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BOTTOM LINE Health

SPECIAL ISSUE | SPRING 2015

>>BRINGING YOU THE WORLD'S TOP WELLNESS EXPERTS

IN THIS ISSUE ...



■ **How to fight the muscle weakness that comes with age ... *without exercising!*** Proven to increase muscle strength and reduce inflammation, too. Page 3, inside.

■ **How to lose weight—using probiotics.** That's right. Startling new research reveals women who used this type of probiotic lost more weight than those who just dieted. Page 4, inside.



■ **Why you may want to eat *more* salt, not less—to lower your risk of a heart attack.** Surprising findings from latest research study. Page 16, inside.

■ **Blood tests your doctor doesn't order...but probably should.** These little-known tests can reveal heart disease, diabetes or immune deficiency—even when your regular blood tests are perfectly “normal.” Page 9, inside.

■ **Save yourself from a prostate biopsy!** This new type of prostate test reduced the number of men who were biopsied by 50%, yet still found the cancers that required treatment. Page 9, inside.

■ **The hidden danger in today's wheat (and it's *not* gluten).** Shocking link to heart disease, arthritis, and even dementia. How to protect yourself. Page 7, inside.



Joint Replacement Surgery Canceled!

This new breakthrough actually grows new bone and cartilage

by Michelle Jones, Editorial Director

If you suffer from arthritis or joint injuries, then here's amazing news: Thanks to a new breakthrough from Europe, you don't have to suffer any longer. You don't have to take drugs. And you don't have to undergo joint replacement surgery.

This breakthrough is so new that fewer than 1 out of 1,000 people know about it here in the U.S. But you may have already seen it in action if you watch professional football.

In 2013, quarterback Peyton Manning made NFL history when he threw 7 touchdown passes in a single game. His achievement was all the more remarkable because doctors had told him he would never play football again.

You see, Manning had suffered a serious neck injury. He was in constant pain and had lost the strength in

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his throwing arm. Despite two operations, he was still in so much pain that he missed an entire season of play.

Then Manning heard about this little-known medical breakthrough. He decided to give it a try.

Soon after trying it, Manning was back at his training camp and throwing bullet-like passes again. He went on to join the Denver Broncos and led the team to the 2014 Super Bowl.

Since then, many of the biggest names in professional sports have secretly used this breakthrough to heal injuries and get rid of their joint pain.

But what's really exciting is that now, almost anyone can use it to heal painful joints crippled by injuries and arthritis. Ordinary Americans are lining up to get rid of arthritis pain that has plagued them for years.

Valerie B. is one of them. Valerie was in agony from arthritis and popping anti-inflammatories by the fistful. "They said I needed a knee replacement which I wasn't ready for. I thought there's got to be something else." Valerie tried this new breakthrough and her life changed. "I don't have to take any pain relief at all now," she says.

Patricia B. tried this breakthrough after doctors told her she'd need a double knee replacement, or face the rest of her life in a wheelchair. "Almost



How To Screen For Colon Cancer Without Having A Colonoscopy

Wouldn't it be great if there were a way to test yourself for colon cancer without having to get a colonoscopy? Well, now there is.

It's called a fecal immunochemical test (FIT). With FIT, there is no prepping ... no anesthesia ... no poking or prodding. All you have to do is take a stool sample at home and send it to a lab. The lab then detects traces of blood in the stool that would indicate a tumor or polyp.

How accurate is FIT? Research shows that it's 94%

accurate at ruling out colon cancer. That means you can use this simple in-home test instead of having a colonoscopy and put your colon cancer worries to rest. Ask your doctor about it at your next checkup.



from the moment I got up from the table, I was able to throw away my cane," Patricia said. "Now I'm biking and hiking like a 30-year-old." Recently, Patricia returned from a week-long cycling trip. She biked for 20–40 miles each day without so much as a tweak of pain.

Tim D.'s right knee hurt so badly from arthritis that he could barely walk 200 yards, let alone play the sports he loved. But six months after trying this new breakthrough, he told doctors "I am now playing tennis, riding dirt bikes and walking freely. My knees are so much better, and continuing to improve."

So how did all these people cure their arthritis for good? By using their body's own stem cells.

You may have heard of stem cells before. Stem cells are "parent cells" that can grow into any type of cell in your body. Stem

cells are how a single fertilized egg grows into an entire human body.

But the stem cells for this new breakthrough are not from eggs or embryos. These stem cells come from *your own body fat*. In fact, doctors can get enough stem cells from a small amount of body fat to completely repair a worn-out joint!

YOUR BODY'S WAY OF HEALING ITSELF

First, doctors harvest the stem cells from your abdomen or buttocks. Then they spin the stem cells in a centrifuge to get a high concentration. Then they inject the stem cells into your arthritic joint, using a local anesthetic.

As I mentioned a moment ago, stem cells can turn themselves into any type of cell your body needs. So when they're injected into the joint, they transform themselves into *chondrocytes*, the cells

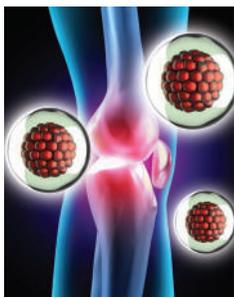


that grow new cartilage. Or they transform themselves into *fibroblasts*, the cells that repair soft tissue. Or into *osteoblasts*, that grow new bone. *Result:* You don't just get pain relief; you get *new joints!*

This has been proven in studies using before-and-after MRI scans. The scans showed that people getting stem cell therapy saw an increase in cartilage thickness and the growth of new bone tissue.

But that's not all: Another study found that 73% of people having stem cell therapy were able to return to their favorite sports.

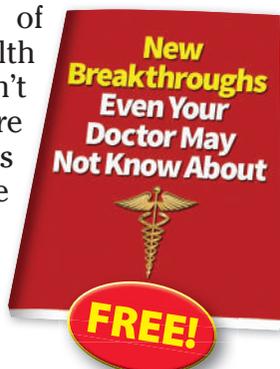
Stem cell therapy can treat arthritis in the hips, knees, shoulders, ankles and thumbs. It also works



for chronic tendon pain such as tennis or golfer's elbow and Achilles tendon pain.

There's another big advantage to stem cell therapy, too: quicker recovery. With stem cell therapy, you are up and walking the same day—instead of having to go through weeks of painful recovery and physical therapy. You don't have to give up your favorite activities, either. Like golf, tennis, jogging, or even downhill skiing.

Stem cell therapy for arthritis is just one of the amazing new health breakthroughs you aren't hearing about. There are hidden breakthroughs that can conquer the health problems that have plagued you for years. Breakthroughs that eliminate the



How To Fight The Muscle Weakness That Comes With Age...Without Exercising!

Did you know that after age 50, you lose about 20% of your muscle mass and strength every decade? It's true.

But here's good news. There's an easy way to stop this muscle loss in its tracks. It's an amino acid called *creatine*.

You may have heard of creatine. It's a popular nutritional supplement among elite athletes. In fact, you'll find it in the training rooms of every professional baseball, basketball, and football team in the nation.

But you don't have to be an athlete to benefit from creatine. In fact, studies show that it can be just as effective for older folks—even if they don't exercise!

In one study, scientists took a group of older men and tested



their muscle strength. They then gave half the men creatine and the other half a placebo. *Result:* The men taking creatine got greater muscle strength and more power—and they got it in just 7 days!

So if you'd like to boost your strength, give creatine a try. You can find it at any health food store. Just mix a scoop of creatine into your favorite protein shake or smoothie, and enjoy!

need to take dangerous drugs ... or undergo risky surgery. Breakthroughs that can add many more healthy and pain-free years to your life!

That's why I'd like to send you a FREE Special Report we've put together. It's called *New Breakthroughs Even Your Doctor May Not Know About*. It reveals dozens of groundbreaking new cures you're not hearing about from your doctor or the mainstream media.

For example, you'll find out about:

- **How to kill antibiotic-resistant bacteria and other superbugs.** Amazing breakthroughs that work when all else fails.
- **How to get rid of excruciating shingles pain** when nothing seems to work. This new breakthrough "short-circuits" the pain messages sent to your brain.
- **How to instantly filter 75% of the "bad" cholesterol from your bloodstream.** Works

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in just minutes, even when diets, exercise and statins have no effect.

- **How to reduce your biological age.** Top anti-aging doctor reveals 2 things you can do immediately.

- **The “miracle molecule” for healthier blood pressure.** (Not nitric oxide.) Lowers blood pressure ... halts headaches ... even strengthens your bones. Here’s how to get all you need...

- **The type of diet that kills cancer tumors.** Nobel Prize-winning research reveals it deprives cancer cells of the #1 food they need to survive. Works throughout your body ... and with any conventional cancer treatment.



- **New hope for people over 70 with torn rotator cuffs.** Nearly every patient who tried this simple procedure was pain-free in just weeks.

- **The new high-tech device that can help you overcome macular degeneration,** glaucoma, and even diabetes-related vision loss. When nothing else works, try this.

- **And much more.**

The information in this Special Report is priceless. But with your permission, I’d like to send you a copy absolutely FREE. I’d also like to send you a free 3-month subscription to *Bottom Line/HEALTH*.

Please understand that these gifts are TOTALLY FREE. There are no strings attached. No obligation to buy anything, now or ever.

I’ll tell you how to get your FREE Report in a moment. But

first, let me share some more of these astonishing healing breakthroughs with you. Starting with...

How To Lose Weight—Using Probiotics



It’s nothing short of amazing. Scientists have discovered that you can use probiotics to lose weight. Even more astounding: the probiotics work regardless of your diet or your genetic makeup!

Here’s the story ...

Recently, researchers decided to study pairs of identical twins where one twin was overweight and the other was skinny. They looked at different factors. And much to their surprise, they found that the key difference was the number of beneficial bacteria in their gut!

At first, the researchers assumed that this difference was due to diet. They figured the thinner twins were probably eating a healthier diet ... and this healthier diet was helping the beneficial bacteria thrive.

But then they wondered: What if it’s the other way around? What if the beneficial bacteria are actually *causing* people to be skinny? They decided to test this theory, first in mice and then in humans.

They took intestinal bacteria from the twins and gave it to a group of mice. *Result:* The mice getting bacteria from the fat twin became fat! And the mice getting bacteria from the skinny twin remained skinny!

But that’s not all... The researchers then took bacteria from the skinny twin and gave

(Continued on page 6...)

Have UCLA Scientist

(...Continued from back cover)

follow many of the instructions, but not all. Nevertheless, after just 3 months, her symptoms disappeared. She was able to drive home without problems, remember telephone numbers and read and retain information.

Her memory became better than it had been in years. In fact, she was even able to go back to work again!

Sandra’s story is groundbreaking because drugs have never been able to reverse the progression of Alzheimer’s. Drugs have only been able to slow down the symptoms.

This UCLA breakthrough is based on a new theory about why people get Alzheimer’s in the first place. The theory was developed after two decades of research at the Buck Institute for Research on Aging and UCLA.

THE NEW THEORY

Until now, doctors believed that “beta-amyloid” proteins build up in clumps around the neurons in the brain. These clumps interfere with nerve synapses (connections), and create the memory problems we know as Alzheimer’s.

But now, UCLA scientists think that beta-amyloid plaques are only part of the problem. The real reason people get Alzheimer’s is due to an imbalance between *synaptoblastic* (synapse-making) and *synaptoclastic* (synapse-destroying) activity. If there’s more synapse-destroying activity in your brain, you develop Alzheimer’s.

Dr. Dale Bredesen, MD and his colleagues at UCLA have identified 36 unique factors that can stop this synapse-destroying activity.

Scientists Cracked The Code For Alzheimer's?

Attacking only one or two of these factors—like what doctors do with a drug—will not reverse Alzheimer's. But addressing *many* of these factors can effectively reverse the symptoms!

So how can you create more healthy synapses in your brain?

RESTORING YOUR MEMORY

Synapse-boosting activity is like a snowball rolling down a hill, says Dr. Bredesen. The more synapse-making factors you incorporate into your daily life, the more momentum there is to protect and restore memory. Starting with...

Skip the bedtime snack.

Don't eat three hours before bedtime. Ideally, go for 12 hours between the last time you eat at night and when you eat breakfast. Example: Dinner ends at 8:00 p.m. and breakfast starts at 8:00 a.m.

Why it works: It sounds too simple, right? But it turns out this eating pattern enhances *autophagy* (your body's ability to "clean up" dysfunctional cells, such as beta-amyloid). It also aids *ketosis* (the generation of ketones, molecules that help protect neurons). It also reduces insulin, which leads us to secret #2:

Avoid insulin-triggering foods. Eliminate anything made from white flour or refined sugar. Don't eat processed foods with either "trans fats" or "partially hydrogenated vegetable oil" on the label. If you're sensitive to gluten, minimize your consumption of gluten-containing foods such as wheat and rye. (There are simple tests you can take to determine if you are gluten-sensitive.) And while you're at it, eat more

nonfarmed fish for neuron-protecting omega-3 fatty acids.

Why it works: This dietary approach reduces inflammation and high levels of insulin (the hormone that regulates blood sugar) both of which are synapse-destroying. Note: diet changes have more impact on preventing or reversing memory loss than any other factor.

Find a stress-buster that works for you. Okay. We get it. In today's 24/7 wired world, it's hard to escape stress. But if you can find just one way that works, you'll be miles ahead. Maybe it's taking a walk, yoga, meditation, taking a sauna, petting your dog or cat, listening to music, or writing in a diary. Do it once a day or every other day for at least 20 minutes.

Why it works: Stress destroys neurons in the *hippocampus*, the part of the brain that helps create short- and long-term memory. Stress also boosts *cortisol*, a synapse-destroying hormone. And stress triggers *corticotropin-releasing factor* (CRF), a hormone linked to Alzheimer's.

MORE MEMORY BOOSTERS YOU CAN ACTUALLY USE

The full UCLA system has over two dozen different activities, supplements and herbs that can slam the brakes on memory loss. I don't have room to describe them all here. So I've put together this new research in a new Special Report called ***New Breakthroughs Even Your Doctor May Not Know About***. In this report, you'll get a complete plan for reversing Alzheimer's from the doc-

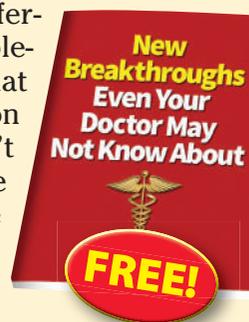
tor who developed it at UCLA, including:

- **How to flush your brain of toxic, synapse-destroying chemicals.** This method is simple and free (hint: it's *not* exercise, though that helps, too).
- **The secret of BDNF, a powerful synapse-building compound.** Plus, how to boost your BDNF levels naturally.
- **The best way to use *neuroplasticity*** (your brain's ability to change) to ward off dementia and Alzheimer's.
- **3 vitamins that can lower your levels of dangerous homocysteine.** Homocysteine has been linked to an increase in neuron tangles and age-related shrinkage of the hippocampus. It also doubles your risk for Alzheimer's disease.
- **The best targeted supplements to boost your synapse-building factors.**
- **Herbs and spices that reduce brain inflammation and spark nerve signals.**
- **And much, much more.**

WHAT IF YOU SKIP A FEW ACTIVITIES?

Doing all these activities may seem like a lot of work. But get this: *None* of the patients in the UCLA study were able to do every single one. Despite that, 9 out of 10 reversed their memory loss and regained their mental sharpness!

What's more, the only "side effects" from this program are better overall health and a lower body mass index. So you have nothing to lose and a razor-sharp memory to gain. You'll get complete details in your FREE Special Report. ■



(...Continued from page 4)

it to the fat mice. And they became skinny too!

The final step was to see if taking probiotics would help people lose weight. Researchers took a bunch of overweight people and put them on a 12-week weight-loss program. They gave half the group a probiotic from the *Lactobacillus rhamnosus* family. They gave the other half a placebo.

The result? After just 12 weeks, people taking the probiotics lost 70% more weight than those taking the placebo. And

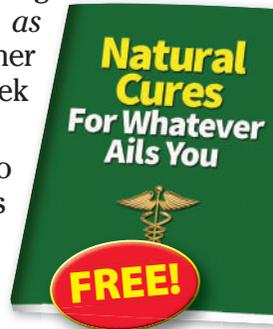
the real shocker? People taking probiotics *continued to lose weight* after they stopped taking them! Meanwhile, the people taking the placebo started gaining the weight back!

All told, people taking probiotics *lost twice as much* weight as the other group over the 24-week period of the study.

So if you'd like to have greater success with your weight-loss efforts, take probiotics. You can get

them from eating yogurt, sauerkraut, or pickles. Or you can take them in supplement form.

Probiotics are just one of the amazing natural ways to transform your health and add vitality to your life. There are dozens more you need to know. That's why we've put together a second Special Report called **Natural Cures For Whatever Ails You**. In this FREE Report, you'll discover...



- **How to get rid of that lingering cough before it turns into bronchitis.** This natural remedy helps you clear your lungs and actually kills the virus that caused your cough.



- **The best supplements for a sharper memory.** These targeted nutrients improve circulation to the brain ... help speed up thinking ... and even help prevent dementia.

- **The little-known enzyme supplement that relieves arthritis pain.** This European secret works as well as prescription drugs ... yet practically no one knows about it here!

- **The vitamin that stops age-related muscle loss.**



Latest study shows it can make you 4 times less likely to suffer from frailty as you get older.

- **How to release your body's own anti-stress hormone, oxytocin.** Perfectly safe trick, yet it's as powerful as a drug to improve your blood sugar and strengthen your immune system.

The Hidden Reason Your Allergies Are Worse Today Than They Used To Be

Plus, the new type of allergy relief that can reduce your symptoms by nearly 50%

No, it's not your imagination. Your allergies really *are* worse than they used to be. And scientists have now discovered why.

Due to weather changes, pollen season is actually much longer. The ragweed season, for instance, is now *27 days longer* than it was in 1995. That's almost a full month longer!

But here's some good news: There's a new remedy to help you cope with all this extra pollen. This new remedy doesn't involve allergy shots. And it doesn't involve allergy pills, either.

It's called *sublingual immunotherapy*. And it consists of applying small amounts of allergy medicine under your



tongue, in the form of liquid drops.

These liquid drops can replace shots for a wide range of allergies, including allergies to cats, dogs, dust mites and mold. These drops can also treat symp-

toms that allergy shots can't, like allergies to cleaning products, perfumes and household chemicals.

Dozens of studies in Europe show these liquid drops are a potent and effective remedy for allergies. One study even found they were effective against *peanut allergies*. Now, these allergy drops are available in the U.S. So ask your doctor about them and say good-bye to itchy eyes, sniffles and sneezes!

- **What to take instead of statins to lower your cholesterol naturally.** Medical journal reveals it lowers total cholesterol by 19% without the side effects of prescription meds.

- **The best natural way to repel mosquitoes and ticks.** Works better than citronella and as well as DEET.



- **The best vitamin for delaying the onset of Alzheimer's.** It shrinks inflammation and fights the build-up of beta-amyloid plaque in the brain. Lowers your Alzheimer's risk by 40%.

- **The all-natural plant extract that can lower your cholesterol by 30%.**

(No, it's *not* niacin, policosanol, or red rice yeast.)

- **And much more.**

As you can see, this Special Report is packed with hundreds of ways to protect your health. And the Report is yours absolutely FREE. All you have to do is return the card between pages 18 and 19 of this publication, and I'll rush you the Report, plus the next 3 issues of *Bottom Line/HEALTH*—FREE.

But that's not all you get. Not by a long shot. I also want to tell you about...

The Hidden Danger In Today's Wheat (and it's not gluten)

Did you know that a "healthy" slice of whole wheat bread can cause your blood sugar to skyrocket just as much as white bread?

Here's another shocker: Whole wheat bread can spike your



Amazing Remedy Halts Cataract Progression In 97% Of People Tested

Over 20 million Americans have cataracts, the filmy deposits that lead to blindness. Many of these people end up getting cataract surgery.

But you don't have to go under the knife or laser. In fact, you can stop cataracts in their tracks. All you have to do is combine 2 inexpensive remedies, available at any health food store.



Italian researchers proved this in a double-blind, placebo-controlled study. In the study, patients taking *bilberry and vitamin E* were able to prevent cataracts a whopping 97% of the time. Yes, 97%!

You can find bilberry and vitamin E at any health food store. Take 100 milligrams of vitamin E and 360 milligrams of bilberry per day.

blood glucose even more than eating 6 teaspoons of pure sugar!

Aside from some extra fiber, eating two slices of whole-wheat bread isn't much better than eating a candy bar, says cardiologist William Davis. What's worse, a diet that's high in wheat has been linked to obesity, diabetes, digestive diseases, arthritis, dementia and heart disease.

How can something that's supposedly healthy be so bad for you?

NEW DANGERS FROM "FRANKEN-GRAINS"

The whole wheat grain we eat today has little in common with the natural grain our ancestors once ate. Decades of selective breeding by the food industry have created new proteins in wheat that the human body isn't designed to handle.

For instance, the gluten protein in mod-



ern wheat is different from the gluten protein in older forms of wheat.

Modern wheat is also high in *amylopectin*. This is a carbohydrate that's converted into glucose faster than just about any other carbohydrate. Amylopectin is a potent appetite stimulant. It causes rapid rises and drops in blood sugar and nearly constant feelings of hunger.

Then there's *gliadin*, another protein found in modern wheat that has been genetically modified for years. Gliadin stimulates your appetite as well.

LOSE THE WHEAT, LOSE THE WEIGHT

When people stop eating wheat, they're no longer exposed to amylopectin and gli-

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To receive your 3 FREE issues and 7 Special Reports, return the order card between pages 18 and 19.

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adin. So they typically consume about 400 fewer calories a day.

In fact, when researchers at the Mayo Clinic put 215 patients on a wheat-free diet, patients lost an average of nearly 30 pounds in just six months!

IT'S EASIER THAN YOU THINK

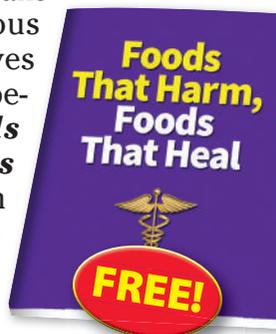
But giving up wheat doesn't mean giving up the foods you love, like bread, pasta, cookies and cake. There are dozens of delicious non-wheat alternatives. For example...

- ✓ Non-wheat grains that are easy to cook and don't have a drop of gluten or wheat protein.
- ✓ Older forms of wheat that haven't been genetically modified.
- ✓ Delicious wheat-free foods like banana blueberry muffins, Zucchini "pasta" and even rich chocolate peanut butter fudge!

You get all the details about these delicious non-wheat alternatives in your third FREE Special Report, ***Foods that Harm, Foods that Heal***. Just return the card opposite page 19 and you'll also discover...

- **Lower your blood sugar—with crackers?** The latest studies say "yes"—but only when you add this one additional ingredient. *Result:* a 50% drop in blood sugar spikes!

- **The astonishing health-boosting power of cherries.** How to use cherries to get rid of muscle aches and inflammation ... get rid



of a lingering cough ... and even drift off to sleep faster.

- **The tasty fruit that lowers cholesterol by 23%.** Helps you lose weight, too!

- **The #1 worst food for aging faster.** Triggers nasty compounds that damage your organs, joints and skin. And raises your risk of diabetes. What to avoid.

- **The ultimate Alzheimer's-fighting diet.** These super-antioxidant rich foods can cut your dementia risk by 40%!

- **2 delicious drinks that lower your risk of stroke by 20%.** Proven in a study of 83,000 adults. If you want to

The Easiest Memory Booster Ever!

Do you sometimes forget people's names right after you meet them? Or struggle to remember your shopping list?

A new study reveals a simple trick that could help. Believe it or not, it could be as easy as *clenching your fist*.

Research shows that when a person clenches their right hand, it activates the left frontal lobe of the brain. That's where memories are stored. And when a person clenches the *left* hand, it activates the right frontal lobe. That's where memories are retrieved.

Researchers tested this by giving people 36 random words to memorize.



They gave people 5 seconds to memorize each word.

One group of people squeezed a small rubber ball in their right hand when trying to memorize a word. They then squeezed a rubber ball in their left hand when trying to recall the words. The other test group didn't squeeze anything.

The result? People who squeezed with their right and then left hand remembered 15% more words. That may not sound like much. But a 15% improvement can mean the difference between getting a "C" or an "A" on a test! Try this fist-clenching trick. You may be amazed at the results.

quench your thirst, why not drink these?

- **Burn fat while you sleep!** The



type of dinner that stimulates the release of human growth hormone so you shed pounds while you rest.

- **The tasty snack that lowers your risk of diabetes by 24%.** If you're going to snack, why not munch on a few of these instead?

- **5 foods that make your skin look younger.** (One of them is Greek yogurt!)

- **And much more.**

Have you heard about any of these breakthroughs before? Probably not. They're rarely

reported in the mass media. They are even missed by many of the leading health newsletters. But they're exactly the types of medical discoveries you'll read about in the pages of *Bottom Line/HEALTH*.

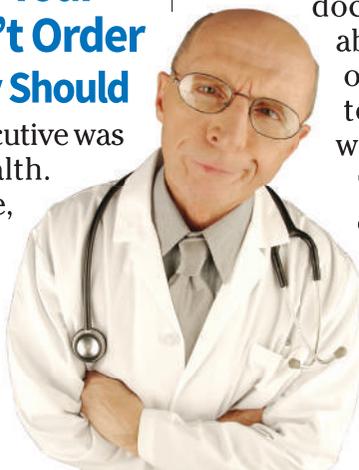
You see, there's plenty of "health information" out there ... on the Internet ... on TV ... in newspapers and magazines. Finding information is easy. But finding the *right information* for your specific health questions—that's hard.

But every month we pore over the medical journals...we scan the wire services...and we interview the world's greatest doctors, scientists and health professionals. We talk to leaders of world-famous clinics... authors of best-selling health books...researchers at leading medical schools and hospitals. Then we take our findings and report back to you in brief but comprehensive, easy-to-understand articles.

Bottom Line/HEALTH actually saves you hours of reading! Because each month, we boil down information from hundreds of different sources into the concise, essential advice you need to know. Vital health advice you're not getting from the mainstream media, like...

Blood Tests Your Doctor Doesn't Order ... But Probably Should

A 44-year-old executive was the picture of health. He was slim, active, and didn't smoke. Plus, his Framingham Risk Score—a standard measure of heart disease risk—predicted he only had a 1% risk



Save Yourself From A Prostate Biopsy!

Here's the drill: You go to your doctor for a check-up and get a PSA test. If your PSA is high, your doctor makes you repeat it. And if it's still high, he makes you get a prostate biopsy.

Getting a biopsy is painful. First they stick a needle in your rear end to get tissue samples of your prostate. Then they send it to a lab to get tested. Then you have to wait for the results. And all the while, you worry about whether or not you have cancer.

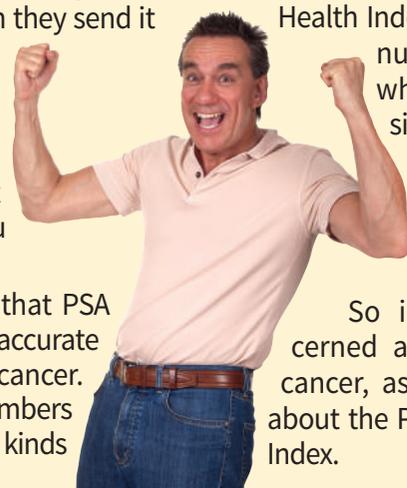
The problem is that PSA tests are not a very accurate way of measuring cancer. In fact, your PSA numbers can be affected by all kinds

of factors—everything from an enlarged prostate and a urinary infection to taking popular drugs like aspirin!

Thankfully, there's a new prostate test that's a lot more accurate. It's called the Prostate Health Index. It measures the levels of 4 PSA-related proteins in your blood. Then it gives your doctor a computerized risk score which calculates your chances of having cancer.

In clinical trials, the Prostate Health Index reduced the number of men who were biopsied by HALF. Yet it found almost all the cancers that required treatment.

So if you're concerned about prostate cancer, ask your doctor about the Prostate Health Index.



of having a heart attack in the next 10 years.

That should have been good news, right? Except that his cardiologist found that his *real* risk of a heart attack was 40 times higher!

You see, his cardiologist used a new blood test that most doctors don't know about. Most doctors order the same old tests ... many of which are outdated.

Take the standard cholesterol test, for example. The standard test measures total cholesterol, HDL, and LDL. Most people think that LDL is always bad

for you. But scientists now know that LDL cholesterol comes in all shapes and sizes. Some LDL cholesterol particles are large and "fluffy" and relatively harmless. While other LDL particles are small and hard. These smaller, harder particles are more likely to cause inflammation and blood clots.

In fact, these smaller cholesterol particles *triple* your risk of heart disease. In other words, you could have a "normal" LDL cholesterol reading on a standard blood test. But be 3 times more likely to suffer a heart attack!

That's why you want to ask your doctor for a *fractionated* cholesterol test. A fractionated cholesterol test measures the

(Continued on page 12...)

Get All These Healing Secrets



■ **How to make shingles go away much faster.** Doing this within 72 hours of an outbreak can make a big difference on how long your symptoms last. *Bonus:* It also prevents them from coming back.



■ **Eyes tired from using the computer?** Here's the simplest way to reduce the eyestrain, dry eyes and blurred vision of staring at the screen.

■ **How some people stay healthy after stressful life events, while others get sick.** And how you can use their secret to fight illnesses and stay healthier.

■ **Is it a cold ... flu ... or pneumonia?** How to tell the difference instantly. This one clue is all it takes.

■ **Lifesaving question you must ask before getting a blood transfusion.** Nothing to do with blood type or disease ... but just as critical.

■ **The European sunscreen that blocks harmful UVA rays and prevents melanoma better than any American product.** How to get it here in the U.S.

■ **How to strengthen the wiring in your brain to sharpen your memory and mental focus.** It's all about rejuvenating *your myelin*—the protective coating around your nerves. Here's how.

■ **The ordinary vitamin that kills drug-resistant superbugs!** Proven in studies.

■ **How to keep losing weight after you've hit a plateau.** Simple trick "confuses" your body into shedding those last few stubborn pounds.



■ **Starve cancer tumors to death by making one simple change to your diet.** Secret used by the Mayo Clinic to reduce the hormones that feed tumor growth. Cancer patients see tumors disappear in weeks!

■ **Nature's antihistamine!** Stops an allergy attack in just seconds ... yet it's something most people throw away.

■ **How to tell if a daily aspirin is damaging your stomach—even if you don't feel any pain.** Simple test reveals your risk.

■ **Can't sleep?** You could be spending too much time in bed. Here's how to tell ... and what to do about it.

■ **It's better to lose weight slowly, right? Wrong.** Study finds that people who lost weight faster kept it off. Here's a way to do it in just 17 days.

■ **Popular nutritional supplements you should never take with aspirin.** Could skyrocket your risk of internal bleeding. What to avoid.

■ **Fashion mistakes that make you look older than you really are.** What to avoid ... and what to do instead.

■ **A little-known Asian delicacy that reduces joint and muscle pain.** This delicious treat soothes inflammation throughout your body.

■ **Is it a cold, flu, allergy or sinusitis?** Here's a quick way to tell ... plus the best way to fight each one.

■ **Do you love bread but want to cut down on carbs?** This delicious bread is actually a high-quality protein. One that can lower your blood sugar and protect your memory!

Secrets **Absolutely FREE!**



■ **How to tell if someone's had a stroke just by looking at your cell phone.** This secret could help you get a loved one

to the hospital faster and save their life.

■ **World's best way to prevent tooth decay and gum disease.** Make sure you do this after you brush and floss.

■ **Could this be the easiest weight-loss secret ever?** Only a spoonful of these two magic foods makes you eat 500 fewer calories the next day! Amazing.

■ **The common vitamin deficiency that's often misdiagnosed as dementia!** Before you or a loved one winds up in a nursing home, ask your doctor about this.



■ **When taking Echinacea for a cold can be deadly.** Yes, deadly. What you need to know.

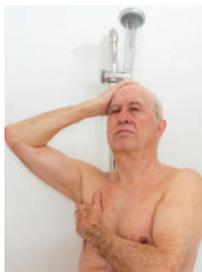
■ **How to prevent a cold from turning into bronchitis.** Little-known South African herb stops upper respiratory infections in their tracks.

■ **How to reverse the weight gain that comes with menopause.** This new approach reveals the type of foods that work best for your hormone levels and weight goals.

■ **Tired?** The problem could be your liver. Here's how to fix the problem, with simple natural remedies.

■ **Should you exercise when you have a cold?** The answer depends on your neck.

■ **The natural probiotic at your supermarket's deli counter.** It's low in calories, tastes delicious, and even fights cancer.



■ **How changing the way you take a shower can lower your blood pressure.** Nothing to do with the water temperature or

time of day.

■ **Why people in India have the lowest rate of Alzheimer's in the world.** How to use their secret to protect your brain from Alzheimer's, too.

■ **Just one teaspoon of this surprising food has more antioxidant power than a whole serving of vegetables.** Great on desserts, too.

■ **Hidden heart attack triggers your doctor never mentions.** (One has to do with your favorite sport—but it's not running.)

■ **How to improve your concentration simply by changing the way you sit at your desk.** This technique is so powerful, it even works for those with ADHD!

■ **Why you should never eat "buttery" flavor microwave popcorn.**

■ **The 7-minute technique that can improve your marriage.** Virtually eliminates the "blame game" in arguments.

■ **The new drug-free cure for an overactive bladder.** (*Hint: it involves your ankles!*)



■ **4 hidden reasons you're sleepy during the day ... even if you had a full night's rest.**

Which one is affecting you?

■ **Simple way to reduce restless leg symptoms by 50%.** Takes only minutes.

■ **The deadly new superbug that's thriving in hospitals (not C-difficile or MRSA).** Plus, the best way to avoid becoming infected.

■ **The best sleeping positions when you have joint pain.** How the wrong positions could make your symptoms worse ... and what to do instead.

■ **Popular drugs that trigger the very symptoms they're supposed to treat.** If you or a loved one suffers from memory loss, confusion or dementia, these medications could be why.

■ **Why you should NEVER wash a chicken before cooking it!** What to do instead.



■ **How to improve your memory and concentration by using an ordinary toothbrush.** Perfect for anyone over age 60.

■ **Melt away stress in just 3 seconds.** Doing this causes soothing chemical changes in the brain.

■ **Relieve neck pain without heating pads, painkillers or seeing a doctor or chiropractor.** Confirmed by landmark study in a top medical journal.

■ **And much, much more!**

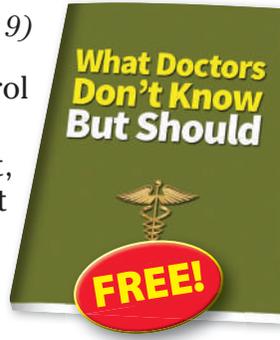
(...Continued from page 9)

size of your cholesterol particles.

While you're at it, ask your doctor about genetic tests for heart disease. More than half of all Americans have genetic variations that increase the risk of a heart attack or stroke. According to research in *Circulation*, up to 70% of patients who get tested for heart disease genes discover they have a higher heart attack risk than their doctors originally thought! Luckily, they discovered it in time to do something about the problem.

These genetic tests have come way down in price and may be covered by your health insurance. But your doctor will never mention them unless you ask.

Knowing about these tests could save your life. That's



why I'd like to send you a fourth FREE Special Report entitled, *What Doctors Don't Know But Should*. This Special Report tells you all about these new genetic tests. And it

reveals other shocking oversights by doctors that you need to know, like...

- **Common painkillers that make your pain worse.** They also muddle your memory and scramble your ability to think.

Which ones to avoid.

- **Prescription drugs that are 10 times more likely to put you into a hospital than a car accident!** How to avoid becoming the next statistic.

- **How simple knee surgery can lead to permanent memory loss.**

Shocking discovery from the medical literature ... and how to avoid the danger.



- **Popular supplements that can sabotage your blood tests!** Which ones to avoid, if you're going for blood tests.

- **Torn meniscus in your knee?** You probably don't need surgery if you're over 45. This other option works just as well—without the pain and recovery time of surgery.

- **How to kill a deadly *C. difficile* infection that doesn't respond to drugs.** This new breakthrough "borrows" bacteria that can kill the superbug dead in just 4 days.

- **Why your arthritis, diabetes, and even depression could all be caused by this one hidden culprit in your stomach.** Plus,

Surprising Causes Of Erectile Dysfunction

Did you know that erectile dysfunction can be caused by swollen gums? It's true! Men with gum disease are *three times* more likely to have erectile dysfunction.

Here's why: Swollen gums are caused by bacteria in your mouth. As these bacteria proliferate, they produce toxins that attack your gums. The toxins also seep into your bloodstream, where they attack the arteries and



blood vessels that pump blood into your penis.

So how do you stop it from happening to you? You already know to brush your teeth, floss, and see your dentist twice a year. But here are two more ways to stop gum bacteria in their tracks.

The first way is with tea tree oil. Tea tree oil is a powerful natural antiseptic that kills bacteria. You can get some at

your health food store, and add a drop to your toothbrush before you brush. You can also buy a toothpaste that already has tea tree oil in it.

The second way is by taking Coenzyme Q10. Coenzyme Q10 is a natural substance found in the body that helps your cells produce energy. And now, scientists have discovered it fights the gum disease caused by bacteria. CoQ10 also strengthens your heart and improves blood flow. That's good news if you want stronger erections and a healthier sex life!

how to clear up the problem with two simple natural remedies (*not* probiotics).

- **Popular drugs that cause Alzheimer-like symptoms.** Which ones to watch out for.
- **Throw away your blood pressure meds!** New natural therapy lowers blood pressure 4 times better than popular medications! No diet, exercise, or supplements involved.
- **And much more.**

This Special Report is yours **FREE** without any obligation. Simply return the card opposite page 19 to get your copy. Along with your 3 **FREE** issues of *Bottom Line/HEALTH*.

You see, at *Bottom Line/HEALTH*, we don't limit ourselves to "conventional" versus "alternative" health remedies. We just care about what works! So we give you a broad range of

advice on medicine, nutrition, supplements, surgery, alternative therapies, mind-body cures, exercise, and much more.

In fact, *Bottom Line/HEALTH* is often the first place to turn for hidden health dangers nobody else is talking about. Like...

Why You Can Get A Deadly Infection— Even If Your Hospital Room Is Sterilized And Hospital Staff Wash Their Hands And Equipment!

You've probably heard horror stories about people who go into the hospital for routine surgery and end up catching a deadly infection. And you probably know that you need to ask doctors and nurses to clean their equipment and wash their hands before they treat you.



But here's something you may not know: Even if hospital staff sterilize their equipment and doctors wash their hands, you can *still* get a deadly MRSA infection!

Why? Because there's something else the doctors and nurses need to disinfect. And that something is *you*.

We all have bacteria residing on our skin. And about 25% to 30% of us have staph bacteria in our skin or in our noses. It's perfectly normal and perfectly harmless—unless it gets into the body. Then it can become deadly.

Self defense: Ask your doctor to test you for MRSA. (The screening test is a simple skin or nasal swab.) If the test is positive, you can fix the problem by washing with chlorhexidine soap or using mupirocin ointment in your nasal passages. Doing so can save your life!

Of course, MRSA isn't the only danger lurking in the shadows for unsuspecting patients. That's why we've put together a fifth **FREE** Special Report for you titled **Hidden Health Dangers: What You Don't Know Can Hurt You**. In it, you'll get an early warning on all sorts of easily avoided health concerns, like...



(Continued on next page...)

Better Than Cranberry Juice For UTIs And Bladder Infections

I'm sure you've heard the common advice to drink cranberry juice when you have a urinary tract infection (UTI). But cranberry juice isn't all it's cracked up to be. First, cranberry juice doesn't work for everyone. Second, it's loaded with sugar.

But now there's something much better. Something that's *50 times more powerful than cranberry juice*. It's an all-natural supplement called *D-Mannose*.

D-Mannose works by neutralizing *E. coli* bacteria, the bacteria responsible for most UTIs. D-Mannose sticks to the *E. coli* bacteria in your urinary tract. Then both D-Mannose and *E. coli* are flushed out of your system when you urinate.



Studies show that D-Mannose can cure 90% of UTIs in as little as 1–2 days! Studies also show it can work even better than antibiotics at killing UTI infections. That's important because many UTIs have become resistant to antibiotics.

So if you've got a UTI—or want to avoid one—try D-Mannose first. It's available at your health food store.

- **A hidden source of joint pain that practically everyone overlooks.** Plus, how changing one simple item in your diet (not sugar, salt or fat) can ease your pain and heal your joints.



- **Hidden dangers of the new energy-efficient light bulbs the government's making you buy.** One, they contain mercury. Two, it might be dangerous to even sit near them!

- **3 hidden signs that you've had a silent "mini stroke."** Get to the emergency room fast if you spot any of these symptoms.

- **Early warning signs of cancer that show up on your fingernails.** What to look for ... that your doctor will almost certainly miss.

- **Little-known signs of an impending heart attack that**

are often ignored. (*Hint: one of them is hair loss.*) What to look for...

- **Early warning signs of cancer that show up on a simple breath test.**

- **Surprising sources of aluminum that have been linked to Alzheimer's disease.** (*Hint: one of them is inside this type of cheese.*)

- **Popular prescription drugs that kill more people than heroin and cocaine!** Doctors still hand them out like candy, says the CDC. Are you taking one? Safer alternatives.

- **The single strongest predictor of a heart attack.** Forget about cholesterol, triglycerides, and C-reactive protein. Just check your eyes for this telltale sign.

- **And much more.**

Most people have no idea about these hidden dangers. And there are plenty more sur-

prises waiting for you inside the pages of *Bottom Line/HEALTH*. Like...

How To Lower Your Cholesterol And Blood Pressure With Cooking Oil! (No, It's Not Olive Oil)



Fried foods are bad for you, right? That's what most people think. But thanks to a startling discovery, you can now eat fried foods to your heart's content ... and actually lower your blood pressure and cholesterol!

The secret is in the type of cooking oil you use. And no, it's not olive oil or coconut oil or any of the other popularly touted oils. It's a combination of two oils that few health gurus would ever think to recommend.

Here's the story ...

Some years ago, scientists in Japan found that sesame oil could lower blood pressure and improve cholesterol levels. This makes sense, because sesame oil contains healthy fats and is loaded with antioxidants.

But there's a problem: Sesame oil has a very low smoking point. Heating it on the stove will not only set off your smoke alarm; it will cause the oil to break down, releasing toxic chemicals!

So the scientists decided to look for an oil with a high smok-

How To Recover Faster From Any Surgery Or Illness

If you are hospitalized for an injury or surgery, you want to stay in bed and rest as much as you can, right? Actually, the opposite is true.

A recent study published in the *Archives of Internal Medicine* shows that patients who got up and walked around were able to leave the hospital sooner than patients who didn't.

The study looked at 485 patients aged 70 and up who were in the hospital for at least two days. Those who walked around the ward on their first



day shortened their stay by an average of one-and-a-half days. And it didn't matter how healthy they were when they arrived!

Researchers think it has to do with your muscles. Being immobile can cause your muscles

to lose their "reserve" capacity, leading to other health complications. But getting up and walking on the first day helps keep your muscles in better shape.

Bottom line: If you're ever in the hospital, get up and get moving as soon as you can!

3 Common Mistakes That Can Mess Up Your Blood Sugar Tests (One of them is vitamin C!)

Nearly everyone who has diabetes makes mistakes in testing their blood sugar. Here are some of the biggest ones:



>> Mistake #1: Squeezing your finger to get a drop of blood.

Have you ever squeezed your finger after pricking it in order to get more blood? Don't do it! *Reason:* Squeezing can release interstitial fluid along with the blood. That can throw off your test results.

>> Mistake #2: Testing when you're stressed out.

Did you know that stress—like having



a fight with your spouse—can raise your blood sugar? It's true. Test your blood sugar when you're not as stressed out.

>> Mistake #3: Using popular medicines and supplements.

Too much vitamin C raises your blood sugar and can deactivate the test strips. If you take vitamin C, take only 250 mg daily in a sustained-release form.

Popular medications can mess up your results, too. Like birth control pills, allergy meds, antidepressants,



pain relievers, and even plain aspirin. If you take any of these medications, ask your doctor for advice.

Simple Trick For Less Painful Finger Pricks

Most people prick the pad of their fingertip. But that's the most sensitive part of the finger, with the most nerves. *Better:* prick the back or side of your finger, between the knuckles. Not only is this less painful, it also produces more blood for you to put on the test strip.



ing point that could be combined with the sesame oil. Their hope was that the combination of oils would withstand higher cooking temperatures without sacrificing the health benefits.

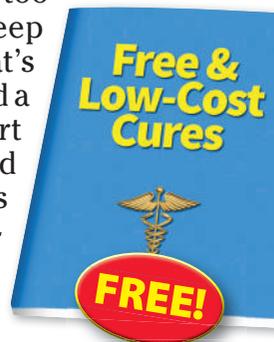
The scientists tested many different oils without success. And then they hit pay dirt: They found they could get amazing results by combining 20% sesame oil with 80% rice bran oil.

How amazing? Well, in just two months, people cooking with the oil mixture lowered their blood pressure by 14 points. But that's not all. They also lowered their LDL "bad" cholesterol by 26% ... while raising their HDL "good" cholesterol by 10%!

You can get the same benefits. All you have to do is pick

up the same oils at the store and mix one part sesame oil and 4 parts rice bran oil. Add it to your salads or use it for cooking.

Info like this is too important to keep under wraps! That's why we've prepared a sixth Special Report that we want to send to you FREE. It's called **Free & Low-Cost Cures** and it includes vital advice like...



- **How to have a sharper brain at 70 than you had at 50.** The secret is to develop your brain's frontal lobe. No brain teasers, puzzles, or memory exercises required. Just these simple tricks.

- **How to lose 12 lbs. in just 17 days with this "metabolic trick."** It confuses your body into thinking you're eating more than you really are. Keeps the weight off, too.

- **Can you "imagine" your way to a healthier heart?** Harvard researchers say yes! This unusual trick reduces your risk of heart attack or stroke by 50%. Here's how...

- **The best type of exercise to do if you have diabetes.** Better than walking, running or aerobics!

- **How to get a professional-quality wrinkle cream for just pennies.** Just sprinkle this

(Continued on next page...)

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into any ordinary store-bought moisturizer. Simple!



- **The Lazy person's way to lose weight.** Just remove this one ingredient from your meals (not fat, sugar or carbs). No counting calories or points. Proven to be more effective than Atkins® or Weight Watchers®.

- **The \$15 treatment that works as well as a \$5,000 brow lift.** Takes years off your appearance and is much safer, too.

- **How to get a full-body workout in just 7 minutes ... without going to the gym or using**

any equipment. Special workout created for travelers in hotel rooms.

- **The 3-cent drugstore remedy that keeps breast cancer from spreading!** Proven by the Harvard Nurses' Health study. Reduces your risk of cancer by 50%!

- **And much more.**

Each month, *Bottom Line/HEALTH* brings you the newest medical discoveries from the world's most respected doctors, surgeons, scientists, nutritionists and health experts. Healing breakthroughs that put YOU in charge of your good health and vitality.

Along the way, we bust a few myths, too! Like...

Why You May Want To Eat More Salt, Not Less —To Lower Your Risk Of A Heart Attack



For years you've been told to cut down on your salt intake to lower your risk of high blood pressure and heart attack.

But what if cutting down on salt made you *more likely* to have a heart attack, not less?

In a recent study of 3,600 men and women, researchers found that the one-third of participants with the *lowest* salt intake were actually 56% *more likely* to suffer a heart attack or stroke!

How can this be?

It's true that lower sodium levels can reduce your blood pressure. But lower sodium levels can also increase your resistance to insulin and affect your nervous system, including your heart rate. If sodium levels fall too low, it can damage your cardiovascular system.

Check with your doctor, of course. But if you have normal blood pressure and are not at risk for hypertension, there's no solid evidence to suggest you should cut down on salt. In fact, it could do more harm than good.

Bottom line: It may be perfectly okay to indulge in salty snacks. So go ahead... tell the food police to take a hike ... and enjoy!

Protect Your Health ...By Putting Your Cell Phone In Your Microwave Oven!

I know it sounds strange. But if you'd like to protect your health, then you should put your cell phone in your microwave oven. Let me explain ...

Have you ever noticed how x-ray technicians leave the room when it's time to take your x-ray? Well, according to radiation expert Dr. Magda Havas, you should do the same when you use your microwave oven—if the oven has a leak.

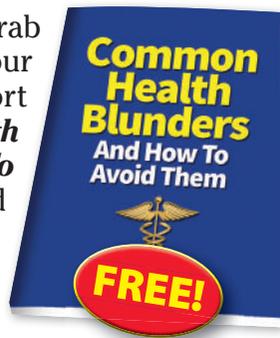
Studies show that many microwave ovens leak radiation. In one study, researchers detected microwave radiation up to 20 feet away. But that's not all. Further studies show that radiation levels as low as 1/1,000th of government guidelines can affect your health!



To see if your microwave has a leak, try this simple test at home. Put your cell phone inside your microwave oven and close the door. (Do NOT turn on the microwave.) Then call your cell phone number. If you can hear your cell phone ringing, it means the cell phone signal was able to pass through the walls of the oven. That means the microwave oven is leaking radiation!

If you find that you do have leakage, make sure to leave the room whenever your microwave oven is on. Or ... buy a different oven.

While you're at it, grab your FREE copy of our seventh Special Report called *Common Health Blunders And How To Avoid Them*. It's filled with more surprising, myth-busting details like...



- **Herbal remedies that are deadly when taken with medications.** Yes, deadly. Are you taking one?

- **The type of food you should never eat within 3 hours of bedtime!** It sabotages your weight-loss efforts.

- **Why you should NOT keep fruits and vegetables in the fridge.** And where to keep them instead.

- **The safest way to use an airplane restroom.**



Most are never sanitized and are crawling with E. coli and other harmful bacteria. If you have to use the bathroom, do this first.

- **The only time you should have steroid injections for back pain.** Unless you have these 2 specific types of back pain, do this instead.

- **What NEVER to say to a doctor or emergency room physician.** Common mistake many patients make that can lead to a wrong diagnosis.

- **The great cholesterol myth.** Why lowering your cholesterol won't prevent heart disease ... why saturated fats are perfectly okay ... and why you probably don't need a statin drug.

- **Vitamins you should never take before a lab test.** Can give you false results for bone density, diabetes, colon cancer, and more.

- **Sore throat?** Whatever you do, don't gargle with a store-bought mouthwash. It could make things much worse. Use this natural alternative instead.

I could go on and on about all the health secrets you'll get in your FREE Special Reports and 3 FREE issues of *Bottom Line/HEALTH*. But what I'd rather do is just give them to you!

So don't touch your wallet! Instead, just detach the card between pages 18 and 19 and return it in the enclosed postage-paid envelope. **When you do, I'll rush you ALL 7 of your FREE Special Reports:**

1. *New Breakthroughs Even Your Doctor May Not Know About*
2. *Natural Cures For Whatever Ails You*
3. *Foods That Harm, Foods That Heal*
4. *What Doctors Don't Know But Should*
5. *Hidden Health Dangers: What You Don't Know Can Hurt You*
6. *Free & Low-Cost Cures*
7. *Common Health Blunders And How To Avoid Them*

PLUS THE NEXT 3 ISSUES OF BOTTOM LINE/HEALTH —FREE!

Think of all the benefits you'll get by having these pub-



lications in your home. First of all, you'll have the knowledge you need to protect your most precious gift, your health.

Second, you'll be able to protect your life savings from skyrocketing medical costs, from insurance companies that don't pay up, and from a Medicare system that's gone haywire.

Third, you'll be able to look out for new cures for all the people you know. You see, every month there are new studies, new findings, new and better health solutions. As a *Bottom Line/HEALTH* subscriber, you'll be the first to know about—and share—these solutions with the people you love.

Of course, the decision is entirely up to you. There's no obligation. Just send for your FREE gifts. If you want to continue with *Bottom Line/HEALTH*, you'll qualify for our lowest introductory rate. If you decide not to continue, you pay nothing and owe nothing. The FREE issues and FREE Special Reports are yours to keep.

There's nothing to lose, and so much to gain. So send in the card today, while it's still in your hands. Don't miss out on the excellent health you deserve!

Sincerely,

Michelle Jones

Michelle Jones
Editorial Director
Bottom Line/HEALTH

P.S. If you respond within the next 10 days, I'll also send you **TWO FREE BONUS REPORTS: *Insider Secrets For Avoiding Healthcare Scams and Rip-Offs* ... and *Quick & Easy Home Remedies That Really Work*.** Complete details are on page 19. >>

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What Readers Say About BOTTOM LINE Health



“Bottom Line/HEALTH is my health bible and I wouldn’t be without it. I’m healthier

now following the advice in your articles — plus, my doctor is listening to me when I show him the great medical info.”

—Claude Pickering
Surprise, AZ

“Each month there is at least one article in *Bottom Line/HEALTH* that is extremely useful for my husband and me — plus the added benefit to my large family of 8 children and 20 grandchildren. I have gifted several of them with subscriptions to *Bottom Line/HEALTH* — which they have continued. I have subscribed for several years and read it the moment it arrives.”

—Mary Dot Klock
Key Largo, FL

“*Bottom Line/HEALTH* is the best thing that ever happened to our household. The contents are so complete and current that we were able to discontinue our 2 other health publications in favor of the one important one that doesn’t contain any advertising. Keep up the good work!”

—Vivian Utiko
Armonk, NY

“I have high blood pressure. Because of *Bottom Line/*

HEALTH, I spoke with my doctor and he changed my medication. I have had great success with it — no more pain in my chest or heart palpitations. I am very pleased.”

—Dottie Woolridge
Las Vegas, NV

“Being an industrial nurse, I often post your articles on the inner window of my office for employees to see. Thank you.”

—Judi Jackson-Hannon
Fresno, CA



“Instead of lengthy and sometimes difficult-to-read articles, I have found *Bottom Line/HEALTH*

to be an excellent solution for my need to be informed of the numerous medical advances in today’s world.”

—Marian Tolson
Spring Hill, FL

“You published a short paragraph about how peppermint oil applied directly to the temples and forehead could relieve headaches. My wife tried it, and it worked wonderfully!”

—Emanuel Goldman
Jersey City, NJ

“*Bottom Line/HEALTH* keeps us all informed and able to ask intelligent questions



of our doctors. One of our employees read about a new drug for asthma and asked her doctor about it—he couldn’t believe she knew about it, as he had just heard of it.”

—Kay Milroy
San Diego, CA

“I have been a healthcare provider for more than 40 years. Reading *Bottom Line/HEALTH* regularly makes me better able to answer my patients’ questions.”

—Dr. William J. Wise
Dallas, TX

“On May 18, my blood pressure measured 180/108. Shocking to me, since in January it was only 138/84.

The very next day *Bottom Line/HEALTH* arrived with the article on ‘Syndrome X.’ One sentence popped out at me: ‘Many people with Syndrome X also have high blood pressure.’

I stopped eating all sweets immediately. On June 6, my blood pressure measured 137/83. That drop occurred in only 19 days!

I intend to subscribe to *Bottom Line/HEALTH* for the rest of my life. It’s a lifesaver.”

—Else G. Miller
Wilmington, DE

Get These 2 Extra Reports **FREE** When You Reply Within 10 Days!

Fast-Response Bonus #1:

Insider Secrets For Avoiding Healthcare Scams And Rip-Offs

Don't let hospitals, HMOs, insurance companies and Big Pharma pull the wool over your eyes. Instead, discover ...

- **What surgeons never tell you about their track record that could jeopardize your health.** How to uncover this vital information ... with one simple question.
- **When it's better NOT to see a medical specialist.** Simple rule of thumb reveals how to get the best care.
- **The best way to keep rising healthcare costs from destroying your retirement.** Don't let



a sudden illness or health emergency wipe out your your retirement dreams.

- **Is your hospital the best choice for your type of surgery?** Easy way to find out without asking the doctor. No Internet searches, either.
- **When it makes sense to buy long-term healthcare insurance, and when it doesn't.** Plus, the best time to buy a policy to keep your premiums as low as possible.
- **Popular surgeries you should avoid at all costs.** They're both unnecessary and dangerous. If

your doctor suggests one, get a second opinion.

- **How hospitals overcharge you on just about everything from pain pills to latex gloves.** Stop them dead in their tracks, just by using this magic phrase.
- **How to keep your medical records 100% private.** Plus, how to tell if your privacy has been violated ... and what to do about it.
- **Your insurance company denies your medical claim.** You use these magic words and they cave in and pay the bill! Secret from medical industry insider that few people know.
- **And much, much more!**

Fast-Response Bonus #2:

Quick and Easy Home Remedies That Really Work

• **The home remedy for infections that also stops allergies and colds.** You probably have some in your kitchen cabinet right now.

- **How to make chicken soup more effective at treating a cold.** Simply add this spice, which has potent antiviral properties.
- **The home remedy that can stop a migraine in just minutes.**



Proven in 19 studies... and you probably have some in your kitchen cabinet.

- **How to relieve constipation with a tea bag.** Weird trick really works, and it's easier than it sounds. Perfect for when you're traveling.
- **Proven remedies for dry eyes.** If you sit in front of a computer for hours... or had laser eye treatment... here's what you need to know.

• **6 natural remedies for warts.**

Before you freeze them off or surgically remove them, try these gentler alternatives that dissolve warts and keep them from coming back.

- **Simple homemade cough syrup that wipes out cold symptoms!** Chances are, you already have the ingredients right in your kitchen cupboard.
- **Two-second cure for fatigue.** Just press these 2 spots on your leg and foot... and feel your energy come surging back! Amazing.

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SPECIAL REPORT

Have UCLA Scientists Cracked The Code For Alzheimer's?

9 out of 10 patients reverse their memory loss in a matter of weeks!



INSIDE:

■ **How to screen for colon cancer without having a colonoscopy.** This simple at-home test can now rule out 94% of colon or rectal cancers. Page 2, inside.

■ **How to lower your cholesterol and blood pressure ... with cooking oil.** (No, it's not olive oil.) This unusual combination worked in just 8 weeks. Page 14, inside.

■ **3 common mistakes that can mess up your blood sugar tests.** (One of them is vitamin C!) Page 15, inside.

■ **Amazing remedy halts cataract progression in 97% of people tested.** Available at any health food store. Page 7, inside.

Alzheimer's disease can't be stopped, right? *Wrong.* In a groundbreaking new study, UCLA scientists were able to stop *and reverse* the memory loss caused by Alzheimer's. And they did it *without* using drugs!

Sandra S. is one example. At age 67, Sandra had been suffering from memory loss for two years. As a result, she found it harder and harder to do the simplest things.

When she read something, by the time she reached the bottom of the page, she'd have to start all over again. She had trouble driving home, losing her way on familiar roads. She even forgot where the light switches were in her home.

Sandra was terrified. Her mother had developed Alzheimer's in her early 60s, became severely demented and died in

a nursing home. Was the same fate awaiting Sandra?

When Sandra asked her doctor about her memory problems, he said there was nothing he could do. He simply wrote "memory problems" on her chart. As a result, Sandra was denied long-term care insurance.

Sandra became despondent. She even thought about committing suicide. Luckily, she called a close friend who counseled her. Together, they did some research. That's when Sandra learned about the UCLA study.

Sandra began the new UCLA program. She was able to >>

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