

Please! Don't let your mother fall for...

THE GREAT HIP HOAX

How we could halt America's hip-fracture epidemic tomorrow, with a nutrient that costs about 5 cents!

(POTOMAC, MD — Summer, 2006) **Is your mother terrified of falling?** Or maybe *you've* been warned you're on the slippery slope to osteoporosis? Are you being browbeaten to take a costly "bone-building" drug that's so poisonous to living tissue, *you have to stand up for a half an hour after taking it?*

URGENT: See inside for the results of a shocking new study. Learn the real cause of America's deadly osteoporosis epidemic—*federal vitamin guidelines!* And show your loved ones the astonishing proof of an almost laughably cheap natural treatment urged for years by Julian Whitaker, M.D. You'll see how to...

■ **Boost calcium absorption by 65% overnight** simply by upping your dosage of a 5-cent vitamin. Even half of all seniors taking standard supplements are deficient. *Page 5*

■ **Improve osteoporosis by 26% in the first year alone!**

Dr. Whitaker's proven secret is sitting on the shelves of nearly any vitamin store, costs about 15 cents—and unlike dangerous HRT, it may even *reduce* risk of breast cancer and heart attacks. *Page 5*

The "vitamin police" ridiculed Dr. Whitaker when he declared we could halt our hip-fracture epidemic for pennies. Now they're trying to bury the proof that he's right, so please read this now! Then find out how this living legend is healing dozens more "incurable" illnesses *using nutrients that cost nearly nothing...*



(Continued on page 2 inside...)

INSIDE: CONSUMER ALERT!

A NEW REVOLUTION sends costly old "cures" to the scrap heap!

NEW! EVERYONE WITH HIGH BLOOD PRESSURE is *totally normal* just 3 weeks after using this (and it's free!).....*Page 6*

SEVERE STROKE DAMAGE FIXED in as little as 14 days! Paralyzed patient walks and becomes "a bundle of energy.".....*Page 7*

PROSTATE CANCER ROUTED in only 2 weeks! Tumor-riddled prostate normal. Gene breakthrough fights breast cancer too.*Page 8*

"PERMANENT" DIABETES DAMAGE reversed in 72 hours! Common vitamins and minerals save eyes, feet, limbs. Pain lifted in 30 minutes!*Page 10*

4 OUT OF 5 BAD BACKS CURED with CORN SYRUP? Yes! Hundreds of patients pain-free for years. Surgeon says "You're putting me out of a job!"*Page 14*

8-MINUTE MEDICAL MIRACLE rebuilds muscle even in 90-year-olds!*Page 17*

40,000 PATIENTS PROVE IT!



Julian Whitaker, M.D., is truly a living legend. Featured on *The Today Show*, *Good Morning America*, *Larry King...* quoted in *The New York Times*, *The Washington Post*, *Time Magazine*...he's healed thousands of real patients for 25 years, and his new breakthroughs are about to change alternative medicine forever...

(Continued on page 3...)

IN THIS URGENT ALERT:

**It's bad enough that drug giants control *mainstream medicine*...
But a horde of hucksters is horning in on *alternative healing* too...**

Is All Medicine One Giant Cash Grab?

NO! Not if this legendary doctor can help it! He's proving that today's greatest new cures can be safe and cost nearly nothing...And he's giving away the secrets of his astonishing new discoveries *totally free!*

Dear Friend of Alternative Medicine:

- Whatever happened to the noble dream of alternative medicine's founders?
- It was supposed to be about *healing you* instead of making companies rich...
- It was supposed to



be about *tearing up* your medical bills, but sadly...

Our loved ones are GETTING SOAKED!

Too many seniors on fixed incomes are paying hundreds of dollars a month for

worthless "cures"...

Too many folks with prescription coverage are spending more for supplements than *for drugs*...

Too much of this hugely-hyped stuff has been tested *only on lab rats*...

What would the founders of natural healing say about this sell-out?

Well, I just spoke with the most acclaimed living founder of all — the legendary *Julian Whitaker, M.D.*

And he's not just outraged by what's happening...

He's launching a *new* health revolution that's going to eliminate it!

You see, 25 years ago,

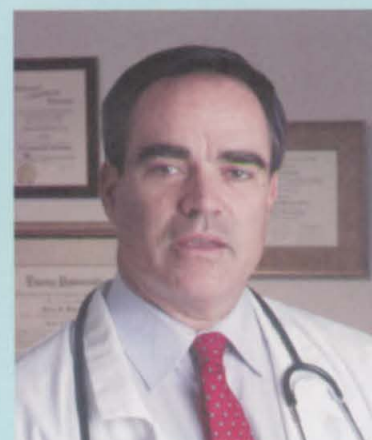
Dr. Whitaker shook mainstream medicine to its foundations by proving that dangerous drugs can be outperformed by some of the safest, humblest, most affordable nutrients in nature.

And now he's about to do the same to the "alternative" hucksters! Because his latest discoveries blow the doors off any previous mainstream or natural therapy. On the following pages, you'll see how they can...

- Heal "hopeless" heart disease in just 3 weeks...
- Get paralyzed stroke victims walking again in 14 days...
- Reverse diabetes damage in as little as 72 hours...
- Cure 4 out of 5 bad backs and much more too...

Using nothing much more than vitamins, minerals and CORN SYRUP...

And then, to make sure your



25 years ago, Julian Whitaker, M.D., shook the mainstream medical world to its foundations... and his newest breakthroughs are about to transform alternative medicine too.

loved ones never worry about their health or health bills again...

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

Just let us send you 15 FREE GIFTS...

In a moment, I'll tell you how you can get the complete 15-volume set of *Dr. Whitaker's New Wellness Library*... totally

FREE, together with a 100% RISK-FREE subscription to his acclaimed newsletter, *HEALTH & HEALING*. This library contains full details about every eye-popping discovery you'll read about here, and much more too. And it's yours FREE because Dr. Whitaker believes natural healing rightfully belongs to you.

But first, let me show you *why* you can trust in this astonishing doctor, and *how* he's managed to transform the health of nearly 40,000 "untreatable" patients.

No hype! I'm just going to show you the case histories...

...and then you decide for yourself. Fair enough? Let's start with America's terrifying epidemic of *hip fractures*. As you'll see, a new study shows we could end it tomorrow, for about 5 cents...

(Continued on page 4...)

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

Wellness medicine's living legend launches a new revolution

For 25 years, Dr. Julian Whitaker has been earning the trust of health-conscious Americans. Today, no alternative physician on earth commands more respect from patients and doctors alike. That's because, unlike so many so-called experts clamoring for your attention...

◆ **He's a brilliant M.D.** After graduating from Dartmouth College, Julian Whitaker earned his M.D. degree from the prestigious Emory University Medical School. He knows the value of traditional medicine and he can be trusted when he tells you about natural discoveries that are truly more powerful.

◆ **He's a genuine legend.** Enlightened doctors throughout the world know and respect Dr. Whitaker as a founder of the alternative health movement. His natural healing discoveries in the ensuing decades have been hailed on *The Today Show*, *Good Morning America*, *Larry King*, *MSNBC* and many other television and radio broadcasts. He's been widely quoted in *The New York Times*, *The Los Angeles Times*, *The*

Washington Post, *Time Magazine* and myriad other prominent publications.

◆ **He's a crusading humanitarian.** Dr. Whitaker's enormous compassion for suffering patients is a matter of public record. He's led the crusade to ensure your access to *all* medical and scientific research not just what drug companies want you to know. He's rallied consumer coalitions, testified before Congress and even sued the FDA (successfully!) to put you ahead of cynical health profiteers.

◆ **He's a world-famous medical author.** Dr. Whitaker is the author of 9 best-selling health books that have become standards in their fields. His newsletter, *HEALTH & HEALING*, is considered by many health professionals to be the most influential physician-edited publication on earth, having reached over 2 million readers since 1991.

◆ **And he's helped nearly 40,000 real patients** regain their health at his world-acclaimed clinic! Day after day, for two and half decades, Dr. Whitaker and his dedicated staff have been battling disease for real, "in the trenches." *The*



Here's Dr. Whitaker on retreat with one of his mentors, the late, great Nobel Prize-winner and vitamin researcher Linus C. Pauling. Together, they helped to launch the natural healing movement.

Whitaker Wellness Institute has become one of the world's largest and most successful clinics of its kind. It's especially noted for its turnaround patients — people that mainstream medicine gave up on. This constant contact with real patients continually leads Dr. Whitaker to new discoveries...

RSVP to start using his newest discoveries, FREE!

Readers of this special report may claim the complete 15-volume set of **DR. WHITAKER'S NEW WELLNESS LIBRARY** at no cost, with their risk-free trial subscription to **HEALTH & HEALING**. To receive these 15 FREE GIFTS, just use the request form on page 23 now.

Soaking Seniors For Billions

■ How drug firms are scaring *healthy* Americans into thinking they're sick!



Are you being treated for a **APHONY** disease? Here's how the setup works...

When you take your annual physical, the doctor suggests a DEXA scan — a special test to measure your bone density. And when the results come back...

Uh-oh! You're diagnosed with osteopenia...

You're told you're on the slippery slope to osteoporosis, and urged to take a costly drug to stop it.

You're scared stiff, so of course you agree. Either they put you on HRT or you take another drug that's so dangerous to your esophagus, you have to stand up for half an hour after taking it.

But it's worth it, right? After all, you've got A LIFE-THREATENING ILLNESS...

NOT SO FAST. There's just one little problem here.

According to the official guidelines, you could be "suffering" from osteopenia...

Even if your bone density hasn't budged SINCE YOU WERE 18!

HOW CAN THIS BE? Not long ago, a bunch of experts got together and decreed that *everyone* has to have bones of a certain density. And they decided that if your density score comes in between -1 and -2.5, you've suffered bone loss. Period.

Even if you've been petite and small-boned *all your life*. Even if you've never had *any* real bone loss...

Doesn't matter! You've got osteopenia and you've got to buy a drug! As a result of these new guidelines...

Millions of women who went to bed healthy WOKE UP WITH A "DISEASE"

Overnight, HALF of all post-menopausal women suddenly

CHRONIC LUNG DAMAGE reversed in just 14 days

When they wheeled Reba into Dr. Whitaker's clinic, she was gasping like a fish out of water. Her skin was ashen and despite the oxygen tube hooked up to her nose, she didn't have the strength to walk.

Yet within just 14 days, Reba's blood oxygen levels had soared to 97%!

It could happen for your loved one too...

And they *won't* need to travel to Dr. Whitaker's clinic. The natural therapy that helped Reba can be administered in your own home with just a few nutrients and an inexpensive nebulizer. Just check out the

details of Dr. Whitaker's life-saving protocol in your **FREE REPORT, Dr. Whitaker's Most Astonishing SPEED CURES**. As you'll see, these nutrients have even been shown to regenerate lung tissue, so RSVP today!

Dr. Whitaker's Most Astonishing SPEED CURES!

FREE if you reply in 10 days! See page 23 right now!



have it. *And they'll all be urged to take a dangerous drug for the rest of their lives.* How wonderfully convenient for the drug companies!

Now don't get me wrong...

I don't want to minimize the dangers of osteoporosis...

Each and every one of us needs to do everything in our power to maintain strong bones.

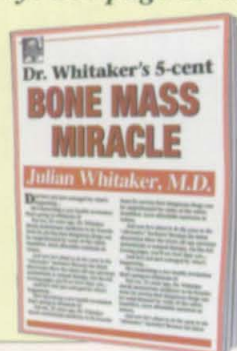
But Dr. Whitaker will show you a natural bone-building program that costs nearly nothing, *and beats any drug hollow.* It's already made an enormous difference for thousands of patients, yet it's almost absurdly simple, safe and cheap. In your FREE REPORTS, you'll learn how to...

Boost calcium absorption by 65% overnight...

Lifesaving details in your FREE REPORT

Dr. Whitaker's 5-cent BONE MASS MIRACLE

Hurry! See page 23 now!



Couldn't be easier. Starting tomorrow, just change your dosage of good old vitamin D.

Sure, you're probably taking some vitamin D to help your bones absorb calcium. But Dr. Whitaker has long warned that Americans aren't getting near enough to make a real difference. And now his theory has been conclusively proven. When researchers in Boston recently tested random patients, they found....

STUDY: Nearly half of all people taking standard vitamin D supplements have a vitamin D deficiency...

And let's not even think about the unfortunate folks who take none at all!

No wonder we're having an osteoporosis epidemic. The "vitamin police" have made sure of it, with their dangerously inadequate RDA (recommended daily allowance) for vitamin D.

People are terrified to take more, because they've been told it will poison them. But that's baloney. To take a toxic dose, you'd have to gulp down 100 times the RDA every day!

So please do send for your FREE REPORTS. Find out how much you *must* be taking. (Just a few cents' worth could save your bones.) And if you've already suffered bone loss, you'll want to check out how to...

Improve osteoporosis by 26% IN THE FIRST YEAR ALONE

Dr. Whitaker's astonishing secret is sitting on the shelves of nearly any vitamin store and costs about 15 cents day. This "mother of hormones" occurs naturally in the body of every woman and man — and provides the fuel your body needs to manufacture its *own* natural hormones. Dr. Whitaker has long maintained that it could be the only "replacement" you'll ever need...

And new research confirms he's right on the money again. In landmark studies, not only did these inexpensive supplements cut bone loss by 26% in just one year...

They may even reduce risk of breast cancer and heart attacks!

These findings solve the HRT dilemma for millions of women quite neatly, for pennies a day! But it could also cost drug giants billions, so the shockingly good news has been *buried*.

PLEASE NOTE: Do *not* start your program before checking your FREE REPORTS. This is a powerful therapy and getting the right form and dosage is key. So please do RSVP and also discover...

(Continued on page 6...)

LYME DISEASE CURED IN 72 HOURS with doctor's vitamin breakthrough

Dr. Whitaker's friend and mentor, the great Nobel-prize winner Linus C. Pauling, won fame years ago for his vitamin C research. But even he never dreamed how potent this one simple nutrient would prove to be.

As you'll see in your FREE REPORTS, a *new* form of vitamin C therapy is proving so powerful, it can even cure drug-resistant Lyme disease in a matter of days! A woman receiving this therapy had such a devastating infection, it hadn't responded to several courses of antibiotics. Yet within *just 2 hours* of treatment, her husband reported she looked 50% better — and by hour 72, she was completely well.

More amazing still, the same breakthrough has now...

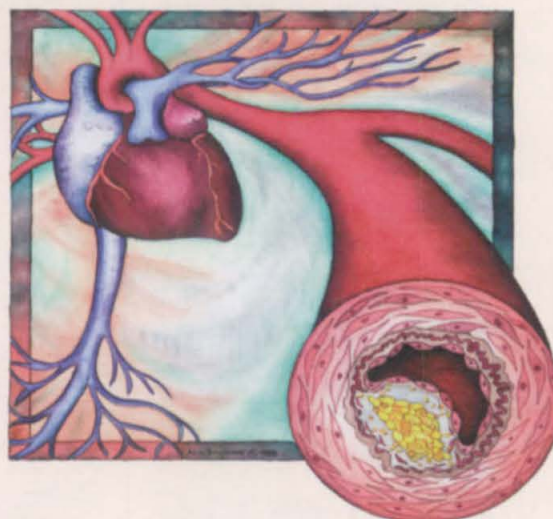
Cured hundreds of patients with "incurable" hepatitis "B" and "C"...

...and you never dreamed what else vitamin C can do when it's unleashed by this new technique! RSVP today for the details in your FREE FAST REPLY BONUS, **Dr. Whitaker's Most Astonishing SPEED CURES.**

New! Crash Cure For Arteries

speeds past every drug on earth

- Cholesterol drops nearly 20%
for *every single patient...*
- Everyone with high
blood pressure *cured...*
- Clinically proven to work
in *mere days...*
- *And it won't cost you a cent!*



Whatever happened to Arthur E. Brown? His arteries *were so choked up*, doctors wanted to do a triple bypass. But Arthur refused to go under the knife...

**TO THE HORROR
OF HIS FRIENDS,
he sought out a
controversial young
doctor instead...**

And this physician insisted that Arthur's arteries could rapidly heal themselves. He showed Arthur a natural treatment that seemed almost too simple and quick to be true...

Well, so far I could be talking about nearly any alternative healer, right?

I mean, they all claim to have the cure for what ails you. And it always sounds pretty good...

But here's the big difference. You see, Arthur's physician happened to be Dr. Julian Whitaker...

**AND 20 YEARS
LATER, Arthur's
still fit as a fiddle!**

That's right! As Arthur recently wrote to Dr. Whitaker, "I'm 83 years young and [still] following your regimen!"

Are you starting to see why Julian Whitaker is such a legend in natural medicine? There's no "maybe" about his genius. He's got 25 years of A+ results. And Dr. Whitaker hasn't been resting on his laurels. Far from it!

HEALING HEARTS FOR 25 YEARS

The incredible Whitaker track record

When your life's on the line, you don't want to wing it. You go to the guy with results. And the remarkable recoveries of Dr. Whitaker's patients and readers are a matter of public record.

CASE STUDY!

Carotid artery cleared. Virginia Aiken of Houston, Texas, was weak and dizzy with a blocked carotid artery, the critical vessel that supplies blood to her brain.

After just 3 months of Dr. Whitaker's treatment, a CT scan showed *no sign of blockage anywhere.*

CASE STUDY!

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

CASE STUDY!

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

CASE STUDY!

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

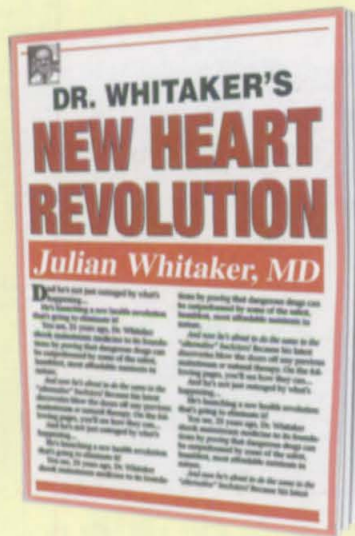
CASE STUDY!

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

Lifesaving details in your **FREE REPORT**

**DR. WHITAKER'S
NEW HEART
REVOLUTION**

Hurry! See page 23 now!



HE'S JUST BROKEN ALL THE OLD RULES and rewritten the medical textbooks again...

By announcing a new cure that takes *only days* to reverse a lifetime of artery damage.

This astonishing treatment was recently tested by a team of researchers at U.C.L.A., and the results are going to rock mainstream *and* alternative medicine. Here's what happened...

**The patients were
all OBESE and
permitted to
EAT AS MUCH AS
THEY WANTED...**

STROKE DAMAGE FIXED in as little as 14 days

Your FREE REPORTS will also include details of Dr. Whitaker's discovery that has *reversed* massive stroke damage to the brain with phenomenal speed. The breakthrough came when Dr. Whitaker realized that neurons in the stricken brain areas often are *not* dead but "sleeping." All that's needed to wake them up are hefty doses of oxygen. So Dr. Whitaker started using a therapy that allows this life-giving element to reach them! What happens next can be dramatic...

**DR. WHITAKER'S STROKE-DEFYING SECRETS
FREE! See page 23 and RSVP today!**

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

◆ **71-year-old Vic left his hospital in a wheelchair**, with severe speech, hearing and vision problems. His rehab center sent him home with no hope for recovery. *Months later*, his wife heard about Dr. Whitaker's therapy — but

it wasn't too late! Now he's walking and back to his former activities!

This all-natural therapy has been shown to benefit patients even *years* after a stroke. But the sooner your loved one gets it, the better. So please do send now for your FREE REPORT...



Their only exercise was *walking*.

Yet after just 21 days of this spectacular new treatment, researchers could barely believe the blood tests:

- **Everyone with high blood pressure** days before was *now totally normal...*
- **Cholesterol fell nearly 20%** for *absolutely everyone...*
- **Insulin levels (a big risk factor for type 2 diabetes)** plunged by a staggering 46%...
- **Blood sugar fell** dramatically too...

And that's just the beginning. Their levels of artery-damaging free radicals plunged 28%. Their blood supply of nitric oxide (a substance that helps arteries open and produces erections) *soared...*

All this in the first 3 weeks

alone! There's not a drug in the world that can produce such dramatic results.

Best of all, *anyone* can afford this cure, even if you're on a tight, fixed income. Because...

Dr. Whitaker's new cure costs **NOTHING**

As Dr. Whitaker has long insisted, the world's best heart medicine is *food*. And the only "supplements" this new super-cure uses are probably right in your pantry. You'll find full details of this astonishing program in your free report, *DR. WHITAKER'S NEW HEART REVOLUTION*. Just follow the very simple directions and see for yourself how fast it works, FREE.

Can't hurt to try it now, can it? And look what it can do! Plus, your FREE REPORT will show you...

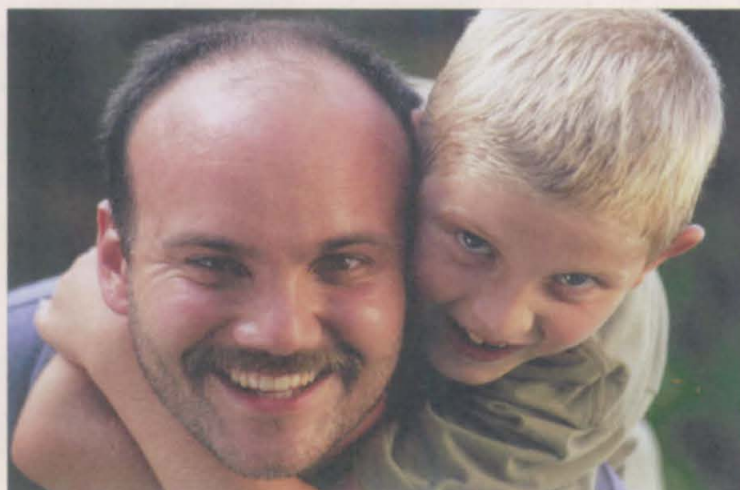
● **If you MUST take statin drugs**, Dr. Whitaker doesn't recommend it — but he recognizes that you may be under enormous pressure to do so. And he'll show you a basic nutrient that blocks the deadly side-effects of these drugs. This substance protects your liver, your heart *and* your muscles from statin damage. It's so effective that a drug giant actually patented a pill that combines it with their statin drug. But they won't release it, because they're afraid to admit the statin drug is so dangerous!

(Continued on page 8...)

Prostate Cancer Routed In 2 Weeks

by astonishing new gene therapy

- The breakthrough we've all been waiting for...
- Tested in FDA-approved trials...
- But if not for Dr. Whitaker, it might have been banned!



They told Ken Bergener his prostate cancer was untreatable. The tumors had spread throughout his body, invaded his bones and pushed his PSA count up to a staggering 50.8...

Yet within just 2 weeks, Ken's PSA plummeted to 1.3! His local doctor ordered up tests that showed that the bone tumors were disappearing. He couldn't believe the MRI, but a second one showed the same thing...

Ken's tumor-riddled prostate was **SUDDENLY NORMAL!**

As Ken's wife recalls with a smile, his amazingly speedy recovery "thrust the local medical community into almost comic confusion...scrambling to account for the *anomaly*." But it wasn't a fluke...

Only 2 weeks before, Ken had started a new

kind of therapy...

A lifesaving breakthrough that might have been *outlawed* if not for Dr. Julian Whitaker.

Dr. Whitaker didn't invent this new treatment and he's never made a cent from it. But he fearlessly battled the FDA to keep them from *jailing* the brilliant scientist who discovered it...

Because this is no unproven "alternative"...

It's the big one we've all been waiting for. Clinically tested and shown to work for hundreds of real patients. Dr. Whitaker has called it "the biggest cancer breakthrough of the last hundred years." You might even say...

This is why they launched the HUMAN GENOME PROJECT...

FACT. The genome project was launched back in the 1980s by a *cancer researcher*, because he believed genetics is our only hope of truly curing cancer.

You see, the problem with standard therapies like surgery, radiation and chemo is that they try to kill off cancer cells. But if just one tumor cell survives, you're back to square one. And you can't keep poisoning your body in hopes of killing off more tumor cells — or you wind up killing *yourself*. Getting the picture?

Our only hope for a true cure is to switch off the genes in cancer cells...

You must block the *genetic signals* that make cancer cells reproduce like wildfire.

There's little doubt about this. Researchers all over America have known it for decades. But ironically, the scientist who won the race for the cure was living in Communist Poland! His name is Dr. Stanislaw Burzynski. And he found that you can block the genetic signals in cancer cells by using organic molecules called *peptides*.

These gene-suppressing peptides are found naturally in your body. They carry no toxic side effects.

And this makes all the difference in the world. Because

unlike chemotherapy, you can use peptide therapy until all the cancer is gone — and keep using it to prevent cancer from coming back. In fact...

It's so safe, patients with highly malignant tumors can treat themselves in their own homes

Happily for all of us, Dr. Burzynski fled to America and perfected his discovery.

His new therapy has already saved so many lives, he should be honored on the cover of *TIME*. But the FDA has treated him worse than the dictatorship he escaped!

The FDA hounded him on trumped-up charges that could have jailed him for 300 years...

...even while he was working on FDA-approved clinical trials! What an outrageous abuse of their power! What on earth could their motivation have been? *Could it have anything to do with the fact that his therapy threatens a multi-billion-dollar cancer industry?* Now, I'm not saying these treatments are free, but...

They cost a fraction of what hospitals charge for surgery, chemo

and radiation...

...and Dr. Burzynski's breakthroughs could bring this whole, hugely lucrative industry crashing down.

Well, you find out who your friends are when the government threatens to ruin you. And Dr. Burzynski saw many former supporters scuttle for cover. In his darkest hour, virtually all of them melted away...

But not Julian Whitaker. He was incensed! He threw himself into protecting this lifesaving miracle.

Dr. Whitaker broke the story to health-savvy Americans in *HEALTH & HEALING*...

He braved ridicule by correctly calling this treatment a CURE...

He financially supported a lawsuit against the FDA to prevent them from denying this therapy to a patient with no other hope...

And the rest is history. The battle is by no means over, but Dr. Burzynski's peptide therapy is now available to your loved ones. You'll find full details in your FREE REPORT about how it works, how to obtain it and what kinds of cancers it's effective against. (Prostate cancer is just one of many.)

Please, if anyone you love is battling cancer, at least show them these facts! It could be their best hope or only hope of emerging triumphant. Plus, your FREE REPORTS will also show you...

(Continued on page 10...)

Lifesaving details in your FREE REPORT

CURED: The Cancer Breakthroughs We've Been Waiting for
Hurry! See page 23 now!



Breast Cancer Banished Too and many other "hopeless" malignancies

The same breakthrough that saved Ken from prostate cancer has now been used on many other advanced malignancies, with equally amazing results. You can hear the joy in Pat Petroski's voice as she says...

"Today I am cancer-free!"

Diagnosed with advanced breast cancer, Pat recalls "My prognosis was not good because 10 of 22 lymph nodes tested positive for malignancy. I had heard about Dr. Burzynski and [his] therapy through Dr. Julian Whitaker's newsletter, *HEALTH & HEALING*. I began therapy on March 26, 1996, exactly 2 months after my diagnosis. I had

no side effects...and today I am cancer-free."

**Jodi Gold
had stage 3
brain cancer...**

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

Elizabeth's lung cancer was an especially deadly type...

Its technical name is *mesothelioma*. It had already spread to Elizabeth's lungs, lymph nodes, intestines and abdomen. Surgery and chemotherapy couldn't stop its deadly progress. But the *peptide therapy erased all traces of cancer everywhere*. Doctors at the Mayo Clinic who checked her recently could barely believe that there were *absolutely no signs of malignancy*.

Much more great news in your FREE REPORTS. RSVP today!

"Permanent" diabetes damage Reversed In Just 3 Days

- *No drug on earth can do this, but Dr. Whitaker's nutrient breakthrough is proven.*
- *If you don't want to lose your own legs, eyes and kidneys, read this now...*



Roxann was a classic example of how diabetes devours your body. Her vision was fading, she had a gaping foot ulcer that wouldn't heal, and her nerves were so shot...

She felt nearly

nothing in her feet...

When she stepped on a thumbtack one morning, she didn't notice it all day long! She went to a dozen different doctors and tried scores of drugs. *But*

nothing helped until she hobbled into Dr. Whitaker's office...

And then, within 3 days of starting the program described in your FREE REPORTS, Roxann felt sensation flooding back into her limbs. Her energy surged and...

Soon after, she was happily walking around town and sightseeing!

WHAT HAPPENED? Mainstream doctors might call Roxann's experience unthinkable, but it's happening quite reliably among

Dr. Whitaker's patients. In fact, he's successfully treated over 10,000 diabetic patients. And although the results are sensational, his secret couldn't be simpler. In his own words...

"You don't need MIRACLES, you need MINERALS"

Years ago, Dr. Whitaker made a discovery mainstream medicine still hasn't learned.

Diabetes is a nutritional wasting disease. It stresses your kidneys so much that they can't reabsorb the water-soluble nutrients in your bloodstream. Day by day, you're peeing away the building-blocks of life. And over time, this nutritional drain takes a terrible toll on your organs.

Like leaves on a starving tree, your body parts fail and fall off...

Glucose control alone can't prevent this damage, let alone heal it. But Dr. Whitaker's solution is so easy!

Just go to any drugstore and ask for the short list of *minerals and vitamins* in your FREE REPORTS. Then take the exact

Parents stunned as blood tests confirm "DRAMATIC DROP IN ZACHARY'S BLOOD SUGAR"

Type 1 diabetes was turning young Zachary into a scarecrow. Despite eating like a horse, this teenager dwindled to 96 pounds. Happily for Zachary, though, his dad is a long-time subscriber

to HEALTH & HEALING. And the same day he was diagnosed, he started Dr. Whitaker's nutritional program.

His results weren't just astonishing, they were off the charts. Zachary's blood

sugar stabilized, he gained 28 pounds of muscle, and he looks and feels terrific. But most amazing of all, he did it *before* taking any insulin!

This is unheard of in mainstream medicine. But, as you'll

learn in your FREE REPORTS, it couldn't be more logical. Among other things, Zachary's taking a special kind of vitamin B3 that's proven to *nurture the beta cells* in your pancreas. No matter *what* type of diabetes loved ones may have, this sensible treatment could transform their future. RSVP for your FREE REPORTS today!

dosages developed by Dr. Whitaker, and feel your body roar back to life. *No hocus-pocus needed.* These substances couldn't be more common:

- **If you don't want to go blind,** make sure you're getting his recommended dose of *magnesium*. It's no coincidence that diabetics with the lowest magnesium levels are likeliest to lose their sight. But your multi-

Macular degeneration improved "ALMOST INSTANTLY"

Your FREE REPORTS will also brief you on Dr. Whitaker's discoveries for macular degeneration. Patients who were told they'd go blind are reading and driving again!

Doctors told Bill E. that his eyes were beyond medical help...

But as soon as he started Dr. Whitaker's program, he noticed an improvement almost immediately. Suddenly he could even read tiny stock quotes in the newspaper!

J. Kostiuk recalls that her eyesight was "horrendous"...

The central vision in one eye was just a blur of black and gray. But now she says "Dr. Whitaker to the rescue! The gray/black is practically gone. My eye is so much improved!" Check out the details in your free report, **RESTORE FADING EYESIGHT FOREVER**.

Don't let your world fade to black! Claim your FREE REPORTS today!

vitamin comes up way short on what you actually need.

- **If you'd rather not suffer foot ulcers,** follow Dr. Whitaker's protocol for vitamin C. Every med student knows that vitamin C deficiencies cause scurvy — a disease marked by tissue destruction and wounds that won't heal. And the dosage of C in nearly all multis is grossly inadequate for diabetic needs.

The rest of the nutrients in Dr. Whitaker's "damage reversal" program are equally easy to find, and together they could save your life. Basic stuff? That's the whole point. Your body can't work without them. But even if you're supplementing, you're almost certainly **not** getting enough of them — because diabetes flushes them from your body.

Just ask Theodore! Doctors were hollering "amputate"...

But Theodore figured he had nothing to lose by trying Dr. Whitaker's program first. **Great decision.** His "incurable" foot wound rapidly healed — and 10 years later, he's still free of significant diabetic complications.

By contrast, Theodore's diabetic brother did not use nutritional therapy...

...and tragically, the brother

had several amputations, then died of diabetic complications.

I don't want to frighten anyone, but the lesson couldn't be more obvious. **It is absolutely imperative for every diabetic to get these special dosages of nutrients.** Even with great glucose control, you won't get enough of them unless you take the amounts detailed in your **FREE REPORTS**.

You have only one chance to save your body parts. Once they fall off, they're gone. So please, RSVP today! There's no risk—the reports are **FREE**—and you'll also discover...

- **How to normalize blood sugar without diabetes drugs.** "My blood sugar is now completely normal," says **HEALTH & HEALING** subscriber Dr. James L. Burch. "Thank you, Dr. Whitaker!"

• The 30-minute miracle for neuropathic pain.

William's doctors prescribed narcotics and told him he'd never improve. But Dr. Whitaker's new *light wave* therapy is proven to boost blood flow by 400% in just half an hour. William tossed out his cane and is virtually free of pain!

Then you'll start banishing all your *other* pains, as you learn how to...

(Continued on page 12...)

Lifesaving details in your FREE REPORT

REVERSE DIABETES DAMAGE and Normalize Blood Sugar Naturally
Hurry! See page 23 now!

Cataracts cleared without surgery

You knew that nutrition could help prevent cataracts...but *what if you could reverse them?* Scientists used to think this was impossible, but Dr. Whitaker has shown us the way. No surgery required — just eye drops containing the powerful nutrient *L-carnosine*. An exciting new, double-blind study verifies...

90% of patients dramatically improved!

HOW? As Dr. Whitaker explains, this nutrient blocks a destructive process known as *glycation*. It keeps the protein in your lenses from combining with the glucose in your blood. Researchers suspected this could prevent your lenses from getting cloudy, but they were

blown away to find it can actually clear them up!

Better still, preliminary studies suggest that the same nutrient program may even improve *glaucoma*.

Everyone over 50 should see the details. The sooner you do, the better you'll see everything else for years to come. Just RSVP today for your **FREE REPORT**...

RESTORE FADING EYESIGHT FOREVER

FREE! See page 23 and RSVP today!



***When the going gets tough
and the specialists shrug...***

Where Do Doctors Go To Get Well?

- Nearly 40,000 patients have traveled from all over the globe to the legendary clinic of Julian Whitaker, M.D.
- He's been hailed on national TV and showered with awards, but that's not why medical insiders seek him out...

Day after day, he's out there in the consultation room, treating "incurable" patients and making them well. He's been doing it for 25 years and he's not about to stop — even though he's so famous, he could have retired to the talk show circuit long ago.

**Because this is
a doctor whose
passion is
COMPASSION**

And while plenty of doctors talk the talk, Julian Whitaker walks the walk. He was there when the opening shots were fired in the natural healing revolution. His mentor was none other than the great Nobel Prize-winner, Linus C. Pauling. And his genius for *really healing real people* has proven so dazzling that his once-tiny clinic has become one of the largest natural healing centers in North America.



**25 years ago,
most other
doctors were
calling him crazy...**

Dartmouth-educated, with an M.D. degree from the prestigious Emory University Medical School, young Dr. Whitaker had it made. But he risked everything to start the *Whitaker Wellness Institute* because, as he says...

**"I was sickened
by the way
modern
medicine TREATS
PATIENTS LIKE
CASH COWS..."**

"Poisoning them, cutting them up — taking their money — and on to the next! It was all about suppressing *symptoms*. Nobody talked about healing *people*! And even back then..."

**Saluted by
scientists!**

"I am a medical scientist who has been teaching physicians and surgeons. For most of my life, I have suffered from severe sinus infections. I spent hundreds (if not thousands) of dollars being treated by otolaryngologists... which never cured the problem. [Finally] I became a subscriber to HEALTH & HEALING. *I have not had a sinus infection in the last 12 years [and] my general state of health has dramatically improved.*"

— Dr. J. F., FL

**"I could see
that our health
authorities were
SELLING OUT
TO THE DRUG
GIANTS..."**

"...accepting their massive funding with one hand, while dispensing their drugs with the other. I was outraged by that conflict of interest! So I vowed to devote my life to healing people with the safest, least invasive therapies possible. And to crusade against a system that betrays the trust of patients in need."

That was 25 years ago, and everyone knows what happened next...

**Dr. Whitaker's
lonely battle
turned into a
worldwide
movement...**

Many thousands of physicians have followed Dr. Whitaker's example and quite a few have come to his clinic for treatment. Natural healing is now the single biggest success story in modern medicine...

And he's not about to let hucksters sell it out!

Predictably, fast-talking pretenders have flocked to alternative medicine too. They're cashing in on the trust of our loved ones, peddling unproven or worthless "miracles" — and often asking folks on fixed incomes to part with hundreds or thousands of dollars per month! So today, Dr. Whitaker is launching a new crusade. To counter this cynical profiteering, he's *giving away* all the details of all his most lifesaving, life-enhancing new discoveries...

Please accept the complete, 15-volume DR. WHITAKER'S NEW WELLNESS LIBRARY...FREE!

These 15 BRAND-NEW HEALTH REPORTS prove beyond doubt that the most powerful cures for the world's most dreaded diseases are very often the most *affordable* nutrients known to science. And this new library will be given FREE to every new subscriber to Dr. Whitaker's newsletter, HEALTH & HEALING.

See details on page 23 of this issue, and soon you too could be writing to say...

(Continued on page 14...)

"Your Bulletin Saved My Life!"

Here are just a few letters received in *one recent month alone*

Free of colon cancer!

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

— E.N., GA

No more fatigue!

"Symptoms of tiredness and fatigue disappeared entirely!"

— J.R.D., NY

No more diabetic pain!

"I began feeling the numb sensation of neuropathy in my legs. Instead [of taking painkillers] I researched Dr. Whitaker's advice. The pain stopped and has not come back!"

— Michel P.,
Timonium, MD

Seeing 4 times better!

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

— Vernon C., Stanchfield, MN

Lost 50 pounds without spending a cent!

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

— B. J. Donahue, Ephrata, PA

Lymphoma gone for 9 years!

"In 1995 I was diagnosed with non-Hodgkin's lymphoma... doctor said I would die. I'm going on my 9th year!"

— T. Sinisgalli,
Staten Island, NY

My bone density increased!

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

— Linda Miller,
New Philadelphia, OH

Solved my arthritis, blood pressure and prostate problems!

"Several years ago, I was plagued with arthritis, high blood pressure and prostate problems. Thanks to Dr. Whitaker's advice in HEALTH & HEALING, the arthritis is gone along with the blood pressure and prostate problems!"

— Hank E., Luedale, MS

Finally a doctor who's working "JUST FOR US—THE PEOPLE!"

"We experimented with all kinds of vitamins, minerals and herbs. Spent hundreds of dollars at a time with no results. Couldn't find any results anywhere in our body. Then we got a booklet from Dr. Whitaker. This man has given his life to solving health problems just for us, the people. What more could we ask? Since then we've dedicated our lives to getting our health back. We have been [following Dr. Whitaker's recommendations] and love it! Thank you so much!"

— Mary J. and Norman H., Canton, OH

Get in on his greatest new breakthroughs, FREE!
See page 23 and RSVP today!





4 out of 5 bad backs cured for good... By Corn Syrup?!

- Tested and proven in double-blind studies...
- Hundreds of patients pain-free for years...
- Surgeon complains "YOU'RE PUTTING ME OUT OF A JOB!"

Hal woke up in so much pain, he couldn't even *climb out of bed...*

Fred couldn't *pick up a bag of groceries* without sending his back into spasms...

**And maybe you've
got a back pain horror
story of your own?**

If so, I'll bet you've tried everything. Aspirin, chiropractic, exercise, magnets, herbs, MSM...

Sure, they can help for a while. *But the pain always comes back, doesn't it?*

**Wouldn't it be
so much better
if you could END THIS
TORTURE FOREVER?**

Suddenly, you can. Without going under

the knife or popping a single pill. Don't laugh, but Dr. Whitaker is making it happen quite routinely, using nothing more dangerous than CORN SYRUP!

Here's all he does. First, he prepares a solution containing a special nutrient that's found in corn syrup, plus a mild anesthetic. He injects it into a special location on the lower back...

And that's basically it. Before long, you're pain-free!

**Too easy? But it
makes all the sense in
the world...**

You see, Dr. Whitaker has shown us that 95% of lower back pain comes from a tiny area where the base of your spine connects with your hips. *This is the linchpin for your entire upper body.*

**Lifesaving
details in
your**

**FREE
REPORT**

**THE SURE CURE
FOR BACK PAIN**

Hurry! See page 23 now!



100 TIMES STRONGER *than COX-2 inhibitors*

Even the latest COX-2 inhibitors can only dull the fire in bad joints. But thanks to Dr. Whitaker, now we've got something 100 times better! As he recently revealed, COX-2 drugs work by blocking *prostaglandin* — one of the chemicals in

your body that triggers inflammation. But the drugs have no power at all to stem the flow of *leukotrienes*. And *leukotrienes* are 100 times more inflammatory.

For years, Dr. Whitaker searched for a formula that could turn this tide of pain,

and the *herbal extract* he finally uncovered proved stronger than even he hoped for. In a recent study of 30 volunteers with serious arthritis, patients taking this formula *improved 240 percent*. The extract is safe, well-tolerated, and so much less expensive than COX-2 drugs. Full details in your **FREE REPORT, DR. WHITAKER'S NEW ARTHRITIS REVOLUTION!**

And unfortunately for us humans, it's all held in place by a few elastic bands of tissue called *ligaments*.

Ligaments are like rubber bands. When they're young and strong, they keep your spine aligned just fine. But as they age and get slack, your back falls out of whack...

- **Your back muscles** stress out and go into spasms...
- **Your vertebrae** thicken, narrow and pinch *your nerves*...
- **Your discs** start to degenerate, bulge and rupture...

No wonder so many of us are in agony! Dr. Whitaker realized that unless you *strengthen these ligaments*, other therapies are doomed to fail. But if you *do* heal the ligaments, everything falls into place again. And his "corn syrup therapy" does this with stunning speed. The nutrient triggers a powerful healing response. Growth factors rush to key ligaments and begin reconstructing the damage...

Placebo effect? NO WAY! Skeptical scientists did a double-blind study....

The results were published in the famed peer-reviewed medical journal, *Lancet*, and guess what? "Corn syrup therapy" blew the placebo away. Nearly 9 out of 10 patients

improved dramatically.

More amazing still, long-term records show that 4 out of 5 back sufferers consider themselves *cured*. Even years later, the pain's still gone!

It's not too late for you. Look at how far gone Richard was...

Richard's MRI revealed bulging discs and spinal stenosis. The pain radiated so far down into his legs that he even had trouble walking. Specialists wanted to operate, but Richard subscribed to HEALTH & HEALING. He decided to try the "corn syrup" instead, and now he's playing golf every day.

As if these great results weren't enough, Dr. Whitaker's patients have also found that...

Nearly any kind of joint pain responds equally well

Whether it's caused by arthritis, TMJ, tendinitis, bursitis, whiplash or other injuries...

What's hurting you? You'll find full details about this pain breakthrough and how to find a trained therapist near you in your FREE REPORTS. Just RSVP to get them all, and you'll also learn the shocking facts about...

(Continued on page 16...)

Why Jean didn't need JOINT REPLACEMENT

4-week wonder works faster than surgery

new discovery a try and...

Your FREE REPORTS will also include Dr. Whitaker's revolutionary program that's making hip and knee replacement obsolete. Don't let any loved one endure surgery until they see the eye-popping details.

X-rays showed that Jean T. had practically ZERO cartilage left in her hip. Her doctor recommended an artificial joint, but Jean subscribed to HEALTH & HEALING. She gave this quick

A few weeks later, she took up square dancing...

NOTE: Just recovering from hip surgery can take months. When a surgeon examined Jean later, even he was forced to agree "I don't want to touch your hip — but you're putting me out of a job!"

Don't take my word for it, try it yourself! RSVP today for your FREE REPORT...

DR. WHITAKER'S NEW ARTHRITIS REVOLUTION

FREE! See page 23 and RSVP today!



"MY JOINTS FEEL 99.9% BETTER!"

HEALTH & HEALING subscribers want you to know that...

"Now I cycle 9 miles to work!"

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

— H.D., Elkhart, IN

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

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

— M.A., Springfield, MO

"No prescription drugs...no pain!"

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

— Larry O., Jamul, CA

"Feeling 99.9% better!"

"Feeling 99.9% better...I wish I would have known about [your program earlier]. It may have prevented many years of pain and surgeries. Thank you Dr. Whitaker!"

— S. Powell, MaComb, MI

**Now, isn't it your turn?
RSVP for your FREE REPORTS!**

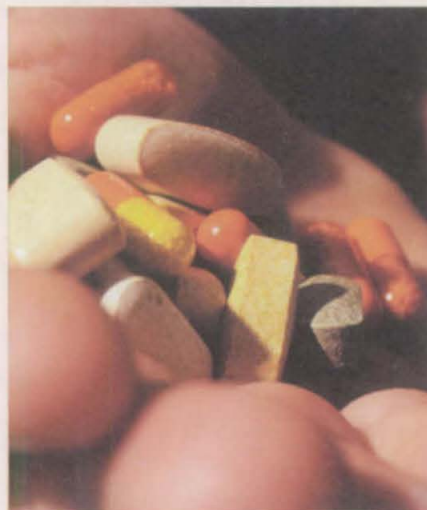
Could our dementia epidemic be wiped out by A Dime's Worth Of Vitamins?

- **NEW STUDY:** Guidelines proposed by Dr. Whitaker *decades ago* could have prevented *more than half* of all cases of Alzheimer's!

Vindication at last! Dr. Julian Whitaker was widely derided when he declared that common vitamins could prevent "diseases of aging" at laughably low cost. Authorities scoffed at his warning that government guidelines for vitamins C and E are dangerously low.

But soon they'll be rushing to the vitamin store...

Because an enormous new study



wisdom to smithereens.

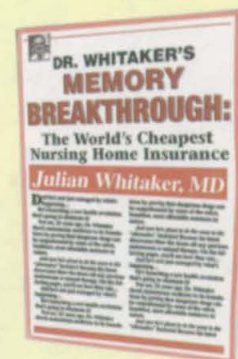
Read this now if you don't want Alzheimer's. Researchers at Johns Hopkins Bloomberg

School of Public Health followed 4,750 people over the age of 65. And they found that those who took unusually high dosages of Vitamins C and E were *60% less likely* to come down with Alzheimer's.

NOTE: People who took lower dosages received no protection at all. Yet the dosages that *did* prove effective were uncannily close to what Dr. Whitaker has been recommending for decades!

The implications are both wonderful and infuriating.

**Lifesaving
details in your
FREE
REPORT
DR. WHITAKER'S
MEMORY
BREAKTHROUGH:
The World's Cheapest
Nursing Home
Insurance**
Hurry! See page 23 now!



Wonderful, because these vitamins are remarkably inexpensive, even in the dosages Dr. Whitaker recommends. (Each can be found for as little as a dime a day.) But *infuriating*, because...

If the government had adopted these guidelines, more than half of Americans with Alzheimer's MIGHT NEVER HAVE GOTTEN IT!

Think of the lives that might have been saved. The anguish and suffering we might have been spared...

PARKINSON'S TREMORS DISAPPEAR 20 minutes after nutrient treatment

Hugh was wheelchair-bound and unable to work, so severe were his Parkinson's tremors. Yet he responded almost immediately to Dr. Whitaker's special nutrient therapy, and just 20 minutes after his third treatment, his tremors were totally gone. His mood, energy and

sharpness have improved so much, Hugh's back at work practicing law! Dr. Whitaker did it without any drugs and the same breakthrough could transform your loved one. RSVP for details in your FREE FAST REPLY BONUS, *Dr. Whitaker's Most Astonishing SPEED CURES!*



And the billions of dollars in nursing home bills that never would have bankrupted our families!

This vitamin therapy is so important for your loved ones, that we'd like you to have full details in a FREE REPORT titled **DR. WHITAKER'S MEMORY BREAKTHROUGH: The World's Cheapest Nursing Home Insurance**. It's free to everyone reading this issue and I urge you to RSVP for it now. The easy instructions it contains could assure your independence for decades to come. Plus, this free report will show you how to...

- **Slash your risk of non-Alzheimer's dementia**

If the government had adopted these guidelines, more than half of Americans with Alzheimer's MIGHT NEVER HAVE GOTTEN IT!

as much as 60% by adding one more nutrient to your program. This essential oil is so crucial to brain development that it's included in infant formula. Studies confirm it's equally

important for grownups. *Why on earth isn't every senior urged to take it?*

- **Raise your kid's IQ up to 20 points** with the vitamin discovery shown to work on children from kindergarten

through college age. In clinical studies, even *mentally disabled* children added 20 points or more to their scores!

Are you starting to see how beautifully simple state-of-the-science healing can be?

No, you certainly *don't* have to sacrifice all your disposable income on the altar of natural health. And you shouldn't!

(Continued on page 18...)

8-MINUTE MEDICAL MIRACLE rebuilds shapely muscle even into your 90s!

No gym expenses, no endless sweating, no impossible meal plans. Dr. Whitaker has long insisted that optimum fitness can and *should* be easy. And now he's developed a revolutionary program that whips you into the best shape of your life, starting in as little as 8 minutes a day!

This simple-to-follow protocol came out of Dr. Whitaker's newest discoveries about genetics, muscle biology and aging. It combines the latest research about exercise with a few easy mealtime guidelines. And wow, how fast things happen...

Come on, you can spare 8 minutes, can't you?

That's all you need. *It won't cost you a penny!* Just start by giving Dr. Whitaker 8 minutes every morning and you may be stunned at how quickly your body responds.

Double your strength and energy, even into your 90s!

Want proof? Some of these exercises were carefully tested in a landmark study of 100 people considered "hopelessly" incapacitated. They ranged from ages 72 to 98.

All of them were initially so out-of-shape, they couldn't even start a walking program. Yet within just 10 weeks, their muscle strength increased by a near-unbelievable 113%! *And that's not all.* In another study of similar exercises, conducted by a researcher at Tufts University...

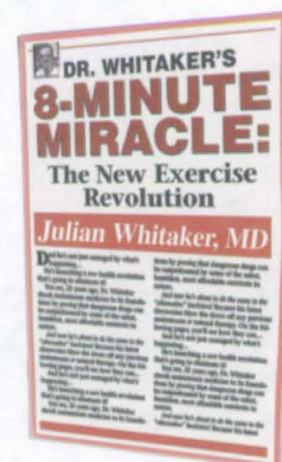
Postmenopausal women made their bodies 15 TO 20 YEARS MORE YOUTHFUL

Not only did they improve their strength, but lost fat, gained bone

density and some even reversed osteoporosis. *Doubt me? See for yourself, FREE.* The benefit from Dr. Whitaker's easy new program is so astonishing that we'd like all readers of this

issue to have it without cost. So we're publishing all the details in a brand-new report entitled **DR. WHITAKER'S 8-MINUTE MIRACLE: The New Exercise Revolution**. Don't miss it!

DR. WHITAKER'S 8-MINUTE MIRACLE: The New Exercise Revolution
FREE! See page 23 and RSVP today!



Proven! Dr. Whitaker's new breakthroughs could Save Americans \$89 Billion...

■ ...while saving YOUR loved ones from chronic pain and early death!

So now you've seen how Dr. Whitaker is making the long-held dreams of alternative medicine come true. His old friend and mentor, the great Nobel Prize winner Linus C. Pauling, would have been bursting with pride. Dr. Whitaker is exceeding the wildest aspirations they cherished 25 years ago...

- Advancing the science with breakthroughs that truly cure heart disease, cancer and much more...
- Making it really work for real people all over the world...
- Always putting patients first, crusading against vested interests who don't...

**And making
cutting-edge
cures affordable
to YOU AND ALL
YOUR LOVED
ONES...**

With amazingly powerful *nutritional* treatments that, by their very nature, cost nearly nothing!



Isn't it ironic? While so many hideously costly therapies merely hasten us to our graves, Dr. Whitaker is curing thousands of previously incurable patients with the most basic natural substances known to science.

**There's just one
problem left.
Getting them to
YOU!**

The huge difference these vitamin cures *could* make was recently brought home in a 2002 report by Washington, DC-based Council for Responsible Nutrition (CRN). They carefully calculated the financial

difference that proper use of nutritional supplements could make to American families.

The savings were so enormous, it almost defied belief...

**The effect on
heart disease,
stroke and hip
fracture alone
could save our
loved ones \$89
billion EVERY
SINGLE YEAR...**

And that's not counting Alzheimer's, diabetes, cataracts, macular degeneration and countless other conditions that Dr. Whitaker has shown us how to banish for *a handful of change*.

Incredible? But that was supposed to be the whole point of natural healing wasn't it? Nourish away disease, skip the suffering and tear up your medical bills!

**Dr. Whitaker
never lost sight
of that dream...**

He's been making it come true for 25 years. And right now, he's charging ahead faster than ever! I've only had space to show you a few of these new breakthroughs in this issue. There are hundreds more...

- Switch on your "sleeping" longevity genes, boost energy and even smooth wrinkles with the **ONLY** anti-aging therapy that works on the genetic level...
- Cure carpal tunnel in just a few days with a quick regimen of *one* cheap vitamin...
- Speed-heal horrible burns! No scarring, no pain, no need for plastic surgery...
- Trigger erections in just a few minutes with a substance that's never advertised...
- Be your own chiropractor with a proven maneuver that aligns your spine for free...

Isn't it time *your* loved ones got their life-giving benefit? It's not too late and there's never been a better time. Because in cooperation with Dr. Whitaker, his publishers have decided to *give* new HEALTH & HEALING subscribers the works — the complete, 15-volume set of *Dr. Whitaker's New Wellness Library!* Containing full details of *all* the breakthroughs described in this issue and hundreds more life-saving discoveries.

**Even if these
15 FREE GIFTS
weren't included,
your subscription
would still be the
greatest bargain
in alternative**

healing today...

Because you'll also be welcomed as a privileged member of the HEALTH & HEALING network, enjoying more life-saving, life-giving privileges, such as...

1 Monthly issues of HEALTH & HEALING, updating you on Dr. Whitaker's newest discoveries, exactly as he explains them to his private patients at the Whitaker Wellness Institute. Everything's written in the same down-to-earth style that has made him so beloved by nearly 250,000 readers worldwide, including:

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

— months or years before the public hears about them!

2 The Whitaker Total Health Program. You get this 2-part set in *addition* to your 15 free reports! Here Dr. Whitaker quickly grounds you in the lifesaving basics of nutritional healing. And helps you custom-design a meal, exercise and nutrient program to achieve your personal health goals. (This FREE bonus alone can repay your subscription cost many times over.)

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

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

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

6 If you ever want to visit the Whitaker Wellness Institute for personal treatment, you'll be especially welcome as a subscriber. As you'll see, however, the vast majority of

Dr. Whitaker's breakthroughs can be self-administered — and will keep you *out* of the doctor's office!

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

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

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

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

representative will help you select what you need.

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

And so much more!

To activate your no-risk subscription, just tear out the FREE GIFTS REQUEST FORM inside the back cover of this issue and mail it now with your payment in the postage-paid envelope provided. Or call us now at 1-800-211-7657. We'll start your Member Privileges and rush your 15 FREE REPORTS.

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

(Turn page for details of your 15 FREE REPORTS and RISK-FREE GUARANTEE...)

How much will you spend on prescriptions this year?

Hundreds? Thousands? Now imagine that you or your spouse didn't have to take just one of these drugs. Even if you're well-insured...

Your annual savings on *one co-payment alone* would more than repay your HEALTH & HEALING subscription... And remember, your subscrip-

tion carries a 100% anytime guarantee! You can ask for all your money back even on the last issue of your subscription. You simply can't lose, so isn't it time you found out how many medical bills you could be tearing up? RSVP for your 15 FREE GIFTS OF HEALING today!

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DR. WHITAKER'S NEW HEART REVOLUTION

CLINICALLY PROVEN. In just 21 days, everyone's cholesterol dropped nearly 20%...everyone with high blood pressure was cured...their insulin levels plunged 41%... *yet they ate as much as they*

wanted and their only exercise was walking! Not a drug in the world can do all this, but Dr. Whitaker's new treatment won't cost you a penny. His 25-year track record is unrivaled in natural medicine, but this breakthrough even

breaks his astonishing record. Before you resort to drugs or supplements, what can it hurt you to try it?



FREE! Vol. 2

DR. WHITAKER'S STROKE-DEFYING SECRETS

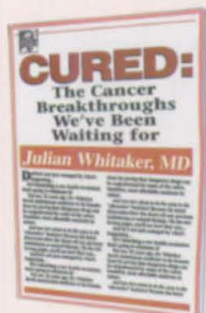
A stroke had paralyzed Jackie's legs — she had to be carried into the clinic. Yet just 14 days later, she was walking again! HOW? Dr. Whitaker's secret "wakes up" dormant neurons in the stricken brain so effectively, it benefits patients even years after a stroke. The sooner the better, so RSVP today!



FREE! Vol. 3

CURED: The Cancer Breakthroughs We've Been Waiting for

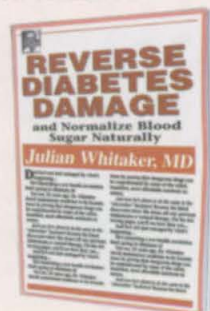
They told Ken his prostate cancer was untreatable. But in only 2 weeks his prostate was normal and his PSA had plummeted from 50.8 to 1.3! Dr. Whitaker didn't invent this new treatment and never made a cent from it, but he fearlessly battled the FDA to keep them from jailing the scientist who developed it. Breast cancer and many malignancies banished by this same discovery. If *anyone* you love is battling cancer, show them these facts!



FREE! Vol. 4

REVERSE DIABETES DAMAGE and Normalize Blood Sugar Naturally

Roxann's foot ulcer wouldn't heal, her eyes were failing and her nerves were so numb she could barely hobble. But that was before she tried Dr. Whitaker's diabetes program. 3 days later, she felt sensation flooding back into her limbs... and soon after that she was walking around town and sightseeing! HOW? Dr. Whitaker has established



that glucose control alone *cannot* prevent this kind of diabetes damage — but the right nutrition can even reverse it. The substances needed are absurdly common, but the dosages are not. So please do check out the details — you only have one chance to save your body parts!

FREE! Vol. 5

RESTORE FADING EYESIGHT FOREVER

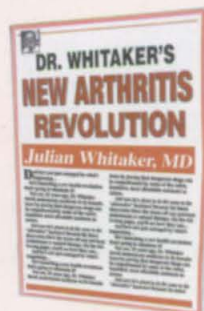
Cataracts cleared *without* surgery? Macular degeneration reversed? Scientists used to think this was impossible, but Dr. Whitaker has shown us the way. Confirmed in double-blind studies, these discoveries may even improve glaucoma!



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DR. WHITAKER'S NEW ARTHRITIS REVOLUTION

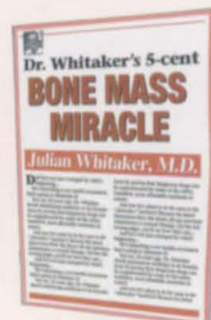
Why didn't Jean need joint replacement? This 4-week wonder works faster than surgery, and it's making hip and knee replacement obsolete. Find out how to use it — and learn about the anti-inflammation discovery that's 100 times more effective than COX-2 inhibitors!



FREE! Vol. 7

Dr. Whitaker's 5-Cent BONE MASS MIRACLE

NEW STUDY: Our hip-fracture epidemic might be halted overnight, with a nutrient that costs about 5 cents! Nearly half of all seniors taking standard supplements are dangerously deficient in this vitamin—so please, show your loved ones this urgent update. You'll also learn about the unsung secret that can improve osteoporosis by 26% in just 12 months, and that's just the start of Dr. Whitaker's great news!



Dr. Whitaker on the final leg of his 10-week, 5,000-mile bike trip across America to focus the nation's attention on better health through disease prevention and nutritional medicine.

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FREE! Vol. 8

THE SURE CURE FOR BACK PAIN

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



FREE! Vol. 9

DR. WHITAKER'S MEMORY BREAKTHROUGH: The World's Cheapest Nursing Home Insurance

Could our dementia epidemic be wiped out by a dime's worth of vitamins? Dr. Whitaker was derided for suggesting this years ago, but an enormous new study now proves he was right on the money. If everyone had been following these guidelines, nearly 4 out of 5 Americans with Alzheimer's might never have gotten it! Learn the secret...how to slash the risk



of non-Alzheimer's dementia... and how raise your child's IQ up to 20 points.

FREE! Vol. 10

DR. WHITAKER'S 8-MINUTE MIRACLE: The New Exercise Revolution

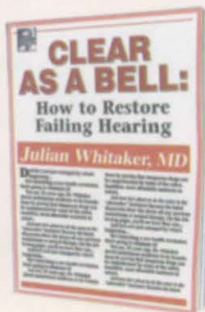
If you've got 8 minutes and zero money, that's all you need to start doubling your strength and energy, even if you're in your 90s. Dr. Whitaker's revolutionary program won't cost you a penny — but new discoveries about exercise, aging and muscle biology make it almost unbelievably powerful. Come on,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



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CLEAR AS A BELL: How to Restore Failing Hearing

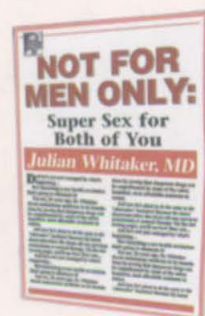
Don't just blame your age for failing hearing! Recent studies link it strongly to nutritional deficiencies. Find out how to nourish your auditory nerves, encourage blood flow to the cochlea and measurably improve failing hearing.



FREE! Vol. 12

NOT FOR MEN ONLY: Super Sex for Both of You

What most natural healers will never admit. Dr. Whitaker is no fan of pharmaceutical firms, but he isn't opposed to a safe drug that works well, and one potency drug wins big by these criteria. Find out and then learn the truth about today's most effective alternative treatments, including 7 sensational sex-boosters for women — and the amino acid that naturally triggers erections. You'll last longer too!



FREE! Vol. 13

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

Did you know that estrogen therapy depletes your body of folic acid? Or that antibiotics drain your supply of magnesium?



And there are so many other life-protecting secrets that drug firms won't tell you, because they hate to admit there's a problem at all! If you're taking any prescriptions, here are dozens of blacklisted facts that help you avoid the most dangerous side-effects.

FREE! Vol. 14

The Insider's Guide to America's WORST & BEST SUPPLEMENTS

Our loved ones have never spent more on supplements, but what's behind the fancy labels? Too many popular items are overpriced, worthless or unsafe, while some truly miraculous secrets are nearly FREE. And here's the proof. Dr. Whitaker's NEW definitive guide to what works, what's worthless and what's downright dangerous. Don't part with hard-earned dollars on another month's worth of vitamins until you see it! Just one of these revelations could cut your expenses in half or save your life.



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Dr. Whitaker's Most Astonishing SPEED CURES

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

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

◆ **"Immediately, my cholesterol fell from 239 to 168,"** writes Alvin K. Funderburg, "and [it] has stayed there for 4 years." Yet Dr. Whitaker's new discovery isn't a drug or an herb, but a tasty treat that costs pennies a day...

◆ **Both of Dick Randolph's**

shoulders had degenerated and both rotator cuffs were completely torn. He was planning on surgery until he read an article in HEALTH & HEALING. Just 2 months after this joint therapy, he was actually *para-gliding*...

◆ **When Stephanie struck a match to a leaky gas burner, it exploded** — covering her entire face with terrible flash burns. Yet less than 4 weeks later Stephanie was entirely healed, without the merest trace of a scar. One of her doctors commented that if he hadn't seen her before, he never would have believed she was burned at all! Here's her secret...

◆ **Hepatitis C virus was ravaging Jack's liver.** His family physician was ready to put him on interferon, which costs the earth and takes a year. But Dr. Whitaker's "triple therapy" of 3 inexpensive nutrients dropped Jack's viral load dramatically in *only a month*. Careful blood tests showed Jack no longer needed interferon! (When the doctor discovered Jack's secret, he shrugged and said "*That can't be true. If it were, somebody would be making a million dollars on it!*")

◆ **QUICK! If you're struck by a heart attack,** demand that medics give you this common mineral. Expands your arteries and strengthens your heart so incredibly fast, patients who get it are proven to suffer just one-fourth the usual death rate! Results confirmed in double-blind studies. *It could quadruple your odds of survival...*

◆ **Plus many more** sensational speed treatments in this urgent new alert, so don't hesitate a moment...



HURRY!
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if you RSVP
in 10 days!

Please retain and remember this

100% REFUND GUARANTEE

Dear Demanding Reader:

If you've still got your doubts about anything you've read in this issue, we can well understand. Too many pretenders have been cashing in on the success of alternative medicine!

But 25 years of delighted patients and readers can tell you that Dr. Whitaker's therapies are the real thing. They don't just work, they've changed and saved *thousands of lives* every year, for more than two decades.

That's why Dr. Whitaker

has won so many awards for his genius and integrity. That's why so many health professionals put their trust in HEALTH & HEALING. And that's why we, his publishers, don't mind betting our business on your better health...

You don't risk a penny, period.

Here's how simple it is. If HEALTH & HEALING doesn't help you cure your health woes, tear up your drug bills and avoid

unnecessary or overpriced supplements, then you don't pay us a cent. Not a penny!

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And of course, you'll still keep all your free reports,

your free fast reply bonus and all 24 issues of HEALTH & HEALING, free forever! Fair enough? So what's holding you back now? Do it today. Give Dr. Whitaker the test, as so many have. And feel how fast the good stuff starts happening!

Here's to your great health, sooner than you ever dreamed.

Sincerely,

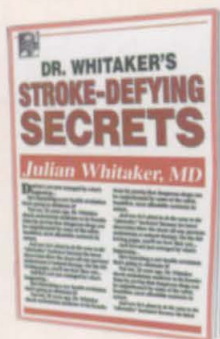
Bob Kroening
Bob Kroening
Publisher

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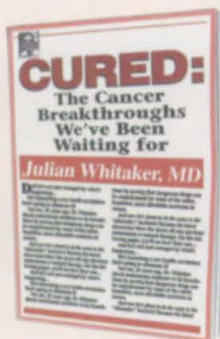
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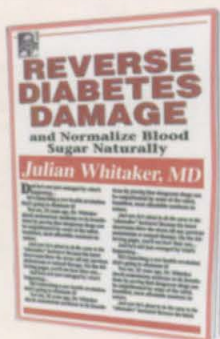
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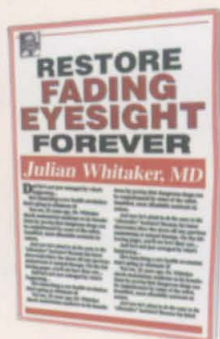
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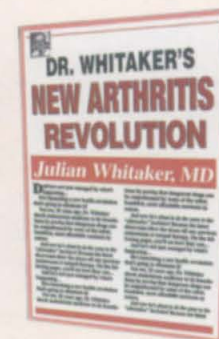
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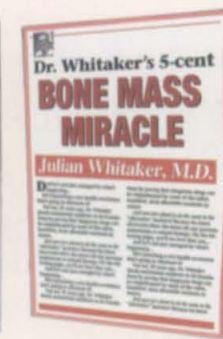
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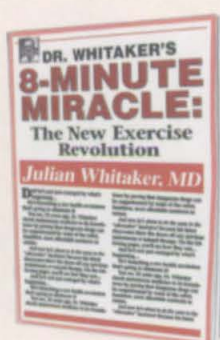
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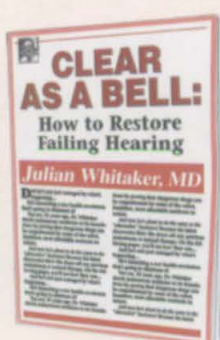
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Researchers could barely believe the blood tests, but see inside for the proof from the legendary Julian Whitaker, M.D. This astonishing treatment won't cost you a cent, and the results are going to rock mainstream *and* natural medicine.

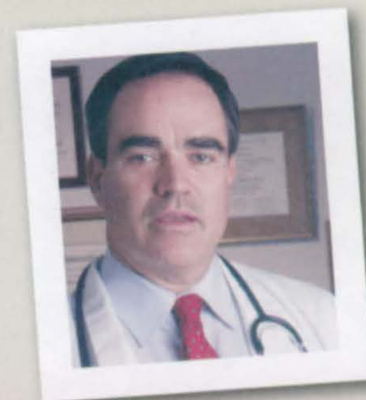
Details on page 6 inside, plus case histories...

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- "Cholesterol plunges to 168 'instantly'..."
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Magazine...he's proving that
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PLUS: 15 FREE GIFTS

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