

## Want to Stop Arthritis Pain? Stop Taking *This* Supplement...

### Inside this Issue:

- **Are your vitamins making you sick?** What supplement makers *don't* want you to know. Plus seven multivitamins to avoid. *page 4, inside*
- **The undetected health condition that makes you fat.** How to tell instantly if you have it. *page 8, inside*
- **How to catch breast cancer up to twelve years sooner** than with any other test—including mammograms! *page 11, inside*
- **The missing nutrient that gives you “bones of steel.”** Proven to work in double-blind studies. *page 6, inside*
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By Dr. Nan Kathryn Fuchs



Dr. Nan Kathryn Fuchs

**I**f you're like most health-conscious women over 50, you may be taking several different nutritional supplements.

Many of my patients take one supplement for their vision, one for their bones, and another for their joints. Plus they take a multivitamin along with other nutrients.

But while it's tempting to want to cure every ill with a pill, I'm here to warn you: all that “mixing and matching” can end up making you sicker, not better!

In fact, you may be surprised to discover you can actually take *fewer* supplements and feel far healthier. *For example...*

### The common nutrient imbalance that causes arthritis

Do your joints ache sometimes? Maybe a whole lot?

The culprit could be the *one* supplement your doctor, your pharmacist, your friends, your son or daughter, and everyone else is pestering you to take.

Everywhere you turn you're being told you're not getting ENOUGH of this nutrient. But the truth is, you could be getting too MUCH! And that's why your joints hurt like the dickens.

What is this culprit behind your agonizing arthritis pain? You may be shocked to learn it's...

*(please turn page)*



# "Calcium. Yes, calcium!"

How is that possible?

You see, calcium isn't just in the milk you drink or the supplements you take. These days, orange juice, cereals, waffles, snack foods, soy milk, chocolate candies—even *water*—are spiked with extra calcium to boost sales appeal.

Problem is, your body can't absorb all that extra calcium. So instead of being absorbed into your bones, the calcium ends up in your *joints*!

All that unabsorbed calcium can form rock-hard deposits. They can irritate and inflame your knees, shoulders, back, hips, elbows, fingers, and other joints, racking your body with pain. Over time, these calcium deposits fuse together and make it difficult—if not impossible—for you to even move your joints.

Some of the worst, most crippling cases of arthritis I've seen have been due to this common nutrient imbalance.

But that's just the beginning.

## The shocking link between calcium and hearing loss, senility, high blood pressure... even stroke!

These calcium deposits also build up in other soft body tissues—like your arteries, kidneys, gallbladder, ears, muscles, and brain. So they wind up causing even *more* problems.

Problems like varicose veins. Hardening of the arteries. Kidney stones. Gallstones. Hearing loss. Unexplained muscle aches. Fibromyalgia. Senility. High blood pressure. And that's just to name a few!

In fact, a UCLA study suggests high calcium diets raise your risk of stroke!

At the same time these calcium deposits are forming in your

body's vital organs and other soft tissues, not enough calcium is getting into your bones. So they become weak, brittle, and *more* prone to fracture. Even your teeth can become brittle!

Most doctors don't even know about this dangerous nutrient imbalance, let alone check for it. *In fact, I was the first health advisor more than 20 years ago to warn about the dangers of calcium overdosing.* But there are still millions of women who suffer from it without knowing it...maybe even *you*!

## The 5-cent solution that keeps your joints limber and pain-free

Fortunately, I've discovered there's a simple solution. Not only will it help make your joints limber and pain-free again, it'll keep your bones strong and healthy to boot.



### Meet Dr. Nan Kathryn Fuchs—America's Voice of Reason on Women's Health!

**Doctor. Researcher. Writer. Friend.** These four words best describe Nan Kathryn Fuchs, Ph.D. and her dedication to helping women live healthier lives. As editor of *WOMEN'S HEALTH LETTER*, "Dr. Nan" brings wisdom, honesty, cutting-edge information, and no-nonsense advice to tens of thousands of women each month.

Dr. Nan has appeared on over 100 television and radio programs, making her one of the country's most sought-out experts on women's health. In addition, she is the author of six health books and dozens of articles published in medical journals, consumer magazines, and newspapers.



Even better, it costs *less than 5 cents a day*—or just \$1.50 a month. And because you'll eliminate what may be the root cause of your arthritis, you could save a fortune on pain medications and joint supplements.

What is this simple solution? It's what I've been telling women to do for years: take **LESS** calcium and **MORE** magnesium.

If you're like most women, you need at least as much magnesium as you take in of calcium in order for calcium to get into your bones. *Why?*

Magnesium helps make a hormone your body needs in order to absorb calcium into bone tissue. If you're not getting enough magnesium to produce this hormone, the calcium ends up in your joints, organs and other soft tissues *instead* of your bones. And that's where all those wretched problems start!

## The vital nutrient that's missing from your food and water

But as vital as magnesium is for your health, it's much harder to get enough of than calcium. Most nutritional supplements contain *twice* as much calcium as they do of magnesium. Dairy products like milk, yogurt, and cottage cheese contain *nine times*

## Tasty foods that put MORE magnesium in your diet

**D**on't think you're getting enough magnesium in your diet? **Chances are you're right!** The vast majority of women are getting far less magnesium in their diets and supplements in proportion to calcium. *Why?*

Because not only do most supplements skimp on this crucial mineral, many everyday foods contain scant amounts of magnesium as well. But if you're not getting enough of it, you could end up needlessly suffering from arthritis, osteoporosis, tooth decay, chronic fatigue, muscle aches, high blood pressure, even heart attack and stroke!

By making the *right* food choices, you can easily increase your magnesium intake and avoid these serious health problems. Here are some tasty foods that contain high amounts of this essential mineral:

Food	Serving	Magnesium (mg)
100% Bran Cereal (e.g., All Bran)	1/2 cup	<b>128.7</b>
Oat bran	1/2 cup dry	<b>96.4</b>
Shredded wheat	2 biscuits	<b>54.3</b>
Brown rice	1 cup cooked	<b>83.8</b>
Almonds	1 ounce (22 almonds)	<b>81.1</b>
Hazelnuts	1 ounce	<b>49.0</b>
Peanuts	1 ounce	<b>49.8</b>
Lima beans	1/2 cup cooked	<b>62.9</b>
Black-eyed peas	1/2 cup cooked	<b>42.8</b>
Spinach, chopped	1/2 cup cooked	<b>78.3</b>
Swiss chard, chopped	1/2 cup cooked	<b>75.2</b>
Okra, sliced	1/2 cup cooked	<b>45.6</b>
Molasses, blackstrap	1 tablespoon	<b>43.0</b>
Banana	1 medium	<b>34.2</b>

(Source: The Linus Pauling Institute, Oregon State University)

as much calcium.

What's more, most Americans eat diets that are high in refined foods. These foods are stripped of magnesium and other trace minerals during processing. Water softeners and fil-

ters also remove "hard" minerals like magnesium from drinking water. No wonder it's so hard to get enough magnesium to balance out all that calcium!

The good news is, I've seen dozens of women get rid of their

(continued on page 5)



# Are Your Vitamins Making You Sick?

**T**hink those vitamins you're taking are good for your health?

**Think again.** You'll be shocked to learn dozens of popular brands contain as little as 10% of the ingredients listed on their labels. Others rip you off by substituting synthetic ingredients for natural or skimping on active ingredients. And some are loaded with dangerous contaminants like lead, which can trigger increased blood pressure, joint and muscle pain, and nervous system problems in adults.

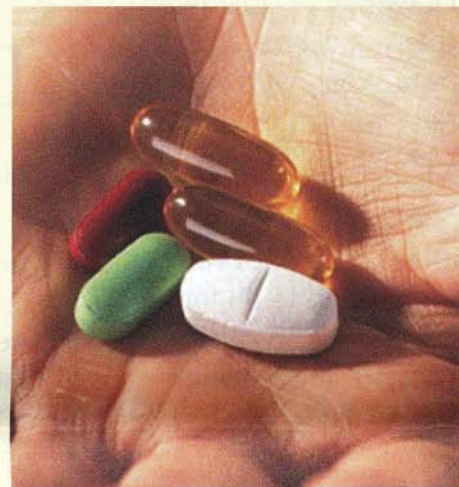
Here are some recent findings from independent lab tests. Buyer beware!

- **Out of 16 B-vitamin supplements, 25% contained significantly less than their labeled potencies.** One of them contained just 10% of its claimed 50 mg of riboflavin.
- **Many supplement "complexes" contain little or none of the active ingredient.** For example, one glucosamine and chondroitin formula claimed to contain 500 mg of "Chondroitin sulfate complex"...yet only 18% was actually chondroitin sulfate.
- **Just because the label says "natural" doesn't mean it is.** One brand tested contained some synthetic vitamin E despite its label stating only the natural form was used.
- **Some herbs contain unsafe levels of lead or are totally ineffective.** Popular brands of echinacea and huperzine-A contained unacceptably high

amounts of lead. And one echinacea supplement contained just 5% of the labeled phenols, greatly reducing potency.

But if you think you'll just steer clear of these "exotic" nutrients and stick to the basics, you *still* have to watch out. Multi-vitamins and minerals are the most *likely* supplements to have problems.

Because they contain multiple ingredients, there's more possibility for error. Many fall short on some ingredients, fail to dissolve properly, or contain heavy metals like lead. In recent



independent tests of 39 popular multivitamin brands, seven *failed*. Here are those that didn't make the grade and why...

## 7 Multivitamins that FAILED to Meet Basic Standards:

<i>Multivitamin:</i>	<i>Reason:</i>
• <b>Theragran-M Advanced Formula High Potency Multivitamin/Multimineral</b>	** Unacceptable amounts of lead
• <b>Polaris CustomPak Supplements, AM Pak</b>	** Contained just 40% of the folic acid on the label
• <b>Avon's VitAdvance Women's Complete II Balanced Multivitamin</b>	** Contained less than 75% of the folic acid on the label
• <b>New Chapter Perfect Prenata</b>	** Didn't properly disintegrate
• <b>Futurebiotics Advanced Women's Formula Multi-Vitamin Energy Plus</b>	** Contained less than 66% of its claimed vitamin A
• <b>Drinkables Liquid Multivitamin for Seniors</b>	** Low in vitamin A, folic acid, and manganese
• <b>Lil' Critters Gummy Vites (children's multivitamin)</b>	** High amounts of lead (linked to learning and behavior problems in kids)

Source: Consumer Lab Product Review: Multivitamin/multimineral, 5/13/2004.



arthritis simply by fixing this calcium/magnesium imbalance. And you can, too. I'll tell you how to do it step-by-step in your FREE Special Report called *The Ultimate Arthritis Cure*.

The first step is to make sure you're getting the *right* amounts of magnesium and calcium from your supplements. I'll tell you exactly how much to look for in a formula, plus the types of formulas to avoid at all costs. You'll be amazed how much better your joints feel, bend, and move just by taking my recommended amounts. But that's not all...

This report also reveals how a commonly-eaten substance could be causing you great pain. This substance is hidden in many foods today—like meatballs, mock crab, sausages, French fries, mustard, barbeque sauce, and even prescription and over-the-counter medications.

Many people—perhaps even you—are sensitive or even allergic to this common substance. So when it's consumed, it triggers inflammation. This causes your body to make chemicals that produce agonizing pain.

What's worse, this substance contains small amounts of powerful, drug-like alkaloids that are addictive. So they make you want to eat *more* of these foods!

The more you crave, the more you eat. And the more you eat, the more you *hurt*. I'll

## “Only health newsletter worth keeping”

“I am a subscriber to over 10 health-related newsletters, mostly from male M.D.'s. I am thinking of canceling all but yours. There is contradictory information in almost all of these newsletters. And there is so much to keep up with. But you make sense to me...” — *Pauline Woodward, Boston, MA*

tell you exactly what this pain-triggering substance is and how to spot it on food labels, so you can break this miserable cycle!

Plus, you'll learn about a new discovery that can keep your joints from hurting in the *first* place. Chances are you're getting little or *none* of this fatty acid in your diet or supplements, since it's not nearly as common as the DHA or EPA you find in fish oil.

Yet studies on patients with knee pain show it can make a dramatic difference in your range of motion and overall joint function. In your FREE report, I'll tell you what this fatty acid is and how you can easily get *more* of it from your food or supplements.

You'll also read about a permanent cure for even the most stubborn arthritis pain. This innovative, no-pill solution wipes out arthritis pain in up to 92 percent of cases—even in people who've suffered the same aches and pains for years! It's been found to put an end to knee pain, back pain, neck pain, sports injuries, even whiplash. You'll get all the details in your FREE Special Report, *The Ultimate Arthritis Cure*.

I'd like to send you this FREE report with my compliments. It's my way of introducing you to the kind of life-changing insights I share in my monthly advisory, *WOMEN'S HEALTH LETTER*.

## 100% independent and unbiased advice for women only

In my 25 years of clinical practice, I've learned that women who want natural, honest-to-goodness guidance for healthier living LOVE reading *WOMEN'S HEALTH LETTER*. Why?

Because in each monthly issue, I bring you 100% independent and unbiased advice that focuses on *your* health concerns as a woman. With most general health publications, you're lucky to get one or two articles of REAL news for women. But treatment for our health is different from men's.

For example, while general health publications recommend *everyone* lower their cholesterol

## The Ultimate Arthritis Cure

By Dr. Nan Fuchs

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Volume #1



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! Yet doctors continue to write prescriptions for cholesterol-lowering drugs and hand them out to women at a dizzying pace.

This is just the tip of the iceberg. According to a study published in the *Journal of the American Medical Association* (JAMA), men's and women's disease symptoms are often different. The rate at which diseases develop is different. And there are vast differences in how women and men respond to the same treatments.

For starters, Type 2 diabetes is more prevalent among women than men, making prevention and early detection especially important in the treatment of women. Quitting smoking "cold turkey" is more effective than nicotine pills for women than it is for men. And we're much more vulnerable than men to major depression.

*Why?* Because we're biologically different and socialized in different ways. As a result, we need to be *treated* differently.

Even our *genes* are different! Researchers at Penn State University recently discovered that the female genome differs from the male genome in at least *four* critical ways. This discovery will have a major impact on the development of

## "Feel as young as I did in my 20s!"

"I'm approaching the 60-year mark but feel as young and energetic as I did in my 20s, thanks to your incredible nutrition and health-care tips." — Margaret Newton, Austin, TX

new gene-based therapies and other clinical treatments in the future.

I think women need someone to tell them the truth about their health...and keep them up-to-speed on these important new findings. That's why I want to make sure YOU get the answers you need—along with natural, non-invasive therapies that *really* work—in every issue of *WOMEN'S HEALTH LETTER*.

In a moment, I'll tell you how you can try a risk-free subscription for just pennies a day. Plus, I'll tell you how you can get my new, 15-volume health library absolutely free (see the enclosed No-Risk Certificate).

Now let me share *more* of my most successful healing secrets with you. For starters, let me tell you how another simple nutrient change can help you combat one of the most serious health risks you face...

## The missing nutrient that helps you build "bones of steel"

Some 25 million Americans—80 percent of them older women—suffer from osteoporosis, or "brittle bone" disease. Osteoporosis leads to some 1.5 million spinal, hip and wrist fractures a year.

Within one year, up to 20 percent of hip-fracture patients die as a result. What's more, even a minor fall or vigorous hug can cause a potentially deadly fracture.

From about age 40 on, you start losing increasing amounts of bone mass with each passing year. You may be taking calcium and magnesium to try to stem this bone loss. You may be taking vitamin D and boron as well.

But there's *one* nutrient you're probably not taking, since most people haven't heard of it. Yet this missing nutrient gives you even greater protection against brittle bones and the dangerous fractures that come with them.

What nutrient is it?  
**Strontium.**

Now, if you have heard of strontium, please don't confuse it with strontium-90, the radioactive isotope. I'm talking about regular strontium—a safe, natural trace mineral your bones need to stay strong.

Strontium is completely nontoxic, even when administered in large doses for prolonged periods. In fact, it's been safely used as a medicinal substance on humans for more than a hundred years.



What's more, a two-year, double-blind study found strontium to be safer than a placebo! Not only did the women taking strontium significantly increase their bone mineral density, they experienced *fewer* side effects than those taking the placebo.

## Makes your bones thicker and stronger so they don't break

Strontium appears to be one of the most effective substances found yet for preventing and treating osteoporosis. Because of its chemical similarity to calcium, it can replace lost calcium in your bones and teeth, increasing bone density. Plus, strontium appears to draw extra calcium into your bones, making them thicker and stronger.

Multiple studies show strontium is critical to helping you build "bones of steel" that make you resistant to life-threatening fractures. One three-year study published in the *New England Journal of Medicine* involved 1,649 postmenopausal women diagnosed with osteoporosis.

Women who took strontium along with calcium and vitamin D cut their risk of fracture by *49 percent* in the first year of treatment—that's nearly in *half*! Plus they increased the bone density in their backs by 14.4 percent and in their necks by 8.3 percent on average. By contrast, those who took *only* calcium and vitamin D saw *no* increase

### New Breakthroughs for Preventing and Reversing Osteoporosis

By Dr. Nan Fuchs

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Volume #2

in bone density.

In your FREE Special Report, *New Breakthroughs for Preventing and Reversing Osteoporosis*—part of your 15-volume *Library of Women's Health Secrets*—I'll tell you how much strontium you should take to see dramatic results like these. I'll also give you a few easy tips on how to maximize this mineral's powerful, bone-building effects.

Plus, you'll discover *more* ways to cut your risk of hip fracture—besides strengthening your bones—including some that may surprise you. For example, you can cut your risk of fracture simply by choosing the *right* color paint and carpet in your home! Yes, you heard me right.

As many of us get older, it's

## Hate exercise? Do this instead—and reverse bone loss in just 10 minutes a day!

**H**ere's an easy way you can reverse bone loss in just *10 minutes* a day...even if you hate exercise! You don't have to worry about hurting yourself. In fact, you can keep doing these simple movements even when you have a sore shoulder, pains in your knees, and an achy back.

What's more, you can get a **BIG** gain in bone density—with **NO** pain. A recent study found these movements increased bone formation levels by over 7 percent in less than

two months. That's remarkable when you realize the average postmenopausal woman loses between 3 and 9 percent of her bone mass a year!

Trust me, *anyone* can use these movements and reverse bone loss at *any* age! Some are so simple, you can do them



while you're watching TV—or even lying in bed. In your FREE Special Report, *New Breakthroughs for Preventing and Reversing Osteoporosis*, I'll tell you how to do the exact

bone-building routine used in these studies in the comfort of your own home. Return the enclosed No-Risk Certificate to get all the details!



common to have trouble telling where stairs begin and end or see objects before they cause us to trip. But there's an easy way to make your home safer. If your carpets and wall paint are *this* color, you can increase your depth perception visibility and cut your risk of falling and suffering a life-threatening fracture. I'll tell you more about it in your FREE report.

By getting this report into your hands right now, you'll discover new ways to reverse bone loss, improve bone flexibility, and prevent debilitating fractures—*without* taking handfuls of costly supplements or dangerous medications. Best of all, you'll become far more likely to remain active and independent well into your 70s, 80s and 90s.

Staying active also makes it far easier to keep trim—which could be the most important thing you do for your health. Even being slightly overweight raises your risk of heart disease, high blood pressure, stroke, cancer, diabetes, gall-bladder disease, arthritis, asthma, and other diseases. But no matter what we do, some of us *still* find ourselves fighting the battle of the bulge—and losing.

## The undetected health condition that makes you fat

If *you* find yourself constantly reaching for chips, cookies, or other starchy or sugary snacks, listen up. It may not be a question of willpower. In fact, it may not be your fault at all.

The next three questions could help you discover what the *real* cause is:

**#1: Have you ever eaten something—like an ice cream cone, a piece of cheese, or a muffin—and felt hungrier than before?**

**#2: Do you have urges for a particular food and find it hard to satisfy your craving unless you eat some of it?**

**#3: And once you do, do you feel stimulated or even euphoric afterwards?**

If your answer is “yes” to any of these questions, then you may be craving certain foods because you're sensitive or even *allergic* to them. These types of negative food reactions are far more common than you may think. It's estimated that up to 50% of Americans suffer from these hard-to-pinpoint food sensitivities and allergies.

People are often sensitive or allergic to some of their favorite foods. For example, if you love eating sweets, you might be allergic to sugar. If you love snacking on cheese, you may be allergic to dairy. And if you constantly crave bread, cookies, or cake, you may be allergic to wheat or yeast.

When you have a food sensitivity or allergy, your immune system responds improperly to a substance that is usually not harmful. Sometimes this abnormal reaction can cause your blood sugar to plummet. So you

feel weak, irritable, and even more hungry—leading to *more* uncontrollable eating.

Satisfying a craving can also provide a “high” as your body rewards itself with feel-good chemicals called endorphins. No one should feel better or worse after eating a particular food. If you do, you should suspect a food sensitivity or allergy.

But what's worse, these cravings and urges can become an addiction. So you keep craving and eating foods to which you are allergic—and addicted—day after day.

## Lose fat and excess pounds more easily, without dieting

The more often you eat these foods, the more bloated you become. Not only does this make you gain weight, food sensitivities and allergies can trigger a host of other problems, including migraine headaches, fatigue, depression, insomnia, sinus trouble, ulcers, and arthritis.

But these negative food reactions don't just cause your body to retain water. They can also make your body hang onto fat. That's why, in some cases, it doesn't matter what else you eat—as long as you eliminate the food to which you're sensitive or allergic.

In your FREE Special Report, *Easy Ways to Trim Your Belly, Butt, and Thighs*—part of the 15-volume *Library of Women's Health Secrets* I want to send you with absolutely no



risk—I'll show you how to tell if *you're* sensitive or allergic to a particular food.

Plus, I'll show you how to remove the offending food from your diet—*without* going through withdrawal—and put an end to your fattening cravings. I've seen women do this and lose

## Easy Ways to Trim Your Belly, Butt, and Thighs

By Dr. Nan Fuchs

**YOURS FREE!**  
Volume #3

five to ten pounds within a week's time. It could be the easiest "diet" you ever go on! I'll give you all the details in your FREE Special Report.

## The problem with mammograms

When you get regular exercise and maintain a healthy weight, you enjoy another potentially life-saving benefit: you'll *slash* your risk of breast cancer.

Breast cancer is one of the most feared diseases for women. From the time you're in your teens or twenties, you're taught to conduct monthly breast self-exams and to be on constant alert for an unusual lump. And to be extra careful, you're urged to start having regular mammograms as early as age 35 or 40.

Why are you told to do all these things? Because *early* detection of breast cancer is

# The "hot" new weight loss supplements: the *truth* behind the hype

**E**very day it seems like there's a "hot" new nutrient that promises to help you boost fat-burning, increase muscle, and lose weight.

But since they often fail to live up to their bold claims, all you end up losing is your hard-earned money.

Take **pyruvate** for example. There are now dozens of brands on the market which claim to enhance weight loss and fat burning. But the pyruvate you'll find in health food stores or catalogs doesn't even remotely resemble the form that's been

shown to work in studies.

The pyruvate used in studies was mixed with *another* substance that may have boosted results—but what's in stores is just plain pyruvate.

And almost all of the research has been performed on animals, not humans. That's why I've warned my *WOMEN'S HEALTH LETTER* readers to stay away from pyruvate until there are better studies.

Another over-hyped supplement is **ciwujia**. This root of a Chinese herb is being sold to enhance exercise performance and boost fat metabolism—resulting in weight loss.

But if you look up its botanical name, you'll discover ciwujia is just another name for Siberian Ginseng—an herb used to help your body adapt to stress. Sure, stress makes you eat more, so if you feel less stressed you may eat less and lose weight. Makes sense so far. But why spend the extra money for ciwujia when you can buy a bottle of Siberian ginseng for less—and get the same results?

Don't get taken in by the hype. Get all the details on safe, proven weight loss supplements that *really* work. Simply return the enclosed No-Risk Certificate, and I'll rush you your FREE copy of *Easy Ways to Trim Your Belly, Butt, and Thighs* right away with your risk-free subscription to *WOMEN'S HEALTH LETTER*.





## Easy ways to spot a nutrient deficiency

You can spot some of the most common nutrient deficiencies—if you know what to look for. But don't wait. Left unchecked, some nutrient deficiencies can turn into big health problems, like fatigue, memory loss, osteoporosis, even heart disease!

### Is your body trying to tell you something? Here's how to tell

If you have...	Then you need more...
<input type="checkbox"/> Cold hands	✓ Magnesium
<input type="checkbox"/> White spots on nails	✓ Zinc
<input type="checkbox"/> Soft or brittle nails	✓ Magnesium
<input type="checkbox"/> Bleeding gums	✓ Vitamin C
<input type="checkbox"/> Thyroid swelling	✓ Iodine
<input type="checkbox"/> High blood pressure	✓ Magnesium and Coenzyme Q10
<input type="checkbox"/> "Chicken" skin on upper arms	✓ Essential fatty acids
<input type="checkbox"/> Red scaly skin on face	✓ Vitamin B2 (riboflavin)
<input type="checkbox"/> Premature gray hair	✓ Vitamin B12
<input type="checkbox"/> Dermatitis around nose	✓ Vitamin B6
<input type="checkbox"/> Sugar cravings	✓ Chromium
<input type="checkbox"/> Muscle cramps	✓ Magnesium
<input type="checkbox"/> Frequent colds	✓ Zinc and Vitamin C
<input type="checkbox"/> Dry eyes	✓ Vitamin A
<input type="checkbox"/> Night blindness	✓ Zinc and Vitamin A
<input type="checkbox"/> Shaking hands	✓ Magnesium and Vitamin B1
<input type="checkbox"/> Carpal tunnel syndrome	✓ Vitamin B6
<input type="checkbox"/> Reduced smell and taste	✓ Zinc
<input type="checkbox"/> Hair loss	✓ Biotin, Zinc, and Essential fatty acids

In your FREE Special Report, *The Truth About the Supplements You Take*, I'll tell you how to match your needs with the *right* multivitamin/mineral formula. I'll also explain how to properly test a formula to see if it's working for you. This must-have report is yours FREE along with one other bonus gift when you request your risk-free subscription within the next 11 days. See the enclosed No-Risk Certificate for details!

crucial. In fact, it's the best way to cut your risk of disfiguring surgery and increase your chances of survival.

But did you know that one of the most often-used tests can actually be dangerous? *Here's why...*

When it comes to mammograms, they can be too little, too late. While they *can* find cancers that breast self-exams miss, mammograms can only detect well-formed tumors—not cancer cells, tiny tumors, or pre-cancerous tissues.

And no matter how many times you endure the torture, you never quite get used to having your breasts squashed to the thinness of a pancake by an ice-cold vise of a machine (clearly this is a device invented by a man!)

But here's what's *really* alarming. Mammograms can squeeze your breasts so hard that dormant cancer cells—which most everyone has from age 60 on—rupture, causing the cancer to become active and *grow*.

This may explain why although more women than ever are having mammograms, the number of women dying from breast cancer hasn't changed in over 40 years.

The good news is, there's a better way to catch breast cancer in its earliest stages so you can stop it in its tracks. What's more, it's far safer and more comfortable than a mammogram. But no one's telling you about it!



## How to catch breast cancer up to twelve years sooner

This safe, painless, non-invasive test is called Breast Thermography. It works by taking infrared photos of your breasts. These infrared images identify and measure changes in heat in your breasts, whereas mammograms “read” the breast via radiation.

Why are changes in heat important? Because when you have a normal amount of blood flowing in breast tissue, your breast is “cool.” When you have higher amounts of blood flowing, your breasts form “hot spots.” These hot spots are a sign your body is developing new blood vessels in order to feed hungry cancer cells, and they can show up years before cells become malignant.

Thermography detects the presence of these hot spots—and even minor variations in temperature that can be cause for concern.

What’s more, research shows this safe, non-invasive diagnostic tool really works. In one study, researchers gave thermograms to 58,000 women and recorded the results. Then they monitored those women for 12 years. Here’s what happened:

Most of the women got “normal” readings on their thermograms, and the majority of

these women remained cancer-free. But in 1,527 of the women, the thermograms recorded abnormal cell activity. Of those women, almost HALF developed breast cancer within 5 years!

These women most likely caught their cancer far earlier than if they had simply relied on mammograms. In fact, a thermogram can detect a developing cancer up to *twelve years sooner* than a mammogram or any

other test can. That’s plenty of time to make diet and lifestyle changes that could *save your life!*

Because state-of-the-art thermograms are so new, most hospitals and doctors don’t offer them yet. But in your FREE Special Report, *The Life-Saving Breakthrough That*

*Goes Beyond Mammograms*, I’ll give you a list of recommended practitioners in the U.S. that perform these life-saving tests. In most cases, there’s one within driving distance of you.

Plus I’ll share with you my *own* breast cancer scare...and the five-step approach I used to reverse it. For one, I ate more broccoli—but I also took *this*

## “You’re a Miracle Worker!”

“I just want to drop you a note to tell you how great I’m feeling. Thank you again. You’re a miracle worker!” — *April du Bois, Bodega, CA*

nutrient that’s been found to reduce breast cancer in numerous studies. I’ll explain what it is and how much to take in your FREE Special Report!

Whether you decide to try a one- or two-year risk-free subscription to *WOMEN’S HEALTH LETTER*, I’ll send you all four Special Reports I’ve mentioned so far absolutely FREE as my gift to you. Plus I’ll also send you three more FREE gifts...

## **FREE! Volume #5:** **Hidden Toxins** **in Your Home**

If you suffer from chronic fatigue, breast cancer, Parkinson’s disease, or symptoms your doctors can’t trace back to any particular cause, the culprit could be a lifelong build-up of toxins.

There are toxins in the air you breathe, the water you drink, the foods you eat, and the chemicals you live with. *For example...*

Think about all the products you use to clean your kitchen and bathroom. Clothes you wear that have been dry-cleaned. Even pesticides you use on your plants. All of them could be loading your body up with dangerous toxins.

**The  
Life-Saving  
Breakthrough  
That Goes  
Beyond  
Mammograms**

*By Dr. Nan Fuchs*

**YOURS FREE!**  
**Volume #4**



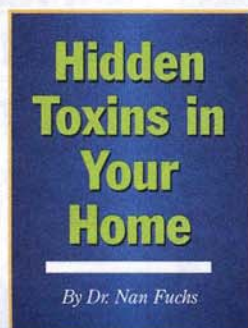
## Warning: these everyday toxins could be making you sick!

These hidden toxins attack your nervous system, raise your risk of cancer, and contribute to a variety of health problems in your children, grandchildren, and pets. But you *can* keep them from harming you and your loved ones.

In your FREE Special Report, *Hidden Toxins in Your Home*, I'll alert you to the dangers of pesticides—which are far more common in your home and yard than you may think. It's estimated that at least 85 percent of homes contain three to four pesticides—including bug foggers, cleaning agents, pest strips, flea collars, and more.

According to the Environmental Protection Agency (EPA), 60 percent of herbicides, 90 percent of fungicides, and 30 percent of insecticides may lead to cancer, including breast and pancreatic cancer.

What's more, numerous studies show a link between pesticides and childhood cancers, leukemia, lymphoma, and brain cancer. And frequent exposure to a widely-used yard chemical can *double* your risk of Parkinson's disease.



**YOURS FREE!**  
Volume #5

## “Thankful for Your Honesty”

“It is a genuine support for us to have someone like you digging and discovering in areas where we want to learn, but don't have the resources or know how to satisfy our urge to know more. We are thankful for your honesty and commitment not to pass on information that you yourself don't fully trust.”

— Lauren Martin, via e-mail

I'll tell you exactly how to minimize yours and your loved ones' exposure to these toxic substances. You'll discover:

- **Twelve foods you should NEVER eat**—unless you're *100% certain* they're organic. Otherwise, they're loaded with pesticides!

- **How to flush cancer-causing toxins out of your body.** Simply doing *this* clears out deadly carcinogens. Takes just seconds!

- **Why eating popcorn can cause serious, even permanent lung damage!** Plus an easy way to *still* enjoy it without the risk.

- **How to ward off tick and insect bites without dangerous chemicals like DEET.**

Just add a few drops of *this* to olive oil and rub it on. Smells good, too!

- **Cheap alternative to costly fruit and vegetable washes.** This common household product removes pesticides that don't come off in water. Extra bonus: keeps your produce fresher longer.

- **And much more!**

Ridding your home—and your body—of these dangerous toxins can have an amazing impact on your health. When you reduce your liver's chemical burden, your entire body simply functions better. But there's more...

## **FREE! Volume #6:** **Look 10 Years Younger in 5 Weeks**

Limiting your exposure to toxins can also make your skin look years younger. That's because when toxic substances build up and can't be eliminated through your liver, they're let out through your skin.

By supporting your body's ability to release toxins through your kidneys instead of your skin, you can reduce wrinkles, acne, rosacea flare-ups, age spots, pre-cancerous growths, and other skin problems.

In your FREE Special Report, *Look 10 Years Younger in 5 Weeks*—part of your complete 15-volume *Library of Women's Health Secrets*—you'll discover dozens of easy ways to look years younger, no matter what your age. For example:



- **Dermatologist's secret for erasing wrinkles.** Not an expensive cream, but an ordinary vitamin. Here's how much to take and how to use it.

- **The common breakfast ingredient that gives you an instant "face lift."** The pros use it to lighten age spots, increase firmness, and give skin a youthful glow.

- **The single best moisturizer you can buy.** (Hint: you'll find it at a health food store for a fraction of what department store creams cost!)

- **Nature's Rogaine—without the side effects.** Proven to grow back thick, healthy hair in as little as seven months.

- **Easy way to shrink crow's feet.** Study shows *this* antioxidant reduces their length and depth by more than 50 percent!

- **And much more!**

But maybe you don't just want to *look* younger...you want to *feel* younger, too! Nothing can make you feel older than your years than being just plain wiped out all the time. If you're wondering where *your* energy's gone, take a look at the hidden energy zappers I'll reveal in your next FREE Special Report.

## **FREE! Volume #7:** **How to Wipe Out** **Fatigue and** **Feel Great**

If you're like most women I know, you know what it's like to feel bone-tired. And why wouldn't you?

You've spent your life taking care of your husband, your kids, maybe even an aging parent or grandchildren. You've juggled the cooking, the shopping, the cleaning, the homework, the romance, the doctors' appointments—and perhaps worked a job

with a real paycheck on top of it all. You've *earned* every dog-goned-tired bone in your body!

But sometimes fatigue gets so bad it sucks up whatever energy you'd have left for YOU—let alone what you need to keep up with life's endless demands. So you end up feeling like you're running on empty! And nothing you try seems to make things better.

If you find *you* just can't keep going like you used to, the reason could be one of the common energy zappers you'll discover in your FREE Special Report, *How to Wipe Out Fatigue and Feel Great*.

For example, did you know that soaking in a hot tub can actually interfere with thyroid function and leave you drained of energy? It's true!

You'll also discover why aspirin, blood thinners, and steroids can trigger thyroid problems by causing a deficiency of *this* crucial mineral. You'll get all the details in your FREE report!

Plus you'll discover *more* ways to combat stress and send your energy soaring to new heights:

- **Exercise makes you *more* resistant to stress—right? Wrong!** Too much can actually *lower* your body's stress tolerance. Here's how to calm down without getting run down.

- **Secret to a good night's sleep *without* herbs or medications.** This trace mineral makes your entire body relax almost instantly.

- **Got a sluggish thyroid?** It might be due to those long showers or dips in the hot tub. Here's how to correct the problem *naturally*.

- **Why eating less can make you gain weight.** What to do *instead* when you're too busy to eat right.

- **The vitamin "cocktail" that fights fatigue.** Boosts adrenal function so you feel more energized.

- **And much more!**

(continued on next page)

**Look 10  
Years  
Younger in  
5 Weeks**

By Dr. Nan Fuchs

**YOURS FREE!**  
**Volume #6**

**How to  
Wipe Out  
Fatigue  
and Feel  
Great**

By Dr. Nan Fuchs

**YOURS FREE!**  
**Volume #7**



## Which of these healing secrets will change your life for the better?

As you can see, each Special Report I've described so far contains dozens of health secrets that are waiting for you to discover them. Any one of them could dramatically change your life for the better.

But that's just the beginning. In each monthly issue of *WOMEN'S HEALTH LETTER*, I'll share with you my latest findings.

Whether I'm revealing a new healing breakthrough that's yet to be discovered by the mainstream press or other newsletters... alerting you to late-breaking news about the supplements or drugs you take... or simply helping you live a more vibrant life *naturally* without wasting your precious time or money, I'll keep you one step ahead of the maddening crowd.

## Get the first 7 volumes FREE with your 1-year subscription

I invite you to get started today. Just return the enclosed No-Risk Certificate or call toll-free **1-800-728-2288** and I'll rush you volumes one through seven of my *Library of Women's Health Secrets*. Here's what you'll receive with

absolutely NO strings attached:

**FREE VOLUME #1:** *The Ultimate Arthritis Cure*

**FREE VOLUME #2:** *New Breakthroughs for Preventing and Reversing Osteoporosis*

**FREE VOLUME #3:** *Easy Ways to Trim Your Belly, Butt, and Thighs*

**FREE VOLUME #4:** *The Life-Saving Breakthrough That Goes Beyond Mammograms*

**FREE VOLUME #5:** *Hidden Toxins in Your Home*

**FREE VOLUME #6:** *Look 10 Years Younger in 5 Weeks*

**FREE VOLUME #7:** *How to Wipe Out Fatigue—and Feel Great*

## The entire 15-volume set is yours FREE when you join me for 2 years

But I really want you to get the entire 15-volume set. So I've arranged for you to get eight more FREE reports when you request a two-year risk-free subscription to *WOMEN'S HEALTH LETTER*. Plus you'll lock in your introductory savings for two full years—completely without risk! Here are the eight additional volumes you'll receive...

**FREE VOLUME #8:** *Say Goodbye to Stomach Pain and Indigestion*

**FREE VOLUME #9:** *How to Avoid a Hormone Nightmare*

**FREE VOLUME #10:** *Beyond Ginkgo: The Newest Memory Boosters for Women*

**FREE VOLUME #11:** *Powerful Sight Savers for Aging Eyes*

**FREE VOLUME #12:** *What Every Woman Needs to Know About Heart Attacks*

**FREE VOLUME #13:** *The World's Easiest Stress Reducer*

**FREE VOLUME #14:** *Cancer-Proof Your Body, Cell-by-Cell*

**FREE VOLUME #15:** *How to Stop a Migraine from Stopping You*

## All this healing wisdom can be yours for little more than a dime a day!

With my complete 15-volume *Library of Women's Health Secrets* in your hands and the latest issues of *WOMEN'S HEALTH LETTER* arriving in your mailbox each month, you'll be unstoppable.

Whether it's helping you stop migraine headaches... knock out arthritis pain... declare victory over osteoporosis... protect your vision... fend off breast cancer... or stay slim and fit, I'll be right by your side to guide you every step of the way! The cost for all this empowering information? Surprisingly little. In fact, look at everything you get for little more than a *dime* a day:



• **Your FREE Special Reports**—the first 7 volumes of my *Library of Women's Health Secrets* with your 1-year subscription, OR the entire 15-volume library with your 2-year subscription, with each volume overflowing with powerful healing advice you're not hearing anywhere else;

• **Mailed monthly issues**—each month, as soon as it's hot off the press, I'll send you a fresh, in-depth issue of my *WOMEN'S HEALTH LETTER* packed with my latest discoveries. It's like reading a long, impossible-to-put-down letter from a

friend...who just happens to have her finger on the most urgent news and cutting-edge breakthroughs that affect *your* health;

• **FREE access to past issues**—when you subscribe, your subscription doesn't start the month you begin. You'll also get full exclusive access to the past five years' worth of *WOMEN'S HEALTH LETTER* issues that can be easily searched online. Just type in any topic you want, and you'll get every newsletter article I've ever written about it;

## Read What Top Doctors Say About Dr. Nan Kathryn Fuchs and *WOMEN'S HEALTH LETTER*

"Nan Fuchs knows more than most doctors about nutrition and supplements, and I never fail to learn from her."

— Hyla Cass, MD, Co-author of  
*The Yeast Connection for Women*

"As a medical doctor who specializes in nutritional medicine, I find Dr. Fuchs' newsletter informative and enlightening. It is a constant well-spring of new ideas that I find clinically useful in my practice."

— Timothy J. Smith, MD, Author  
of *Renewal: The Anti-Aging Revolution*

"Nan, we are thoroughly grateful for your wisdom in our lives. Your *WOMEN'S HEALTH LETTER* is clear, balanced, accurate, and extremely useful. We can hardly wait for each issue!"

— Richard L. Shames, MD,  
Karilee H. Shames, PhD, MD, Authors  
of *Thyroid Power*

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

— Guy E. Abraham, MD, Research  
gynecologist and endocrinologist

use. As you can see, everything I write is in language you can understand—not baffling "medical-ese." At the same time, I never talk down to you either.

That's because each monthly issue is a personal letter from me to you. In fact, I'm probably one of the few newsletter editors out there who actually writes every word of each issue *without* the help of an entire team of writers with zero medical training.

What's

more, I make sure you know how to find and use every cure, treatment, and remedy I recommend in *WOMEN'S HEALTH LETTER*. You'll get instant access to my worldwide network of researchers and experts in the health field. Plus I give you sources for top-notch nutrients that are hard to find—so it's always easy to get the best quality.

You'll also be able to act on my recommendations with confidence. Because some of these top experts have been my friends and col-

• **FREE e-mail health alerts**—you can sign up for FREE e-mail alerts about the latest health research, late-breaking discoveries, and other cutting-edge information. Before you hear it on the news, chances are you'll hear it from *me* first!

## A friend and advisor who keeps you on the "inside track"

More importantly, I make sure all the healing advice I share with you is news you can



leagues for years, you get the benefit of my "inside track."

That means when I call for verification of a new study, or to get the latest scoop on a revolutionary treatment, I don't get put on hold. I get answers FAST! And I'm never afraid to suggest caution if I don't feel there's solid enough proof behind a therapy—even if it goes against the grain of what the alternative or mainstream media is selling.

## **"I'm sealing this promise with my unconditional GUARANTEE"**

I'm proud to say my readers and patients don't just call me "doctor Nan." They call me their friend. I cherish and value the responsibility that comes with that honor. I promise you can always count on me to come through for you, too.

That's why I offer you this unconditional guarantee. Give me just 90 days. If *WOMEN'S HEALTH LETTER* doesn't introduce you to better solutions to your health problems than you're getting now...or let you in on a health "secret" that's safer than the prescription drugs you're currently taking...or doesn't save you at least one doctor's visit this year...

...you can cancel and receive 100% of your money back! All the monthly issues, e-mail health alerts, past issue archives, and everything else you've received—including your FREE volumes of my

*Library of Women's Health Secrets*—are yours to keep with my compliments, just for giving *WOMEN'S HEALTH LETTER* a try.

You risk absolutely nothing, so why not sign up today? Simply return the enclosed No-Risk Certificate in the postage-paid envelope provided. Or for immediate service, call toll-free **1-800-728-2288**. You'll join tens of thousands of women who are taking control of their health and getting *more* out of life!

Yours for the best of health,



Nan Kathryn Fuchs, Ph.D.  
Editor, *WOMEN'S HEALTH LETTER*

**P.S.** I'm researching some promising new breakthroughs I want to

get into your hands right away. That's why I'm hoping you'll start your *WOMEN'S HEALTH LETTER* subscription as soon as possible. To give you an extra nudge, I'll send you two more FREE Special Reports when you join us within the next 11 days. See the enclosed flyer for more details about these valuable fast-response bonuses!

**P.P.S.** Remember, my unconditional 90-day money-back guarantee means you risk *nothing*. *ALL* your FREE gifts are simply that—*gifts*. No strings attached! Even if you change your mind about your subscription after the first 90 days, you'll get a prompt refund for every penny you've paid for all your unmailed issues. You've got nothing to lose—and everything to gain! Please pick up the phone and start your subscription today.

Dear Reader,

I hope you learned some new ways to boost your health and well-being in this Special Issue. I invite you to try a No-Risk trial subscription to *Women's Health Letter* and receive the entire 15-volume Library of Women's Health Secrets along with two more FREE gifts. Please see the enclosed flyer for all the details.

Yours truly,  
Garret Wood, Publisher



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## Yes, Dr. Nan!

Help me make the best decisions about my health. I want to be sure I'm taking the right supplements so I get better, not sicker. And I want to avoid any therapy that puts my health at risk or wastes my precious time or money. Please start my no-risk trial subscription to WOMEN'S HEALTH LETTER immediately as follows and rush me my FREE gifts:

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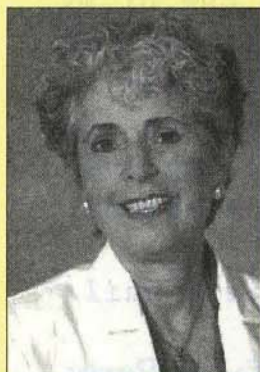
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*Nan Kathryn Fuchs, Ph.D.*

Dr. Nan Kathryn Fuchs, Editor

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# **“It’s the best health newsletter ever!”**

*— Jill Van, Hilton Head, SC*

## **Keeps Me Away From Doctors**

“I’m grateful for people like you that keep me abreast of the alternatives available so I might stay out of doctors’ offices, hospitals, and ER’s. As a retired nurse I’m appalled at what goes on in medicine today.”

*--Charlotte Capelle, Phoenix, AZ*

## **Loves the Personal Touch**

“I keep subscribing 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*

## **Backaches Gone**

“I started taking the reverse calcium-and-magnesium formula that I read about in your letter. The backaches (along with the constipation I was too embarrassed to tell anyone about) have disappeared. Overall I feel better than ever!”

*--Lydia Franklin, Lansing, KS*

## **Common Sense Information**

“I am a long-time subscriber and really benefit from your publication. Thanks for your common sense, up-to-date, out-of-the-box information.”

*--Jo Mathei, Denton, TX*

## **Wish I’d Known About It Sooner!**

“I have learned so much about the female body from your publi-

cation. I only wish I had more knowledge when I was younger about things you have touched on. I think every female from their early twenties on should be targeted for receiving this publication.”

*--Name withheld, San Antonio, TX*

## **Always Read Every Word**

“I’ve been a subscriber for a year and have really enjoyed all of the helpful information that I’ve read. It is one of my favorite health newsletters and I always read every word the minute I get it. Thanks for all your hard work researching and getting information out there for us to read.”

*--Debbie Weinstein, via e-mail*

## **Planning Her 100<sup>th</sup> Birthday Party**

“Thanks to the good-health information I get from you, I am already planning my 100<sup>th</sup> birthday party. That will be in the year 2021, and I hope you’ll come!”

*--Barbara North, Pebble Beach, CA*

## **“I Appreciate Your Integrity!”**

“What I appreciate most about you and your newsletter is the integrity behind it. There are too many health practitioners out there who are only interested in the commercial aspects. We need more people like you.”

*--Lynn Nakamura, San Francisco, CA*

***See other side to learn how you can get started  
and receive up to 17 FREE gifts!***