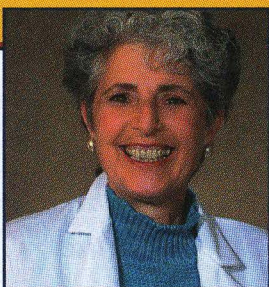


Winter 2002



Dr. Nan Kathryn Fuchs
—America's Leading
Advocate for Women's
Health & Wellness

The Hidden Illness that Zaps Your Energy

and how this simple 92-cent remedy spots it QUICK!

Also in this issue:

■ **Little-known test finds breast cancer YEARS before mammograms.** And it won't mash or squeeze the daylights out of your breasts either! *See page 5, inside*

■ **Former Surgeon General declares this unique "Sugar-Water" therapy SAFE for Arthritis and Joint pain**—Research proves it's 92% effective to soothe aching joints — rebuilds cartilage too! *Page 9, inside*

■ **What EVERY woman should know about varicose veins.** Take this 20-second test to detect a hidden health danger. *Page 7, inside*

■ **Much more inside!**

By Dr. Nan Kathryn Fuchs

Does this sound familiar...?

You feel worn out — and it's only 11 a.m. ...

...you toss and turn all night long — and seldom get a full 8 hours of sleep...

...and to make matters worse, everything — and everybody — seems to pluck your LAST nerve.

You try over-the-counter medications — and they don't work.

Maybe you've even gone to your doctor for relief from your constant fatigue...low energy levels... aches and pains...and just feeling "blah" throughout the day...

You may have been told there's nothing wrong.

Or worse yet. Your doctor tells you...

■ **"you're depressed"** — and writes you a prescription for Prozac, Zoloft or some other antidepressant...or

■ **"you're stressed out"** — and gives you a prescription to calm your nerves...or even

■ **"you have chronic fatigue or fibromyalgia"** — and hands you a prescription for pain...

...then sends you on your way. But...

(continued inside...)

When my patients tell me about these symptoms, my "radar" immediately goes up. Why?

While these may be textbook symptoms for anxiety ...depression ...fibromyalgia...and even chronic fatigue, I've found in my 25 years of treating women's health...

...they are also copycat symptoms of a very common — yet frequently overlooked illness.

So, I perform a simple 3-step test right in my office...

...to check for a hidden ailment

that causes fatigue...muscle ache... undue stress...and energy drain.

What am I testing for?

An iodine deficiency.

Here's what I do — and you can perform the same test at home, it's that simple:

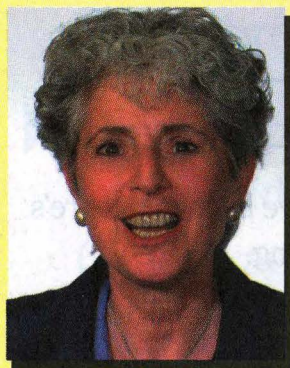
Simple trick works in minutes

Step #1: Take a cotton ball and dip it in USP Tincture of Iodine. A small bottle from your drugstore will cost you less than a dollar — and it lasts for years!

Step #2: Paint a two-inch circle with the iodine on an area where your skin is soft — the inner part of your upper arm or your belly, for example.

“ I am grateful to Dr. Nan for keeping me abreast of the alternatives available so I might stay out of doctor's offices, hospitals and E.Rs. As a retired RN, I am appalled at what goes on in medicine today. **WOMEN'S HEALTH LETTER** is my ray of hope. **”**

—Charlotte Capelle,
Phoenix, AZ



Meet America's “#1 Health Advocate for Women's Health”—Nan Kathryn Fuchs, Ph.D.

- 1982 graduate Ph.D. in nutrition. B.A. in English from Ithaca College in 1959
- 1976 graduate from Institute of Oriental Medical Studies
- 1983 to present runs a thriving private nutritional counseling practice currently in Sebastopol, California
- 1976-1983 Co-founder of Baraka Holistic Center, Santa Monica, California
- 1972-1976 Founder of Environmental Massage, a holistic approach to stress management
- 1968-1972 Founder and owner of The Herb Lady, an herbal tea business
- Researcher and author of dozens of articles for medical journals and consumer magazines and newspapers
- Appears frequently on television and radio as expert on topics of nutrition, herbs, acupuncture, massage and stress reduction
- Published author of best-sellers, **THE NUTRITION DETECTIVE: a Woman's Guide to Treating Your Health Problems Through the Foods You Eat**, **OVERCOMING THE LEGACY OF OVEREATING** and **USERS GUIDE TO CALCIUM AND MAGNESIUM**
- Editor and writer of **WOMEN'S HEALTH LETTER**, the leading health advisory on nutritional healing for women

Step #3: Wait. If the yellowish stain disappears in less than an hour, it means your body is lacking crucial iodine and has soaked it up. (If the stain remains for more than 4 hours, your iodine levels are fine.)

Here's why you should be concerned about your iodine levels

Low levels of iodine mean your thyroid isn't functioning properly. Is this serious?

You better believe it!

Your thyroid — a butterfly-shaped gland located just below the Adam's apple — is your key to good health. Here's why...

It's your thyroid that helps balance your hormones...regulates your heartbeats...stabilizes cholesterol levels... helps you lose weight... encourages muscle growth...keeps your menstrual cycle regular... gives you energy...and even helps you keep a positive mental attitude!

While one in 10 women in America is diagnosed with a thyroid problem, specialists claim that's just the tip of the iceberg.

Endocrinologists believe that as many as one in every four women has an undiagnosed overactive or underactive thyroid.

Unbelievable, but true!

So the easy-to-do iodine test I just showed you can quickly let you know if you're at risk.

As women, we're naturally prone to iodine deficiencies. That's because our thyroid glands are twice as large as men's — so under normal circumstances, we need more iodine...

...but when we're under stress, we can easily double or TRIPLE our

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From the desk of Garret Wood, Publisher, WOMEN'S HEALTH LETTER

Medical experts speak out...

What you will discover about Dr. Nan Kathryn Fuchs

When doctors are stumped...when nothing they learned in medical school seems to help...and when high-tech drugs and surgery fail — they often turn to Dr. Nan Kathryn Fuchs.

And for good reason. Dr. Fuchs' life-long search for the hidden, real and long-term solutions to women's illnesses has made her an expert in nutritional healing therapies.

"Nan is a good listener, grasping quickly new knowledge and using it for the benefit of her patients. I recommend her highly and without reservation."

— Guy E. Abraham, M.D., Research
Gynecologist and Endocrinologist

"We have discussed numerous patients together and I have referred patients to Dr. Fuchs."

Not only is she knowledgeable about the field [of nutritional healing], but she recognizes that her clients are best served when their psychological and physiological states are recognized and dealt with...

...She is not over-attached to any particular nutritional treatment so she is comfortable working with a wide variety of protocols. I have the highest regard for her professional integrity. It is a pleasure for me to recommend Nan without hesitation."

— Melvyn R. Werbach, M.D., Author,
Nutritional Influences on Illness

The special report you hold in your hands introduces you to some of the most remarkable healing breakthroughs Dr. Fuchs uses every day in her clinical practice...and discusses with her readers in her monthly advisory **WOMEN'S HEALTH LETTER**.

If this is the sort of useful and relevant information and advice you need to care for your health, I invite you to try **WOMEN'S HEALTH LETTER** during this 100% risk free trial offer. Details are on page 19.

Garret Wood

“ *Thank you so much for taking time to reply to my question about osteoporosis. I'm trying to help my problem with bone density without using the drugs that doctors are pressuring on their patients. How nice to find someone independent enough to give alternative and safer solutions!* **”**

—**Katharine Crain,**
sent by email

need for essential iodine.

Yet the foods we eat contain less and less of dietary iodine. For example, back in 1940, the typical American diet contained about 800 micrograms of iodine. By 1995, that amount plunged to just 135 micrograms — that's an 83% DECLINE!

Has your stress level increased over the past decades?

Mine sure has! But instead of getting more dietary iodine to help cope with the stress, we're getting a whole lot LESS of this essential nutrient.

When I detect low iodine levels in my patients, I give them a simple, natural and effective way to safely increase iodine levels and get their thyroid back in shape.

So let me tell you the best way to immediately boost your iodine levels up to the healthy, normal range.

You'll be glad to know...

...it's not a drug with nasty side effects...

...or another vitamin you have to swallow...

...or even an expensive herb or nutritional supplement you have to buy and keep on your shelf.

The safest and most effective way to boost your iodine levels is to add a few bites of seaweed to your diet.

If you haven't heard seaweed is great for your health, please read on...

Just one teaspoon of seaweed a day can help you regain normal iodine levels.

In no time at all, you'll experience more energy to get through the day...a pep in your step to take on new challenges and adventures...and even wipe out "blue moods" and depression.

And you won't have to take a dangerous prescription drug to do it!

Seaweed is an amazing all-natural remedy, especially for women. If you've never thought about adding seaweed to your diet, please keep an open mind.

You can eat most types of seaweed — but they don't all taste good! I'll tell you the ones you'll love to munch on for a healthy snack...my favorites to add to soups and veggies...and even sauté for a scrumptious thrill to your taste buds!

I'll show you how to get affordable seaweed from reliable sources — directly from companies that harvest them from clean, pure waters.

It's all in a remarkable report

It really works!

I want to send you, absolutely **FREE**. I've personally written this report to give you honest-to-goodness, natural and potent fatigue fighters.

It's called HOW TO FIGHT FATIGUE — AND WIN!

In **HOW TO FIGHT FATIGUE — AND WIN**, you'll discover the little known cures, remedies and treatments that don't make the front-page news — but are proven more effective than leading prescription drugs and dangerous surgeries.

If treating a thyroid problem with seaweed is "news" to you, then you're going to love **HOW TO FIGHT FATIGUE — AND WIN!**

“ These little known remedies give you Instant Energy. ”

In this special report, you'll discover little-known remedies you can put to use right away to build up your energy reserve **FAST...fight chronic fatigue NATURALLY...get rid of energy drainers FOR GOOD...even help you get deep, relaxing sleep EVERY NIGHT!** And it gets even better...

Not only will you fight fatigue and regain healthy energy levels...

...you're going to discover how to save your own life — and protect yourself from one of the leading killers of American women!

The remarkable discovery I'm about to tell you right now recently saved my life — and my breasts. It may save yours too! That's why you **MUST** know how...

A little-known test finds breast cancer 12 YEARS earlier than mammograms!

If you're like me, you dread the thought of putting your tender breasts in a cold, metal vise-like machine that mashes, flattens and squeezes them without mercy...

...all the while exposing your breasts to dangerous and potentially cancer-causing radiation!

That's why I am one of hundreds of thousands of women who choose not to have mammograms.

Between eating a healthy diet...taking good quality nutritional supplements...avoiding any estrogen therapy — synthetic or natural...using stress reduction techniques...and regular breast self exams — I felt I was doing everything I could.

But after researching a little known breast cancer detection test — that's been available to women for over 20 years...

...and has consistently proven to find cancer cells at their earliest —

“When my sister was diagnosed with breast cancer, I pored through every issue of *WOMEN'S HEALTH LETTER* to send her the treatments and cures Dr. Fuchs has mentioned throughout the years. I had a gold mine of information — and my sister really appreciated the expert advice.”

--Carline Anglade-Cole, Germantown, MD

and most treatable stages...

...up to 12 years BEFORE the cancer can be detected by breast self-exams or even mammograms...

“This is a Genuine and Proven Cancer Fighter — and You Can Use it Right Now!”

...I decided to give this non-invasive test a try. (There are a few times in your life when you look back and realize you made a lifesaving decision. In my heart I believe this was one of them. Please read on.)

No mashing or squeezing of my breasts, either!

With this test, there's no smashing, squashing and bruising of your breasts. In fact, no machinery ever touches your body. To me, that alone makes this test superior to mammograms! But there's more...

Mammograms “read” the breast by using radiation — a known cancer-causing agent. So, every time you have a mammogram to find cancer, you expose your breasts to one of the leading causes of cancer!

And did you know that mammography squeezes your breast so hard that encapsulated cancer cells can rupture, causing a dormant cancer to become active and grow? It's true.

So a test to detect cancer can actually give you cancer!

So what is this breakthrough breast-saving test you should know about?

It's called Breast Thermography or infrared imaging. Thermography identifies and measures the changes of heat in your breasts. Here's how it works:

Shortly before a cell becomes cancerous, the tissues surrounding it start to create new blood vessels. This is called neoangiogenesis. These blood vessels work hard and fast to carry nutrients to the newly formed and extremely hungry cancer cells.

What happens when you're in

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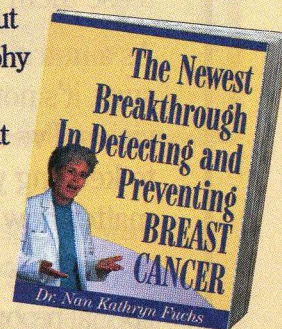
If you're taking estrogen...

Scientists have discovered the single greatest risk factor for getting breast cancer is a lifetime exposure to estrogen.

If you are taking any form of estrogen — synthetic or natural — I recommend regular breast thermograms to monitor and pinpoint the location of excessive estrogen in your breast.

You'll learn all about breast thermography — a little-known diagnostic tool that finds cancer cells up to 12 years before a mammogram — in your FREE copy of

THE NEWEST BREAKTHROUGH IN DETECTING AND PREVENTING BREAST CANCER. Please call 1-800-728-2288 today for your FREE copy!



hard labor? You get hot and sweaty, right?

That's exactly what happens to blood vessels. All that work feeding these new cancer cells produces additional heat — and breast thermography zeros in on the "hot spots" to identify this early cancer activity.

Thermography is like a "crystal ball" that sees 12 years into your health future!

In one study, 58,000 women received breast thermograms.

“I keep subscribing mainly because Dr. Nan responds to my questions. The personal touch sets you apart from other health letters, because you really care.”

—Irene Rabinor,
Lido Beach, NY

The thermograms detected abnormal cell activity in 1,527 of these women.

Scientists monitored this group

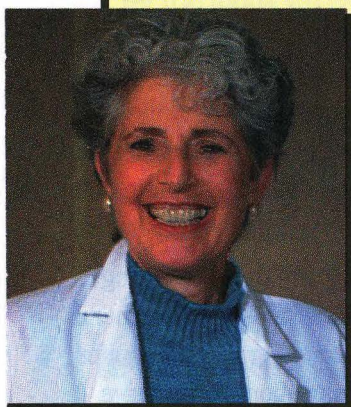
for 12 years. The findings? ALMOST HALF developed breast cancer within 5 years!

The thermogram was a FLASHING RED LIGHT warning of CANCER DEAD AHEAD!

The study concluded that “an abnormal thermogram is the single most important marker for future development of breast cancer.” *

This and many other studies**

Can you really have eagle sharp vision in your 80s? — Yes indeed! Here's how...



My dad was an optometrist and just about every day he would tell me “take care of your eyes, Nan, they're the only ones you'll ever have.”

Then he'd share stories about patients whose eyes were “fit as a fiddle” even though they were well into their 80s. He'd even

tease them about putting him in the poor house!

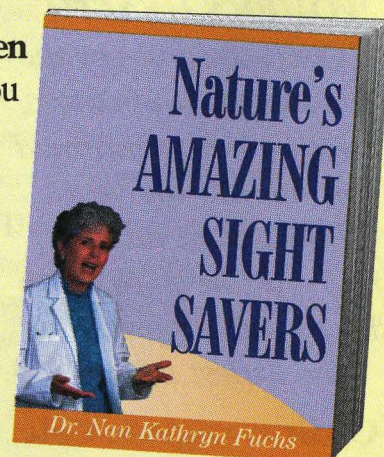
As a nutritionist for 25 years, one thing I know for sure, it's not just great genes that give you lasting vision. I've studied and discovered the secrets to keeping your eyes healthy and strong — no matter how old you are!

And I'll give them all to you in an easy-to-read special report called **NATURE'S AMAZING SIGHT-SAVERS**.

To receive your personal copy of **NATURE'S AMAZING SIGHT-SAVERS**, Call 1-800-728-2288 today.

In your **FREE** copy of **NATURE'S AMAZING SIGHT-SAVERS**, you'll discover:

- **How to “feed your eyes.”** 2 simple nutrients that treat and (yes) even **REVERSE** age-related macular degeneration!
- **This “one-two” punch clobbers cataracts.** Numerous scientific studies confirm it!
- **If you wake up in the morning with blurry vision** — your eyes may be warning you of this potential heart stopper!
- **Feel safe when you drive — even at night!** How you can regain your night vision — and keep it!
- **And much more!**



show that women now have a powerful tool to detect early cancer activity up to 12 years BEFORE it shows up on a mammogram!

And thermography works without compressing your breasts...without radiation...without pain...and it's completely safe!

Here's my personal story

The only discomfort I felt during my thermogram was a slight chill. That's because in order for thermography to properly "read" the heat levels in your breasts, the room temperature must be kept between 68 and 73 degrees.

I'll take feeling chilly for a few minutes over clamping my breast in a mammogram vise any day — wouldn't you?

What I discovered SHOCKED me!

When I got the results of my thermogram, I was surprised to discover "hot spots" were found in both of my breasts. The heat readings showed I had excess estrogen and insufficient progesterone in my breasts. I was shocked.

I've been postmenopausal for more than a decade, and the hormone tests I had taken a few months earlier showed that my estrogen levels were low. How did they jump so high?

I discovered there was a huge difference between blood levels and breast levels of estrogen.

You see, blood levels show the amount of hormones circulating in

Every woman should know this

If you have varicose veins, you know how your legs feel heavy and ache — and your ankles and feet swell up throughout the day.

But what you may not know is that those tired veins can create a dangerous health condition called phlebitis.

So, I want to ask you for a favor. It will ease my mind — and potentially save your life:

Take this quick and easy test to check for this life-threatening inflammation...

Push your finger in the tissue around your ankle bone for about 20 seconds. Remove your finger and time how long the indentation remains.

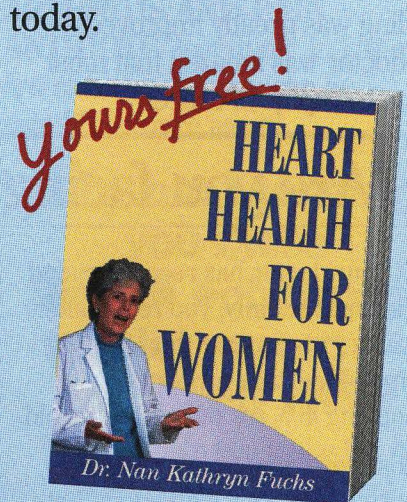
If the indentation stays for more than two minutes, you have excess fluid in your

ankle. This may be an early sign of phlebitis.

Phlebitis can cause blood clots that can quickly travel to your lungs (it's a deadly condition called thromboembolism).

Please turn to your FREE special report HEART HEALTH FOR WOMEN and follow my instructions TO THE LETTER.

You can receive your FREE report simply by calling 1-800-728-2288 today.



your blood.

But fatty breast tissues also produce estrogen. Even if your blood levels are low, you may, like me, have too much estrogen concentrated in

your breast tissues.

And that extra estrogen was developing into breast cancer!

My thermogram honed in on an early warning signal that would

*(1) Gros, C., Gautherie, M.: *Breast thermography and cancer risk prediction*. Cancer 45:51-56, 1980

** (2) Head JF, Wang F, RL Elliott: *Breast thermography is a noninvasive prognostic procedure that predicts tumor growth rate in breast cancer patients*. Annals Of The New York Academy Of Sciences 698: 153-158, 1993 and Sterns EE, Zee B: *Thermography as a predictor of prognosis in cancer of the breast*. Cancer 67: 1678-1680, 1991

continued on page 8

not have even shown up on a mammogram for YEARS...

...and it picked up a problem — pre-cancerous breast tissue — at its earliest and most treatable stage.

How breast thermography saved my life

I gotta tell you — getting the results of my thermogram felt like Mt. St. Helens exploding in my gut. But I was extremely grateful. I had plenty of time to gain information and take action.

I got to work and made some changes to my diet to strengthen my body...

...then I added some additional cancer-fighting nutritional supplements to clobber the budding cancer. And you know what?

After 5 months, I'm happy to report that my latest thermogram reading was greatly improved — my doctor was amazed that most of the hot spots of cancer

activity were gone!

I'm scheduled to have my next thermogram in a few months — and I'm optimistic the few remaining hot spots will be gone — I'll be sure to let you know!

My friend, when you're dealing with a potentially fatal illness, time is your best ally. Preventing a disease is more effective — and easier — than curing it or putting it in remission.

That's why I want you to know how breast thermograms can help save your life. And why I've made it my goal to get every woman over 40 a FREE copy of a second report I want to send you right away.

It's called **THE NEWEST BREAKTHROUGH IN DETECTING AND PREVENTING BREAST CANCER**. You just won't find this lifesaving information anywhere else!

I'll give you all the details you need to know about breast

“ I like WOMEN'S HEALTH LETTER because it is short, direct, and easy-to-read. This is a fantastic newsletter — I make time to read it every month (unlike a lot of my other mail!). ”

**—June Mason,
Sebastopol, CA**

thermography: where to find reputable clinics that meet the strict qualifications for taking and interpreting the results of breast thermograms...

...how to teach your doctor about breast thermography...what to do if your thermogram detects hot spots...and much more.

I'll also give you my entire cancer prevention program — yes, the one that saved my life! I'll show you how to adapt it to fit your personal needs.

You'll discover new foods, supplements and natural therapies that slash your risk of getting cancer!

My hope is that you take the valuable information you'll discover in **THE NEWEST BREAKTHROUGH IN DETECTING AND PREVENTING BREAST CANCER** and share it with your friends and loved ones — especially any who are facing serious decisions about their cancer treatments.

THE NEWEST BREAKTHROUGH IN DETECTING AND PREVENTING BREAST CANCER is yours **ABSOLUTELY**

Are you facing a hysterectomy?

If your doctor has recommended a hysterectomy, you're not alone. Every year, more than 600,000 women have this surgery — a whopping 40% are over 60 years old. Odds are — you too — may face this situation. So it's essential that you have all the facts — and know your options **BEFORE** you agree to surgery.

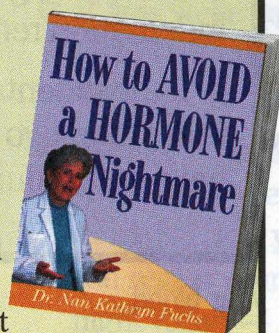
That's why I urge you to send for your FREE copy of **HOW TO AVOID A HORMONE NIGHTMARE**. You'll get the whole story to help you make a sound decision about your health. For example, did you know...

According to the medical journal, *The Lancet* — there's a 60% chance

you will develop permanent urinary incontinence after a hysterectomy? (That's because pelvic nerve damage is very likely during this surgery.)

This may not change your mind about a hysterectomy. But wouldn't you rather know this information before the surgery?

I'll give it to you straight and tell you what you can expect in your FREE copy of **HOW TO AVOID A HORMONE NIGHTMARE**. To receive your free report, just call 1-800-728-2288!



FREE. Please send for your personal, lifesaving copy today!

It's a shame to suffer even one day with pain when genuine cures are now readily available

As women, we take care of ourselves...our spouses ...children...parents and even friends...

...so if you or someone you know is experiencing pain: **arthritis...knee pain...back pain...fibromyalgia...carpal tunnel syndrome...TMJ...herniated discs...or even an old whiplash injury...you've got to know about a unique remedy...**

...that's been scientifically proven to relieve your pain by over 90%...

...and even helps you grow healthier, and stronger joints to boot!

And here's the most remarkable thing about it...

...this treatment is made up of mostly sugar!

Let me tell you right now...

Why the former Surgeon General declares this "Sugar-Water" therapy SAFE for arthritis and joint pain!

When stodgy, straight-laced surgeons like former Surgeon General C. Everett Koop, M.D. takes note of an all-natural, highly effective, pain-relieving therapy — it makes news.

While Dr. Koop may not be "jumping ship" and joining the ranks of alternative health doctors

— he simply couldn't ignore the cold hard facts about this outstanding pain treatment.

It's not a new discovery — in fact, it's over 50 years old!...

“ We now have a treatment that's over 90% effective for joint pain. ”

...you're not going to be a guinea pig, either — it's already been scientifically tested and proven safe. In fact...

In a study of more than 80 patients suffering with osteoarthritis for over 10 years — more than 88% experienced significant improvement ...plus,

...other scientific studies show it's 92% effective in curing (I said curing — not just masking over) chronic pain in your knees and back. And there's more!

This amazing treatment is not a prescription drug either! That means you don't have to worry about nasty drug side effects! Plus...

...this little known remedy, made up mostly of everyday **SUGAR and WATER** (and a few other important nutrients) is not only a remarkable pain-buster, it also rebuilds cells, cartilage, tendons and ligaments, too!

New ligaments and joints become stronger than the original ones — as much as 40% stronger!

So instead of suffering from back pain, you can lounge around or take a walk — the choice is yours!

Without the excruciating knee pain, you can bend and even take on that flight of steps!

By knocking out arthritis pain, you can garden, sew and even play the piano!

I can tell you right now, drug companies are trying their best to keep this remarkable treatment OUT of the limelight.

Can you imagine what would happen if every arthritis sufferer switched to this natural, safe and highly effective treatment?

A multi-billion dollar pain industry would shrivel up faster than Enron!

THAT'S why you haven't heard of this amazing, all-natural pain therapy!

Pain-free in no time!

But don't worry, I'll tell you about this highly effective "sugar-water" therapy that starts to work **with the very first treatment!**

It's in your free copy of **THE ARTHRITIS AND PAIN ANTIDOTE**. Just think: In just a few short weeks, you can be pain-FREE once again!

Why am I sending you these health enhancing special reports — absolutely FREE?

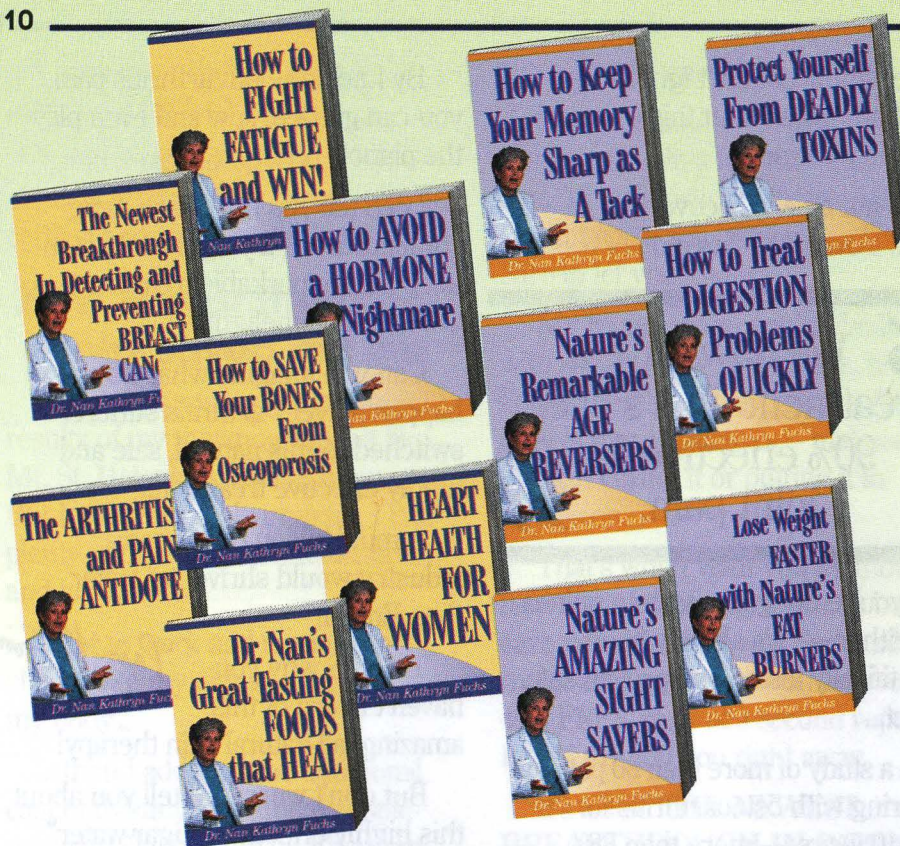
I want to help you make the best and safest choices for your health.

I simply FUME when I see women taking dangerous prescription drugs...

...or being told you need life-threatening surgery...

...when you haven't been given the **WHOLE** story — that simple, safe and effective alternatives exist!

Now you'll have a way to know all your options...to learn about



As a one-year subscriber, you receive 6 FREE gifts. But say YES to WOMEN'S HEALTH LETTER FOR 2 YEARS AND you'll receive 7 Bonus gifts — that's 13 FREE Gifts in all!

BONUS GIFT #7

How to Avoid a HORMONE Nightmare. This special report STOPS THE MADNESS and ends the confusion about hormones. You'll discover what the fuss about hormone replacement therapy is all about — and discover what's right for you. You'll get sound advice on what to do if you're facing a hysterectomy...advice to help you heal and recover faster from surgery...how to douse the flames of hot flashes...and much more!

BONUS GIFT #8

How to Keep your Memory Sharp as a Tack! It's not science fiction — you really can grow a stronger, healthier brain! Discover the little-known nutrient that prevents and REVERSES Alzheimer's...popular drugs that KILL brain power...how to prevent "senior moments" and "brain drain"...and more!

BONUS GIFT #9

Nature's Remarkable Age REVERSERS. I'm excited about this phenomenal discovery that not only extends the life of your cells — but actually helps you generate new and healthier ones! What's more — it's completely natural! You'll discover how to look 10 years younger — in just 15 minutes!...anti-aging secrets from beauty queens...how to strengthen thin, fragile skin in just 8 weeks...and lots more!

BONUS GIFT #10

How to Treat Digestion Problems QUICKLY. If you suffer from painful gas...bloating...indigestion...irritable bowels — help is on the way! Discover why antacids are NOT the answer...how to keep your gut in top shape...foods that KILL parasites...how to pinpoint hidden allergies...and more!

Yours free!

7 Bonus when you L

BONUS GIFT #11

Protect Yourself from Deadly Toxins. You can't eat, breathe or even shower without exposing your body to harmful toxins, but you can PREVENT them from building up and causing harm. Find out how to sweep your cells CLEAN...#1 way to guarantee your water is safe and pure...how to clean your house without toxic products — and save some cash while you're at it...and much more!

BONUS GIFT #12

Lose Weight FASTER with Nature's FAT BURNERS. In my dictionary, D-I-E-T is the ultimate "four-letter word!" You'll never feel deprived when you follow the weight-loss secrets I've developed in my 25 years as a nutritionist. You'll discover Nature's "skinny pills" — and watch the weight MELT OFF...how to eat MORE to weigh LESS...how to turn off your "fat switch" for permanent weight loss...and lots more!

BONUS GIFT #13

NATURE'S AMAZING SIGHT-SAVERS. Discover how to "feed your eyes" for long lasting vision...fight cataracts...prevent macular degeneration...and even night blindness. Discover how these remarkable sight savers can work for you — starting today! It's all in your free report!

GIFTS are Yours FREE

join WOMEN'S HEALTH

LETTER for 2 Years

FAST Response Bonus

Respond within 10 days and you receive these 2 special BONUS gifts:

Early Bird Gift #14

Hidden Health Remedies that REALLY Work!

Discover age-old therapies that still work better than modern technology. In **HIDDEN HEALTH REMEDIES THAT REALLY WORK** you'll discover:

■ **The "magic pill" that prevents a heart attack.** Every woman should keep an emergency supply in her purse. It's THAT effective!

■ **How to keep from losing your hair.** The secret cause — and the simple cure. Sorry, this is a "women-only" secret. It won't work for the balding men in your life!

■ **How to calm your jittery nerves** — without drugs! All natural treatment — no nasty side effects, either!

■ **How to undo years of damage caused by smoking and a poor diet.** Successful European therapy

(now available in the U.S.) feeds and fixes worn-out cells

■ **How to stop an asthma attack FAST!** New study shows it prevents damage to your lungs too!

■ **Why high cholesterol is GOOD for women!** If you're taking cholesterol-lowering drugs — show this newly released study to your doctor immediately!

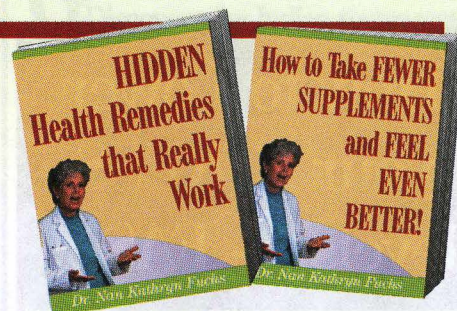
■ **Stop migraine pain FAST.** "First aid" herb BLOCKS the pain — and is safer than drugs, too!

■ **And much more!**

Early Bird Gift #15

How to take FEWER supplements and Feel Even Better

If you're taking vitamins and nutritional supplements, let me show you how less can be MORE! I'll help you sort through the "vita-mania" and get real value from your supplements.



You'll discover:

■ **the most common mistake most women make when buying vitamins** — and how you can avoid it!

■ **All vitamin E is not equal.** Look for this single word on the label to make sure you're getting a quality product.

■ **When it's safe to THROW OUT your vitamins** — or take them less often.

■ **How to cut the cost of vitamins** — without sacrificing quality and potency.

■ **"Fake" vitamins ALERT** — Don't believe the ads — these made-up vitamins are useless...and may even harm your health!

■ **How to "decode" labels from your vitamins and supplements** — now you'll KNOW what you're really getting.

■ **And much more!**

To get your Free Special Gifts, turn to page 19...

natural therapies that really work. But that's just the tip of the iceberg...

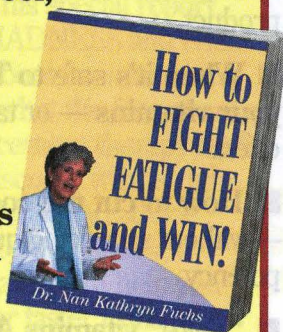
I also want to introduce you to my exclusive advisory service. In my 25 years of clinical practice, I've learned that women who want natural, honest-to-goodness, straight-from-the hip guidance for healthier living LOVE my advisory service, **WOMEN'S HEALTH LETTER**. Why?

How to Lower your STRESS levels — FAST!

What do you call a nutrient that "senses" when your blood pressure is getting high — and lowers it automatically...

...picks up on your stress signals — and keeps you cool, calm and collected...

...keeps you from getting sick — and heals you QUICK when you do?



Scientists call these nutrients adaptogens. I call them a godsend!

In your **FREE** copy of **HOW TO FIGHT FATIGUE — AND WIN**, you'll discover why I recommend my favorite adaptogen — Siberian ginseng — especially during the holidays and other stressful times.

Send for your Special Report today!

Because **WOMEN'S HEALTH LETTER**:

■ **Talks to you — not down to you.** Every month, I personally write to you. Me. Not a staff of journalists or ghostwriters. I write this newsletter in plain old English — not "medical-ese." I bring you my experience and expertise in nutritional healing...focus on your health concerns...and give you real treatments that work!

■ **Gives you a place you can go for help...wisdom... and real health advice.** With most general health publications, you're lucky to get one or two articles of REAL news for women. The bottom line is: Treatment for our health is different from men's. For example, while general health publications recommend everyone to lower cholesterol levels, only **WOMEN'S HEALTH LETTER** tells you the whole truth: those guidelines were written for men. Women actually need higher total cholesterol levels for optimum health!

■ **Knows who you are and doesn't waste your time.** As I've said, this is an exclusive service for women. I make sure you get natural and nutritional therapies that work — in every issue. I give you what you need for optimal health now.

■ **Gives you access.** What good are natural therapies if you can't get your hands on them! I show you how to find and use every cure, treatment and remedy I recommend in **WOMEN'S HEALTH LETTER**. You have access to my worldwide network of researchers and experts in the health field. I don't mean to brag, but some of these top-leading experts have been my friends and colleagues for years. In other words, when I call for verification of a new study, or the "inside scoop" on a revolutionary treatment — I don't get put on hold — I get answers FAST.

“WOMEN'S HEALTH LETTER covers topics and issues that are of interest to me — and every woman who cares about her health! Dr. Nan helps me make sense of all the confusion in health care.”

**—Beverly Schaefer,
Sheboygan, WI**

■ **You have a friend.** What do you call a person who brings you genuine cures that ease your pain...gives you hope...and even saves your life? "Doctor" just isn't strong enough of a word. My patients and readers call me their friend. And I cherish and value the responsibility that comes with that honor. I promise, you can count on me to come through for you. I'll always do my best to find solutions to your health problems.

Here's how you can get your **FREE** special healing reports today...

It's quite simple really. Just tell me you're willing to give **WOMEN'S HEALTH LETTER** a try.

If within 90 days, **WOMEN'S HEALTH LETTER** doesn't introduce you to genuine natural treatments you can use to feel better...

...or let you in on a health "secret" that's better and safer than the prescription drugs you are currently taking...

...or doesn't save you at least one doctor's visit this year...

“Dr. Nan gives you common sense, up-to-date and “out of the box” info I can use to feel better and enjoy life. You won’t get this good advice anywhere else!”

**—Jo Mathei,
Denton, TX**

...you simply cancel and receive a 100% refund. It's that simple. You keep all the special reports absolutely free. That means...

■ **HOW TO FIGHT FATIGUE — AND WIN! — Yours FREE!**

■ **THE NEWEST BREAK-THROUGH IN DETECTING AND PREVENTING BREAST CANCER — Yours FREE!**

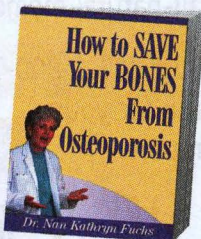
■ **THE ARTHRITIS AND PAIN ANTIDOTE — Yours FREE!**

■ **PLUS — I have 3 more special reports that I also want to send you:**

SPECIAL GIFT #4

HOW TO SAVE YOUR BONES FROM OSTEOPOROSIS. The single most important thing you can do today to prevent and even reverse osteoporosis is this: *Stop listening to the bogus and misleading information about calcium.*

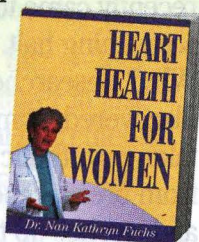
In this special report, you'll discover the whole truth behind the calcium hoax that's crumbling the bones of American women! I'll give you my 3-step program to grow healthier,



stronger bones — at any age! This report is a **MUST READ** for every woman over 50. **Yours FREE !**

SPECIAL GIFT #5

HEART HEALTH FOR WOMEN! Did you know that after the age of 60, women die more often from heart disease than men? It's true. Discover how you can defy the odds and keep your heart beating strong and healthy. In this special report, you'll find:



■ **the #1 cause of heart disease in women.** (If you guessed high cholesterol — GUESS again!) And the easy way to cut your risk **IN HALF!**

■ **Hidden signs of a heart attack.** Unlike men, we may NEVER experience chest pains — so it's critical to know these warning signs unique to women!

■ **3 Foods that INSTANTLY lower your blood pressure** — and 2 to avoid like the plague!

■ **And much more! This exclusive report is Yours FREE!**

SPECIAL GIFT #6

Dr. Nan's GREAT TASTING FOODS THAT HEAL. Discover how to eat your way to disease-free living! Betty Crocker, look out!

You'll get FAST, easy (I'm talking about 5 ingredients or LESS) dishes that not only please your palette — they're easy on your grocery budget, too!



But what makes these dishes

What's Causing Your Digestion Pain?

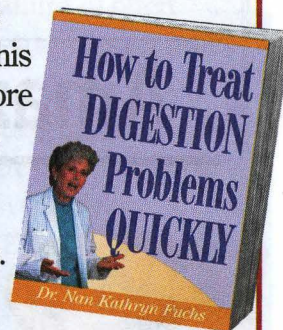
Gas and bloating after a meal: Discover why Indian restaurants keep this powerful digestion aid right on the dining table. It eliminates gas, prevents bloating and even relaxes your intestines for complete and pain-free digestion!

Irritable bowel:

Just one cup of this soothing tea before a meal coats and calms irritable bowels and intestinal spasms.

Ulcers: Studies show this “nature’s candy” is highly effective in treating peptic ulcers — and it's completely — **DRUG-FREE!**

You'll discover how to get to the root of your digestive pains and treat them safely and effectively in your **FREE** copy of **How to Treat Digestion Problems QUICKLY.** Just call 1-800-728-2288 today and ask for your free report.



EVEN MORE special is they're designed to help you fight arthritis ...diabetes... cancer...and much more!

Hippocrates was right — **FOOD** is your best medicine — and you'll love every dose of these scrumptious recipes. **Yours FREE!**

Yes! All 6 of these reports are

continued on page 14

yours to keep as my gift to you!

With this 100% risk free offer, you have nothing to lose...

...so why not get 7 more BONUS reports

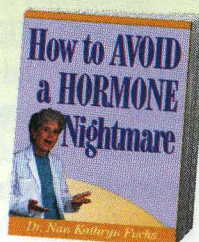
ABSOLUTLEY FREE!

When you decide to join **WOMEN'S HEALTH LETTER** for two years (and save over 50% off the regular price), I'll thank you by sending you 7 more special healing guides:

BONUS GIFT #7

How to avoid a HORMONE Nightmare. The Women's Health Initiative (WHI) study to determine the risk and benefits of hormone replacement therapy recently came to a screeching halt. Why? Researchers discovered women taking synthetic hormones suffered from breast cancer, heart attacks and strokes up to 40% more often than the non-drug group. Scary?

You better believe it!



There's just too much confusion about hormones. It's time to STOP THE MADNESS and give you answers you can understand. In this special report, you'll discover:

■ **The pros and cons of hormone replacement therapy.**

Sensible guide to decide what's right for you.

■ **Debunk the estrogen myth.** — Find out what you really need — and what to stay away from!

■ **Are you having a hysterectomy?** Here's how to prepare your body and mind for a faster recovery.

■ **The truth about Premarin**

Amazing Memory Pill Now Available



- **DO YOU FEEL YOUR MEMORY SLOWLY SLIPPING AWAY?**
- **ARE YOU EXPERIENCING FREQUENT "SENIOR MOMENTS" ...MENTAL FATIGUE...AND GROGGINESS?**
- **DO YOU WANT TO KNOW ABOUT AN ALL-NATURAL NUTRIENT THAT BOOSTS YOUR BRAINPOWER...SHARPENS YOUR MEMORY...AND EVEN FIGHTS ALZHEIMER'S?**

Scientists have discovered an all-natural supplement that does what no drug could ever do — actually triggers the growth of vital, new brain cells and helps you build a better, stronger brain!

Studies prove this brain booster actually sheds 12 years off your "brain age"! Plus,

It's scientifically proven to boost your IQ — at any age! And there's more...

...this remarkable Alzheimer's preventing nutrient known

as **phosphatidyl serine** (PS for short) continues to amaze scientists.

In a human study published in *Neurology*, patients with severe memory impairments were given daily doses of PS and monitored. The findings?

All the patients experienced sharper memory recall and clearer thinking in just 12 short weeks — and with no adverse side effects!

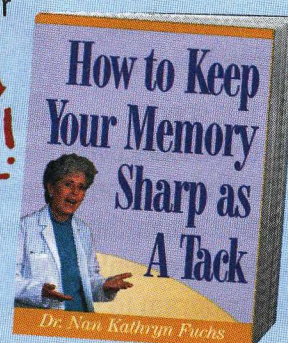
If you want to preserve your memory and even boost your brainpower,

please send for your FREE copy of **HOW TO KEEP YOUR MEMORY SHARP AS A TACK.**

I'll tell you all about PS and other all-natural memory enhancers.

Just call 1-800-728-2288 today and ask for your report.

Yours free!



and other hormones — what doctors aren't telling you!

■ **How you can thrive in menopause** — without any drugs.

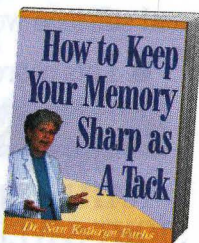
■ **How to douse hot flashes** — Fast and safe natural remedy.

■ And much more!

BONUS GIFT #8

How to Keep your Memory

Sharp as a Tack! If you worry about getting Alzheimer's...or experience memory loss...and "brain drain," you've got to read this report today! You'll discover:



■ **The secret brain vitamin proven to prevent and REVERSE Alzheimer's** — over 3,000 scientific studies and medical research support it!

■ **How to prevent a mental meltdown.** You can get back the memory of a 30 year old — it's possible and EASY!

■ **How to shake off "senior moments" — and sharpen your memory** — Easy memory tricks for names...phone numbers...and to remember where you put those darn keys!

■ **Popular drugs that KILL brain-power** — and how to protect yourself from them.

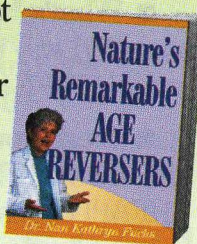
■ Plus, much more!

BONUS GIFT #9

Nature's Remarkable Age REVERSERS. Scientists are helping us live longer and healthier by unlocking the secrets of our DNA!

One of these phenomenal discoveries is an amazing and critical compound — made up of 3 amino acids — that extends the life of your cells!

This means that not only can you make plans to celebrate your 100th birthday — you'll look good and have the energy to party the night away! But there's more in this special report. You'll also discover...



■ **Nature's "face lift"** — lets you look 10 years younger in just 15 minutes! All-natural ingredients!

■ **How to ERASE unsightly age spots** — FAST!

■ **Eye Energizer** — quick tip to give tired-looking eyes some sparkle!

■ **How to strengthen thin, fragile skin** — in as little as 8 weeks!

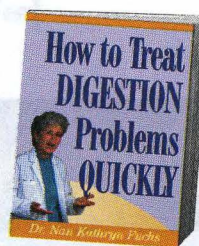
■ **Clear up adult acne (or rosacea)** — without dangerous drugs!

■ And much more!

BONUS GIFT #10

How to Treat Digestion Problems QUICKLY. The old adage, "you are what you eat" is a lie. The truth is, you are what you eat, digest and absorb!

If you sometimes suffer from painful gas...bloating...indigestion...irritable bowels...I've got great news for you!



This special report gives you simple and natural treatments (most found in your kitchen cupboard) to give you FAST relief. You'll also find:

■ **Why antacids are NOT the answer** — they actually create MORE acid and more pain! Discover the safer remedies for an upset stomach!

■ **Protection from prescription**

continued on page 16

If you take painkillers... READ THIS IMMEDIATELY

Tylenol, Vicodin, Darvocet, or other drugs containing acetaminophen may ease your pain. But did you know they can poison your liver too? It's true...

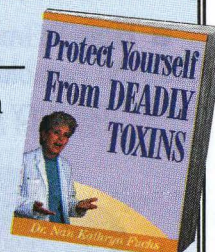


Over 200 cases of acetaminophen poisoning occur EVERY DAY. It is by far the most common cause of liver failure — often requiring a life-threatening liver transplant.

If you must take painkillers, please follow the advice I give to my readers of WOMEN'S

HEALTH LETTER:

Protect your liver — every time — with this antidote for acetaminophen poisoning.



Don't worry, you won't need a prescription, just go to your local health food stores and ask for...

...N-acetyl cysteine — better known as NAC.

Since NAC is a sulfur compound, it actually absorbs the toxicity from acetaminophen — and saves your liver! But to be highly effective, you must take NAC along with your pain medicine.

How much NAC should you take? I'll tell you on page 3 of your FREE copy of PROTECT YOURSELF FROM DEADLY TOXINS!

drugs — how to coat your stomach and prevent digestive disorders while on medication

■ **The citrus food that KILLS parasites** — in just hours!

■ **Do you have hidden food allergies?** — quick and easy way to find out!

■ **"Nature's laxatives"** — Guaranteed to keep you regular!

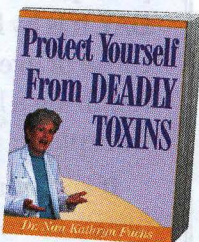
■ And much more!

BONUS GIFT #11

Protect Yourself from Deadly Toxins. You can't eat, breathe or even shower without exposing your body to harmful toxins...

...but you can PREVENT them from causing harm. In this special report, you'll discover:

■ **How to sweep your cells CLEAN!** Age-old nutrient gets rid of deadly mercury and other toxins FAST!



■ **What's lurking in your tap water?** #1 way to guarantee your water is SAFE and PURE!

■ **Clean your house and save lots of cash!** These natural (and CHEAP) cleansers work better, faster and safer than leading brands. Works on everything in your home!

■ **How to avoid drugs with toxic side effects** — Plus: a powerful and natural antidote to keep on hand!

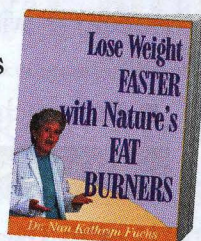
■ And much more!

BONUS GIFT #12

Lose weight FASTER with Nature's FAT BURNERS.

In my dictionary, D-I-E-T is the ultimate "four-letter word!"

As a nutritionist, I've discovered scores of weight-loss secrets you can actually live with! I'll show you how to eat healthy — and still get rid of unwanted pounds.



You'll discover:

■ **Nature's "skinny pills"** — high octane nutritional supplements that boost your metabolism to burn fat FASTER.

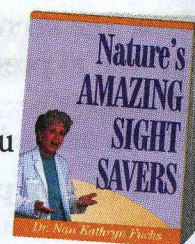
■ **Eat more — and lose MORE!** Tasty foods that fill you up as you slim down.

■ **Turn off your fat switch** — A dream come true for carb addicts — eat bread...pasta...and potatoes — and still lose weight!

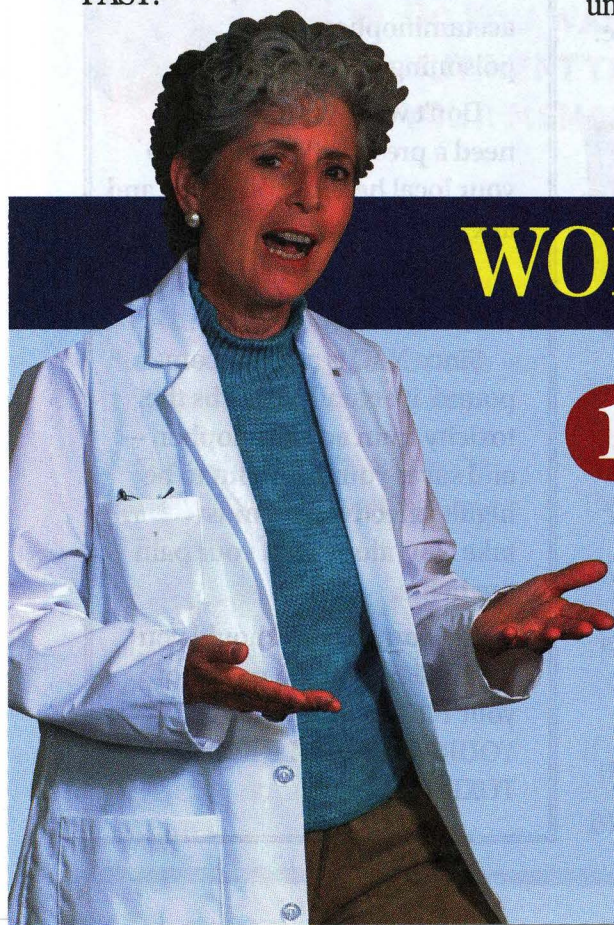
■ Lots more!

BONUS GIFT #13

NATURE'S AMAZING SIGHT-SAVERS. My father — an optometrist — taught me the value of good eyesight at a very young age. As a nutritionist, I know you can prevent and even restore vision loss with the help of Mother Nature. This report introduces you to little known yet highly effective ways to preserve your vision for decades!



WOMEN'S HEALTH LETTER



1 You want proven, natural therapies to prevent and cure disease

2 You need to know all your options before making any medical decision —especially one that is life-threatening

3 You are looking for unbiased, safe health advice from a leading expert in the medical and alternative health fields

4 You need someone who understands your health needs...who fights for your medical rights as a woman...who'll give it to you straight and won't waste your time

You'll discover:

■ **How to STOP cataracts dead in their tracks!** All natural nutrient proven more effective than surgery!

■ **How to sharpen your vision — at any age.** Nature's all-powerful sight-savers revealed!

■ **#1 food to fight blindness** (nope — not carrots!) — and the vision robbers to avoid!

■ And much more!

YES! The "early bird" gets even more GIFTS!

I want you to start feeling better NOW. I know you will. To convince you to ACT NOW, I'll send you 2 extra bonus reports when I hear from you in the next 10 days:

EARLY BIRD GIFT #14

Hidden Health Remedies that Really Work!

Little known, forgotten and even forbidden health remedies you can use right away! In **HIDDEN HEALTH REMEDIES THAT REALLY WORK**, you'll discover:

■ **How to undo years of damage caused by smoking and a poor diet.** Successful European therapy (now available in the U.S.) feeds and fixes worn-out cells.

■ **This "magic pill" prevents a heart attack.** Every woman should keep an emergency supply in her purse. It's THAT effective!

■ **Beauty queens swear by this age-defying secret.** Just a dab a day tightens skin and gets rid of wrinkles.

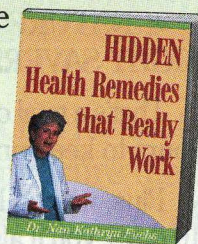
■ **How to keep from losing your hair.** The secret cause — and the simple cure. Sorry, this is a woman-only secret. It won't work for the balding men in your life!

■ **Stop migraine pain FAST.** "First aid" herb BLOCKS the pain — and is safer than drugs, too!

■ And much more!

EARLY BIRD GIFT #15

How to take FEWER Supplements and Feel Even Better!



If you're taking vitamins and nutritional supplements, let me show you how less can be MORE!

This special report helps you sort through the "vita-mania" and shows you how to get the most value from your supplements. You'll discover:

■ **How to cut the cost of vitamins** — without sacrificing quality and potency.

■ **"Fake" vitamin ALERT** — Don't believe the ads — these made-up vitamins are useless...and even harmful to your health!

■ **The most common mistake in buying supplements** — and how to avoid it!

■ Much more!

I want this to be the EASIEST decision you'll make today...

When you accept a no-risk trial subscription to **WOMEN'S HEALTH LETTER**, you'll receive:

■ **HOW TO FIGHT FATIGUE — AND WIN! — Yours FREE!**

■ **THE NEWEST BREAK-THROUGH IN DETECTING AND PREVENTING BREAST CANCER! — Yours FREE!**

■ **THE ARTHRITIS AND PAIN ANTIDOTE — Yours FREE!**

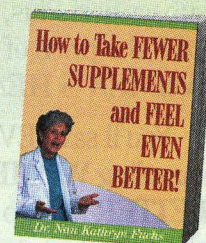
■ **HOW TO SAVE YOUR BONES FROM OSTEOPOROSIS — Yours FREE!**

■ **HEART HEALTH FOR WOMEN — Yours FREE!**

■ **DR. NAN'S GREAT TASTING FOODS THAT HEAL — Yours FREE!**

That's a total of 6 special healing

continued on page 18



is for you if...

WOMEN'S HEALTH LETTER is for women only. So every article about heart disease... cancer... diabetes ...and other health issues shows how it affects YOU.

That's what my readers expect in every issue. Please accept this risk-free opportunity to discover **WOMEN'S HEALTH LETTER** for yourself.

7 Special GIFTS are Yours FREE when you join WOMEN'S HEALTH LETTER for 2 years

reports when you join as a one-year subscriber! Plus, you save **HALF OFF** the price of your subscription to **WOMEN'S HEALTH LETTER!**

You'll save **EVEN MORE** by sampling **WOMEN'S HEALTH LETTER** for two years. **PLUS** you'll also get...

7 **BRAND NEW** healing guides, exclusively for our 2-year subscribers:

■ **How to avoid a HORMONE Nightmare — FREE!**

■ **How to Keep your Memory Sharp as a Tack! — FREE!**

■ **Nature's Remarkable Age REVERSERS — FREE!**

■ **How to Treat Digestion Problems QUICKLY — FREE!**

■ **Protect yourself from Deadly Toxins — FREE!**

■ **Lose weight FASTER with Nature's FAT BURNERS — FREE!**

■ **NATURE'S AMAZING SIGHT SAVERS — FREE!**

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Plus, when I hear from you within 10 days, you'll also receive:

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■ **How to take FEWER supplements and Feel Even Better — absolutely FREE**

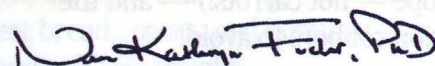
So you can receive a total of 15 FREE health enhancing gifts just for trying **WOMEN'S HEALTH LETTER!** And remember...

...these gifts are yours to keep no matter what you decide. You are positively protected by my 100% money-back guarantee. If you are not satisfied with **WOMEN'S HEALTH LETTER**, you can cancel at any time!

Oh...if all of life's decisions could be this simple — and full of such great gifts!

I look forward to welcoming you to our sorority of women who take charge of their health — and experience the best of health!

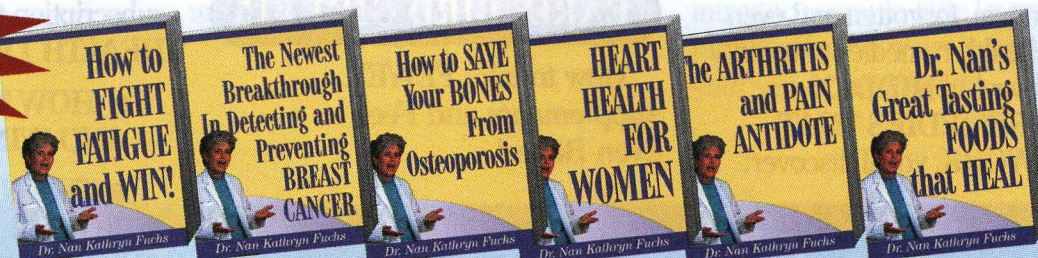
Sincerely yours,



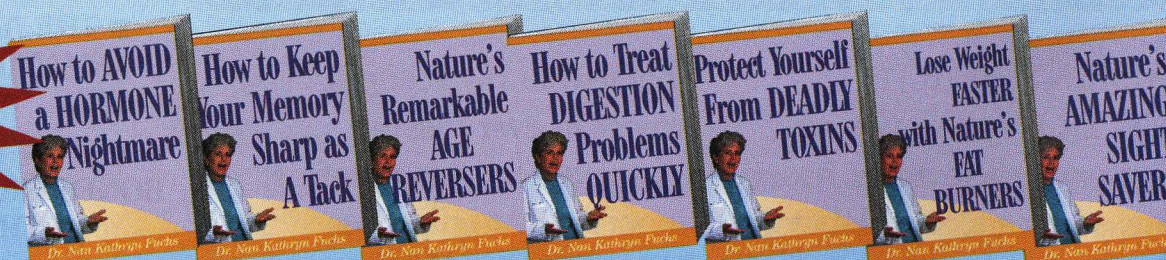
Nan Kathryn Fuchs, PhD

P.S. I wouldn't be writing you if I didn't believe you are the kind of woman who would value **WOMEN'S HEALTH LETTER**. Discover remarkable health remedies...little-known cures...and powerful ways to fight and beat diseases for yourself. Remember, during this risk-free trial period, you get up to 15 gifts — yours to keep absolutely **FREE!**

FREE
with your
One-Year
Subscription!

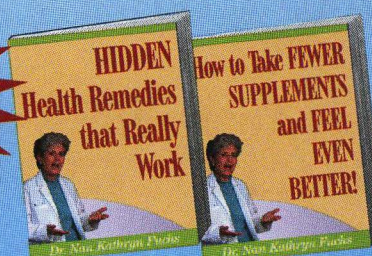


7 Additional
Bonus Reports
for Two-Year
Members!



*Yours
Free!*

2 FREE
Fast Response
Gifts!



FREE GIFT RESERVATION FORM For New Members

19

UP TO 15 FREE GIFTS * Save 50% * 100% GUARANTEED



Give me 90 days and I promise you will...

■ Discover hidden health secrets that will help you **FEEL BETTER**...get **SOUND** sleep...and **ENJOY** life to the fullest.

■ Experience more energy throughout the day with the remarkable cures you'll discover in **WOMEN'S HEALTH LETTER**.

■ Feel more confident talking with your doctor about your health. You'll take a more active role — and know all your options — for getting and staying healthy.

■ Believe — without a shadow of a doubt — that **WOMEN'S HEALTH LETTER** is watching out and caring for your health. Guaranteed!

If you don't agree, then cancel your subscription within 90 days and I will refund every cent you paid. No questions asked. If you decide to cancel after 90 days, you'll still receive a full refund for all your unmailed issues. It's that simple!

By the way, all the **FREE** gifts you receive are yours to keep no matter what you decide. I wouldn't think of asking you to return a gift! These special reports are my way of saying thank you for trying **WOMEN'S HEALTH LETTER**.

Nan Kalanya Fuchs, PhD

☐ **Yes!** Dr. Fuchs, I want to know how to heal my body naturally...prevent and cure disease...and take charge of my health. I would like to try **WOMEN'S HEALTH LETTER** today. Please rush me my **FREE** gifts. I understand this is a 100% **RISK-FREE** offer! I want to enroll as follows:

☐ **BEST VALUE – TWO years (24 issues) just \$77.**

I save half off the regular price. Plus, I'll also receive the following healing guides, **FREE!**

- FREE HEALING GUIDE #1:** *HOW TO FIGHT FATIGUE — AND WIN!*
FREE HEALING GUIDE #2: *THE NEWEST BREAKTHROUGH IN DETECTING AND PREVENTING BREAST CANCER*
FREE HEALING GUIDE #3: *THE ARTHRITIS AND PAIN ANTIDOTE*
FREE HEALING GUIDE #4: *HOW TO SAVE YOUR BONES FROM OSTEOPOROSIS*
FREE HEALING GUIDE #5: *HEART HEALTH FOR WOMEN*
FREE HEALING GUIDE #6: *DR. NAN'S GREAT TASTING FOODS THAT HEAL*
FREE HEALING GUIDE #7: *HOW TO AVOID A HORMONE NIGHTMARE*
FREE HEALING GUIDE #8: *HOW TO KEEP YOUR MEMORY SHARP AS A TACK*
FREE HEALING GUIDE #9: *NATURE'S REMARKABLE AGE REVERSERS*
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