural Remedies



No more being “nice” or
“fair” to the drug companies.
Too many people are being
hurt and getting *ripped off*!



■ The Diabetes Hoax:

The top-selling “wonder
drugs” cause heart failure
and bone loss!

Alternative: Ordinary fiber does
a better job than the drugs.....Page 10

■ The Cholesterol Hoax:

Statin drugs are just a
knockoff of this plant
extract—and they cost
\$1,740 a year!

Alternative: The one-week, no-pills
cholesterol cure.....Page 25



■ The Blood Pressure Hoax: Medications made Joe pass out at work.

Alternative: Cure high blood pressure
in 10 minutes without drugs.....Page 35

■ The Osteoporosis Hoax:

The drug makes you *more
likely* to break a bone.

Alternative: This plant extract builds bone
better than a \$704-a-year drug..... Page 42

\$\$\$\$

■ The Little Purple Pill Hoax:

How they get millions to pay
\$6.13 for a 70-cent pill.

Alternative: Esther's 40-year
acid reflux problem vanished in
one month!.....Page 48



■ The Painkiller Hoax: It's not just Vioxx®. All NSAIDs double your risk of heart failure.

Alternative: The no-pills-at-all
pain solution. Joanna stopped ALL
medications in 2 weeks!.....Page 52

■ **PLUS:** The blood-thinner hoax
(page 37)...the depression drug
hoax (page 38)...the allergy
drug hoax (page 49)...the
migraine drug hoax (page 39)...
the ED drug hoax (page 58)...
the prostate drug hoax (page 57)
...and more!

Don't touch another prescription drug until you read this!

Hidden drug side effects are
sending millions to the hospital
and often to the morgue



Martin Edelston, Chairman
Bottom Line Books

Dear Health-Savvy Friend,

- Why do most diabetics actually
die of a heart attack?
- Why do millions of patients defy their
doctors and quit taking cholesterol drugs?
- Why do 25% of arthritis patients get
stomach problems -- and often ulcers --
within *months* of getting arthritis?
- Why does acid reflux disease often lead to
a broken hip?

**In each case it's because the drugs make
people sick.** Each medicine might help one
medical problem, but it creates two or three
more! Take acid reflux. The “little purple
pill” makes you 44% more likely to break a
hip(see page 47).

That's just one out of thousands of ways
drugs harm you -- and most of the time you never
know until it's too late. The side effects
you can feel are bad enough. But most people

(Over, please...)

have no idea of the hidden side effects that are wrecking their health.

These problems are easy to avoid, as you'll see in this free Urgent Bulletin!

Three of the top-selling health writers of all time have created a side-by-side comparison between prescription drugs and the natural treatments that work so much better. For decades, Dr. James Balch, Dr. Mark Stengler and Dr. Robin Young Balch have helped hundreds of thousands of people with the good news about alternatives.

But they were so busy telling people about natural cures, they felt they hadn't said enough about this shocking fact:

Getting off drugs is the best cure of all!

Yes, avoiding drugs actually *is* a treatment. Keep reading. You'll see proof that the drugs do so much damage, you can cure a great many medical problems just by NOT swallowing them.

Take Joe (page 33). He used to get dizzy and pass out at work and he didn't know why. Dr. Stengler figured out it was Joe's blood pressure medications. This Urgent Bulletin is full of stories exactly like this one.

Our medications are making us sick...

You need to get off as many as you can. And you can do it -- with the natural solutions you'll discover in the next few pages.

Sincerely,



Martin Edelman, Chairman
Bottom Line Books

Are your medicines making you SICK?

Millions just live with the side effects...

Millions more stop taking the drugs, no matter what their doctors say...

And millions go to their graves without ever knowing their medications wrecked their lives and maybe killed them!

There's no need for ANY of this. Keep reading! Compare every major drug with alternative solutions—and see the proof that alternatives are better!



Dear Concerned Reader,

Prescription drugs are the No. 4 cause of death in the United States after heart attacks, cancer and strokes.

It's a fact that 1.9 million Medicare recipients have a bad drug reaction each year, and at least a million are hurt bad enough to go to the hospital.

But right now I'm not worried about 1.9 million Americans. I'm worried about you. Let me tell you just one reason why: Are you going

to lose your mind because of a drug? One out of 10 so-called Alzheimer's patients have got addled minds because of their medications!

When these people come off the drugs their minds come back! So if you've noticed your memory is going downhill...and you take prescription drugs each and every day...well, you do the math.

But memory may be the least of your worries...

(Continued on page 5...)

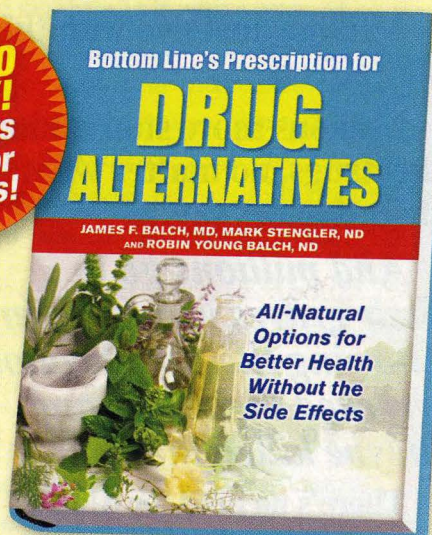
YOUR GIANT CURE FOR DRUG SIDE EFFECTS!

The uncensored truth about prescription drugs

- 496 oversized, information-packed pages!
- The scoop on more than 500 prescription drugs!
- The best AND the worst in one place: Top drugs AND natural remedies for dozens of medical conditions—and the ones to avoid!

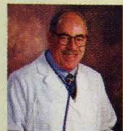
Acid reflux, allergy, arthritis, blood pressure, cholesterol, common cold, depression, diabetes, herpes, migraine, obesity, osteoporosis, prostate and more!

SEND NO MONEY!
It's Yours
FREE for 30 Days!



Meet the Authors

And profit from their combined 75 years of clinical experience!



James Balch, M.D.

He's an alternative health superstar and coauthor of the book *Prescription for Nutritional Healing*, which sold a staggering 8 million copies. He's been a featured guest on ABC, Fox and CBS. He's written newsletters, hosted a radio show, and lectured on integrative medicine and nutritional healing at clinics and hospitals all over the world, including Johns Hopkins and the Mayo Clinic.



Mark Stengler, N.D.

He is a licensed naturopathic physician, author and lecturer

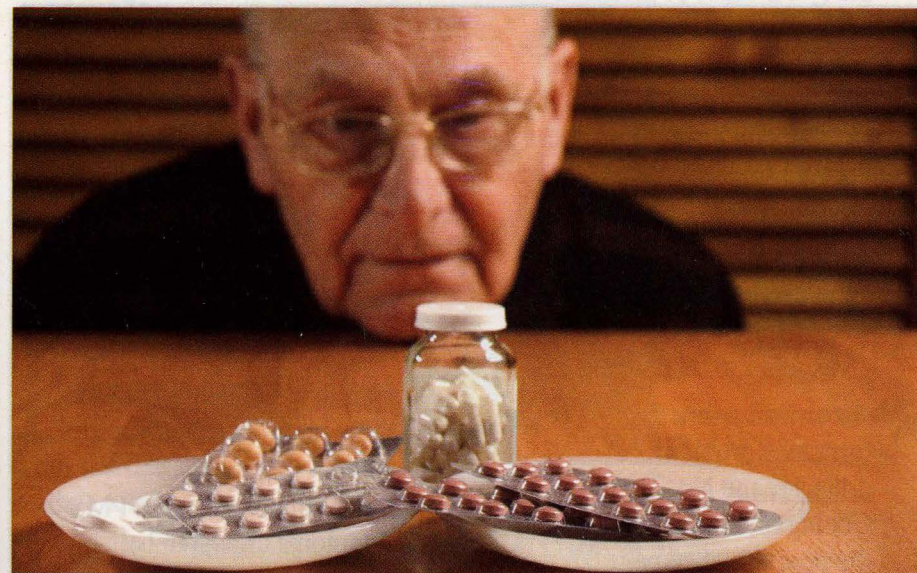
with expertise in nutrition, herbal and vitamin therapy, homeopathy, natural hormone replacement and integrated medicine. Dr. Stengler is the author of the *Bottom Line/NATURAL HEALING* newsletter, and 15 books, including 2 best sellers.



Robin Young Balch, N.D.

She's an alternative health care provider for 20 years, is credentialed as a Master Chinese herbalist, and has expertise in aromatherapy, reflexology, acupressure, iridology and Bach remedies.

Are drugs going to give you cancer?



Laboratory studies show that **42% of all prescription drugs cause cancer according to the information on their own labels.** Among the worst offenders? **Cholesterol-reducing drugs.** Check out **page 29 of this magazine.**

And consider this: Hip fractures caused by osteoporosis are one of the deadliest killers in America. Half the people who break a hip never walk again, and 60,000 of them die within a year.

Now we know that **prescription drugs are the No. 1 cause of bone loss next to old age itself.** On page

45 of this magazine you can see several of the worst offenders.

Then turn to page 42 for a plant extract that builds bone *better* than a \$704-a-year drug.

Do you see? Just by getting off prescription drugs you help save yourself from cancer, osteoporosis, dementia and a host of other diseases!

✓ **Diabetes drugs cause heart failure.** They destroy your liver, too—and a legal settlement won't bring it back, as Jerry found out (page 16). Flip to page 10 in this magazine and see how your blood sugar plummets

(Continued on next page...)

with this natural supplement.

✓ **You thought it was just Vioxx?** All NSAID painkillers double your risk of congestive heart failure. It gets worse: They're the No. 2 cause of ulcers. Check out our **no-pills-at-all pain solution!** And don't miss the supplement that was as good as Celebrex® in head-to-head tests. Page 53

✓ **Migraine drugs can cause sudden death (page 39).** Who needs 'em? A common weed from the side of the road gives relief to 93 percent.

✓ **Attention men:** Sexual performance problems? Prescription drugs are the No. 2 cause. Getting off drugs usually cures the problem. See page 57.

✓ **And what about those erectile dysfunction drugs you see advertised all over TV?** Our natural solution does the same thing for 3.7 cents—proven by blood tests. See page 58.

✓ **Studies prove aspirin is just as effective as this \$3-a-day blood thinner.** But first try these natural answers that are even better than aspirin. Page 37

✓ **Feeling blue?** The FDA itself says depression drugs are no better than a placebo—a sugar pill. Our natural solutions beat drugs in head-to-head tests. Page 38

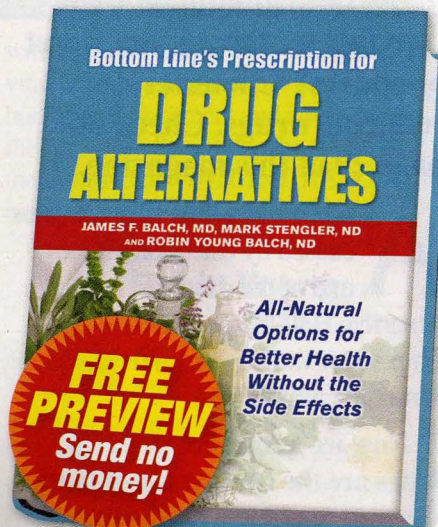
✓ **The most lethal drug in America** is a blood pressure

drug that can actually *stop* your heart. Instead, lower your blood pressure in 10 minutes without drugs. See page 36.

✓ **Top drug for enlarged prostate can't manage to beat a placebo.** Try a solution that's better than the drug OR saw palmetto—page 57.

And more natural answers that are proven superior to drugs...

- New vitamin discovery cuts heart disease risk in half—page 23.
- Bee product beats top herpes drug by 71 percent!—page 38.
- "Incurable" eczema cured without drugs—page 55.
- Power mineral slashes PMS symptoms almost in half—and a European berry extract slashes them 93 percent—page 60.
- One of the most exciting new digestive cures I've seen in 20 years! Page 48



The Drugs No Senior Should Ever Take

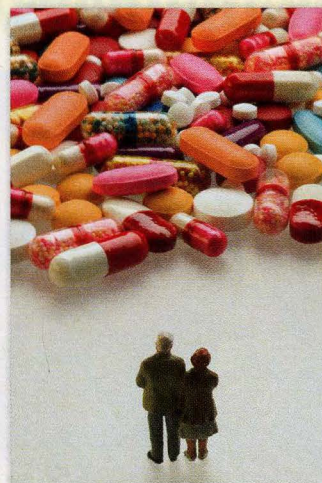
A blacklist of dangerous drugs—confirmed by a congressional inquiry and published by a distinguished medical journal

In 1991, a team from Harvard Medical School identified 20 drugs too dangerous for use by elderly patients.

Then they found out that 23% of seniors are receiving these very drugs.

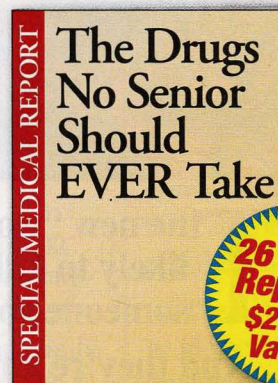
And the *Journal of the American Medical Association* said this study was "merely the tip of the iceberg." They were right. Now the list has grown to several dozen drugs.

Congress was so disturbed it asked its watchdog agency, the General Accounting Office, to look into it. Using Medicare data, the GAO found over 17 percent of the elderly receive unsafe drugs. No matter which study you use, prescription drugs are putting roughly one out of five seniors in deadly danger.



So what was done? Nothing at all! You need to protect yourself—NOW!

And we can help. PLEASE let us send you this urgent information in *The Drugs No Senior Should EVER Take*. It's yours FREE just for agreeing to take a look at our new 496-page book, *Prescription for Drug Alternatives*.



26 FREE Reports
\$29.95 Value!

One of your 26 Free Gifts!

SEND NO MONEY NOW.

You have 30 full days to examine and decide if our book can save your life or that of someone you love. And you get 26 FREE BONUS REPORTS that are yours to keep no matter what.

The Great Diabetes Hoax

Millions of diabetes patients are getting the wrong medicine!



The new “wonder drugs” are likely to kill or injure you or someone you love...

And they’re among the top-selling drugs in America!

Even if you’re one of the lucky people they don’t hurt, these drugs cost 10 times as much as older drugs — and they’re no more effective.

***You can avoid the deadly risks...
and get BETTER health results...
for a FRACTION OF THE PRICE!***

Folks who take one of the top diabetes drugs see a 43 percent increase in heart attacks, according to a heart scientist at the famous Cleveland Clinic. The finding appeared in the *New England Journal of Medicine* and was based on 42 different studies of the drug.

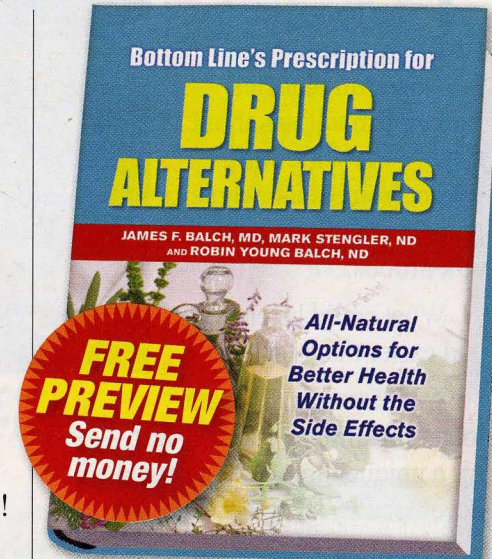
How worried should you be? **VERY.** About two-thirds of people with diabetes actually die of heart disease, NOT diabetes. These drugs could make that problem 43 percent worse. What a way to “cure” diabetes!

Is this drug the next Vioxx?

Amazingly, this drug is still on the market. The heart disease scare did hurt sales, but it’s still around. And another drug in the same family reigns as one of the 50 top-selling drugs in the United States. I don’t think it’s any safer than its killer cousin. In fact, a third medication in this same group has already been recalled and banned.

Urgent reading for all diabetics

Our new book gives you details on the proven killer and its whole



crime family. There are five drugs in this category and millions of people pop them like M&M® candies.

There’s a good chance this will be the next big drug recall. The drug has already caused thousands of heart attacks. And get this: It’s no better for treating diabetes than an older, cheaper drug called *metformin*. It’s just more profitable for the drug companies.

You’ll see the details on page 190 of our new book, *Prescription for Drug Alternatives*. And you’ll see something else, too...

(Continued on page 12...)

University of Toronto breakthrough...

Prevent diabetes for pennies—without drugs

And lose weight at the same time—without dieting!

The most ordinary, ho-hum substance in your kitchen is a powerful diabetes-fighter. I'm talking about **fiber**—the same stuff we get from fruits, whole grain cereals and many other foods.

What could be cheaper and easier than this!

And if you really want to get maximum results—fast—try a unique three-fiber formula developed by scientists from the University of Toronto.

This powerful fiber formula...

- ✓ Reduces blood sugar by 23 percent (vs. 0 percent for a placebo)
- ✓ Reduces body fat *twice* as much as a placebo

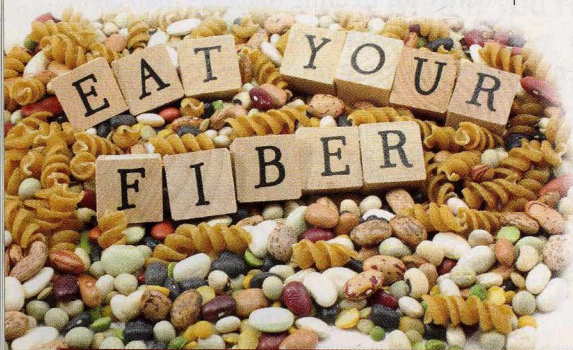


- ✓ Actually makes high-glycemic foods (those that boost your blood sugar) up to 50 percent safer to eat
- ✓ Fills you up, curbs your appetite and gets rid of hunger pangs. One capsule produces as much bulk as a whole bowl of oatmeal
- ✓ Eases constipation and promotes bowel regularity, as you'd expect with a fiber supplement. And best of all...

It even slashes LDL "bad" cholesterol up to 29%

And it does all this without drugs and without *any* possible harm to your body!

Get our new book, look



under "D" for diabetes (page 179), and see what this exciting breakthrough can do for your blood sugar. Then check out the weight-loss chapter on page 292 and see how it takes off the pounds, too! If you have trouble controlling your appetite—and you DON'T want to resort to weight-loss drugs—this is the answer to your prayers.

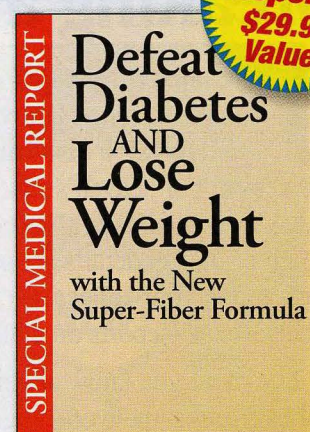
PLUS, you'll receive my new Special Report devoted totally to this diabetes/weight-loss breakthrough. It's called **Defeat Diabetes AND Lose Weight with the New Super-Fiber Formula**. It's one of your SIX FREE DIABETES BONUS REPORTS.

Got his diabetes under control in 5 days without medication!

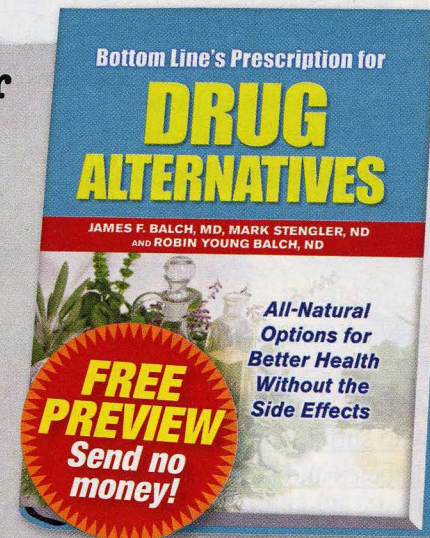
"I was diagnosed with type 2, insulin-resistant diabetes. My fasting glucose was 220 and my A1c was 9.8! Not wanting to take prescription drugs with their dangerous side effects, I immediately consulted Dr. Mark's book...and in five days was able to show my local doctor that I would be able to get my diabetes under control without medication!...By the end of the three-week challenge, my fasting glucose reading was in the low- to mid-130 range!"

—Robert P. Kaltenbach, Las Vegas, NV

26 FREE Reports \$29.95 Value!



One of your 26 Free Gifts!



Women who take this drug almost double their risk of breaking a hip

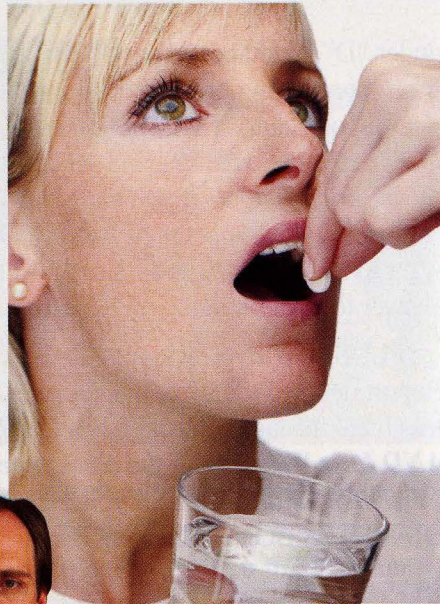
The same diabetes drug that increases your heart attack risk by 43% **also causes**

bone loss! For heaven's sake, PLEASE try our natural solutions. We give you full details in our new book and in your collection of six FREE Bonus Reports on diabetes.

The more you know about diabetes drugs, the worse it gets...

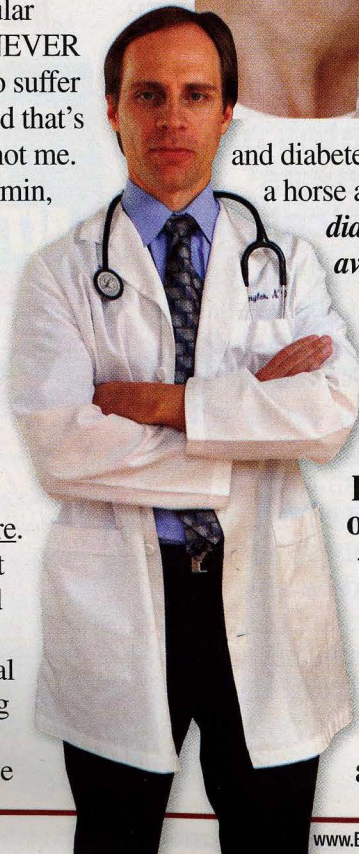
Six of the most popular diabetes drugs should NEVER be given to patients who suffer from heart disease—and that's according to the FDA, not me. The list includes metformin, the top-selling diabetes drug in America after insulin.

Yet these medications are STILL being prescribed for 24 percent of patients who suffer from both diabetes and heart failure. That's about one patient out of four. A renowned medical journal, *The Lancet*, calls this scandal "the power of marketing over evidence-based medicine." Heart disease



and diabetes go together like a horse and carriage. *Most diabetes patients should avoid these drugs.*

I sincerely believe *every* diabetes patient needs to read pages 179–196 of our book. *Please* take a free, no-obligation look at the facts. You can preview our book without paying a dime.



New drugs are no better than old drugs... And *no drugs* is best of all

Maybe you don't know it, but a big drug company doesn't have to prove a new drug is any better than older drugs that have been around for years.

All they have to prove is that the new drug is better than a placebo—a sugar pill. Truth is, they don't even have to prove that much, as you'll see in the next few minutes. Keep reading. You'll be shocked, I guarantee.

The FDA approves plenty of new drugs that don't do any good at all. You may as well take a sugar pill and save the money!

In our new book, *Prescription for Drug Alternatives*, you'll find out you're usually better off with the older drugs—and *you'll save a fortune.*

And best of all, you can heal yourself on the cheap with natural solutions! Then you won't have to worry about side effects.

A giant 496-page guide to more than 500 prescription drugs—AND the natural remedies that are better, safer and cheaper!



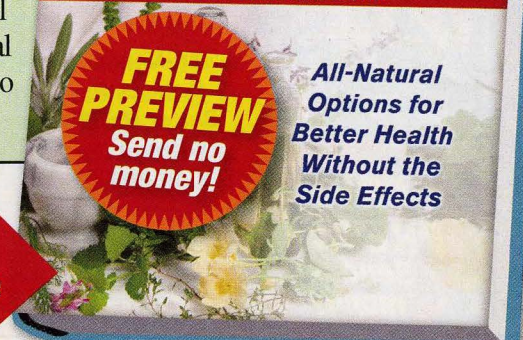
Bottom Line's Prescription for

DRUG ALTERNATIVES

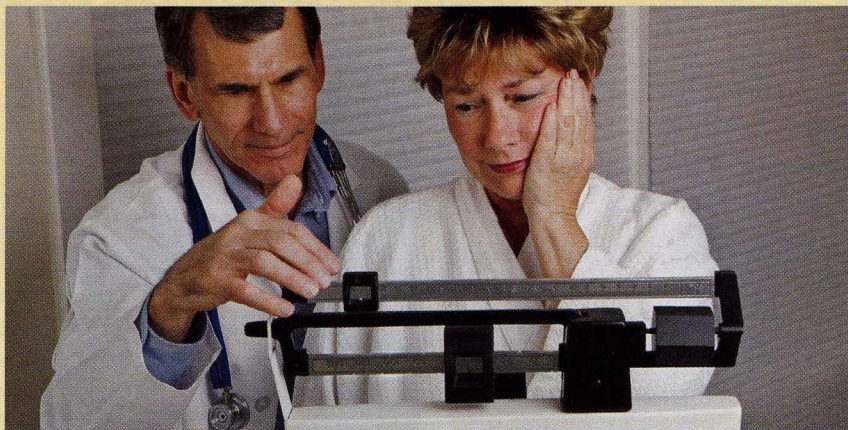
JAMES F. BALCH, MD, MARK STENGLER, ND
AND ROBIN YOUNG BALCH, ND

**FREE
PREVIEW
Send no
money!**

**All-Natural
Options for
Better Health
Without the
Side Effects**



What! My diabetes drug is making me fat?

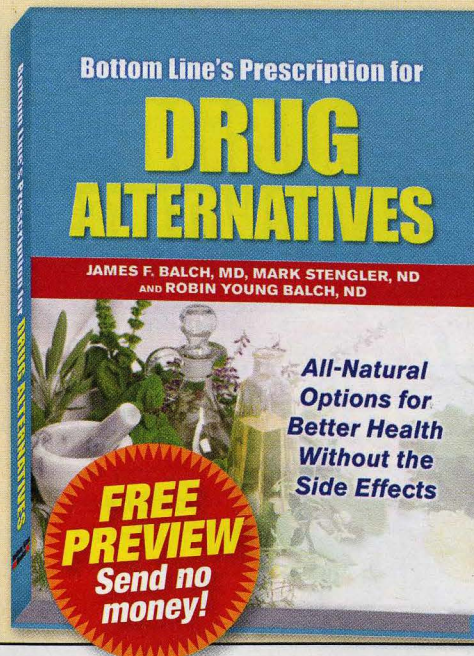


You might think gaining weight is one of the worst things that can happen to a diabetic. And you'd be right.

But this is a fact: The popular new-generation diabetes drugs cause weight gain. Studies have proved it over and over again.

And you'll see for yourself right on page 191 of our book, *Prescription for Drug Alternatives*.

Five of the most popular—and dangerous—brand-name diabetes drugs are in this “family.” In fact, one drug in this group has already been pulled off the market. Take a look at the “Diabetes Drug Tragedy” on page 16 in this bulletin. These drugs have big problems!



My Kitchen Table Cure for High Blood Sugar

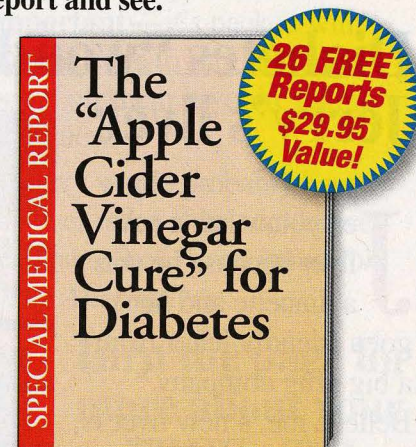
Who needs prescription drugs? You can reduce your blood sugar with one of the cheapest, simplest foods on earth: *Apple cider vinegar*.

Exciting new research from the University of Arizona proves it. And you'll see the evidence in this new Bonus Report, yours FREE when you send for your 30-day FREE preview of our book, *Prescription for Drug Alternatives*.

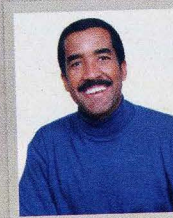
There's a small catch: You need to take *enough* vinegar, i.e., the research dose. If you don't eat much vinegar in your normal meals, let me show you an easy way to slip it “down the hatch.” In fact, you can take your

vinegar in supplement form. Your FREE Report includes sources.

P.S. Vinegar helps relieve arthritis pain, too. Get the report and see.



One of your 26 Free Gifts!



Got off insulin and got his eyesight back!

“After being diagnosed with type 1 diabetes, which brought about daily insulin shots in the abdomen, I suffered significant loss of eyesight and internal organ complications. I consulted with Dr. Mark Stengler and he provided me with a protocol of diet and natural medicines that balanced out my blood sugar levels—naturally!... Since following his protocol, I have recovered and am free from insulin shots. I also regained the ability to read again. I highly recommend Dr. Stengler and his book, which are nothing short of lifesaving. Thank you Dr. Stengler!”

—Shawn J. Mitchell, Oceanside, CA

Diabetes Drug Tragedy:

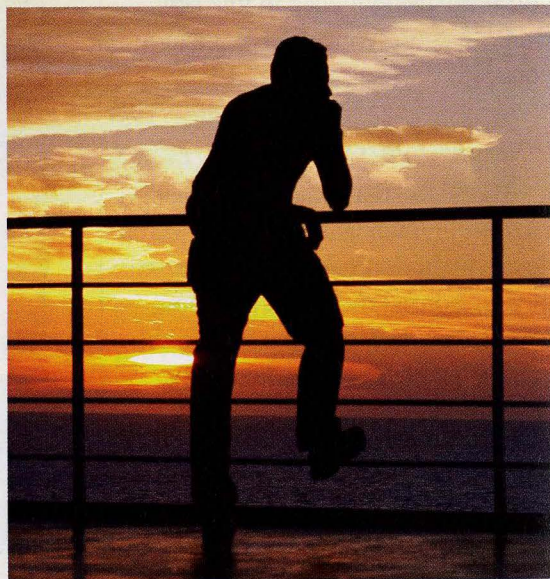
Don't let it be yours!

Diabetes "wonder drug" wrecked Jerry's liver

Jerry now has a new liver because he was a diabetic and he got a friendly letter from a big drug company.* Believe me, a new liver is a gift you *don't* want.

And why did Jerry get a friendly letter? Because the drug companies know all about you. They know your medical conditions, what drugs you purchase and how often. It's all in their databases and it's all legal.

So Jerry the diabetic got a letter telling him about a wonderful new diabetes drug and how he should see his doctor and ask for it. Jerry's doctor had never even heard of the drug, it was so new.



After nine months of taking Rezulin®, Jerry felt nothing like the smiling people he saw in the drug ads.

Rezulin was eventually pulled off the market, but it was too late for Jerry. His liver is gone and he received a transplant. Jerry and

scores of other patients received financial settlements from the drugmaker.

But there's not much comfort in that. Jerry's health is wrecked. He has to take five or six different medicines—so, ironically, the drug companies are *still* making a fortune off him.

Five drugs from the same "family" as Rezulin are still on the market and the FDA requires all of them to carry a "black box" warning. You or someone you love may be on them right now.

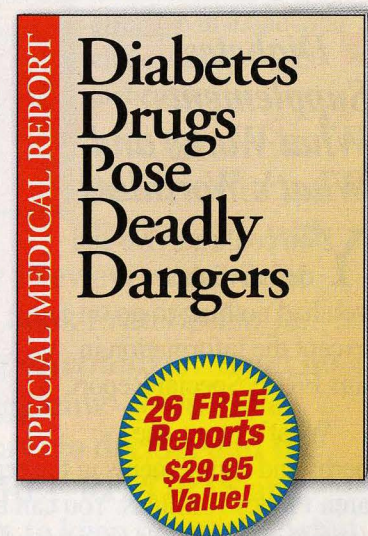
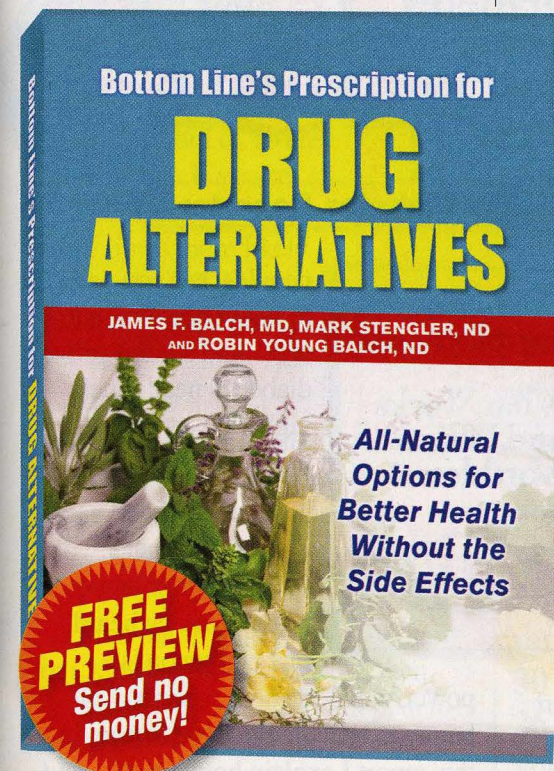
Your FREE-Preview copy of *Prescription for Drug Alternatives* reveals the deadly dangers.

Prescription for Drug Alternatives is packed with information about drug side effects and drug interactions with other drugs. **Most important**—it's packed with natural ways to stay off drugs or get off them if you're taking them now.

Jerry would probably have his liver today if he could have read page 9 of *Prescription for Drug Alternatives*.

Turn the page for more about your FREE gifts!

One of your 26 Free Gifts!



*Jerry's story is from *Our Daily Meds*, by Melody Petersen (Picador® Farrar Straus and Giroux)

CLAIM YOUR SIX BONUS REPORTS

With your FREE PREVIEW of my new book,

You Get These 3 FREE Diabetes Reports...

SPECIAL MEDICAL REPORT

Defeat Diabetes AND Lose Weight

with the New Super-Fiber Formula

FREE!

SPECIAL MEDICAL REPORT

The "Apple Cider Vinegar Cure" for Diabetes

FREE!

SPECIAL MEDICAL REPORT

Diabetes Drugs Pose Deadly Dangers

FREE!

26 FREE Reports \$29.95 Value!

PLUS 3 MORE All-New Diabetes Reports:

■ **Diabetes Supplements: What Works and What's Worthless**

You could survive and defeat diabetes if you had nothing to go on except the information in this FREE Special Report.

What's more, the herbs and supplements in the report aren't fancy formulas. You can buy everything you need anywhere for

SPECIAL MEDICAL REPORT

Diabetes Supplements: What Works And What's Worthless

FREE!

pennies, but you need to know how much to take. And studies prove diabetics need much higher doses than a nondiabetic needs.

One solution is sitting in your kitchen right now: Maybe you've heard that cinnamon is a powerful blood sugar reducer. I'm happy to tell you the hype is true. In this report I explain how it works and

FREE DIABETES

Part of a grand total of 26 FREE Gifts!

Prescription for Drug Alternatives

how much you need to eat. More convenient, scientists have identified the active ingredient and you can take it as a supplement.

■ **Are You Prediabetic? Find Out Your Risk in 2 Minutes**

About four American adults out of 10 are prediabetic. If you're one of them, you're up to 15 times more likely to develop full diabetes. Act now, *before* you get sick.

With my natural solutions you can *easily* reverse prediabetes and avoid the deadly consequences ranging from blindness to amputation.

Find out if you're at risk with my quick, two-minute checklist, then get started on my four-point plan to make sure you *never* have to shoot up insulin!

SPECIAL MEDICAL REPORT

Are You Prediabetic?

Find Out Your Risk in 2 Minutes

FREE!

SPECIAL MEDICAL REPORT

Wipe Out Diabetic Nerve Pain

FREE!

■ **Wipe Out Diabetic Nerve Pain**

This report tells you about an emergency step to take if you suffer from a high level of diabetic pain.

You can get relief by taking the super supplement I describe in this FREE Report, but please be advised you need a "megadose" (found to be safe and effective in a one-year clinical trial of 1,257 diabetics).

You receive 26 FREE BONUS REPORTS with

your Preview copy of our new book *Prescription for Drug Alternatives*. Send no money now—you have 30 days to decide, and the 26 FREE REPORTS are yours to keep no matter what.

The Great Cholesterol Hoax

Drug companies charge \$1,740 a year for something nature gives away free!

Yearly cost of top statin drugs. Yearly cost of red yeast rice extract.



Cholesterol-reducing statin drugs are just patented knockoffs of a simple food that Asians have eaten for centuries. You can buy it in pill form in any health food store—for 93% less than the drug companies charge!

It's a rice extract that's better for you, much safer, and it's also rich in other heart-healthy nutrients you won't find in the \$1,740 drug.

Some folks might be wary of trying a natural solution that conventional M.Ds. don't know about. I can understand that.

But why not try a natural solution that contains the same active ingredient as the drug? Especially when you can buy it for 93 percent less!

God made the first statin and you can buy it for pennies

Researchers at UCLA Medical School proved the natural statin in red yeast rice extract slashes LDL or "bad" cholesterol 22 percent in just 12 weeks.



Red yeast rice

And a four-year study in China showed that people who take the extract suffered almost 37 percent fewer heart-related deaths compared to those on a placebo (a sugar pill). You can look it up in the *Journal of the American Geriatrics Society*.

And you'll really like this...

The natural remedy avoids most of the miserable

side effects of expensive drugs. The side effects are so horrible, four out of 10 people quit the drugs within six months!

The rice extract gets the job done with a tiny fraction of the statin dose found in the drugs. It just makes sense: Lower dose, fewer side effects.

And the natural extract contains more than just *lovastatin*—the substance that was turned into a drug. The rice product contains a family of related substances that may also help cut cholesterol. You don't get those in the drug company statins.

SPECIAL MEDICAL REPORT

God's Statin Drug Is Cheaper & Better

26 FREE Reports \$29.95 Value!

Cholesterol-cutting drugs are a money machine —

Don't get caught in the gears!

The No. 1 prescription drug in America is a cholesterol drug. It rakes in about \$8 billion a year. And three of the top 15 drugs are in the same category. They're called statin drugs.

I call them a hoax for a couple of reasons...

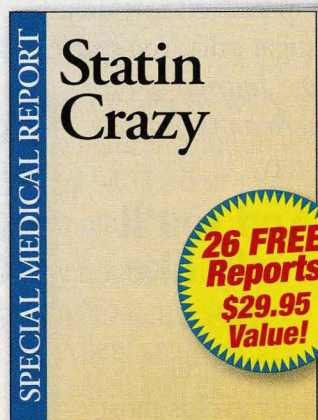
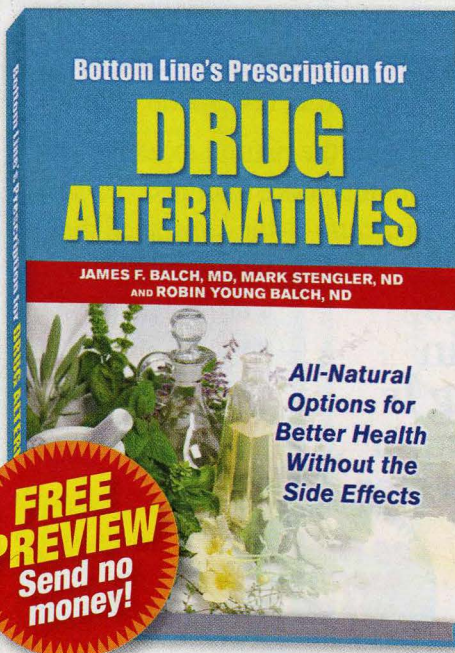
The first statin drug was approved for sale in 1987. Its generic name is lovastatin and it's still a big moneymaker. It's nothing but a copy of a

natural chemical found in red yeast rice extract — a common food in China and Japan. And by the way, our tax dollars helped pay to identify lovastatin. Merck, a big drug company, just cashed in on it.

The other drug companies saw what a goldmine the first statin was, and came out with their own versions. If you *must* take a prescription statin, ask for the cheapest one. There's no proof the statin that's No. 1 is any better than the generics.

They're all just about the same, but here's the real shocker...

Statin drugs give most people little or no protection against heart disease. I've got a natural answer for you, and it's even better than red yeast rice extract.



One of your 26 Free Gifts!

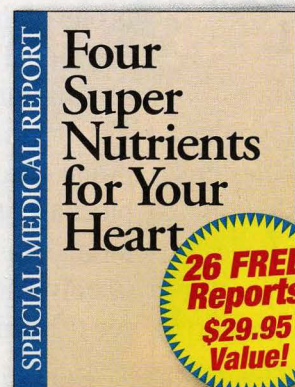
A vitamin you never heard of cuts your risk of heart disease in half!

I guarantee it's not in your multivitamin. You'll want to buy it separately — or eat the right foods!

Researchers in Europe were amazed to find an overlooked vitamin that reduces deaths from heart disease by *half*.

But there's no room for doubt. This was a major long-term study. The scientists studied 4,807 people over a seven- to 10-year period. The people who ate high amounts of this super nutrient suffered *only half* the number of cardiovascular deaths. In fact, they had 25% less risk of dying from *any* cause.

You'll get all the



One of your 26 Free Gifts!

details in the FREE Bonus Report, *Four Super Nutrients for Your Heart*.

This new vitamin comes in two forms, and the second form — the one used in the big

(Continued on next page...)

Cholesterol-cutting drugs are a money machine —

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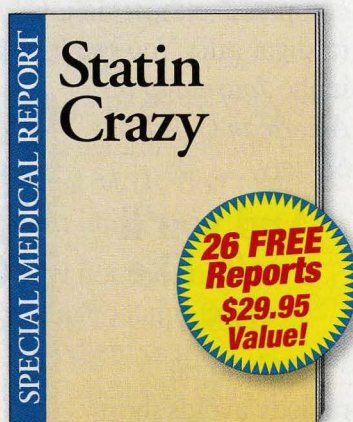
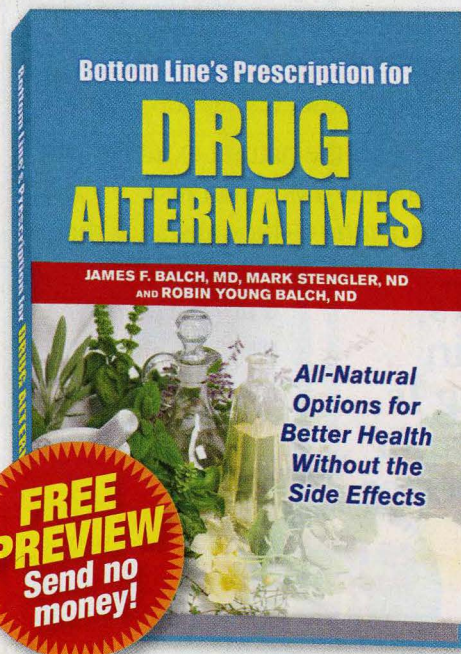
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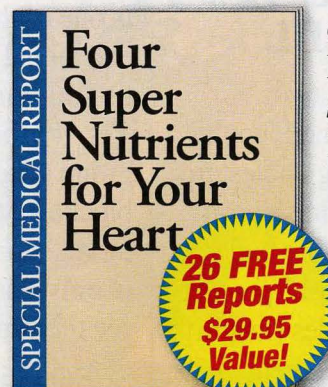
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One of your 26 Free Gifts!

details in the FREE Bonus Report, *Four Super Nutrients for Your Heart*.

This new vitamin comes in two forms, and the second form — the one used in the big

(Continued on next page...)

study—is absorbed better and remains active in the body longer. Request the FREE Report and see for yourself!

Another vitamin reduces LDL “bad” cholesterol up to 20%!

Vitamin E is good for your heart, but only one form of E actually destroys plaque that’s already present. And it’s probably not the form on your shelf.

You see, vitamin E comes in eight forms, and the typical supplement has only one. In fact, you probably need to throw out the brand you’ve got—it’s useless. Check this FREE Report and see.

Then buy the right stuff and watch your LDL “bad” cholesterol number plummet.

This vegetable tonic knocks another 12% off your LDL

If you take the first two vitamins I just mentioned, you’re on your way to beating cholesterol without drugs. Now finish it off for good with a vegetable tonic that slashes LDL up to 12 percent and reduces triglycerides (fats in your blood) up to 19 percent.

This tonic actually stops new

plaque from forming. People who take it **develop two-thirds less new plaque** than those on a placebo.

It also thins the blood (no more need to take Plavix® or Coumadin®)—and slashes other heart attack markers including *homocysteine* and the new measure of inflammation, *C-reactive protein* or CRP.

No drug can come close to reducing plaque like this!



My fourth recommendation is one of the most amazing nutritional discoveries of recent times: **Pomegranate juice**. Yes, it’s the real deal. In a test group of folks with severe artery blockage, the red juice got rid of more than a third of their plaque in only one year! In fact, you’ll see the benefits within weeks.

But a sip now and then isn’t enough to do the job.

The One-Week, No-Pills Cholesterol Cure

Amazing as these supplements are, you can cure your cholesterol problem with no pills at all—drugs OR natural—and no exercise, either. The secret in this Report slashes LDL “bad” cholesterol 30 percent in a week. This is really something! Don’t miss it!

You receive 6 FREE REPORTS on heart health with your FREE-Preview copy of our new book.

SPECIAL MEDICAL REPORT

The One-Week, No-Pills Cholesterol Cure

26 FREE Reports
\$29.95 Value!

See this FREE Report for the research dose that got those amazing results!

Turn to page 63 to request your FREE Report, *Four Super Nutrients for Your Heart*, PLUS 25 other FREE Reports.

SPECIAL MEDICAL REPORT

Four Super Nutrients for Your Heart

26 FREE Reports
\$29.95 Value!

Bottom Line’s Prescription for

DRUG ALTERNATIVES

JAMES F. BALCH, MD, MARK STENGLER, ND
AND ROBIN YOUNG BALCH, ND

All-Natural Options for Better Health Without the Side Effects

FREE PREVIEW
Send no money!

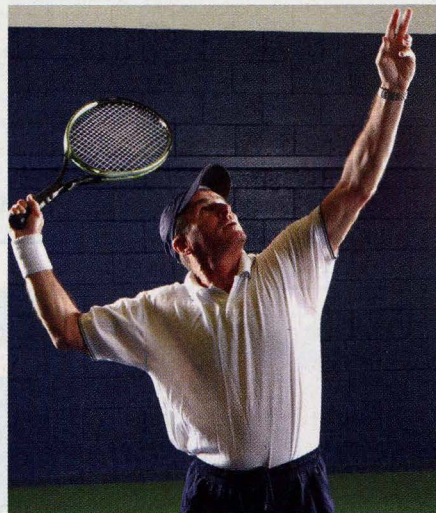
If your cholesterol drug is making you sick, you've got lots of company (and if you don't watch out, it could kill you)

“My husband is a tennis pro,” the woman confided. “He went to his doctor, who checked his cholesterol and put him on Lipitor®. He developed muscle pain, and now he can’t play tennis anymore.”*

This woman’s husband was only 40 years old and in perfect health. He didn’t have any risk factors for heart disease, such as smoking, high blood pressure or being overweight.

Now he suffers from *myalgia*—muscle pain. It’s a common side effect of statin drugs. He would’ve been better off not going to the doctor. He was fine. Now his young life is wrecked by a stupid medical mistake.

You might think, “Side effects are just the price you pay. At least he’s protected from heart disease, isn’t he?” The answer is: Probably not. Statin drugs give most people almost no protection against heart disease. When it



Lost his job thanks to a bad drug reaction

comes to statins, there’s lots of pain and almost no gain.

If muscle pain is his only side effect, he’ll be lucky

He could have saved himself a lot of trouble if he could have read page 129 of our new book, *Prescription for Drug Alternatives*. It tells all about the muscle pain side effect. And that’s just one of 11 major side effects the book warns about.

You’ll also see how the National Institutes of Health (NIH) issued guidelines that would put a staggering 37 million Americans on statin drugs—including millions of healthy people with no sign of heart disease. Almost all the scientists who wrote the guidelines had financial ties to the big pharmaceutical companies.

Not everyone’s on the take. Dozens of honest doctors and scientists wrote a letter to the NIH to warn against the new guidelines and protest this conflict of interest. You’ll see their stunning indictment in the book (page 126), but I want to tell you one thing they said right now, because it’s too important to wait:

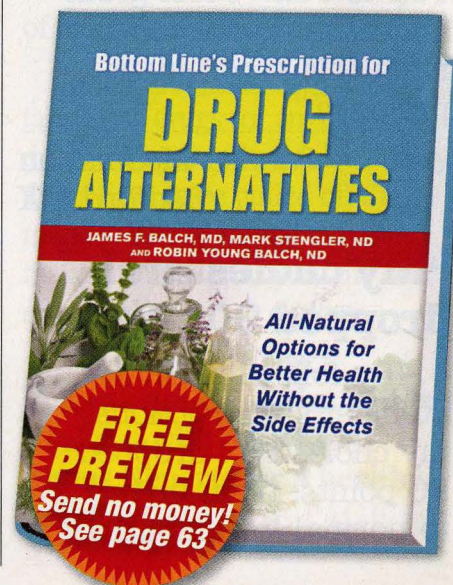
Statin drugs are associated with an increased risk of cancer

One shocking study showed a 25 percent increase in cancer with statin treatment. In another study,

12 women in the statin group developed breast cancer vs. one woman in the control group.

Don’t get me wrong. I’m not totally against these drugs. They’re appropriate for some people with heart disease—as a last resort. But the vast majority of my patients get better results with my natural treatments.

They’ll tell you themselves, in their own words, on the next page...



Thanks, Dr. Stengler!

**“My LDL dropped from 164 to 102...
I feel great!”**

“Over a period of 8 years I have been on 4 different statins. In each case, having severe leg pain compromised my mobility. A few months ago, I decided to quit taking the statins and search for a natural method of lowering my cholesterol. After reading an article by Dr. Stengler, I consulted with him about my problem...In three months, my cholesterol dropped from 269 to 202 and my LDL dropped from 164 to 102. I feel great and have no side effects from this supplement program.”

—Sandra McCuiston
Bedford, TX

“My cholesterol dropped 90 points”

“By following Dr. Stengler’s instructions, my cholesterol dropped 90 points, from high to normal in 2 months.

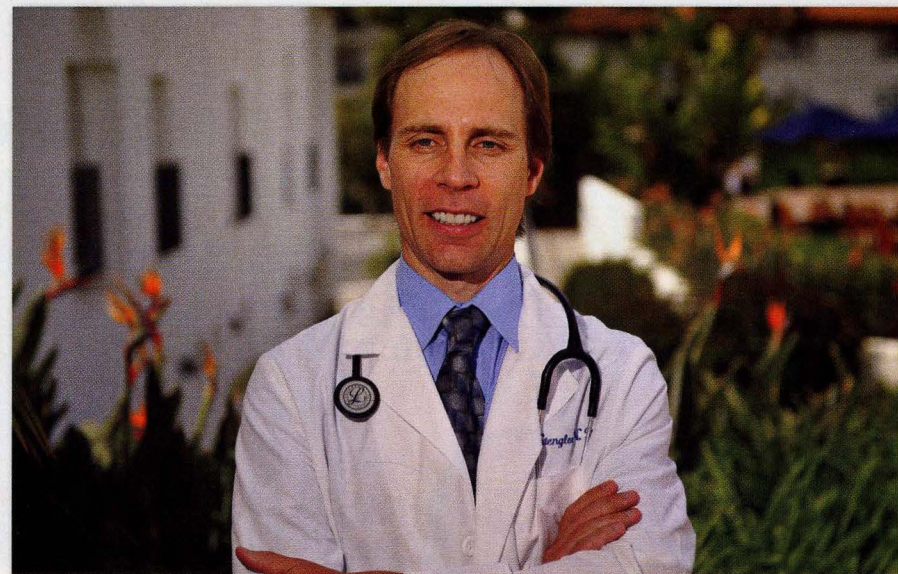
Also, through his recommendations, I am now able to get a full night’s sleep without actual drug medication.”

—Pat Wickstrand
Del Mar, CA

Arteries now 100% clear

“I was diagnosed with plaque buildup in one of my carotid arteries that feeds my brain. Not interested in surgery or drug therapies, I became a patient of Dr. Stengler. He put me on a strategic nutritional protocol to eradicate my plaque. After one year, I had a repeat ultrasound of my carotid arteries. They were 100% clear. The attending doctor stated, ‘This is unusual. I don’t ever see that type of reversal.’”

—Chris Petrozolin
San Diego, CA



My biggest worry about statin drugs

The medical fad for statins could be a massive tragedy in the making. The evidence points to an increased risk of cancer, so bad it can cancel out whatever protection from heart attack you may get from the drugs.

We don’t know how bad it’s going to get, and you know why? Because drugs are only tested for about three years before winning FDA approval. That’s not enough time for long-term effects like cancer to show up. Twenty years from now, millions of people could get cancer.

Prescription drugs alter the human body in profound ways never seen before in the history of the human race.

You’re the guinea pig if you take these drugs (or any new drug). Why do you think so many drugs have to be pulled off the market? The FDA and the drug makers don’t identify all the side effects. YOU get to do that.

**Why take the risk?
You can get off statins within weeks—with 6 FREE Bonus Reports for a healthy heart! TURN THE PAGE AND SEE!**

Claim your 6 Free Healthy Heart Bonus Reports

...along with 20 other Reports — a total of 26 — with your **FREE PREVIEW** of our new 496-page book!

**SEND
NO
MONEY
NOW!**

SPECIAL MEDICAL REPORT

God's Statin Drug Is Cheaper & Better

FREE!

SPECIAL MEDICAL REPORT

The One-Week, No-Pills Cholesterol Cure

26 FREE Reports
\$29.95 Value!

FREE!

SPECIAL MEDICAL REPORT

Cut Your Risk of Heart Attack by 90%

FREE!

SPECIAL MEDICAL REPORT

Four Super Nutrients for Your Heart

FREE!

SPECIAL MEDICAL REPORT

A Better Way Than an Aspirin a Day

FREE!

SPECIAL MEDICAL REPORT

Statin Crazy

FREE!

God's Statin Drug Is Cheaper & Better

Everything you need to know about the natural statin in red yeast rice extract.

The One-Week, No-Pills Cholesterol Cure

You can slash your LDL "bad" cholesterol 30 percent *in one week* with the secret revealed in this little gem of a Report. No drugs or supplements and no exercise involved. It truly is amazing! Don't miss it!

Cut Your Risk of Heart Attack by 90%

You can find and correct a hormone deficiency that multiplies your danger of heart attack by 10 times! This should be front-page news, but more likely your doctor

knows nothing about this breakthrough test. Also in this Report: You've got the best chance to beat heart disease if you find it early. But an MRI costs \$800 and a CT scan exposes you to cancer-causing radiation. Here's the answer: Now your doctor can find heart problems early with a new type of scan that costs a fraction of an MRI and doesn't use radiation. A must if you're at risk for heart disease.

Four Super Nutrients for Your Heart

I can't imagine why ANYONE takes cholesterol-lowering drugs when it's this easy to lower LDL "bad" cholesterol for pennies. Don't waste up to \$1,740 a year! No drug can come close to having the heart-saving power of these four foods and supplements.

A Better Way Than an Aspirin a Day

An astounding 50 million Americans pop an aspirin every morning in hopes of preventing a heart attack or stroke. Big mistake! Aspirin causes many dangerous side effects—and this Report tells you what they are. And besides, millions of us are aspirin-resistant—the pills do us no good at all! And there are four groups of people who should NEVER take aspirin. **Let me show you cheaper, safer anticlotting supplements. IMPORTANT:** You need to pick **precisely the right supplement** for your medical condition. This Report explains all.

Statin Crazy

Essential reading for anyone whose doctor is pressuring them to take statin drugs. Check this out and you'll know better than to risk the deadly dangers!

LDL plunges 71 points in 6 weeks — without drugs!

"My cholesterol and triglycerides have been high since I was a teenager... Finally, my doctor suggested I take a statin drug. I didn't want to do that given possible liver damage. I visited Dr. Stengler and in 6 weeks both my cholesterol and triglycerides were dramatically lowered. My cholesterol went from 287 to 185. My LDL went from 184 to 113, and my triglycerides went from 268 to 131. I am thrilled with my results and I am convinced that finding Dr. Stengler was a great blessing."

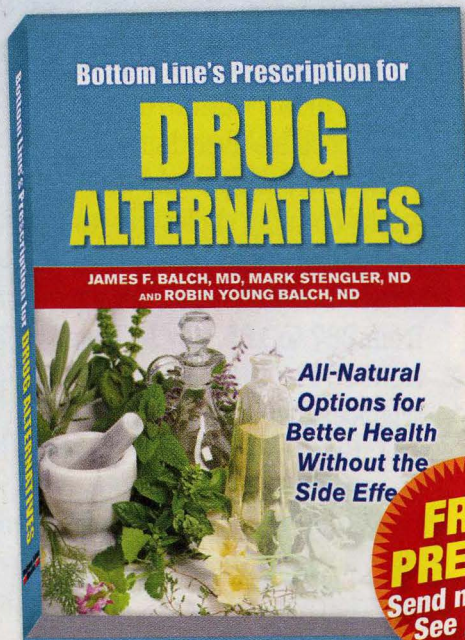
—Laura Swirski, San Diego, CA

A 496-page phone-book-sized behemoth—the uncensored truth on hundreds of prescription drugs—and the natural remedies that are safer, better and cheaper!

Save your money and your life

Statin drugs are overpriced, ineffective and unsafe

- Statin drugs don't benefit women at all. The only proven heart benefits have been found in studies of men.
- If you take statin drugs, *you're just as likely to die as people who don't*, as multiple studies prove. **THEY DON'T SAVE LIVES.** The reason: Statin users experience fewer heart deaths, but **MORE** deaths from other causes, especially cancer.
- Nine of the 12 largest statin studies showed they actually increase your risk of cancer.

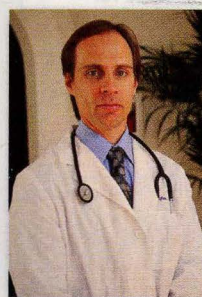


- Three out of four studies of people with diabetes show they get no benefit from statin drugs. In fact, *25 percent more people developed diabetes* while taking one of the top statin drugs, compared to the group taking a placebo!

- Men above age 70 don't benefit from statins unless they've already been diagnosed with heart disease. There's no proven benefit in giving statins to healthy men.

Is your blood pressure drug making you sick?

Joe's medications made him pass out at work



Joseph, age 49, came to me because he often felt dizzy at work. Sometimes he even fainted.

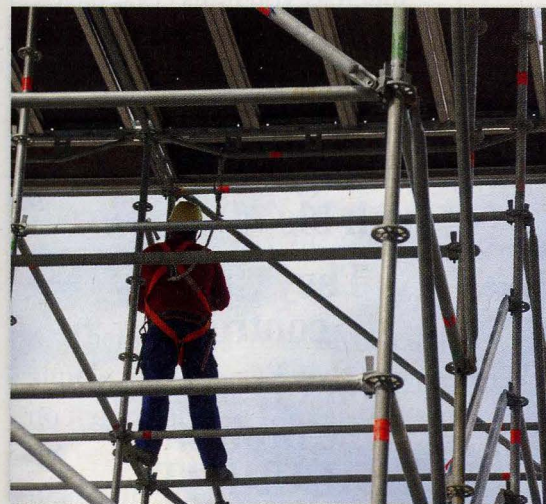
That was really bad news because he worked in construction, around dangerous equipment. He also felt “a strange

jolt in his heart” from time to time.

As I talked with Joseph I soon found out the problem had started a couple of years before. It was about the time his doctor put him on two medications for high blood pressure—a diuretic and an ACE inhibitor.

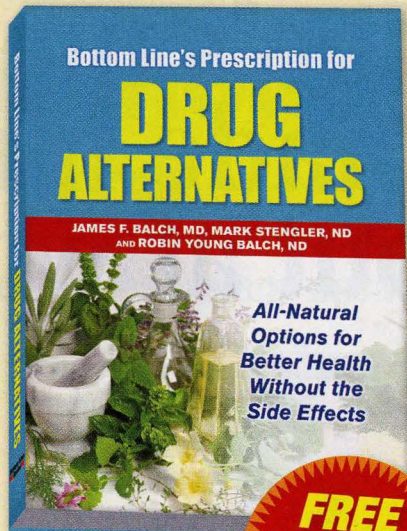
These blood pressure medications bring along more side effects, drug interactions and food/supplement interactions than just about any other drugs on the market. In our book you'll see a detailed list of warnings for all the major blood pressure medications.

Most patients can't stand these medicines.



(Continued on page 35...)

They're smiling because they got off their prescription drugs!



**FREE
PREVIEW**
Send no money!
See page 63

If you've EVER worried about all the drugs you or your loved ones take, here's your 496-page complete answer book!

- CoQ10 enabled more than half the patients in this study to come off between one and three blood pressure drugs. (Page 119)
- 31 published trials prove fish oil lowers blood pressure. And if you think it tastes bad, you're 10 years out of date. BUT, fish oil doesn't mix with THIS type of heart medication! (Page 119)

- 33 studies demonstrate that potassium is key to controlling blood pressure. But you need 24 times as much as you think! See page 121 for the recommended daily dose, and a sneaky way to get it on the cheap.

Drugs can't cure high blood pressure.

They can only control it.

Don't just "treat" the problem — CURE IT!

(...Continued from page 33)

Many quit within months and refuse to take them ever again.

Blood pressure meds may be the most hated drugs in America — and the most lethal, too!

There are five categories of blood pressure drugs, and it's like they're in a race to see which one can be the most dangerous!

Joseph didn't even connect his problem to the medications. But after some tests ruled out other causes, I zeroed in on his two

prescription drugs. Bingo!

Here's what happened: Diuretic blood pressure drugs increase the body's output of urine. The loss of all that water strips the body of potassium, plus a long list of other minerals you can't do without.

Potassium loss is a life-threatening problem

Joseph's fainting and dizzy spells usually occurred at work, when he was out in the sun. So I figured the heat was dehydrating

(Continued on next page...)

You gotta learn to relax!

Please let me send you a new secret to lower your blood pressure in just 10 minutes without drugs



My patients use it to reduce their top blood pressure number by 10 to 14 points. Some patients even see their top number go down by 36 points!

There's no exercise involved, just a simple relaxation secret. But you can't do it on your own without this secret. Give it 10 minutes and the results last all day. In fact, the results lasted 6 months after treatment stopped, says the *Journal of Human Hypertension*!

SPECIAL MEDICAL REPORT

Cure High Blood Pressure in 10 Minutes Without Drugs

26 FREE Reports \$29.95 Value!

him and speeding up his loss of potassium to the point where he'd pass out.

I advised him to bring a potassium-rich vegetable juice (such as V8®) to work to keep up his potassium levels. I also prescribed two of the blood pressure supplements you'll find on page 117 of our book.

Soon the dizziness and fainting disappeared. The "strange jolts" to Joe's heart eventually went away,

too. Within two months we were able to cut Joseph's dose of one of his drugs (the ACE inhibitor) in half. And a few months after that his blood pressure was healthy and he was off the drug completely.

Annual savings from getting off ACE inhibitor: Up to \$672 per year.

And Joe says he feels better than he has in years!

America's most lethal drug? See page 109!

One common blood pressure drug is so bad it's doubtful that anyone should take it, ever. A respected M.D. says overdose from this drug "is rapidly emerging as the most lethal prescription ingestion [i.e., pill]."

And another M.D., J. Douglas Bremner, says this fancy new type of drug is associated with a 26 percent increase in heart attacks compared to "old-fashioned" diuretic drugs that cost a third as much!

Yet—amazingly—it's hailed as a breakthrough and millions take it. This one class of drugs is a \$2 billion industry.



What?! My blood pressure drug can stop my heart?

So when will *this* one be removed from the shelves—in time to save you and those you love?

What?! My blood thinner can give me a heart attack? I thought it prevented them!

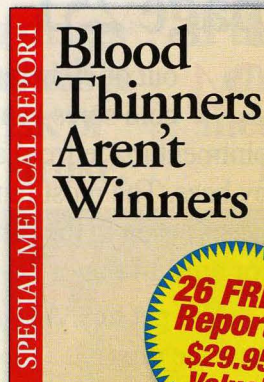
The No. 10 top-selling drug in the country can actually do the opposite of what you take it for. If you combine it with a certain other top-selling drug, you almost double your risk of heart attack!

Even if you take it as directed, this blood thinner can give you blood clots—the *opposite* of what it's supposed to do. (See "Major

"An aspirin a day (five cents) gives you just as much heart protection as this \$3-a-day drug. Can you believe it? And fish oil is even safer and better!"

A giant, phone-book-sized guide to more than 500 prescription drugs—AND the natural remedies that are better, safer and cheaper!

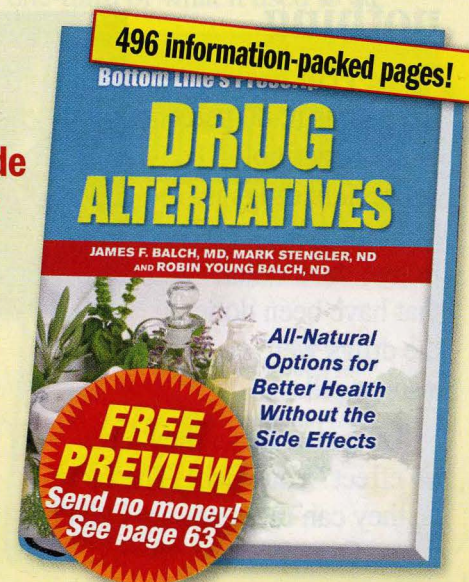
- Potential Side Effects
- Major Cautions
- Known Drug Interactions
- Food or Supplement Interactions
- Nutrient Depletion/Imbalance



Cautions" on page 81 of our book.)

And if you get a headache, don't touch that painkiller! You can't take them when you take blood thinners. (See "Known Drug Interactions" on page 81.)

And cheaper blood thinners like *warfarin* aren't much better. You'll see—request your FREE-Preview copy of the book and look under "B" for blood pressure (page 105).



Bee propolis beats the top herpes drug by 71%!

See *Prescription for Drug Alternatives*, page 251



24 out of 30 herpes patients saw their cold sores vanish thanks to an ointment made from a substance collected by bees. The most famous herpes drug wasn't even in the same league: It worked for only 14 out of 30.

And get this: A placebo ointment almost beat the drug!

Look in our book under "H" for herpes (page 245). You'll find another secret that not only cures, but *prevents* outbreaks. One of my patients, Lynn, saw a 90 percent decrease!

Depression drugs are no better than nothing

The FDA itself admits it: 80 percent of the benefit of depression drugs is from the placebo effect. In half the studies that have been done, the drugs were no better than a sugar pill.

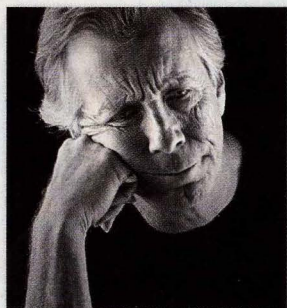
Does that mean they have no effect? You wish! The fact is, they can mess you up in 242 ways. Over a 10-year period,

the most popular depression drugs—SSRIs—were associated with more deaths, hospitalizations

and serious drug reactions than any other prescription drugs.

Where can you turn? To page 173 of our book! You'll find an amino acid-

like supplement that performs just as well as prescription antidepressants in head-to-head tests. PLUS, an even better depression cure that costs just pennies a day!



Some patients die within hours of taking migraine drugs

URGENT WARNING! See page 238.

Top prescription drugs for migraine headaches carry a serious risk of heart attack and stroke.

You'd know that if you'd read our book. Look under "H" for headache (page 233). We name names—all six brands in this family of drugs called *triptans*.

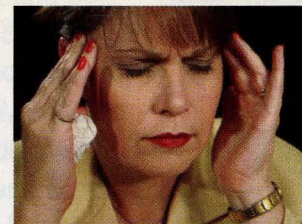
Then on page 239 you can check out our natural solutions. You might be surprised...

A modern disease from not eating right

In our book you'll discover that most migraine patients are starving for CoQ10, magnesium and vitamin B2. The vitamin alone brought pain relief to 68 percent of migraine patients in a Belgian study. And patients taking CoQ10 see the number of migraine episodes go down by half.

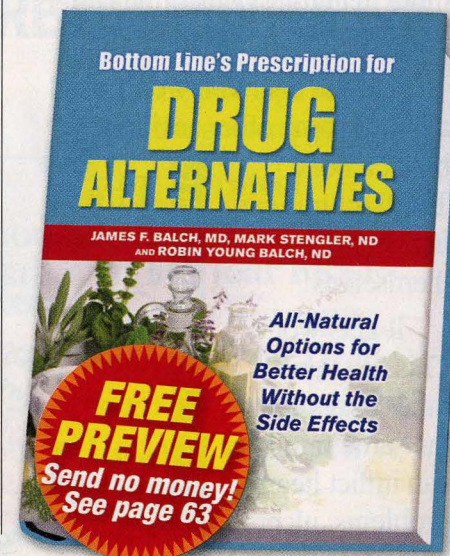
Some of my patients completely cure their headaches *just by taking the three nutrients*.

If the nutrients aren't enough, these two medicinal herbs will finish the job!



If you still need a medicine, try two that Mother Nature provides free. One herb cuts the number of migraine attacks nearly in half and the

other one is even better: It slashes the number of headaches by 61.7 percent. And those rare times when you still get a headache, you can expect the pain to be only one-third of what it used to be.



What?! My osteoporosis drug makes me *more likely* to break a bone?

Yes, that's what Cornell researchers found



I'm talking about America's No. 1 drug for preventing bone loss. Women who take it for more than four years often suffer a certain type of leg fracture.

And get this: You won't need a fall or some other accident to break a bone. The fractures can happen all by themselves!

It gets worse. This drug and other drugs in the same family can inflict heart problems, ulcers

and more. The FDA says the drugs can cause crippling bone and joint pain—and the "experts" don't know why.

Check out page 309 in our book and you'll see the dreadful dangers and side effects of nine brand-name osteoporosis drugs. And you'll get a full report on the Cornell study in a FREE Bonus Report called *The Osteoporosis Drug that Causes Fractures*. The bonus leaves no doubt that America's No. 1 osteoporosis drug is a deadly menace!

In your FREE Report you'll find another shocker: The heart problems I just mentioned continue AFTER women stop taking the drug. In my opinion, *the sooner you quit, the better*.

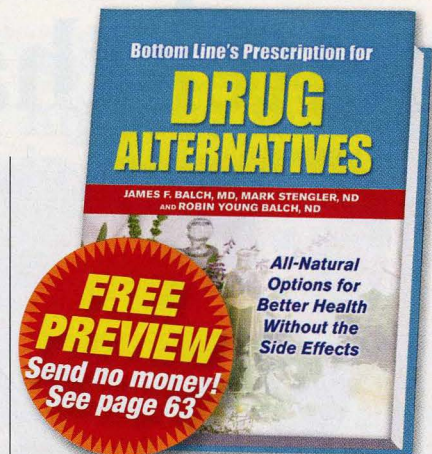
That's what happens when you mess with Mother Nature

How can it be?
How can these drugs do

the opposite of what they were designed for—and the medical experts missed it?

Here's what happened: Our bones are living things, and our bodies remove old bone all the time, and then build new bone to replace it. It's a natural process. The drugs interfere with nature and *prevent* the process of bone removal.

Sounds like a good idea if you want to prevent bone loss, right? That's what the drug companies thought. The problem is, you can't build new bone if you don't



remove the old. After a few years, all your bone cells are older and more brittle than they would be if you just left things alone. And besides...

You can save your bones the natural way, for pennies. Turn the page...

Once again, YOU'RE the guinea pig

This shocking scandal happened because drugs are tested for just a few years—not long enough to discover long-term side effects.



identifying. You're the guinea pig.

Protect yourself. Ask for your FREE-Preview copy

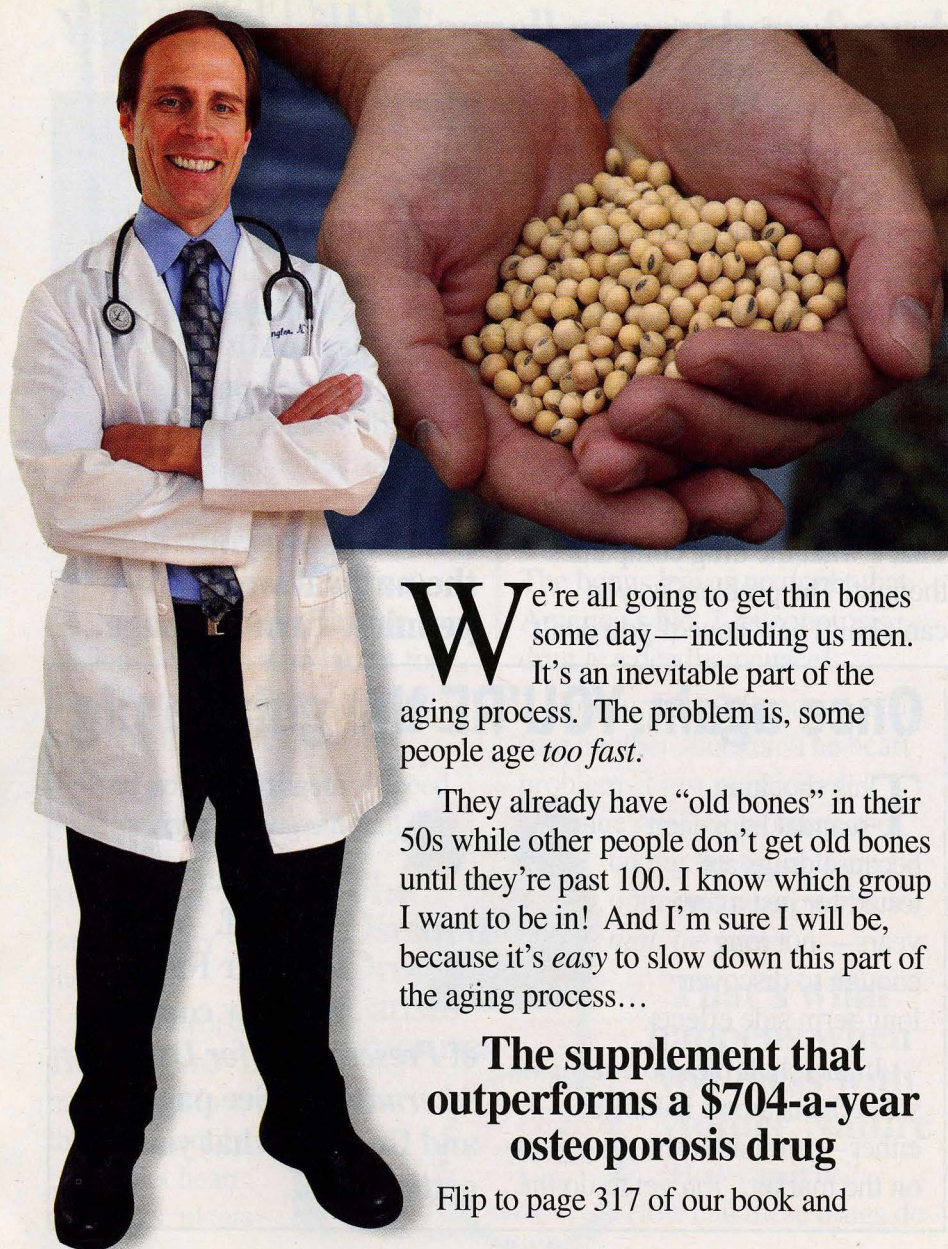
In fact, half the *short-term* side effects aren't identified, either—until after the drug goes on the market. *You* get to do the

of Prescription for Drug Alternatives. See page 307 and find out what you're getting into.

SPECIAL MEDICAL REPORT
The Osteoporosis Drug that Causes Fractures

26 FREE Reports \$29.95 Value!

This plant extract builds bone mass better than a \$704 drug



We're all going to get thin bones some day—including us men. It's an inevitable part of the aging process. The problem is, some people age *too fast*.

They already have "old bones" in their 50s while other people don't get old bones until they're past 100. I know which group I want to be in! And I'm sure I will be, because it's *easy* to slow down this part of the aging process...

The supplement that outperforms a \$704-a-year osteoporosis drug

Flip to page 317 of our book and

discover a soy extract that increases bone density by 5.8 percent in just one year. Those are powerful results.

Pharmaceutical companies put out a press release if a drug increases bone density by up to 3 percent in *three* years. In our book you'll see the brand name of the drug I have in mind. It will cost you about \$704 a year—for the rest of your life.

That's what they charge for a drug that takes three times as long to do half as much as the soy extract.

Our book recommends 8 super-nutrients for restoring bone mass

A few pages back I mentioned



"6% increase in hip bone density in one year..."

"Thanks to Dr. Stengler, I have been rebuilding bone density on a consistent basis, without any medication...I can even do a leg press of over 300 pounds! At 63 years young, that's pretty good!"

—Peggy Smith
California

a vitamin that cuts your risk of heart attack in half. Most people have never heard of it, and it's not in any multivitamin I know of.

Guess what? The same little-known vitamin cuts your risk of hip fracture by 50%!

Ain't Mother Nature great?

Those are the kind of results you'll get when you give nature a hand instead of taking a drug that gums up the works!

(Continued on next page...)

Look at page 315 in our book and get the details on these two super nutrients and six more besides. Calcium, of course, but also...

✓ **Vitamin D:**

A true super nutrient for your bones.

But D2—the form you get in milk and in some cheap supplements—is much less effective than the form we recommend.

✓ **Essential fatty acids:**

These nutrients tackle one of the most basic causes of bone loss.

✓ **Potassium:** A vital building block for bones.



Horny goat weed is just one of the Super 8 nutrients I recommend for restoring bone mass

But the wrong form of potassium actually causes you to *lose* bone!

✓ **Magnesium:**

Just as important as calcium. All by itself, it produces results that compare well with the drugs.

✓ **Horny goat**

weed: If that name doesn't get you curious, I don't know what will...

Most of our Super 8 nutrients can do more to promote bone density and prevent fractures than do the drugs—even if you take just one of them. Imagine how strong your bones will get if you take all 8!

God forbid you should ever suffer a broken hip or other fracture. But if you do, take advantage of the secret in this Report.

It heals fractures so fast, I caution doctors against using it before they set the bone! Truly an incredible breakthrough—yours **FREE** with your preview copy of our new 496-page book.



SPECIAL MEDICAL REPORT

Miracle Fix for Fractures

26 FREE Reports \$29.95 Value!

The No. 1 Cause of Bone Loss—

And doctors will never tell you!

Some experts think *prescription drugs* are the No. 1 cause of bone-thinning next to old age itself. There's a long, long list of drugs that cause bone loss. In our book, *Prescription for Drug Alternatives*, you can check if your drug is one of them.

- **The most popular diabetes drugs** almost *double* hip fracture risk (see page 191).
- **Warfarin**, one of the best-selling blood thinners, increases the risk of osteoporosis (see page 312). Millions of people take it.
- **Millions of people take blood pressure drugs**—diuretics—that strip your body of calcium, magnesium and potassium—vital minerals for bone health. See page 108.
- **The little purple pill** for acid reflux increases risk of hip fractures 44 percent! Page 48

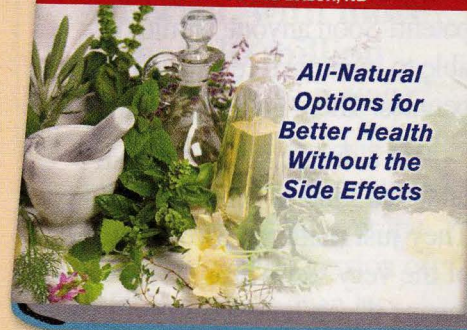


FREE PREVIEW
Send no money!
See page 63

Bottom Line's Presc.

DRUG ALTERNATIVES

JAMES F. BALCH, MD, MARK STENGLER, ND
AND ROBIN YOUNG BALCH, ND

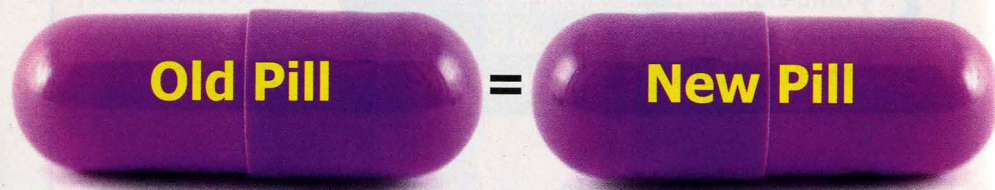


All-Natural Options for Better Health Without the Side Effects

The Great Acid Reflux Hoax

Same Old Drug, New Name, 9 Times the Cost

How they got millions to pay \$6.13 for a 70-cent pill



Most drugs touted as “new” are really just old drugs...

...and there's no better example than the little purple pill for acid reflux disease.

In 2000, a big drug company was reaping \$4 billion a year from *omeprazole*, a cure for excess stomach acid. It was the most popular drug in the world.

But the drug company had a problem: The drug was going off-patent! Soon anyone would be able to manufacture and sell it for pennies. There go 4 billion dollars!

But a drug company doesn't take that kind of thing lying down. They just made a mirror version of the very same drug. This means if you held a molecule of the new drug up to a mirror, it

would look the same as the old one. This little trick qualified the new drug for a patent. And, of course, they gave it a new name.

But that's nothing—the scam had just begun...

They packed a higher dose of the “new” drug into each pill and tested it against the old version. The study “proved” the new drug was better. Of course. The dose was higher.

Next thing you know, the whole nation was flooded with ads for the little purple pill.

But here's what's most amazing: Doctors bought into it

Drug company sales reps

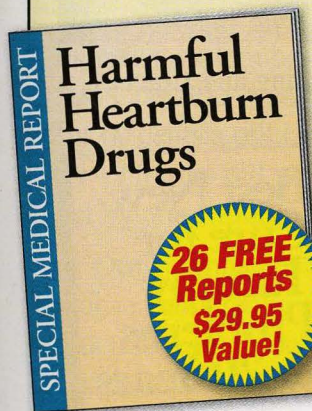


Heartburn drugs are hip-breakers

The *New England Journal of Medicine* analyzed medical records and found a 44 percent increased risk of breaking a hip if you take drugs to stop your stomach from making acid. They proved it with a huge study of 148,942 patients.

And get this—drugs that reduce stomach acid can actually *increase* heartburn!

Get this **FREE Report** and you'll discover *stomach acid isn't the problem at all—it's good for you—and blocking it is a health disaster!*



fanned out all over the country and convinced doctors the “new” drug was a real improvement. And besides, consumers flocked into doctors' offices and demanded the little purple pill they'd seen on TV.

Presto! A new blockbuster drug was born.

Now it's the No. 9 prescription drug in America, with more than 30 million prescriptions a year!

And at Walmart® it costs \$6.13 per pill compared to 70 cents for the old drug, now sold over the counter! The generic version of the OTC drug costs even less.

(Continued on next page...)

Esther's 40-year acid reflux problem vanished in one month

"This new discovery may become my first-line treatment for acid reflux disease!"

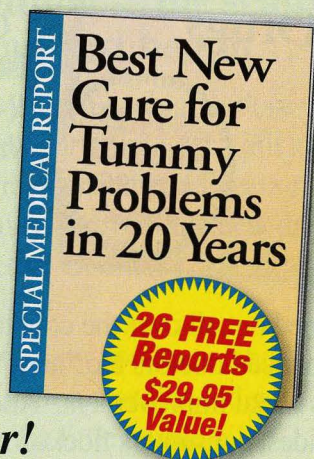
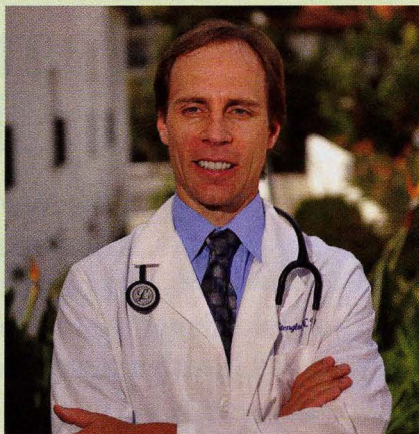
Esther is a financial adviser who came to me at age 59. She'd suffered acid reflux disease since she was in high school.

She'd already tried many of the natural solutions we recommend on pages 55–57 of our book, including an extract of licorice root and aloe vera juice.

My digestive remedies almost always work—but not for Esther. It seemed like she was incurable. So I decided to try a new natural fruit extract you'll find in your FREE Bonus Report, *Best New Cure for Tummy Problems in 20 Years*.

Within one month, Esther told me her acid reflux problem was 80% better. Forty years of pain were over!

She'd improved so much she was able to stop taking drugs AND the natural extract, too. Get the details in this Bonus Report —FREE with your preview copy of the book.



Allergy Drug Flimflam

The little purple pill scam isn't something new. It's standard operating procedure in the drug industry. For instance...

If you treat your allergies with prescription Clarinex®, you're paying top dollar for what's called a metabolite of Claritin®, a cheap drug you can buy over the counter. Twenty minutes after you take Claritin, your digestive system has turned it into Clarinex. And Claritin sells for 60 cents a pill compared to \$4.19 for the pill you have to get by prescription.

Drug companies aren't worried about your well-being, much less your pocketbook. For them, a "health crisis" is when one of their drugs is about to lose its patent, so generics can be made. That's why they keep introducing the same old drugs over and over again as something new—and charging five to 10 times as much.

Out of almost 500 new drugs, fewer than a third actually



contain new active ingredients and only 14 percent were classified by the FDA as true improvements over older drugs. I got those figures from a former editor-in-chief of the prestigious *New England Journal of Medicine*.



- ✓ Get your copy and check under "A" for allergy!
- ✓ Compare and save on your best solutions
- ✓ My favorite herb was just as good as prescription Zyrtec® in a head-to-head test!

Urgent Warning...

The No. 1 Drugs in America for Damaging Side Effects

These drugs cause more adverse drug reactions than any others...

They send at least 70,000 people a year to the hospital and kill at least 7,000!

Most Americans have no idea how dangerous painkilling drugs are. Every single painkiller is dangerous. **ALL OF THEM.**

You can get an ulcer *in one month* from *naproxen*, a common over-the-counter pain drug. For a while, it was the drug rated No. 1 in the country for adverse drug reactions.

But that's nothing. **ALL** drugs in this class cause ulcers and gastrointestinal bleeding. That includes aspirin, *ibuprofen*, *diclofenac*, Celebrex, and a long list of others. But there's more...

Now they all have to carry a heart warning on the package

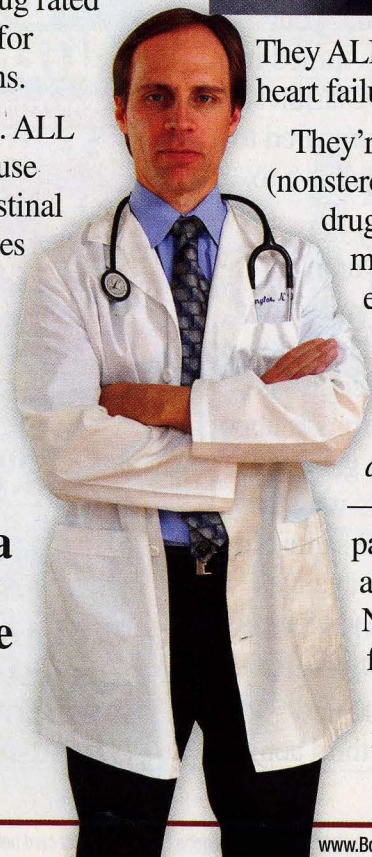
If you thought Vioxx was the only one, think again.



They **ALL** bring a risk of heart failure.

They're called NSAIDs (nonsteroid anti-inflammatory drugs), and they cause more dangerous side effects and deaths than any other group of drugs.

And what about *acetaminophen* —the only common pain drug that's not a NSAID? It's the No. 1 cause of liver failure. It causes 56,000 emergency room visits a year!



NSAID use doubles the risk of congestive heart failure

...according to a study in the prestigious Archives of Internal Medicine.

And here are some other things you need to know...

- NSAIDs are the No. 2 cause of bleeding ulcers.
- Your stomach can bleed without you knowing it. Most patients who die of stomach bleeding had no prior warning symptoms.
- About one arthritis patient out of four has to ask a doctor's help for stomach or abdominal pain.
- Three months of aspirin use are enough to cause GI tract damage in 75 percent of all patients.
- 37 percent of ibuprofen users will suffer GI tract damage

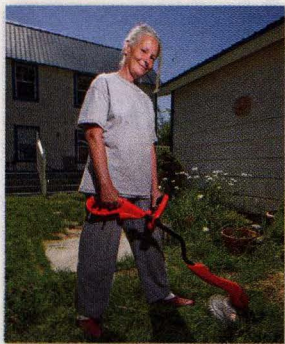


within six months. Many show damage *within weeks*.

- COX-2 inhibitors that are still on the market more than triple your risk of stroke, heart attack or heart failure.

Turn the page and let me show you how to get off pain drugs!

Four FREE REPORTS to Get You Off Pain Pills for Good!



68-year-old cancels back surgery!

“They told her surgery or cortisone injections were the only answers for her degenerated discs. She came to me and got rid of the pain in 5 days!”

SPECIAL MEDICAL REPORT The High-Tech Home Remedy for Pain

26 FREE Reports \$29.95 Value!

FREE!

This lady was one of my first success stories with an amazing new “heating pad” that uses a special type of infrared light. The light waves vibrate at the same frequency as human cells.

After just five sessions, she was so delighted she bought one herself. They don’t cost much. She avoided surgery—and you’ll save thousands on drugs.

It works for all types of pain

Another patient suffered from severe, “incurable” *fibromyalgia*—a type of chronic pain. Her whole body was so wracked with pain she couldn’t get a good night’s sleep.

After just one treatment she was able to sleep through the night.

Send for your Bonus Report, *The High-Tech Home Remedy for Pain*. It’s a GIFT with your FREE PREVIEW of our new book.

Joanna got off Celebrex in two weeks!

Joanna was a professional athlete when a freak accident benched her for life. She fell off a ladder and broke her ankle. She lost 40 percent of her ankle cartilage and then degenerative arthritis set in. Surgeons said

there was nothing they could do. Ibuprofen and Celebrex didn’t bring much relief.

She came to me at age 46, after six years of agonizing pain. I prescribed a natural rub-on cream. **In one week, Joanna’s pain was nearly gone, and in two weeks she was able to stop medications completely.**

See for yourself in this FREE Bonus Report.

SPECIAL MEDICAL REPORT “Sandy’s Cure” for Chronic Arthritis

FREE!

“Incurable” rheumatoid arthritis cleared up in 2 months!

Most experts will tell you crippling rheumatoid arthritis is hopeless. Not me! Sandy had suffered for 16 years when she showed up in my office. Two months later, she had **no more symptoms of arthritis** in her joints—and she was totally off ALL medications!

SPECIAL MEDICAL REPORT My 6 Top Supplements for Pain

FREE!

Supplement is as good as Celebrex in head-to-head tests!

PLUS, 5 more natural pain solutions you can do at home for pennies

Here it is in one Special Report—the six supplements I recommend first for chronic pain. The University of California proved one of them is just as good as high-priced Celebrex. Another is a homeopathic gel that clears up pain for weeks *with just one application*. Get all six natural remedies in this FREE Bonus Report.

These four and 22 more!

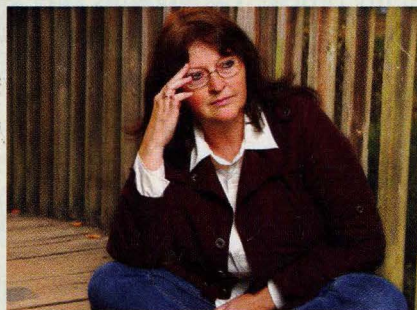
You receive 26 FREE GIFTS when you preview our 496-page book, *Prescription for Drug Alternatives*.

496 INFORMATION-PACKED PAGES!

Your giant-sized guide to the side effects, drug interactions and dangers of more than 500 drugs! *The best and the worst in one place — drugs AND natural alternatives for...*

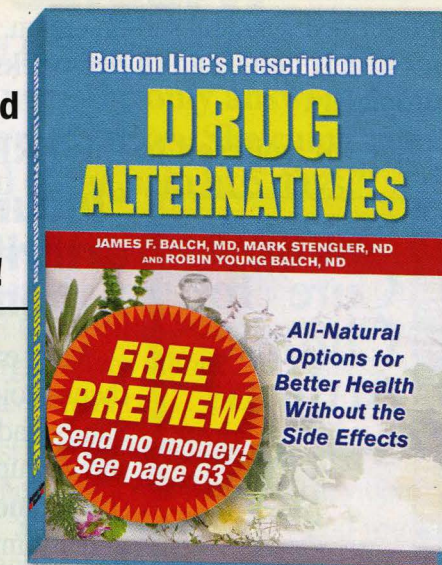
- Acid reflux • allergies
- arthritis • blood pressure
- cholesterol • common cold
- diabetes • depression
- migraine • obesity
- osteoporosis
- prostate health and more!

The Menopause Hoax — Exposed!



Millions of women stopped hormone replacement therapy (HRT) when studies proved it puts you at greater risk of breast cancer, heart disease and stroke. So many women quit the drugs, the number of new breast cancer cases plunged the following year!

Now some “experts” have done a 180 and want you to

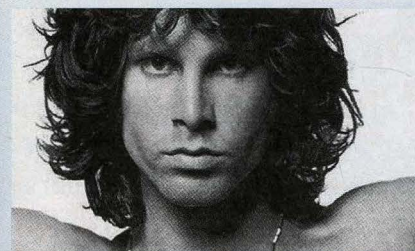


think all HRT is bad. Don't be fooled. This is another drug company scam.

Drug company HRT did NOT use natural or bioidentical hormones, the kind your own body makes. They used synthetic hormones. I predicted for years it would lead to disaster — and I was right.

Bioidentical hormone replacement therapy (BHRT) is totally safe and can do you a world of good. Forget the myths and check out the facts — page 283!

Take this drug if you want to talk to a dead rock star



A Missouri boy told his family he was getting messages from Jim Morrison, the famous rock singer from the Doors who died in 1971. The boy claimed Morrison was telling him to commit suicide on April 15, 2004.

Lucky for this kid, his parents consulted a psychiatrist who DOESN'T care much for prescription drugs. The doctor figured out it was the boy's acne

medication. As soon as he stopped taking it, his psychosis stopped. Not so lucky was an Irish boy who DID commit suicide while on the medication. The drug also causes cancer in lab animals.

Was it pulled off the shelves? No — even though an FDA scientist told Congress it should be. It *does* clear up acne, and that's why it's popular. Millions of kids take the pills and smear on the ointment, too.

Look in our book under “A” for acne (page 17) and get the truth about 34 acne drugs — and our natural solutions that are just as good or better.

“Incurable” Eczema Cured Without Drugs!

When he came to my clinic for help, 10-year-old Todd was tormented with itchy, ugly eczema over large parts of his body. His parents had tried drugs, including dangerous steroids, with no luck.

I was able to identify food

allergies such as gluten and cow's milk, and started Todd on three supplements you'll discover on pages 205–206.

Todd's skin got better fast. And one year later his eczema was 90 percent gone!

The 4 Most Deadly Prescription Drug Myths

Myth #1

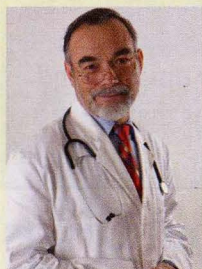


My pharmacy will warn me if I'm combining the wrong drugs.

FACT:

Don't count on it. A research team submitted dangerous drug combinations to 245 drugstores in seven cities. These were clear-cut cases. The pharmacist should have refused to fill the prescriptions or called the doctor. The stores went right ahead and filled them 32 percent of the time.

Myth #3



My doctor will warn me about any serious dangers from my meds.

FACT:

An FDA study showed doctors almost *never* discuss the dangers of drugs with their patients. The docs expect you to read the info in the drug packaging. Which brings us to the next myth...

Myth #2

The drug packaging tells everything I need to know about side effects.



FACT:

The side effect info is usually a laundry

list of every reaction you can imagine, put there to protect the maker from lawsuits. A healthy young woman in California died of a seizure caused by a common antidepressant. The side effect was listed *on page 9* of the instructions.

Myth #4

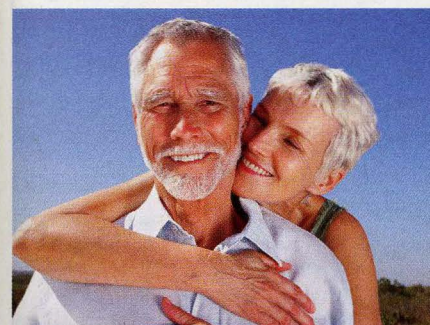
Really serious drug reactions are rare.

FACT: Reactions to prescription drugs are the No. 4 cause of death in the United States, after heart attacks, cancer and strokes. And 2 million people a year are severely injured.

Prescription drugs are 10 times more likely to put you in the hospital than a car accident!

The Great Prostate Hoax

Top drug for enlarged prostate is no better than placebo



Fork out your dough for the most popular prostate drug and I bet you'll still have to get up several times a night to urinate. In head-to-head tests the drug is no better than a sugar pill.

But it might make you impotent!

Erectile dysfunction, or ED, is one of the known side effects. The drug also increases your risk of serious prostate tumors.

The *New England Journal of Medicine* reviewed 18 trials

and found that saw palmetto is more effective than this drug (generic *finasteride*). Of course, that's not saying much! Finasteride can't even beat a sugar pill.

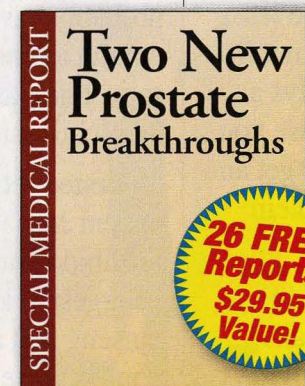
I've got a better idea —and you can see it for FREE!

Take me up on this offer and get your FREE-Preview copy of our book. Turn to page 349 and discover an herbal extract that beats a placebo by 130 percent!

Then turn to your FREE Bonus Report, *Two New Prostate*

Breakthroughs and see a brand-new, cutting-edge discovery from Columbia University that stops prostate tumors cold! The early results are super-exciting.

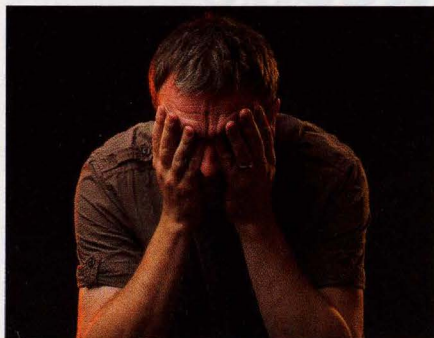
Now turn the page and discover the *real* cause of most ED...



One of your 26 Free Gifts!

Your medications may be giving you ED

87 prescription medications kill off your sex life—
See the list in our book, pages 214–216



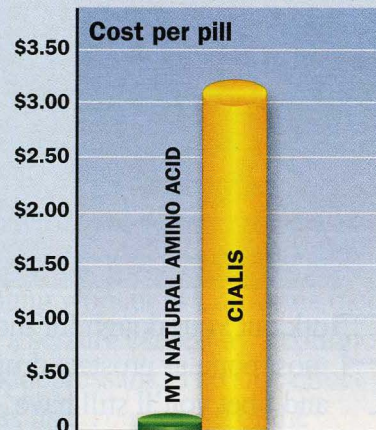
That's not a typo. At least 87 drugs can keep you from achieving an erection. Drugs are the No. 2 cause of erectile dysfunction.

Getting off drugs is the “no-pills cure for ED”

I do have some good news: Emotional problems are the *least* common cause of ED. It's not in your head. It's almost always a circulatory problem, because you need healthy blood flow to get an erection. And that's a problem you can fix.

I wish they'd stop running those stupid TV ads for Cialis®, Viagra® and Levitra® and divide the money among all of us. You'd

85 times the money —for what?



**Cialis at \$3.15 per pill?
Or my amino acid that has the
same biochemical effect at
3.7 cents per pill?**

probably have 3.7 cents to buy a natural amino acid that does the same thing as the drugs—proven by blood tests.

Better yet, just do what my patient Jose (age 63) did when his libido was slowing down. I suggested a certain type of ginseng and a daily glass of pomegranate juice. In 3 weeks, his sex life came roaring back!

Happy patients rave about Dr. Stengler!

Improvements happen immediately!

“Our MDs always suggest pharmaceutical drugs which have side effects. We always decline them and do what Dr. Mark suggests and improvements happen immediately!”

—Kathleen Clarke, TX

Dr. Stengler is a “miracle” physician

“I have to admit that I was 95% skeptical when I first contacted Dr. Stengler. I didn't think that anyone could help me. I was wrong. Dr. Stengler is a ‘miracle’ physician.”

—Ava Maharaj
NY

Got off 6 medications!

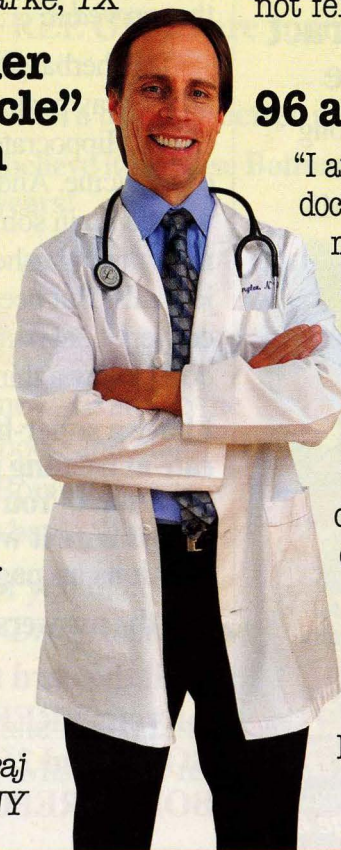
“For 15 years I have not felt well...Within three weeks of seeing Dr. Stengler and using his natural approaches, I experienced significant improvement in my mood and well-being. After two months, I was off Prozac® and five other medications. I have not felt this good in decades.”

—Nancy Pool, CA

96 and disease-free!

“I am 96 years old...When doctors ask me what medications I am on, I shake my head and say, ‘None.’ They assume I am deaf or senile and yell, ‘Pills...Prescriptions.’ And when I still say, ‘None,’ they look to my daughter. When she confirms no conditions and no prescriptions, they tell her how lucky she is that I have such ‘good genes.’ That's not it, she says. It's good nutrition...”

—Anita Maurice, CA



Glorious freedom from PMS!

This power mineral slashes the symptoms by almost half!

Just look in the book on page 321 and you'll discover how one simple mineral reduces overall symptoms by an average of 48 percent. It works for almost every woman who tries it. But you don't have to rely on one thing...

Natural berry extract is 93% effective

European women have long relied on a berry extract that cuts back or totally cures PMS



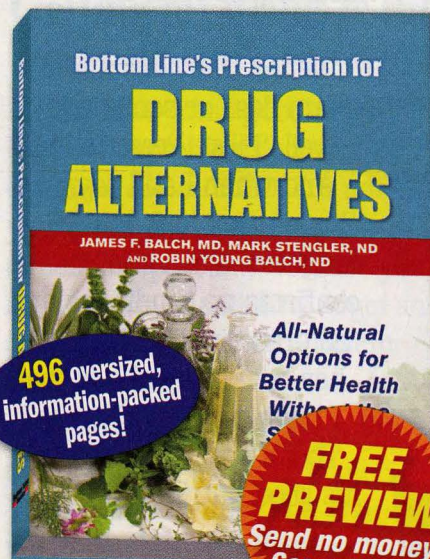
symptoms in 93 percent of the women who try it. 1,634 women took part in a published study that *proved* it.

This herbal miracle goes all the way back to the ancient Greek Hippocrates, the father of medicine. And now it's been written up in some of the world's most distinguished medical journals. But needless to say, conventional American doctors don't know a thing about it.

I have a super-high success rate at treating premenstrual syndrome. You can almost always cure it with the natural solutions on pages 336-340.

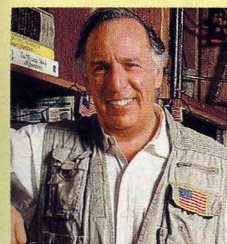
Get the answers you need, now!

Mail the card facing page 63 for your FREE-PREVIEW BOOK and 26 FREE BONUS REPORTS!



The most amazing guarantee in the history of publishing!

Send no money now. Not one cent.



Martin Edelman, Chairman
Bottom Line Books

Examine our new hardcover book, *Prescription for Drug Alternatives* FREE for 30 days. Look it over. See for yourself if it's everything we say. Comb all 496 pages for the priceless information that can save your life—or the life of someone you love.

And you keep the 26 FREE BONUS REPORTS no matter what! Your satisfaction and your money are guaranteed for life!

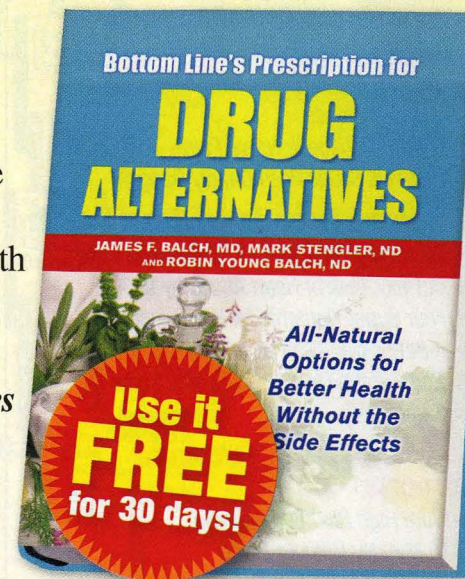
And all 26 FREE GIFTS are yours to keep no matter what you decide.

Nobody anywhere offers a better guarantee than that!

And you can believe it because Bottom Line Books has been in business for 30 years!

It's as easy as 1-2-3!

1. Pay nothing now. Examine the giant 496-page book and claim your 26 FREE Bonus Reports with no obligation to buy a thing.
2. Pay nothing if you return *Prescription for Drug Alternatives* within 30 days.
3. Get a full refund if you return the book ANYTIME for the rest of your life!



26 FREE GIFTS

with your no-obligation,
FREE-Preview copy of the 496-page book,
Prescription for Drug Alternatives



Respond now and receive:

6 Special Reports on Diabetes

- Defeat Diabetes AND Lose Weight with the New Super-Fiber Formula
- The "Apple Cider Vinegar Cure" for Diabetes
- Are You Prediabetic? Find Out Your Risk in 2 Minutes
- Diabetes Supplements: What Works And What's Worthless
- Wipe Out Diabetic Nerve Pain
- Diabetes Drugs Pose Deadly Dangers

6 Special Reports on Heart Health

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