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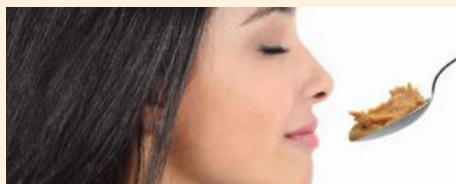
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THE TRUTH ABOUT CBD OIL:

Big Pharma is running scared...
but anyone in pain should be jumping for joy

Sarah Hiner, president, Bottom Line Inc

IT WASN'T THE PHONE CALL ANYONE WANTS TO RECEIVE...

My 86-year-old mother had a bad fall and was on her way to the hospital. Luckily, it turned out to be "only" a compression fracture of one of her vertebrae. It could have been much worse.

After two nights of observation in the hospital, she was sent home with a "Chinese menu" of medications. To her doctor's credit, he spoke to her about the risks of opioids. But he still prescribed not one but two different opioids for her. And he was adamant that she should get both filled right away to keep her pain at bay.

This is how it begins. Most people are introduced to opioids as a result of an injury. Often, it's for a wisdom-tooth extraction or a sports injury. But the truth is...taking any opioid, even for as little as 4 days, can increase your risk for addiction significantly.

Knowing the risks, I sent her a sample of a hemp-derived cannabidiol salve that we'd been researching here at Bottom Line Inc.

Now when I first heard about CBD oil, I wondered if it was safe or even if it worked. But our researchers found that there are CBD treatments for pain relief, anxiety, seizures and more. And they are backed by more than 8,000 published research studies.

(Continued on next page...)

(Continued from cover story)

They are far safer than the drugs being prescribed. But doctors aren't trained to prescribe CBD medicines. And Big Pharma and the FDA have a lock on what doctors can offer.

Days later, I got a call from my mother: "*The CBD salve is good. I think better than the lidocaine patch.*" The next morning, I got another call from her: "*I have not had any meds since 9 pm last night. The salve is amazing!*"

A week later, my mother still wasn't using any of the OTC pain relievers. And she didn't have to dip into the opioid pain relievers at all!

Do you realize how huge this is?

Imagine the potential to reduce our dependence on opioid painkillers. Imagine if even a fraction of the more than 200 million prescriptions could be replaced with a safer, nonaddictive alternative?

That's why if you're not familiar with the new "CBD medicines," you should be. CBD is derived from hemp plants. It has no THC—the part of the cannabis plant that can get you high. Hemp-based CBD is available in all 50 states and is totally legal.

Is "*CBD Medicine*" right for you? Which ones are the most effective? And where can you find quality CBD products? You deserve answers!

That's why we've put together a new Special Report for you called ***CBD: The "No High" Marijuana Extract to Relieve Pain and More.***

The information in this report is priceless. But with your permission, I'd like to send you a copy absolutely free. I'd also like to send you 3 free issues of our exclusive newsletter ***Bottom Line Health.***



Please understand that this gift is totally free. There are no strings attached. Put away your wallet because you don't have to send a penny!

I'll tell you how to get your free report in a moment. But first, let me share some other amazing healing discoveries with you. Starting with...

Cholesterol can help you *live longer?!*

Lowering your cholesterol can save you from a heart attack, right? Wrong.

It's just one of the many dangerous myths people still believe. That's because we've bought into mainstream medicine's pill-pushing agenda, says Jonny Bowden, PhD, CNS, a nationally known expert on weight loss, nutrition and health.

In fact...having higher cholesterol after age 60 may actually help you live longer!

An international team of 17 distinguished researchers in 6 countries just released that bombshell. They looked at 68,000 adults over 60 years of age and published their results in the prestigious *BMJ Open*.

They found that elderly people with high "bad" LDL cholesterol actually lived as long or longer as those with low LDL. In fact, having higher cholesterol can help you stay mentally sharper as you grow older!

Is anyone else telling you about this? Certainly not your doctor! Most doctors are too busy writing prescriptions for cholesterol-lowering statin drugs—to the delight of Big Pharma...who keeps paying doctors to prescribe its products!

Nor are they telling you about the other cholesterol myths you'll find debunked in your next free Special Report from Bottom Line: *The Cholesterol Myth—Why Lowering Your Cholesterol Won't Prevent Heart Disease*. In it, you'll discover...

How to survive a heart attack in the critical minutes before the ambulance arrives. A top cardiologist reveals his 15-minute secret on page 2.

Why you may have had a "silent" heart attack and not know it! They're harder to detect, but they can lead to a full-blown heart attack. See what to look for on page 4.

Do you take a low-dose aspirin to prevent a heart attack or stroke? Could be a big mistake if you weigh less than 154 pounds. Page 6 tells why.

Why you may want to eat more salt (not less)—to lower your risk for a heart attack. Surprising findings from latest research study. Page 7

The best supplements for your heart. A top cardiologist reveals what to take for healthier arteries, improved blood flow and loads more energy! Page 9

And much, much more!

As you can see, this Special Report is packed with 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. I'll rush you the report, plus the next 3 issues of *Bottom Line Health*—free.

And that's not all. You'll also discover how to protect yourself and your family from common medical mistakes like...



The **deadly blood pressure** blunder almost every doctor makes

IS YOUR DOCTOR MISSING A POTENTIALLY DEADLY CONDITION? One that can lead to a higher risk of heart attack and stroke?

He could be...if he's measuring your blood pressure in only one arm.

Why? Because if there's a significant difference—20 points or more between your right and left arm—you could have plaque blocking an artery. Plaque buildup is a sign of *peripheral artery disease* (PAD).

PAD can lead to narrowed arteries that limit blood flow, especially during exercise. Plaque buildup in your arm makes you more likely to have plaque in other arteries, too, such as your heart and brain.

In fact, if your blood pressure differs by 10 points or more between arms...you have a 38% greater risk of a heart attack. That's almost as if you ate junk food most days of the week and started binge-drinking!

So once a year, make sure your doctor checks the pressure in both of your arms. If you measure blood pressure at home, tell your doctor if there's a difference of 10 points or more.

Ignorance...or malpractice?

(Continued from back cover story)

The drug-free therapy for tough-to-treat depression

Then, Rick heard about a special program at the Newport Brain Research Laboratory in Newport Beach, California. The treatment is called *Magnetic EEG/ECG-guided Resonant Therapy*, or MeRT.

First, doctors placed a special cap on Rick's head to measure his brain's "baseline" electrical activity. Then, they held a small, flashlight-sized device at various places around his head. The device uses small bursts of magnetic energy. All Rick felt was a gentle "tapping."

Within a few days, Rick's outlook was transformed. He noticed a boost in his energy. His mood improved. He

was able to cope with frustration without getting angry. He began sleeping better, too. And he's not the only one.

Now, the FDA has approved a similar device for the treatment of depression and anxiety. And the best news is... it works when psychotherapy and medications fail.

You can read about it in a new Special Report we've prepared for you called ***Drug-Free Magnet Therapy for Tough-to-Treat Depression***. If you or a loved one is still struggling with depression or anxiety, you need to get your hands on this report right now. See page 92.



This heart test could **save your life...**
but your doctor probably won't order it

YOUR DOCTOR ROUTINELY CHECKS YOUR BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR DURING YOUR ANNUAL CHECKUP.

But it's unlikely that she'll give you a *cardiorespiratory fitness* (CRF) test. And that's a shame. Because the American Heart Association reported that the CRF is potentially a better predictor of heart health than all those other risk factors!

Research shows that for every one-point increase in aerobic fitness (as measured in METs, a unit used by CRF tests), *there's up to a 25% increase in your survival rate.*

Do-it-yourself! Try this one-mile walk test. Just map out a course of one mile. Walk as fast as you can. Check your heart rate when you're done. Then enter your heart rate, age, weight and how long it took you to complete the walk into an online calculator such as the Rockport Walk Test. It'll give you a CRF rating that will alert you to danger—even before your doctor knows about it!

Have you heard about any of these things 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 eye-openers 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 from expert sources—that's hard.

That's why *Bottom Line Health* is like having the *ultimate second opinion!*

Every month, we pour 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, concise, easy-to-understand articles.

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

OUR BEST NEW CANCER BREAKTHROUGH...

CANCER PATIENTS IN COMPLETE REMISSION AFTER "IMMUNE SYSTEM REPROGRAMMING"

So effective, it even works for patients who don't respond to chemotherapy or whose cancer has returned.

Stay-at-home mom Tanya D.* was with her three young children on a playdate with friends.

But then she started having stomach pains. When she went to the bathroom, she had blood in her stool. Tanya was diagnosed with non-Hodgkin's lymphoma, normally a treatable form of cancer. She began wave after wave of chemotherapy.

Her hair fell out. She was sick to her stomach. She had to avoid her children or risk serious infection. But that wasn't the worst part. After months of awful chemo, the lymphoma returned.

Doctors gave her an emergency stem-cell transplant to keep her alive. Her weight dropped to 88 pounds. They said she had 6 months to live...unless they found a miracle. And perhaps they did...

* Actual name withheld for privacy

Doctors told Tanya about a groundbreaking new way of fighting cancer that harnesses your body's own immune system. It's called *chimeric antigen receptor T-cell therapy*, or CAR-T for short.

CAR-T is so effective, it has been proven to work for patients who don't respond to standard chemotherapy. And for patients whose cancer has returned.

With CAR-T, doctors draw blood and isolate the T-cells. T-cells are the powerhouses of your immune system. They zero in and kill infections.

Doctors genetically "reprogram" these T-cells to seek out and destroy certain forms of cancer. Once this is done, doctors infuse these supercharged T-cells back into the patient.

CAR-T therapy has been called a "living drug" because these enhanced T-cells can continue to multiply and remain active in your body. They can potentially give you a lifetime of protection against the cancer.

Clinical studies show that up to 80% of patients respond to CAR-T. Some patients have stayed in remission for more than five years.

One month after receiving her treatment, Tanya returned to the hospital for a scan. She was completely free of any signs of cancer! Two-and-a-half years later, she is still cancer-free and enjoying a normal life again. It was a lifesaver.

Astonishing new cancer breakthroughs such as CAR-T are springing up almost every month. So if you or a loved one is worried about cancer, you need to see Chapter 2 in your free bonus volume, ***Bottom Line's Breakthroughs in Health and Healing***, to discover...

The new "liquid biopsy" that gives you an early warning of lung, colon, breast or pancreatic cancers—but without the pain and discomfort of a regular biopsy. What it is and where to get it. Page 17

Cancel that colonoscopy! These other tests are easier and cheaper, and they can detect 8 out of 10 possible cancers—without having to drink quarts of liquid and sit for hours on the toilet. Page 19

New "focused beam" cancer therapy shortens the duration of radiation treatment and may eliminate the

need for surgery. Kills cancer tumors without harming the surrounding tissue. Page 20

The 3-cent drugstore remedy that keeps breast, bowel and prostate cancer from spreading. Proven in 47 different studies.

The great cancer cover-up: 9 out of 10 oncologists say in private that their cancer treatments damage one of your most vital organs. Yet they never reveal it to their patients. See how to protect your loved ones on page 21.

And much more...



Could this **SNIFF TEST** be the end of Alzheimer's?

IMAGINE if there was a way to detect Alzheimer's disease years before memory problems started showing up.

Imagine if this method didn't involve invasive blood tests or PET scans of your brain. And if it gave you enough of an early warning that you could delay or prevent future memory loss?

Well there is such a test...and it could be as simple as peanut butter. But you don't eat the peanut butter—you smell it.

It turns out, your ability to smell things like peanut butter could be the best early warning sign for Alzheimer's yet. That's what researchers at University of Florida discovered when they tested people's ability to detect a jar of peanut butter held just inches from their nose. People in the early stages of Alzheimer's had a harder time smelling the peanut butter.

And that's not all. A long-term study of 3,000 older adults found that people who could not identify at least 4 out of 5 common smells were twice as likely to develop Alzheimer's. The 5 scents are

peppermint, fish, orange, rose and leather.

THIS IS BIG NEWS. The sniff test can make it easier to identify Alzheimer's at the earliest possible stage. It could give you a 20-year head start at avoiding Alzheimer's.

That's important because today there are plenty of things you can do to never get Alzheimer's—even if it runs in your family or you show the early signs.

In a new Special Report, Dean Sherzai, MD, PhD, and Ayesha Sherzai, MD, neurologists and directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University in California, reveal how you can stop and even reverse Alzheimer's and other forms of dementia.

The report is entitled, ***What You Don't Know About Preventing Alzheimer's***. And it's essential for anyone worried about this nasty disease. Get your report simply by returning the free Gift Card between pages 18 and 19.



Archaeologist accidentally unearths ancient blood sugar fix that works as well as today's leading diabetes drug!

Who would have thought that an archaeologist would discover a remedy for diabetes?

But when Sir Marc Aurel Stein went digging through a cave in rural China back in 1907, he stumbled upon some strange scrolls. It turns out, he discovered what came to be known as the “Diamond Sutra”—the oldest perfectly preserved printed text, dating back to 868 AD.

Researchers at the time wondered, *How did the scrolls stay so well preserved? For more than 1,000 years?* They learned it was due to a special herb that was used as a preservative.

Later, Chinese doctors, who are known for using herbal remedies, experimented with this herb on some of their patients. They used it as a remedy for upset stomach and diarrhea. But then something strange happened...

Their patients' blood sugar began to improve. Soon the herb became known as a blood sugar miracle. When modern-day scientists ran

clinical trials on the herb, the news got even better.

27 clinical trials found that this herbal remedy can control blood sugar as effectively as the popular diabetes drugs *metformin* (Glucophage) and *rosiglitazone* (Avandia). And do it with zero side effects.

In one study, this special herb lowered fasting blood sugar by a whopping 20%. Patients went from diabetic levels to normal blood sugar!

If you or someone you love has diabetes, you **do not** have to accept a lifetime of drugs. For the name of this herb, the right dose and where to get it, check out your free bonus volume of *Breakthroughs in Health and Healing*. You'll discover all sorts of ways to beat this disease safely and naturally, including...

Type 2 diabetes reversed...without drugs. A Johns Hopkins doctor reveals how he has helped so many of his patients beat the disease naturally and how you can, too. Page 12

How to stop foot ulcers and worse—amputations—when you have diabetes. Once you have a foot ulcer, your risk of dying doubles. So heed this doctor's advice. Page 25

If you have pain, tingling or numbness in your foot, it may not be diabetic neuropathy after all. Don't let doctors jump to conclusions just because you're a few pounds overweight. Ask for this back-up test instead. Page 27

Cut your blood sugar almost in half simply by including this one ingredient in your meals. Top nutritionist reveals a tasty way to do it. Page 24

Eat this special type of rice to lower your blood sugar. That's right, rice. (But it's not the kind you get in Chinese restaurants.) Page 29

Slash your diabetes risk by more than half! 20 years of research says this simple, all-natural method is the best way to prevent the disease. It cuts your risk by 58%—and a whopping 71% if you're over 60. Yet drug companies want to prevent you from hearing about it! Page 29

And much, much more...



For details, see the Free Gift Card between pages 18 and 19

Orthopedic surgeon admits...

“You don’t need surgery to repair that painful shoulder... just do these 3 simple movements”

When an orthopedic surgeon tells you that you don’t need surgery, it’s time to listen...

That’s the message from Beth E. Shubin Stein, MD, orthopedic surgeon and member of the Sports Medicine Service at Hospital for Special Surgery in New York City.

Dr. Stein says your shoulder is the most movable joint in your body. It also is unstable. “Imagine a golf ball on top of a golf tee,” says Dr. Stein. “That’s your shoulder. The *humerus* (upper arm bone) is the ball, and the *scapula* (shoulder blade) is the tee. It doesn’t take much to knock them apart.”

No wonder normal wear and tear can lead to shoulder pain, she says. You might be reaching for a jar on the top shelf or putting on a sweater or fastening a bra. And suddenly—ouch! But why go through the pain, recuperation and expense of shoulder surgery—if you don’t have to?

Surprising truth: Two-thirds of Dr. Stein’s patients get better without surgical intervention. And now, you can, too!

Dr. Stein reveals her 3 simple movements for healing your shoulder in a new Special Report, *How to Relieve Shoulder Pain Without Surgery*. Dr. Stein’s protocol will help you stay strong and pain-free—and never have to go under the surgeon’s knife. Get your copy on page 114 for yourself or anyone you know or love who suffers from this all-too-common problem!



How your dentist can prevent you from dying from...Alzheimer's

Do your gums bleed when you brush your teeth? Then you could be on your way to Alzheimer's.

That's what researchers discovered recently. They found that mice with Alzheimer's had a dramatically larger amount of a certain bacteria called *P. gingivalis*. And these bacteria cause Alzheimer's-like brain inflammation, nerve damage and amyloid plaques in the brain.

You may recognize *P. gingivalis*. It's the same bacteria behind gum disease—which shows up as bleeding when you brush your teeth.

And now, researchers have also found signs of *P. gingivalis* in 99% of humans with Alzheimer's disease.

This discovery has opened up a whole new line of research into how to finally stop Alzheimer's. But in the meantime, there's something you can do to protect yourself.

Yes, visit your dentist twice a year for cleaning. Yes, brush and floss. But also...get more vitamin K.

Vitamin K can reduce the inflammation in your gums and strengthen your teeth and jawbone. It has also improved memory in people over age 70.

For more brain boosting secrets, request your free Special Report, *Power Up Your Brain and Body for a Long, Happy Life*. See page 85 to get it!



And he proves it by helping thousands to live pain free and avoid unnecessary drugs, injections or surgery.

Osteoarthritis DOES NOT cause joint pain...

That's an outrageous claim, but best-selling author Mitchell Yass, DPT, has the proof to back it up. Dr. Yass says that studies show many people have signs of osteoarthritis—

Maverick doctor reveals...you'll never fix your arthritis pain until you fix your muscles...

but no joint pain whatsoever. Many people even show signs of osteoarthritis on X-rays, but only half of these people have symptoms.

Still others say their joint pain goes away when they take a hot shower or get a massage. *Does that mean warm water can melt away osteoarthritis?!*

Dr. Yass says that in 90% of the cases he sees, the cause of pain is muscular. In other words, there are weak muscles around your joints.

And he has devised a unique program to strengthen the appropriate muscles. As a result, he has helped thousands of people avoid unnecessary surgeries.

Now he's ready to share his unique plan with you. So you can get rid of your joint pain for good...without ever going under the surgeon's knife, taking drugs or getting injections. It's all in your free Special Report, *A Surprising Cure for Joint and Muscle Aches.*

Weird 2-minute "leaning trick" erases back pain instantly

IF YOU'VE EVER HAD A BACK SPASM, YOU KNOW IT CAN STRIKE OUT OF THE BLUE...

One minute you're innocently moving a chair or brushing your teeth, the next minute you're doubled over in pain. And for the next few days, you can't find a way to sit or stand without getting jabs of pain.

Well, now there's something you can do in your own home that stops the spasm instantly. No need to call the doctor or massage therapist or gulp down pain pills.

Just grab the common household item described on page 112 of your free Bonus volume, *Breakthroughs in Health and Healing*. Place it against your back, and lean against a wall. Presto! Your muscle spasm and back pain disappear. Why? Because this puts pressure on the exact spot where it's needed most. Try it!

To receive your 3 free issues, free online access and your free book, return the Free Gift Card between pages 18 and 19





Stop deadly snoring instantly *without a torturous CPAP machine*

IF YOU'VE BEEN TOLD YOU HAVE A FORM OF SNORING CALLED *SLEEP APNEA*, YOU KNOW IT'S SERIOUS...

Sleep apnea can double your risk for sudden cardiac death and triple your risk for dying from any other cause.

Your doctor probably will tell you to use a continuous positive airway pressure (CPAP) machine at night to help with airflow. But as you can imagine, trying to sleep with a scuba-like mask and hose attached to your face is hardly a recipe for a good night's sleep (or much of a love life!).

What's more, many people find that CPAPs are uncomfortable, noisy, need constant cleaning and can even damage your teeth. No wonder nearly half of the people prescribed a CPAP stop using them in as little as 3 weeks!

Better idea: Now there's a better way to beat the life-threatening dangers of sleep apnea without looking and sounding like Darth Vader.

Just get **MAD**.

No, I don't mean angry. I'm talking about something called a *mandibular advancement device* (MAD). It's a custom-made device that fits in your mouth and is worn overnight like a dental retainer. It moves your lower jawbone forward. This keeps your throat's soft tissues from collapsing and blocking your airway.

Research has shown that a MAD performs almost as well as a CPAP in improving oxygen flow to your body and brain. And there's more...

IMPORTANT NEW FINDINGS:

Now research proves that you're more likely to keep using a MAD versus the CPAP. And use it for a longer period of time. So the end result is that it performs just as well as CPAP at protecting you against the biggest danger from sleep apnea—heart attacks!

For where to get a MAD, how much it costs, and whether it's covered by insurance, ask for your free Special Report, *Oral Appliance for Sleep Apnea Is a Low-Tech Lifesaver*.

Nothing's worse than not being able to get a good night's sleep. But Mother Nature wants you to! *That's why you need to discover...*

How to fall asleep faster and stay asleep longer by using "pink noise."

You may know about white noise. But Northwestern University researchers discover that pink noise may be an even better way to enhance sleep quality and sharpen your memory. Page 32

Trouble sleeping? Forget about sleeping pills—or even melatonin. This simple amino acid supplement helps you sleep like a baby...without grogginess the next day.

Houseplants that give you a better night's sleep! These plants boost your sleep-inducing neurotransmitters, slow your heart rate and calm your anxiety. Page 33

The strange link between what you eat for lunch...and how well you sleep at night. It's not how much you eat—it's what you eat. Are you eating these sleep-depriving foods? Page 75

And much, much more...

Get this giant volume containin

Just for taking a look at

In Bottom Line's Breakthroughs in Health and Healing, you get full details on all the topics we've mentioned in this special bulletin. Plus many more ideas on how to keep your heart healthy, your body fit and your brain as sharp as a razor, including...



How 80-year-olds regained the memory and mental sharpness of 50-year-olds! They made this one simple change to their daily routine and saw the difference in just months. Page 85

How to boost your life expectancy by a whopping 20 years with one simple "mental" habit. Easy to learn. And a huge study of 60,000 adults shows it really works. Page 87

The best exercise for building a better memory. And no...it's not walking, running, aerobics or lifting weights. This exercise strengthens the "memory center" in your brain as well as your body. Page 87

**OVER 500
OF TODAY'S BEST
HEALING SECRETS
AND BREAKTHROUGHS**



The "forbidden" food that drastically cuts your stroke risk. While most people avoid it, it's now proven to reduce inflammation and lower blood pressure in a study of 300,000 adults. Page 44

How to make yourself virtually fall-proof—no matter how old you are. Discover what's really behind crippling falls (surprisingly, it's not weak muscles, poor balance, or failing eyesight!). Page 75

Conquer 99% of deadly melanomas simply by doing this. Page 16

15-minute technique developed by Stanford scientists ends chronic pain and lifts your mood. No pills, no exercises, no diet changes required. Page 123



How to get rid of "jiggly" upper arms and "bat wings." Skip the expensive injectable fillers, body sculpting and liposuction. This is the only permanent solution (not weight loss or exercise). Page 64

The amazing brain-boosting secret uncovered by Rush University scientists. Just one serving a day can make your brain function as if it is 11 years younger. Page 46



Toss away your eyeglasses! Simple procedure (not Lasik) gives you sharper vision than you had as a child. Covered by insurance, too. Page 66

The breakfast food that lowers your risk for a heart attack by 20%. Skip the eggs, oatmeal, fruit and cereal, and eat this instead! Page 47

How airline pilots get rid of jet lag in a hurry. They can't afford to not be at their best. If you can't either, see page 69.

Banish back, butt and leg pain—while sitting in a chair! These four little-known moves strengthen your "glutes," hips and abdominal muscles in just minutes. Perfect for the office or airplane. Page 113

ing all your special reports free!

at *Bottom Line Health*



The immune-boosting smoothie that also helps you lose weight. Just add this tasty ingredient to your blender. Page 47

Doctors are calling it the "elixir of life." It protects your heart, strengthens your bones, lifts your mood, increases your energy and even improves your memory. Page 110

When your knee pain is really a hip problem. Before your doctor glances at your X-rays and starts talking knee surgery, look for these telltale signs. Otherwise...you could have surgery that you don't need, still be in pain and wind up worse off! Page 116



8 strange in-home smells that could be a sign of danger. (*Hint:* One of them is an "ammonia-like" smell that's not ammonia at all.) Page 82

Could this be the healthiest snack in your home? It contains more super-healthy polyphenols than fruit. Yet it has nearly zero calories! Doesn't need refrigeration, either. Page 43



Albert Einstein's secret to mental sharpness. Use it to solve problems and come up with better ideas! Page 87

Always-ready foods to keep on hand that guarantee you'll eat healthier. Perfect for emergencies, too. They're easy to prepare, loaded with healthy nutrients and delicious. Page 44

In India they call it the "King of Spices." Scientists now say it wards off Alzheimer's. It's absolutely delicious in soups, stews and other dishes—and costs just pennies. Page 46

How to get a doctor to answer all your questions during your check-up. No more racing through your examination. It's as simple as this "theater" trick. Page 100

#1 Happiness Booster for those over 50. (*Hint:* It's not money, IQ or good genes. Harvard study on page 90 reveals exactly what it is and how to get it!

The "Keto diet in a pill?" This little-known European supplement shifts your body from sugar-burning to fat-burning and is much easier than giving up carbs. Page 92

Yes, you can have a better memory—even if you're over 50. Columbia University researchers discover a method that actually grows new cells in your hippocampus—the memory center of your brain. Page 86

And much more...

A Retail Value of \$39.95

BOTTOM LINE'S
BREAKTHROUGHS IN HEALTH AND HEALING



YOURS TO KEEP FREE!

3 FREE ISSUES ZERO RISK. NOW OR EVER!





How to keep your loved ones safe in one of the world's most dangerous places...**THE HOSPITAL**

DID YOU KNOW...MORE THAN 250,000 PEOPLE DIE EVERY YEAR AS A RESULT OF HOSPITAL ERRORS? Fact is, they are the third-leading cause of death in America!

That's why we've put together a new Special Report titled, ***Never Leave a Loved One Alone in the Hospital.***

It will show you how people in the know keep their loved ones safe in one of the most dangerous environments on the planet. For example...

How to make sure what you are told is accurate—without angering hospital staff.

How to make sure any medical test that's ordered is safe and absolutely necessary.

How to stop deadly drug interactions before they happen.

How to avoid a deadly hospital-based bacterial infection.

And much more.

Don't sit by and risk becoming another statistic. Ask for your free report now between pages 18 and 19!

Hate cooling your heels in a doctor's waiting room? Then simply do this...

Nothing gets my blood boiling faster than showing up on time for a doctor's appointment...then waiting for an hour in a room full of sick people!

Well, forget about sitting there stewing while your blood pressure skyrockets, and try this little trick instead. Ask for the last appointment of the day. Why? Most doctors' offices close at a certain time each day. By then, they're usually back on schedule—because the staff wants to go home on time! Also aim for appointments on Tuesdays, Wednesdays or Thursdays—they're usually the least busy days of the week.

How to recover faster from any surgery or illness

If you are hospitalized for a surgery or illness, you may think that you want to stay in bed and rest as much as you can, right? Actually, the opposite is best.

A recent study published in *Archives of Internal Medicine* shows that patients

who got up and walked around from the first day had better outcomes. They were able to leave the hospital one-and-a-half days sooner than patients who didn't do this. And it didn't matter how healthy they were when they arrived.

Being immobile causes your muscles to lose their "reserve" capacity, and leads to other health problems, too. So get up and get walking—from the first day on. It'll get you out of the hospital faster.

Nature's perfect blood pressure "drug" and it may be right inside your refrigerator!

Drops blood pressure 12 points without side effects.

If you're worried about your blood pressure, the answer could be as close as your fridge.

There's a juice that's packed with plant compounds called *flavonoids*. These flavonoids act as natural "ACE inhibitors" to relax your arteries and open up blood flow. That's the same mechanism used by a popular prescription drug.

And now, research shows that just 2 ounces of this tasty treat per day can **lower your blood pressure by a whopping 12%**. You can drop your blood pressure even more—enough to toss away your medications—when you combine it with certain foods. Find out which ones in your free Special Report, *Surprising Foods That Lower Your Blood Pressure!*



3 FREE
ISSUES
ZERO RISK.
NOW OR EVER!

HOW ASTRONAUTS SLEEP BETTER... AND HOW YOU CAN, TOO

zzz



If you're still struggling to fall asleep or you're waking up in the middle of the night...

...then maybe it's time you changed the lightbulbs in your bedroom.

That's what scientists at NASA decided after they saw how astronauts were having a tough time sleeping on board the International Space Station. They drew upon years of research into the healing properties of near-infrared or "red" light therapy to come up with a solution.

What they found is that red light boosts the production of *melatonin*, your body's natural sleep hormone. So switching to red spectrum light at night can help you relax and ease into the sleep cycle faster.

Now, NASA has installed new lighting on board the Space Station that gradually turns from bright daytime to—you guessed it—light that's closer to the red spectrum.

If you're still struggling to get a good night's sleep, try changing

the lightbulbs in your bedroom or bathroom. *Good news:* You don't need a "red light district" glow. Just buy red spectrum bulbs, which minimize blue light and maximize red light—without appearing to be red. It's the wavelength of light that counts. Also...

End painful hip bursitis with one treatment.

Clear up stubborn sinusitis in just two days.

Reverse chronic Achilles tendon pain 3 times faster than physical therapy.

That's why we've prepared a brand-new Special Report for you called *Lasers That Relieve Pain, Lasers That Heal*. To discover how get all these extra benefits from red-light therapy, get your report on page 122 now!



Over 40? Your muscles are disappearing!

Here's how to start getting them back
(without exercising like crazy!)

Have you found it harder to lift heavy objects...climb stairs...or keep doing your favorite activities for as long as you used to?

You're not the only one. Millions of us are falling victim to a little-known danger that sneaks up on us as we age.

Once you reach 40, you start losing 1% of your muscle mass each year. That means by the time you're 70, you may have lost nearly half of your muscle mass and strength.

It's a bigger danger than you think. You are far more likely to suffer falls and break bones. You are more likely to develop Type 2 diabetes. You are more likely to suffer a heart attack or stroke.

You are also more likely to suffer from cognitive decline and dementia, according to a new study. And you are more likely to end up in a nursing home!

It doesn't matter how much you exercise, either. Because the real reason you're losing muscle mass is...your body isn't making muscle like it used to.

You need a lot more protein in your diet now to make new muscles. But don't go by the government's measly *recommended dietary allowance* (RDA). After age 50, you need much more than that. For the right amount, including the new "protein cocktails" that make it easy, grab your free Special Report, *Eat More Protein, But Do It Right to Avoid Muscle Loss*.

Harvard professor shocks the fitness world by revealing how to...get all the health benefits of an hour-long workout with just a few minutes of exercise

(No "high intensity" required!)

Most of us plan to exercise as often as we can. But then life gets in the way...

And as you probably know, fitness gurus tell you to exercise 3 to 5 times a week. They tell you to do 150 minutes of moderate-intensity exercise...or 75 minutes of high-intensity exercise, such as running.

Well, a Harvard professor just debunked that myth. He proved that "weekend warriors" who exercise just two days a week also get some pretty impressive health benefits.

New findings: A recent study published in *JAMA Internal Medicine* tracked more than 63,000 people, age 40 and older, over 20 years. Researchers found that those who exercised only once or twice a week enjoyed virtually the same longevity benefits as regular exercisers. They were still 30% less likely to die than those who almost never worked out—even if they didn't reach that 150/75-minute target!

Guess what? You could get that amount of exercise just by walking for 20 minutes each day...or by taking a relaxing 45-minute bike ride twice a week.

Still not quick enough for you? Then check out ***This 7-Minute Workout Really Works!*** It's designed for people with no free time at all. And the only "equipment" you need is your body weight and a chair! See page 97 for your plan.

DEATH BY MRI?

Some die. Others are severely sickened. Chuck Norris's wife was crippled for life. Here's how to prevent this tragedy from happening to you.

You get an MRI scan hoping to get a clear picture of what's ailing you, right?

But you never expect an MRI to trigger years of pain, brain fog and disability.

Yet that's what happened to famed action star Chuck Norris's wife, Gena. When she went for an MRI, the radiologist injected a substance called **gadolinium** into her body. Gadolinium is a "contrast agent." It's supposed to make tumors and inflammation easier to spot on the MRI.

But something went horribly wrong. Gena began having burning pains throughout her body, violent shakes, numbness, tingling and weakness. She also suffered cognitive deficits and kidney damage and had trouble breathing.

Had Chuck and Gena Norris known about the dangers of gadolinium, they never would have agreed to having it injected. Now they are working to raise awareness and help others who've had similar reactions.

The Danger: Gadolinium can be toxic. Recent studies have found that traces of gadolinium can linger in your brain, bones or other tissues for years. Gadolinium can also trigger a rare but serious skin and joint disease.

At first, the FDA claimed that gadolinium was perfectly safe. But the Europeans have put gadolinium on hold until researchers can prove, beyond a doubt, that it's OK.

How to protect yourself: If your doctor orders an MRI, ask whether a contrast agent is absolutely necessary. It may not be...and only digital radiologists are trained to know for sure.

Knowing the right questions to ask your doctor can often mean the difference between the success or failure of a procedure—or even life or death. That's why your free bonus volume ***Breakthroughs in Health and Healing*** includes...

Is it a "Charley Horse" ...or a deadly blood clot? Just look for these tell-tale signs of a condition that triples your risk of dying from a heart attack or stroke. If you spot one, better get to the emergency room. Page 77

Little-known signs of disease that show up on your skin. What itchy or extra-dry skin or little yellow bumps could really be telling you. Potentially lifesaving advice on page 78.

When jaw pain means you're really having a heart attack. Plus other little-known signs of a heart attack that are often ignored—with awful results. Page 3

Early warning signs of dementia that have nothing to do with memory loss. (*Hint:* One of them is thinking that you need reading glasses...) Catch it while it's still treatable! Page 93

"Healthy" foods that are most likely to give you food poisoning. *Would you believe avocados?* Discover the others...and how to stay safe. Page 39

And many more...



The kidney disease epidemic and the overlooked \$50 test you must ask your doctor for

Did you know...1 in 7 Americans (30 million people!) have some form of kidney disease? And most don't even know it!

Another shocker: Nearly every person with kidney failure doesn't realize it...until it's too late. And by then, the only treatment is a kidney transplant.

And yet, a simple \$50 test can make the difference. It's routinely covered by health insurance. But in today's get-'em-out-fast medical system, it's common for this test to be overlooked.

The test is called the **Kidney Profile**. It combines a urine test for *albumin-to-creatinine ratio* (ACR) and a blood test for *estimated glomerular filtration rate* (eGFR).

Who should ask: Those at high risk should speak up!

Anyone 60 or older.

Adults with diabetes and/or high blood pressure. These chronic conditions increase risk for serious kidney problems.

Adults of certain racial or ethnic backgrounds, including African Americans, Hispanics, Native Americans, Asians and Pacific Islanders.

Don't let this deadly disease sneak up on you. Ask your doctor for the Kidney Profile ASAP.



The \$913 band-aid!

How hospitals try to rip you off...And how to make sure they don't!

John S.* cut his forehead above his eye during a basketball game. Since it was nighttime, he went to the emergency room for treatment. Doctors at the hospital glued his wound shut and gave him a Steri-Strip to cover it. The whole appointment lasted about 15 minutes.

But weeks later, John received a bill for \$899 from the hospital. And the Steri-Strip that normally cost \$1.49 for a dozen—cost him \$14! All across the country,

people are getting taken to the cleaners by hospital emergency rooms because of one sneaky little trick that hospitals never talk about.

It's called a *facility fee*. And it's one of the biggest rip-offs in the hospital industry. Hospital big wigs say it's the price of keeping the doors open with specialists to handle any type of emergency. But as you can see, hospitals can hit you with outrageous fees for simple medical procedures.

Hospitals don't tell you about their facility fees or how much their services will cost. And prices vary wildly from one hospital to another. So you may not know how much you owe until you get a whopping bill in the mail.

A common "gotcha" fee

You should always make sure the person who delivers a medical service to you in a hospital is an "in-network" provider and is covered by your insurance. (Sometimes the hospital can be in-network... but the actual doctor isn't!)

Fight back. If you get hit with a sneaky facility fee, you do not have to roll over and pay it. Our Bottom Line researchers have put together a free Special Report for you entitled

Beware This Sneaky "Gotcha" Fee. In it, you'll find...

How to find out if your hospital charges a facility fee...and how to avoid it.

The powerful ally that can force hospitals to back down from unreasonable charges.

How to get your insurer to pay up when you've opted for an out-of-network provider.

And much, much more.

Don't risk another second without this valuable guide.



The world's healthiest drink... and it's not water, juice, wine or green tea

Yet it lowers your risk for heart attack, stroke, diabetes and even Alzheimer's.

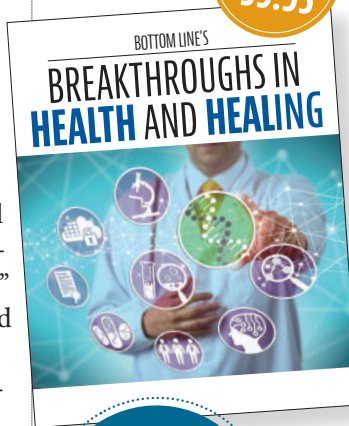
Today, millions of people around the world in search of better health are guzzling gallons of water, red wine, green tea and all matter of powdered drinks and smoothies.

But the real heavyweight among health drinks is...coffee.

That's right. Even more scientific evidence proves it. A new 16-year study of more than 500,000 people shows that people who drink three or more cups of coffee a day have a lower risk of dying from any cause, compared with people who don't drink coffee.

But not every type of coffee gives you the same health benefits. That's why you need to see a new Special Report we've prepared called *Coffee: The Ultimate Health Drink*. You'll discover the best beans, the best roasts, the best grinders and the best way to brew a cup of coffee to get all the goodness!

A Retail Value of \$39.95



OVER 500 OF TODAY'S BEST HEALING SECRETS AND BREAKTHROUGHS
YOURS TO KEEP FREE!

* Actual name withheld for privacy

Do you make these mistakes taking your supplements?

They could be making your vitamins worthless...

Do you take multivitamins or fish oil before eating?

You should take them with a meal or afterward. The fat in the meal helps your body absorb the vitamins better.

Do you take vitamin C all at once?

Your body can only absorb a certain amount at a time. The rest gets “expelled.” **Better idea:** Split your daily vitamin C dose into the morning and evening. That keeps your blood levels of vitamin C steady all day.

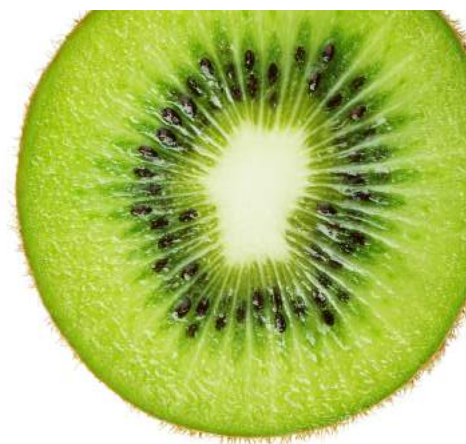
But the biggest mistake many people make is how they swallow their pills. Most people place the pill on their tongue, take a sip of water



and tilt their head backward to swallow. **Big mistake!**

Harvard researchers found that tilting your head back actually can make it harder for you to swallow that pill. A better way is to tilt your head forward, with your chin toward your chest, just before you swallow. It’s a more natural position that relaxes your throat and makes it easier for the pill to go down.

Sometimes little things like these can have big consequences. For instance, *are you taking your medications properly?* Find out in your free Special Report, **5 Medication Mistakes You Never Want to Make.** Get yours on page 73.



The kiwi cure for constipation!

Many people find constipation an easy subject to joke about.

Unless you have it. Then it’s no laughing matter.

Chronic constipation can trigger a slew of health problems. It can even cause serious mood and memory disorders. In the extreme, it can kill you. And some experts say that Elvis may have actually died from it.

Most people just pull out the prune juice or take a drugstore laxative. But using laxatives can make the problem worse. Your body can “forget” how to work on its own.

But health coach Bill Gottlieb has a tasty answer—the kiwifruit cure!

Bill found a study in *World Journal of Gastroenterology* that looked at what happens when people with chronic constipation ate kiwifruit, twice a day for four weeks.

Bill thought maybe the kiwifruit would help them go a little more often.

Well, they went a LOT more often. Twice as often, in fact! It even worked for people with *irritable bowel syndrome* (IBS).

Bill suggests you eat one ripe kiwi with breakfast and one after dinner. To determine if a kiwi is ripe, apply slight pressure to the skin with your thumb. If there’s a little give, it’s ready to go. And soon you will be, too!

Cough, cough...pass the chocolate!

Ever had a cough that lingered for days? It can leave your throat raw and burning. You can cough so hard that your ribs ache (or even break!). And there’s the embarrassment of coughing in a crowded room or movie theater...and watching people move away from you like you’ve got the plague!

Worst of all, if you go to the drugstore for a cough remedy—they don’t even work! Who says? The American College of Chest Physicians, that’s who. That’s what they discovered after studying the effectiveness of many leading drugstore cough medicines.

Better idea: Try chocolate. Dark chocolate is a natural cough suppressant—thanks to a chemical it contains called theobromine. The darker the chocolate, the more theobromine. So aim for products containing more than 65% cocoa. Eat a small square—about one-half to one ounce—two or three times a day. Chocolate has caffeine, so don’t eat it in the evening.

Now isn’t that a sweet prescription! Nature has the answer for so many of today’s annoying health problems—backed by literally thousands of years of “testing.” And you’ll find a slew of all-natural cures and doctor-tested home remedies in Chapter 6 of your free Bonus volume, **Breakthroughs in Health and Healing.**



The Israeli flu breakthrough with a **100% success rate**

Gets rid of the flu in *just 48 hours*—both influenza A and B strains—without drugs or shots!

Every flu season, we're bombarded by messages to run out and get a flu shot. But last year's flu shot worked for only 1 in 4 older adults, according to the Centers for Disease Control and Prevention.

But did you know there's a completely natural substance that not only shields you against the flu, it can triple the speed at which you get better if you do get the flu?

It's a powerful herbal cure known since the days of Hippocrates, the father of medicine. Now scientists have discovered that it really does have antiviral power. It actually stops the flu virus from entering your cells. And if you do get the flu, it can stop the flu virus from spreading through your body.

Researchers in Israel found that taking this herb at the start of flulike symptoms helped people feel better within 48 hours. *And it had a 100% success rate!* It even worked better than the leading antiviral medicine Tamiflu.

For the name of this powerful flu-fighter and where to get it, just ask for your free Special Report,

Bounce Back from the Flu: Natural Remedies That Work. See page 51 to make yourself virtually flu-proof! And while you're at it, grab these other immunity-boosting secrets, too...

Boost your immunity, lose weight and skyrocket your energy in just 3 days. *The secret?* One simple change to the way you eat your meals each day. (*Hint:* It's not about dieting or fasting.) Page 52

The simple and delicious snack that can cut your risk of dying from respiratory diseases in half. Lowers your risk for diabetes, too. Here's what to nibble... Page 52

How to stop the flu from turning into pneumonia. Besides getting a flu shot...you may want to see your dentist! Page 54

Better than a saltwater gargle for curing a sore throat! Just add this "tree powder" to a glass of water, says a top naturopathic doctor. It melts your sore throat pain away. Page 58

Stop your sniffles and sneezing this allergy season with this "Southern Weed Tea." What to brew on page 56.

10-second fix makes IVs virtually painless...yet most nurses skip this step

"Barbaric" says this prominent anesthesiologist.

David Sherer, MD, is mad as heck and he's not going to take it anymore. *Why?*

Because every day, thousands of nurses and interns terrify and hurt patients when they insert IVs into veins for medicines. They jab around to find a vein. And patients have to grit their teeth and bear it.

And the worst part?
It's all unnecessary.

As an anesthesiologist, Dr. Sherer learned a technique back in 1986 that makes IVs virtually painless. A nurse or doctor uses a tiny needle to place a drop of the local anesthetic lidocaine on the spot where your IV will be inserted. The lidocaine numbs the spot, and presto!—the IV can be inserted painlessly. *Sounds simple, right?*

"It's medicine's barbaric little secret," says Dr. Sherer. "There is absolutely no reason this should not be standard practice for every patient in need of an IV (or for those giving blood). The training takes five minutes, and the results are dramatic." And he should know. Because he's done an astounding 80,000 IVs over his 32-year career.

Dr. Sherer is just one of the brave medical insiders who are stepping forward to reveal what the Medical Establishment isn't doing or isn't telling you. You'll find out much more in your free bonus volume, *Breakthroughs in Health and Healing!*

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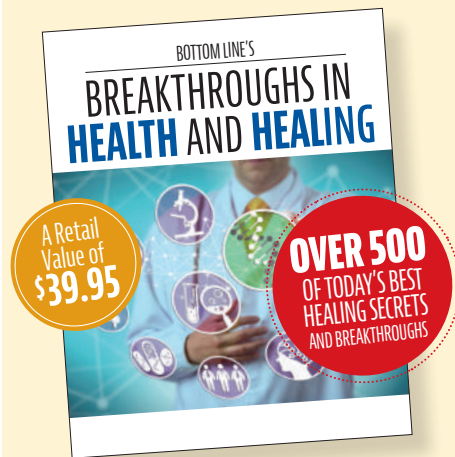
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Sarah

Sarah Hiner
president, Bottom Line Inc

FREE BONUS REPORT



Bottom Line's Breakthroughs in Health and Healing

There is so much healing power right at your fingertips—when you know where to look. Once you have this bonus report from *Bottom Line Health*, you'll have a basket of new healing remedies at your fingertips, including...

This home remedy for infections also stops allergies and colds. You probably have some in your kitchen cabinet now. Page 55

How to make chicken soup even more effective at treating a cold. Simply add this spice, which has potent antiviral properties. Page 60

Stop a migraine in minutes. Proven in 19 studies...and you probably have some in your kitchen right now. Page 42

Relieve constipation with a tea bag! Weird trick really works, and it's easier than it sounds. Perfect for when you're traveling. Page 63

Simple homemade cough syrup that really works! Chances are, the two ingredients are in your cupboard. Page 59

Two-second fatigue cure. Just press these 2 spots...and your energy comes surging back. Amazing! Page 71

BLHB-19F

SPECIAL REPORT

The drug-free therapy for tough-to-treat depression



IT WORKED FOR NAVY SEALS. NOW IT CAN WORK FOR YOU, TOO.

Navy SEALs are among the toughest soldiers on the planet.

Only 1 in 4 trainees makes it through the grueling training program to become a SEAL. Then, those SEALs are thrown into missions where they face constant danger, stress, explosions and gunfire. No wonder many of them return from battle with PTSD, depression, anxiety and other health issues.

But now, a revolutionary new therapy is helping them return to normal. Not with drugs, not with counseling...but with magnetic energy. And it could revolutionize how you are treated for depression, anxiety and ADHD, too.

It was a game-changer for Rick.* When he returned from duty in Iraq and Afghanistan, he had trouble concentrating and remembering things. He was also prone to uncontrollable bursts of anger. One time, in a road rage incident, he actually got into a fistfight with another driver. *(Continued on page 3)*

** Actual name withheld for privacy*

IN THIS ISSUE



The truth about **CBD oil**: Why Big Pharma is running scared. *See page 1.*

The **deadly blood pressure blunder** almost every doctor makes. *Page 3*

This **heart test could save your life**—but your doctor probably won't order it. *Page 4*



How your dentist can **keep you from dying from Alzheimer's**. *Page 7*

Maverick doctor reveals...arthritis pain doesn't come from your joints! *Page 8*



Your muscles are disappearing! How to start getting them back. *Page 14*