



- Halt a headache with **fruit?**
- Banish a backache with an **herb?**
- End arthritis pain with a **spice?**



Hold your skepticism ... because new medical research shows that foods are powerful pain relievers. And unlike drugs that just cover up the pain, these special foods can **END THE CAUSE OF YOUR PAIN.**

Try it **FREE**
and get a
FREE GIFT!

In this special report, you'll discover new medically proven foods you can use to **BE PAIN FREE!**

Dear Friend,

Arthritis...back pain...headaches...stomach problems... Whatever the cause, you just want the pain to go away – FAST.

Your doctor can prescribe the latest pain relievers. But many patients today are getting better long-term results by eating the right **FOODS.**

New medical studies from around the world and clinical research for the National Institutes of Health have documented these incredible results. Now they're included in an astonishing book by Neal Barnard, M.D., who's pioneering this exciting new form of medicine.

With your permission, I'd like to send you a **FREE-Preview Copy of *Foods That Fight Pain***, along with a **Free Gift**. Just for previewing it free, you'll discover how to...

- **Fend off colds, flu, illness, and infections** with the all-natural immune boosters on page 188.
- **Douse hot flashes – with soup!** But only this special soup will do. Page 137
- **Dump your diabetes medicines.** National Institutes of Health research reveals this new diet is more powerful than oral diabetes drugs. Page 178
- **Drop your cholesterol 30% in just 4 weeks!** Researchers were stunned by the dramatic effects of the healing foods mentioned on page 30.
- **And yes, the right foods can even lower your risk of cancer.** Reduce your breast-cancer risk by 66%. Cut your colon-cancer risk in **HALF**. Cut your overall cancer risk by 40%. And keep the cancer from coming back.

You can do all this and more with the startling remedies found in ***Foods That Fight Pain***. But that's only half the story. Because you'll also...

Discover the surprising trigger foods that may be causing your pain

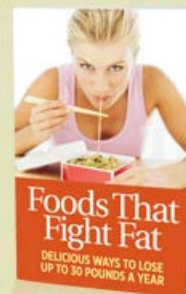
It's not just what you eat that counts. It's what you avoid. For example, did you know if you have arthritis pain, you should avoid certain trigger foods like citrus fruits and potatoes? It's true.

Foods That Fight Pain tells you how – symptom by symptom – to uncover the foods you should cut out of your diet to feel better fast.

You don't have to wait months, either.

Many people feel the results in just days. The pain melts

Your **FREE** gift – just for looking



Lose up to **30 pounds in a year** by eating the delicious foods described in ***Foods That Fight Fat***.

- **Foods that make you thinner.** Eat as much as you want – they're not only delicious and satisfying, they help you burn fat! Page 22
- **Drop a dress size in one step.** This simple trick helps you cut 30 percent of your calories and not even miss them. Page 18
- **Plus 24 delicious recipes** that help you eat your way thinner... and feel great doing it!

You won't find this exclusive expanded edition – or this special offer – in any stores.

Preview this amazing guide **FREE for 21 days, and claim**

Many people feel the results in just days. The pain melts away. Energy levels soar. Many people drop a few extra pounds, too, without feeling like they're dieting. One group of patients was so thrilled with their new food plan, they refused to go back to their old habits after the clinical trial was over!

your FREE gift!

Packed with delicious recipes that make enjoying these healing foods even easier

Foods That Fight Pain makes it easy to add these pain-fighting foods to your everyday meals. That's because it's packed with delicious meal plans and simple recipes from Jennifer Raymond, a nationally renowned nutritionist.

Many of the recipes take less than 15 minutes to prepare. And they use familiar ingredients you can find at your local supermarket. You'll surprise and delight your loved ones with delicious new meals, snacks, and desserts!

Click here to try it **FREE** for 21 days
and get a **FREE GIFT!!**

Sincerely,

Kelly Jennings

Kelly Jennings
Prevention Health Books >

P.S. *Foods That Fight Pain* is guaranteed for life. If you're not 100 percent delighted at any time – in 21 days or 21 years – simply return it for a full refund. What other book gives you a guarantee like that?



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