

The Astonishing Healing Powers of Snake Oil...

...and other “ridiculous” folk remedies
that could actually *save your life!*

by Alan Inglis, M.D.

(NEW ENGLAND — FALL 2006) If I were a snake, I'd be shaking my rattles at the injustice of it all. For over a hundred years, snake oil has been ridiculed and scorned — it's even defined in the dictionary as “a worthless preparation.”

But what if I told you that *dozens* of new studies...

...leave little doubt that snake oil is, in fact, a miracle medicine! *See inside!* Let me show you the shocking new evidence that this “ridiculous” folk remedy turns out to be a cutting-edge treatment for *arthritis, heart disease and MORE...*

(Continued on page 2 inside...)



INSIDE: What have you got to lose by trying these simple little miracles? *Only your misery!*

- **JOINT DESTRUCTION REVERSED** overnight — by *cod liver oil*?! Read how this grandma's favorite is now proven to beat even cortisone!...Page 4
- **THE CHOLESTEROL “DRUGS”** in *turkey stuffing*! This mighty duo may outperform any statin drug on earth...page 6
- **THE PUMPKIN PIE PARADOX** Each slice contains *two* diabetes healers! Drop your blood sugar 30% *and more*...page 8

■ **A “CUPBOARD CURE” FOR CANCER?**

Next time you have a hot dog, *don't forget the*...page 1

■ **88% SMARTER IN 24 HOURS** How did those 100-year-old

Russian farmers really stay so sharp? *It wasn't the yogurt!*...page 12

■ **EAT LIKE AN OLD-FASHIONED FARMER**

and get skinny as a rake! (Why fat Amish families are scarce as hen's teeth)...page 14

■ **HOW *NOT* TO BREAK YOUR HIP. HINT:**

Osteoporosis is *not* the big culprit! It only accounts for 1/6 of your risk...page 16

Open Now
for your
10 FREE
GIFTS

The Incredible Hidden

The most misunderstood natural remedy of all time!



Believe it or not, new studies show that real snake oil...

- ◆ Contains a true miracle for *arthritis*...
- ◆ A cutting-edge treatment for *heart disease*...
- ◆ May even block *tumors* — and more...

by Alan Inglis, MD

Dear Health-Seeking Friend:

Archie seemed a little nervous telling me that his grandpa cured his arthritis with *Chinese water snake oil*...

I figured his doctor had laughed at him before.

So, I did what I normally do. I sat down and listened. Then I asked Archie...

“Really? How well did it work?”

“Grandpa swore by it,” said Archie. “I wanted to try it myself...”

“But I can’t find it anywhere! I was hoping you could help me.”

I promised Archie I’d investigate.

Mostly I wanted to make sure he wouldn’t hurt himself if he *did* find some snake oil...

But it turns out grandpa was onto something HUGE...

So please, suspend your own temptation to hoot for a few moments more.

Let me walk you through the simple facts about *real* snake oil,

one at a time...

SIMPLE FACT:

Snake oil originally *did* come from China...

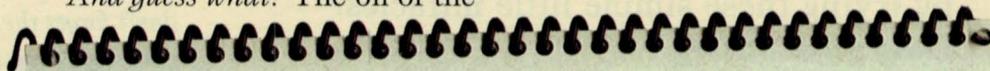
Back in the 1860s, Chinese workers building our transcontinental railroad brought it over from the old country to ease arthritis and muscle pain. Folks probably laughed just like now. But coworkers who actually tried it, *loved it*. So eventually, patent medicine salesmen concocted their own, bogus versions...

And it was the *phony* snake oil (not the real stuff!) that peddlers sold at medicine shows...

SIMPLE FACT:

Only recently did scientists bother to test *real* snake oil...

And guess what? The oil of the



Did they swallow it or rub it on?

Either method could have worked!

Real snake oil has yet another marvelous property — the omega-3 fatty acids it contains can be ingested, and they work very well that way. But they also soak into your skin very rapidly, so you could just rub the oil onto an aching joint. The Chinese railroad workers who first introduced real snake oil probably rubbed it on.

NOTE: The *phony* stuff sold by “snake oil salesmen” was strictly a rub-on liniment. (Some deluded folks may have tried swallowing it, but I hope not too many.)

Chinese water snake (*Enhydris chinensis*) turns out to be an incredibly rich source of eicosapentaenoic acid — EPA for short. And health researchers today are over the moon about EPA. It’s the kingpin of a group of lifesaving compounds called Omega-3 fatty acids...

Maybe you’ve heard doctors enthusing about Omega-3 fatty acids?

They’re all the rage in the halls of medicine and EPA is the main event. If your body doesn’t get enough, you come down with arthritis, heart disease and a host of other inflammatory conditions. Plus, dozens of studies at top universities suggest that *supplementing* with the right amounts may...



History of Snake Oil...

- Improve your cholesterol and triglycerides...
- Cut your heart disease risk in half...
- Possibly correct irregular heartbeat...
- Slow growth of cancerous tumors...
- Even relieve depression (your brain requires large amounts of EPA)...



stuff so simple, it's astonishing. And these treatments aren't just scientifically proven — *my patients will tell you they work in real life.*

Best of all, instead of costing you a fortune, many of these miracles are hiding all around you, in your kitchen or backyard. That's why I call them common sense country cures. Just keep turning these pages, and you'll find out why the cutting-edge "drugs" in TURKEY STUFFING, PUMPKIN PIE, APPLES, NUTS and even GARDEN WEEDS can blow away anything at the prescription counter.

Let's start with a folk remedy your own grandfather may have sworn by...

And yes, erase arthritis pain!

You see, your body converts EPA into still other compounds called *series 3 prostaglandins* — and these are truly fabulous natural pain-killers. Well, it all goes to show you that one of my favorite ballplayers was right when he said...

"You can hear a lot by listening"

—Yogi Berra

Over the years, I've uncovered hundreds of natural remedies just as astonishing as the one above...

Just by listening to patients like Archie, finding out *what really works*, and uncovering the scientific facts that make it work. Now I'd like to share all the best of them with you and your loved ones, FREE.

**Just let me send you
10 FREE GIFTS
OF HEALTH...**

...and you'll soon see and feel what I mean. You'll learn how to make your body immune to heart attacks, joint pain, diabetes and dozens of other conditions with

P.S. Alas, real Chinese water snake oil is almost impossible to find today and I guess that's a good thing for the snakes. (In case you're wondering, rattlesnake oil has less EPA than the Chinese variety, and some species are endangered.) *But I turned up something even better for Archie's arthritis.* It's extremely high in EPA and has other powerful tricks up its sleeve too. I'll warn you, though, it's so inexpensive and easy, you may think I'm kidding (but I'm not!)...

(Continued on page 4)

FACT!

Medicine shows *did not* sell real snake oil...

Slick peddlers brewed up bogus versions and just *called* it snake oil. A typical brand, "Stanley's Snake Oil," was tested by the U.S. government back in 1917. It turned out to contain mineral oil and red pepper...

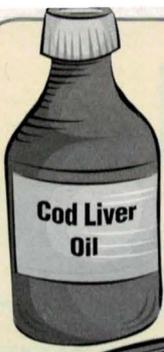
**And believe it or not,
many modern MDs PRESCRIBE
THE BOGUS STUFF TODAY...**

Because these compounds are exactly what you'll find in modern-day *capsaicin cream*! You can find this cream at any drugstore, and it's actually pretty good for temporary arthritis relief. (Do NOT swallow it.)

See what a mess modern medicine really is? Solemn-faced critics of folk remedies don't have a clue what they're talking about! But let me make it simple for you. I'll guide you through the medical maze and uncover the incredibly powerful and *easy* cures hiding right under your nose. But sometimes the cures aren't that close. So, I'll also help you find the miracles being used by doctors all over the world.

It all starts when you send for your 10 FREE GIFTS, so RSVP today!

See page 23 and
RSVP today for
your 10 FREE
GIFT REPORTS!



Joint destruction reversed *overnight* by **COD LIVER OIL?!!**

This “silly old remedy” may even
beat cortisone — by a country mile!

NOTE: *Don't worry about the taste*, because we'll take care of that in a moment.

But first, so you won't think I'm crazy, let's examine the medical pedigree of good old cod liver oil.

SIMPLE FACT:

Any 19th century British doctor could have told you it's fabulous medicine for your aching bones...

It's been a documented remedy for joint pain, rheumatism and even gout for over 200 years. As if that weren't enough, it's even the classic treatment for rickets! Could you name any other joint medicine with such a long, safe, powerful track record?

Only one problem — that awful taste! But cod liver oil worked so well, folks cheerfully put up with it. Nobody even studied it much, because everyone knew it just worked.

Then along came cortisone, aspirin, ibuprofen and other drugs that don't taste fishy...

And everyone, doctors included, forgot about cod liver oil. Until along came *another* problem...

Turns out cortisone, aspirin and ibuprofen degrade your joints



Cod liver oil can not only reverse your arthritis, but also *normalize your cholesterol, lower your blood pressure, keep your arteries open* and all that other good stuff

if you take them for too long! Well, that sad news is still getting out. Some doctors still don't get it, and I hope you're not listening to *them*...

But in the meantime, some smarter doctors asked themselves, “*Hmm. Whatever happened to cod liver oil?*”

So finally, just recently, scientists at Cardiff University (that's in Wales) started testing cod liver oil...

And when they did — tada! I'm going to quote the press release here so you won't think I'm making it up:

“*Scientists at Cardiff University (Wales, UK) have confirmed what thousands of people with arthritis have believed for years. Cod liver oil is effective in treating joint pain and can slow, even reverse the destruction of joint cartilage.*” That's right — it doesn't just kill the pain. It can reverse the whole infernal process.

Now let me directly quote the

head researcher, Professor Bruce Caterson:

“*Our most recent work shows that by exposing human osteoarthritic cartilage to cod liver oil in the laboratory for just 24 hours we can turn off, or reverse, the action of the derogative enzymes and inflammatory factors affecting the tissue.*”

Get his drift? Skipping the 60-dollar words, what he's saying is that...

Cod liver oil transforms joint tissue overnight!

But the really neat thing is HOW cod liver oil works this 21st century magic.

When you put it under the microscope, cod liver oil is packed with EPA and other omega-3 fatty acids! Remember? These are the very same compounds that make Chinese water snake oil such a marvel.

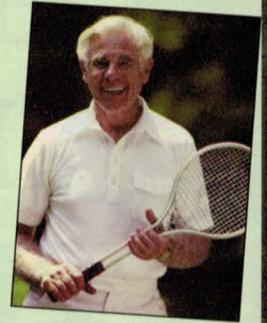
And *that* means cod liver oil can not only reverse your arthritis, but also *normalize your cholesterol, lower your blood pressure, keep your arteries open* and all that other good stuff that we covered back on page 3. (No need to flip back — we'll talk more about this stuff later.)

Now you're probably wondering...

“But what makes cod liver oil so special? Couldn't I just take regular fish oil?”

Wouldn't hurt you, but it's not

How the Surgeon General's Pain Cure FIXED ROBERT'S CLICKING ELBOW



Remember Surgeon General C. Everett Koop, M.D.? Probably America's most famous Surgeon General. I liked his style back in the '80s, but lately I've gained even more respect for him. You see, he secretly suffered from "incurable" back pain for years. But he happened onto an incredibly simple way to cure it...

And this secret works wonders for many other kinds of pain too!

Just ask my grateful patient, Robert T.

Like many active folks over 50, Robert had tennis elbow. And, like way too many sufferers, he got a cortisone shot for it. But the cortisone actually *weakened* his tendon and made things much worse. It got to the point where Robert's elbow was in constant, throbbing pain and...

Whenever he bent his arm, it actually clicked!

That's when Robert came to me and I suggested he try the Surgeon General's nifty secret.

RESULT: No more clicking, no pain, no problem, period. Robert's even *lifting weights and canoeing*, pain-free.

So just what is it that did the trick? Maybe some fancy new surgery or risky new drug?

Not on your life. Nope, all it took was...

SUGAR WATER!

In your free report, I'll explain exactly how this "sugar water" therapy works, and how to find a professional skilled

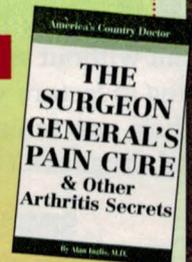
in its use. If it was good enough for the Surgeon General (and Robert), *think it might work for you?*

Full details in your

FREE GIFT #1

THE SURGEON GENERAL'S PAIN CURE & Other Arthritis Secrets

See page 23 now to claim all 10 Volumes!



the same. Cod liver oil has some very special tricks up its sleeve. Among other things, it's loaded with natural Vitamin D, and a hot-off-the-press scientific study shows that:

NEW STUDY:

The Vitamin D in cod liver oil keeps your immune system from attacking your joints...

...and people in this study who got the *most* Vitamin D had the *lowest* risk of arthritis!

So maybe now you'll actually try cod liver oil for your arthritis? Just let me send you the FREE details about how much to take and where to get the highest quality (*very* important) in a FREE REPORT,

THE SURGEON GENERAL'S PAIN CURE and Other Arthritis Secrets.

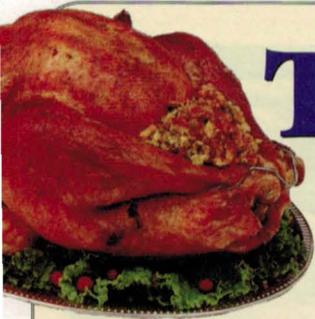
Come on, try it! My report's free and cod liver oil is wonderfully cheap, so what have you got to lose?

"But doctor, what about the AWFUL TASTE?"

Ah yes, the taste. I am happy to report that medical science has finally attended to this detail. In your free report, I'll tell you about a lemon-flavored variety that's quite palatable (not all brands succeed here, but this one's great). Or you can get it in capsules and freeze them — you won't even burp. See for yourself.

Now let's take care of heart disease... (Continued on page 6)

P.S. Some folks are scared they'll get too much vitamin D if they take cod liver oil. Now *that* is an old wives tale. It's theoretically possible, but you'd have to take a huge amount. You're more likely to be dangerously deficient in Vitamin D. (Not getting enough causes terrible trouble — more about this later.) You do need to worry about getting too much vitamin A from cod liver oil...from certain brands that is. Don't worry, I'll give you *very* careful dosing guidelines in your free report. Be sure to follow them. RSVP!



The amazing heart healing “drugs” in TURKEY STUFFING

Got an *onion* and some *celery stalks*? You’re all set! This little duo can outperform any cholesterol drug on earth...

RELAX, this isn’t a rant about the evils of statin drugs. If you’re taking them without side-effects, I’m not going to lecture you. But I do want to help you achieve what cholesterol drugs *can’t* do. First...

SIMPLE FACT:

Statin drugs can’t improve your “good” HDL cholesterol...

Oh, they may help it a tiny bit, but nothing worth bragging about.

Now maybe you’re thinking, “Big deal, so what?” But your “good” HDL is a huge deal — the main deal.

In fact, the latest studies show

The latest studies show that raising this “good” cholesterol is far more important than lowering the “bad” stuff

that *raising* this “good” cholesterol is far more important than *lowering* the “bad” stuff (LDL). *Your life could depend on making your “good” HDL cholesterol sky-high!*

Here’s why. You see, when your arteries get gunked-up — and they almost inevitably do — “good” HDL is your mop-up squad. Each little globule of “good stuff” goes to work like a tiny janitor. It sweeps away the “bad” LDL attached to your artery walls...

CELERY SECRET *drops blood pressure 40 points*

Did you know celery wasn’t used as a food until the 16th century? It was too precious. People saved it to use as a *medicine!* Not long ago, a researcher at the University of Chicago confirmed this ancient wisdom in spectacular fashion. He was studying high blood pressure — and found that his own dad was using what he would consider a “silly food cure” from the old country that corrected his hypertension like a charm.

His dad’s blood pressure dropped a full 40 points. Yet all the “cure” consisted of is eating some celery every day! *Skeptical?* So was the scientist! But old dad turned out to be right on the money, when researchers uncovered a miraculous compound in celery called 3nB.

How it works. 3nB blocks dangerous stress hormones and relaxes blood vessel walls. This allows blood to flow with a lot less pressure. Better still, 3nB could relax YOU when you’re feeling pressured and stressed-out. And it won’t make you dizzy or tired like blood-pressure drugs. *After all, it’s just celery.*

Why not give it a whirl? You’ve already got the celery and I’ll give you more details FREE in your FREE GIFT REPORT, *The World’s Easiest Heart Cures and Artery Cleaners.*

Can’t stand celery? Fine, I’ll also share the astonishing details about celery extract, and how this convenient supplement could also transform your health.



“Good” HDL scours your artery walls, SCRUBBING AWAY DEADLY PLAQUE...

See what I’m driving at? Lowering your “bad” LDL is okay for damage control...

But only raising your “good” HDL can clean out the mess you’ve already got!

Drug firms are well aware of this. They’re testing an artificial HDL that they dearly hope will work, and naturally they’ll charge a fortune for it. But why on earth would anyone pay to boost their lifesaving HDL...

When the world’s best HDL-boosting “drug” may be sitting in your kitchen!

“ONION CURE” boosts good HDL by a whopping 30%!

Your great-grandma could have told you that onions are wonderful medicine. But even she might have been floored



Plus I’ll show you:

- **The “molasses miracle” for hypertension** backed by over 30 studies. When scientists at Johns Hopkins crunched data from 33 different research projects, they found that many patients suffer from a simple potassium imbalance. Supplementing with the right dose of potassium can make high blood pressure plunge. And there’s no richer source of this lifesaver than a lip-smacking dose of blackstrap molasses. Find out how much to take every day in your FREE REPORT.

Why a country breakfast can be the WORLD’S BEST CLOT-BUSTER

For years, we doctors wondered why so many heart attacks come in the morning. Often it happens within the first few hours after you rise. Then a clever cardiologist in Canada found out...



Skipping breakfast triples your risk of heart attack-triggering blood clots!

It turns out that your blood cells get more slippery when you sleep — but when you wake up, they start getting sticky again. Then you’re in trouble, but not to worry. This same researcher discovered...

Eating breakfast makes them slippery again! So be sure to enjoy a healthy, hearty breakfast as soon as you get out of bed. I’ll give you all the details (even a menu!) in your FREE REPORTS — plus plenty more tips to protect you against these deadly blood clots all day long.

by the findings from Professor Victor Gurewich, M.D., of Tufts University. He’s discovered that a mere dose of onion every day can rocket your levels of “good” HDL — as much as 30%.

Don’t believe me? Why argue? See for yourself! Let me share the simple details of Professor Gurewich’s easy “onion cure” in a FREE GIFT REPORT, *World’s Easiest Heart Cures & Artery Cleaners*. The report is FREE and you’ve got the onions, so what have

you got to lose? Imagine your doctor’s face when he congratulates you on your blood test — and you hand him an onion.

Can’t stomach onions? No problem. In your FREE GIFT REPORT, I’ll fill you in on a safe supplement that does the same thing, plus more free tricks to get your HDL even higher.

Now let’s get diabetes out of your way with an even easier country cure...(Continued on page 8...)

LDL too high? Even easier...Here’s how Bruce shaved off 62 points!

In your FREE REPORT, I’ll also show you how my patient Bruce dropped his “bad” LDL cholesterol from dangerous to normal — without any statin drugs — thanks to a safe and inexpensive bean extract! It’s hands-down the most reliable natural cholesterol-buster I’ve ever worked with. Better-proven than policosanol and quite inexpensive. If you’re still trying to get your LDL lower, this is your best shot. I’ll tell you where to find it and how to use it, so RSVP today.

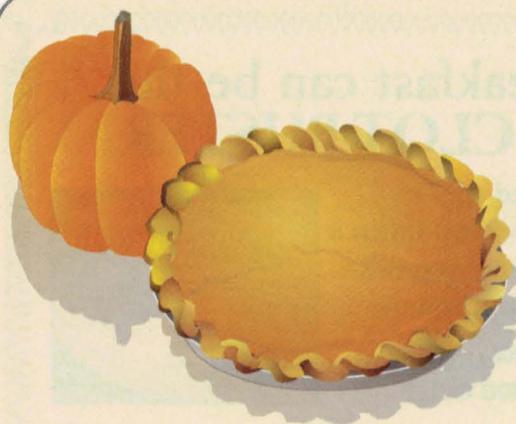
P.S. Show your doctor this free report, if you like. When he sees it, I’ll bet he’ll say, “Go for it!”

Full details in your **FREE GIFT #2**

World’s Easiest Heart Cures & Artery Cleaner

See page 23 now to claim all 10 Volumes!





The Pumpkin Pie Paradox!

Each mouthwatering slice contains
A DIABETES MIRACLE...

Keep diabetes drugs from destroying your liver...

With a GARDEN WEED!?

If your diabetes is very advanced, drugs may be unavoidable. But I've got another secret that can help your body *handle* diabetes drugs better. You see, medicines like *Glucophage* (biguanide metformin) and *Advandia* (thiazolidinediones) have a nasty record of liver damage and heart disease. I wish it weren't so, but they do.

But in your FREE REPORT, I'll tell you about a common *country weed* that protects your liver from those toxic side-effects. You can easily grow it yourself — hey, it's a weed! — but it also comes in supplement form. Let me give you the details about where to find it and how much to take.

P.S. Even if you don't take diabetes drugs, many other prescriptions stress your liver too. So why tempt fate? You've only got one liver and this weed is mighty cheap liver insurance. RSVP today!



No fooling — in fact, **pumpkin pie** contains not one, but two diabetes-beaters, and I'm going to show you right now how they can...

1. Lower high blood sugar 30%...
2. *Triple* the power of your body's natural insulin...
3. Keep diabetes *out of your life*...

Lickety split, without drugs and without even leaving your kitchen.

Easy enough? Let's get started! First of all, have you ever wondered...?

Why exactly does pumpkin pie taste so good?

A big part is the *sugar and spice*, right? Pumpkin pie is spiced with cinnamon and cloves...

Researchers have found that cinnamon may also *triple* the effectiveness of the natural insulin your body makes.

And both of these spices taste *wonderful* when you add them to something sweet!

Think of old-fashioned cinnamon buns. Sugar and cinnamon taste like they're made for each other!

Or a honey-glazed country ham. It demands to be studded with cloves!

You might say we humans are hard-wired to crave these spices with our sweets...

Hmm. Maybe Mother Nature's trying to tell us something!

Lately, scientists have been taking a close look at both these "sugar-loving" spices. And we're finding that they're astonishingly effective medicines for *diabetes*. Yes, believe it or not...

Cinnamon turns out to be an amazing diabetes "drug"...

In fact, its chemical structure is intriguingly close to...*insulin*!

Not only that. Researchers have found that cinnamon may also *triple* the effectiveness of the natural insulin your body makes. Well, if you've got diabetes — or if you're at risk — this simple fact could be life-changing. Because, as you probably know, Type II diabetes happens when the insulin in your body becomes *less* effective.

Imagine turning it around with a pinch of cinnamon!

Too good to be true? *Nope*. Let me simply quote a scientist who's helping to unlock this miracle:



“Cinnamon itself has insulin-like activity and...a bio-active component that we believe has the potential to prevent or overcome diabetes.”

—Professor Don Graves, University of California, Santa Barbara

Now let's cut through the jargon. I'm going to spell out exactly how you can use this powerful natural medicine, in a FREE GIFT REPORT, *The Diabetes “Food Cures” Concealed in Your Cupboard!* As you'll see, just sprinkling a tiny amount of this spice in your coffee, cereal — or yes, on low-sugar desserts — could help you...

- Drop your blood sugar up to 30%, *even if you've got diabetes...*
- Lower the “bad” cholesterol and heart-damaging triglycerides in your blood...
- Keep diabetes from taking over or even *beat it back...*

NOTE: Don't go wild here. This is strong medicine! Please don't overdo the dosages that I recommend in your FREE GIFT REPORT. But do check out the equally exciting news about cloves. They can also help your body handle sugar more easily, and not only that...

Did you know that cloves could be a better blood-thinner than aspirin?

They've got other lifesaving tricks for you too. So why not find out how to *use* these two miracles? They're already sitting in your spice rack, so you may as well put 'em to work. Just see page 23 now to claim all 10 of your FREE GIFT REPORTS, where you'll also discover some extremely sweet news about conquering *cancer...* (continued on page 10)

Don't let diabetes BLIND YOU!

Stop the damage to your eyes, skin and kidneys with...

SIMPLE FACT: Merely controlling your blood sugar won't stop diabetes from slowly destroying your organs. This deadly process is called *glycation* and it doesn't just threaten your eyes. Day by day, it eats away at your kidneys, your skin, your blood vessels...

But don't despair, help's on the way. Not from some scary new drug, but from one of the best-proven “country cures” in the history of medicine...

Good old garlic!

Just make sure it's “old.” Researchers at the University of Manchester in England have shown that a special form of aged garlic extract may help stop glycation in its tracks. This extract is very different from other garlic supplements. It's produced by a long extraction process that takes about 2 years. I'll give you all the details about the brand I use in my own practice — and how much to take — in your FREE GIFT REPORT, *THE DIABETES “FOOD CURES” Concealed in Your Cupboard.* So don't let diabetes threaten your eyesight or kidneys for one more day. Turn to page 23 and RSVP today!

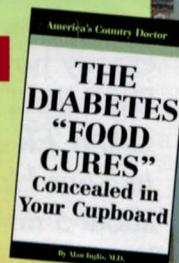


Full details in your

FREE GIFT #3

**THE DIABETES
“FOOD CURES”
Concealed in
Your Cupboard**

See page 23 now to
claim all 10 Volumes!



A “cupboard cure”

(Before you snicker, see below — and next time

NOTE: This is not some dicey “miracle cure” that sets you back thousands of dollars and probably won’t work. This amazing stuff costs nearly nothing and I’ll bet you already own some. Research is ongoing and no one’s calling it a “cure” yet — but we’re getting so close, I’d be remiss not to give you a heads up.

How powerful is it? Already, some careful and cautious cancer researchers are saying:



“Extensive research over the last 50 years has indicated [this substance]

CAN BOTH PREVENT AND TREAT CANCER”

—Research bulletin from MD Anderson Cancer Center, University of Texas

What is it? Well, let me put it this way...

Ever wonder why hot dogs taste so good SLATHERED WITH MUSTARD?

Forgive me for sounding like

a broken record, but maybe nature’s trying to tell you something!

As you may know, hot dogs contain chemicals called nitrites that might encourage cancer. But the *mustard* you slap on your franks is something else — an honest-to-gosh anti-cancer arsenal. In fact, hot dog mustard contains no less than 3 different, cutting-edge “cancer enemies:”

◆ **CANCER ENEMY #1: Selenium.** All by itself, this mineral may cut your prostate cancer risk

5-MINUTE BREAST TEST

Learn how to catch tumors mammograms miss!

Maybe you knew that mammograms often fail to detect fast-growing tumors? In one study, they missed as many as 30% of cancers! Now I’m *not* saying, “cancel your mammogram” — but I do want you to know about an easy manual test that was shown to pick up those 30% of cancers that mammograms miss. Let me explain exactly how to do it in your **FREE REPORT, 14 NEW CANCER MIRACLES Hiding in Your Home.** Takes about 5 minutes per breast. Your doctor



should do it once a year and if you want to be even safer, your husband can do it in the privacy of your bedroom each month. It’s that simple. RSVP today, and I’ll also tell you about:

- **Move over tamoxifen!** Make way for *coleslaw*. Drug firms are pushing tamoxifen as a “lifestyle drug” that every woman should take to prevent breast cancer. I think that’s going way too far — especially when *common coleslaw* contains a fantastically effective natural compound

that’s much safer. It’s called 13C. Instead of just blocking excess estrogen like tamoxifen does, this compound literally *burns up “bad” estrogen!* It’s available in supplements, and I’ll also give you a full list of delicious foods containing it.

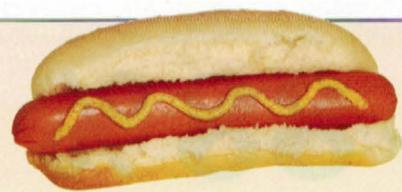
Full details in your **FREE GIFT #4**

14 New Cancer Miracles Hiding in Your Home

See page 23 now to claim all 10 Volumes!



for CANCER?



you have a hot dog, don't forget the mustard!)

In fact, hot dog mustard contains no less than 3 different, cutting-edge "cancer enemies."

nearly in half.

◆ CANCER ENEMY #2:

Isothiocyantes. Don't worry how to pronounce it — there won't be a test later! Just remember that mustard seeds are packed with these good guys, and researchers are saying they can "inhibit growth of existing cancer cells and...be protective against the formation of such cells." In plain talk, they could be saving your gut from big, bad trouble.

◆ **BUT THE BIG KAHUNA IS #3.** It's called *curcumin*, and this is what gives ballpark mustard its lurid yellow hue. To quote those hard-working researchers in Texas yet again, this stuff...

- "Halts spread of breast cancer..."
- Makes chemotherapy less toxic...

Plus, researchers at the University of Leicester in England say it could even be a powerful weapon against **hormone-resistant prostate cancer**. Now look — the research has a way to go and so far it's been mostly on lab animals. But my point is that you can do plenty to curb cancer without ever leaving your kitchen.

IMPORTANT: There are many



other ways to get curcumin in your diet. Hot dog mustard doesn't contain near as much as Indian curry, and if curry's not your thing, I'll tell you how to get and use curcumin supplements.

Just let me give you all the details (including recommended dosages — don't overdo it!) in a FREE REPORT titled **14 NEW CANCER MIRACLES Hiding in Your Home**.

P.S. It might also save you from Alzheimer's...

A very smart researcher at U.C.L.A. named Dr. Gregory Cole is already saying curcumin "could be capable of both treating Alzheimer's and

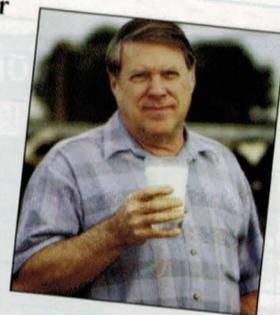
lowering a person's risk of developing the disease."

P.P.S. And if you've got a loved one with arthritis, colitis, Crohn's or even cystic fibrosis...

Scientists are saying curcumin could help with all the above. Don't take my word for it! All the details are in your FREE GIFT REPORT, so why not tear off page 23 and send for all 10 FREE GIFTS now? When you do, I'll also show you how some *very* clever folks are getting 88% smarter in 24 hours... (Continued on page 12...)

DO CALCIUM PILLS cause prostate cancer?

Any prostate cancer in your family? Watch your calcium consumption, men! New studies show that men who consume lots of dairy have a 32% higher risk of prostate cancer — and calcium could be the culprit.



So now what? You still want to keep your bones healthy. See my simple advice in your FREE REPORT, **14 New Cancer Miracles Hiding in Your Home**. Just keep your calcium intake at the level I suggest, and make darn sure you get my recommended dose of vitamin D. In addition to everything else I've told you about it, this vitamin is also a powerful protector against prostate cancer — and calcium actually lowers your Vitamin D levels. Enough said? RSVP today!

88% SMARTER in 24 hours?

How did those 100-year-old Russian farmers *really* stay so sharp and peppy? Could their “country cure” keep you out of nursing homes — *and make you smarter overnight?*

Remember all those yogurt commercials back in the 1970s? They’d show you a bunch of Russian farmers, all of ‘em over 100 years old — spry as goats and sharp as whips.

Well, it turns out the Russians were onto something, but...

HINT: It wasn't the yogurt!

Just like their American counterparts, Russian farmers have their own stock of colorful folk cures. As you might expect, *some* of these quaint little customs are proving to be merely interesting...

This little weed is proving to be such a fantastic energy-booster, the Russians are feeding it to their cosmonauts and athletes.

But one of these mountain secrets is making scientists gasp...

Over in Russia, they call it “arctic weed” and it grows all over the northern steppes. You can eat it or brew it into a tea (smells lovely) and old-timers up there swear by it.

For centuries, they’ve been

claiming it’ll help you live to 100 and love every year...

“Yeah, right,” snickered skeptical scientists. But when they finally got around to testing it, WHOA.

It’s making ginseng look puny as Kool-Aid. I’ve been using it in my own medical practice and my patients can attest it’s very much for real. I’ll give you all the scientific details about “arctic weed,” where to find it and what it can do for you in a FREE GIFT REPORT, **88% Smarter in 24 Hours.**

Right here, let me just share a few highlights...

World's easiest sex-booster for MEN and WOMEN!



When it comes to sexual satisfaction, drug-makers offer women nothing but sympathy. But this same arctic weed seems to help both women *and* men in just about every sexual department. Let me just quote a professor of clinical psychiatry at Columbia University:

“It improves satisfaction, pleasure, erections, response to orgasms...”

“And menopausal women say the

cobwebs are gone!” That’s pretty much what my own patients say too. Let me send you the details about how to use it. *RSVP today!*

Full details in your

FREE GIFT #5

**88% Smarter
in 24 Hours**

See page 23 now to
claim all 10 Volumes!



RESULT 1

When they tested what it does for your *brainpower*...

This little weed shot out the lights. Just 24 hours after folks ate an extract of the weed, their test scores shot up 88%. (In case you're wondering, there was a control group who took a placebo instead of the extract. Those unfortunate folks scored 84% *lower* than before.) But that's just the start...

RESULT 2

When they gave it to folks with *depression*...

The weed came up aces again! Turns out it lifts your levels of the "feel good" brain chemical *serotonin*, by an impressive 30%. Drugs like Prozac can do this too, but they cost a fortune and carry a string of nasty side-effects. This inexpensive little weed does it naturally and the side-effects are *wonderful*. For example...

RESULT 3

Ever feel *weak or fatigued*...?

This little weed is proving to be such a fantastic energy-booster, the Russians are feeding it to their Cosmonauts and athletes. Scientists say it may work by rushing more fuel to the "energy factories" inside your cells. Whatever — it works.

RESULT 4

Want to *lose 20 pounds the easy way*...?

It can help you there too! Researchers studied two groups of overweight folks. Those who used the weed lost 20 unwanted pounds in a matter of months — while the

Reverse *gum disease* WITH GRAPEFRUIT?!

If you've got periodontitis, you know how expensive and painful the treatments can be. But what if I told that you could improve your symptoms dramatically...*easy as eating grapefruit!* That's right, according to researchers at Germany's famed Friedrich Schiller University, a daily dose of grapefruit could make an enormous difference in your gum health. And this comes as no surprise to me, because...



Sailors have known this for *centuries*...



Modern doctors tend to forget that gum decay is a symptom of *scurvy!* Of course, the cause of scurvy is insufficient vitamin C, and the British navy wiped it out centuries ago by giving their sailors citrus.

Worked then, works now! Even if you *think* you're getting plenty of vitamin C in your diet, give it a go. The German study suggests this "grapefruit cure" could work like a champ for your precious choppers.

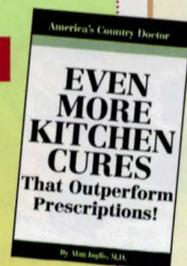
Doubt me? Just listen to this description of a 16th century explorer whose men didn't get their citrus: "*Their mouths became stinking, their gums so rotten that all the flesh did fall off, even to the very root of their teeth.*" Want to avoid that? Let me tell you how much grapefruit to eat (or be sure to supplement as I suggest) in your FREE BONUS REPORT, **EVEN MORE KITCHEN CURES That Outperform Prescriptions!**

Full details in your

FREE BONUS GIFT

EVEN MORE KITCHEN CURES That Outperform Prescriptions!

See page 23 now to claim all 10 Volumes!



folks who got a placebo *gained* weight.

So why suffer "*senior moments*" *one more day*...

When this little weed could be clearing things up overnight...*and* making you peppier, happier, stronger, fitter and trimmer too. Please, if there's only one piece of

my advice that you actually decide to try, make it this one. Do let me send you the details. The report is FREE and you won't risk a penny by asking for it, so RSVP today! When you do, I'll also show you how simple it can be to *get back in shape again*...

(Continued on page 14...)

Eat like an old- GET SKINNY AS

Feast on carbs, forget “low-fat” and you too

If you ever sat down to supper with an Amish farm family... The Amish live much as their ancestors did 150 years ago, and their meals can be sky-high in carbs and fat. There’s so much wonderful food on the table — breads, preserves, butter, cheeses, meats, and second helpings, and dessert...

It’s a scene that would totally horrify any low-carb or low-fat diet guru...

Yet obese Amish farmers are

scarce as hen’s teeth! A new study of Amish farm families found that, despite ignoring every piece of modern dietary “wisdom” that’s come down the pike, their obesity rate is a minuscule 4%. The rest of America is 8 times fatter, with a rocketing obesity rate of 31%!

How come? Part of it for sure is all the exercise they get, but there’s much more we can learn from these old-fashioned farmers. And if *you’d* like to lose 10, 20, 50 pounds — or more! — there’s no more satisfying way than my “old-fashioned farmer’s eating plan.” I’ll send you all the mouthwatering details in a FREE REPORT, *How to Eat Like a Farmer and GET SKINNY AS A RAKE*. No, I haven’t lost my mind. Let me explain why this shockingly permissive “diet” peels off the pounds (and keeps ‘em off!) so easily.

❖ **Skinny Secret #1: Why buttering your bread makes it less fattening...**

Yes, the latest studies confirm it’s true and it actually makes a lot of sense...

Because carbs don’t really count *until they hit your bloodstream!*

You see, the faster your body absorbs a food, the more it spikes your *blood sugar*...

The higher your blood sugar spikes, *the more insulin you secrete*...

And the more insulin you

“Dr. Inglis listened carefully to me...helped me with nutrition [and] today I AM 50 POUNDS LIGHTER!”

—Rita Mary,
Great Barrington, MA

Why *chocolate* is the world’s best COUGH MEDICINE...

And 8 more tidbits they *still* haven’t told you about your favorite treat!

Maybe you’ve heard that chocolate has more antioxidants than broccoli. *Great news!* But it’s just the beginning for this food of the gods. I’ll show you in your FREE REPORT how you can actually use with chocolate, like medicine...

- It can be a fantastic *cough medicine*. At least as effective as codeine, says a new study. (This is welcome news, since another study shows that over-the-counter cough syrups are worthless!)
- It could lower your blood pressure 10 points when used as directed in your FREE REPORT...

But make sure you’re using the right kind! Many chocolate bars are expensive junk, and some mass-produced varieties include chocolate from Ivory Coast plantations that still rely on child slavery. Let me give you my list of recommended brands, dosage instructions and 6 more fascinating tidbits about your favorite treat (including why it won’t spike your blood sugar), in your FREE REPORT, *How To Eat Like Farmer and GET SKINNY AS A RAKE*. (The report is FREE and you already love chocolate, so what are you waiting for?)

Full details in your
FREE GIFT #6

How to Eat like a Farmer and GET SKINNY AS A RAKE!

See page 23 now to claim all 10 Volumes!



fashioned farmer and A RAKE

could lose 50 pounds...

secrete, *the more weight you gain*. So a key trick to losing weight is slowing down the absorption process. "Slow down" a food enough and you can actually lose weight by eating it.

So forget counting carbs.

Instead, look for foods with a *low glycemic load*. That's scientist-jargon for "it gets absorbed slower." The lower the glycemic load, the better.

Whole grains are great. All the fiber they contain really slows them down. So whenever you can, enjoy whole grain breads, oatmeal, wild rice and other whole-grain goodies. You've probably heard that already...

But here's the really nifty part. You can also lower a food's glycemic load by *combining* it with a different food. For example, you can lower the glycemic load of bread by adding the "good fats" found in *butter* or *olive oil*. Just butter your bread and presto — it's less fattening.

And that's just the warm up. In your FREE REPORT, I'll show you many more incredibly tasty ways to lower your glycemic load *without* starving or giving up treats, like...

If you'd like to lose 10, 20, 50 pounds — or more! — there's no more satisfying way than my "old-fashioned farmer's eating plan."

This red meat can be 25 times healthier than salmon!

One more tip from those Amish farmers. They typically do eat a lot of red meat. But the *organic, grass-fed* beef raised on Amish farms is chock full of arthritis-fighting, heart-healthy, good-for-you...

OMEGA-3 FATTY ACIDS!

We talked about omega-3s at the start of this magazine, remember?

Scientists pretty much agree that if you want to know how heart-healthy your meat is, you measure the ratio of omega-3 fatty acids to omega-6 fatty acids. The higher the ratio, the better.

Well, *some red meats are bad*. Grain-fed cattle that are fattened at industrial-style feedlots have a very *unhealthy* ratio of 1-to-20. Wild fish like salmon are much healthier, with a ratio of 3-to-1.

But meat from *grass-fed cattle* can be so high in omega-3s, it's



practically off the charts! According to a study performed at Iowa State University in 2001, the omega-3-to-omega-6-ratio of grass-fed, organic beef could be as high as 1-to-0.16. *That's 25 times better than wild salmon!*

How can this be? Simple! Mother nature designed us to eat meat, but she didn't design cattle to be *force-fed with grain at feedlots!* That's unhealthy for them *and* us. But go ahead and enjoy your beef, as long as it's raised the traditional, grass-fed way. Full details and recommendations in your FREE REPORT. RSVP today!

❖ Skinny Secret #2: Why dessert "doesn't count"...

Not as much as you think! Why? Because *when* you eat a treat is as important as *what* it is! Eat a piece of chocolate cake before dinner and you're in trouble. The sugar shoots into your bloodstream quick as a wink.

But enjoy it *after a healthy meal* and the glycemic load is lots lower. That's because all the whole grains and veggies you ate for dinner go

into the mix and level things out.

Grandma knew this. She never let kids have dessert before cleaning their plates...

And that's my whole point! Are you starting to see how absurdly easy it can be to get healthy and fit, just by doing some old-fashioned stuff that our grandparents knew and "modern medicine" forgot?

That goes *double* for osteoporosis and menopause, by the way...

(Continued on page 16...)

How NOT to break your hip

HINT: Grandma knew the answer and it's NOT "bone-building drugs"...



Even my own patients do a double take when I share this finding from recent medical studies. If you *don't* want to break your hip, the *only* medically proven way to prevent it is...

Don't fall!

I'm not being a wise guy. Osteoporosis is not a good thing, but it's way oversold as a cause of deadly hip fractures. In fact, according to the latest clinical data...

SIMPLE FACT:

Osteoporosis accounts for just 1/6 of your hip-fracture risk...

In other words, if every older person in America had "normal" bone density, we'd still have a hip-fracture epidemic. Why? Your grandmother could have told you the obvious reason...

People over 50 fall more often!

That's because people over 50 have increasing problems with poor vision, balance and muscle weakness.

So sometimes they don't see curbs, obstacles or ice. When they trip or slip, they're more likely to fall. And when they do fall, they're more likely to land awkwardly — on their hips.

That's what causes hip fractures! But I'm not telling you all this to scare you...

Now for the good news. Most of the cures for these real causes won't cost you one red cent. I'll show you how simple it can be in a FREE REPORT, titled **HOW NOT TO BREAK YOUR HIP and Other Common Sense Cures for Folks Over 50.**

So please, even if your bones are stout as oak...

Remember, you're still at risk of breaking your hip *if you fall*. RSVP and make sure you don't!

Now I can still hear you asking, just like my own patients...

"But doctor, what about OSTEOPOROSIS?"

Relax, we're going to take care of that too. But first, bear in mind

THE ONE HORMONE THERAPY every American over 50 should consider



Did you know that Vitamin D is a hormone? Did you know your body needs it in order to make your other hormones? Did you know that *not* getting vitamin D is linked to colon and breast cancer? And men, did you know that low Vitamin D is even linked to *prostate cancer*?

Your doctor probably told you that you need Vitamin D to build bone. But did he tell you that many Americans over 50 are dangerously *deficient*? And that low levels also raise your risk of *falling*? (Vitamin D helps your muscle coordination, improving your balance.)

Let me show you exactly how much vitamin D you need, how much to take and what form to insist on. (You need much more than the "Recommended Daily Allowance" and you need the right form — don't guess about this.) Plus, if you're suffering bone-loss, I'd strongly advise getting your Vitamin D levels tested. You may be deficient even if you're supplementing. *Full details in your FREE REPORT, so RSVP today!*

It's your calcium absorption that's been declining and that's a much bigger problem.

that a little bone thinning (about 0.5 to 1.5% per year) is natural and normal as women get older. Drug companies have cranked up the fear-factor for this "osteopenia" way beyond what the scientific data actually supports. All that being said, if you don't want osteoporosis, here's what the best, most recent research says to do:

#1. Do NOT take "bone-building drugs" for the rest of your life. Used for short periods, they may be okay, but not in the long term. When scientists recently biopsied bones of women who had been taking these drugs for longer than 5 years, they found overall destruction of bone. **VERDICT:** *Pending further research, take these drugs for no longer than 5 years.*

#2. Do NOT put too much faith in calcium supplements. After all, your calcium intake probably hasn't changed in years. It's your calcium *absorption* that's been declining and that's a much bigger problem. Taking more calcium won't change this much, but something simpler can...

#3. Vitamin D. Maybe you're already taking it, but probably not enough! See why below.

#4. Apples and nuts! Can't hurt and could do wonders. See the startling reasons below.

See, wasn't that simple? Now just turn the page and let's start solving every other health worry you may have, just as quickly and easily...*(Continued on page 18...)*

"APPLE & NUT CURE"

for menopause problems beats dangerous HRT!



Have you noticed that Premarin and Prempro are making a comeback? Some doctors have gone back to prescribing these "horse urine hormones" (yes, they *are* extracted from horse urine), despite the known dangers. The reason is simple. *The doctors THINK they have no stronger alternatives!*

Do you still have hot flashes, despite trying herbs and soy?

You're not alone, but you still don't need to risk your life with horse hormones. In your FREE REPORT, I'll tell you about a highly effective natural therapy that's been used by Japanese and European doctors for years. (It works so well, the makers of Prempro are lobbying to outlaw it. What a nice bunch *they* are!) Plus, I'll share the shocking new facts about an even easier natural alternative...

How to double your natural estrogen levels for free

Did you know that many women are seriously deficient in the trace mineral boron? Dr. Forrest H. Nielson at the U.S. Department of Agriculture has done some startling research on just how much we need this "minor" mineral. He found that when postmenopausal women got just 3 more milligrams of boron every day...

It doubled their natural levels of the most active form of estrogen. In fact, their levels were comparable to women on HRT. Not only that, they also doubled their testosterone levels. And women do need testosterone. It's what powers a woman's sex drive! Testosterone is also critical for bone building, and speaking of bone, these women who got the extra boron...

Dropped their calcium loss by 40%!

Now you could take boron supplements and they're not that expensive. But you may find it easier simply to eat boron-rich foods. In your FREE REPORT, I'll show you how to get your 3 mgs. a day just from eating a couple of apples and a handful of some delicious nuts!

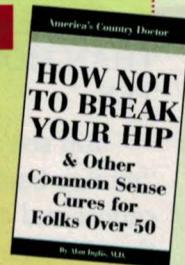


Full details in your

FREE GIFT #7

HOW NOT TO BREAK YOUR HIP & Other Common Sense Cures for Folks Over 50

See page 23 now to claim all 10 Volumes!



Let's keep the healing happening...



I Do House Calls —Just RSVP!

My great-great-grandfather did house calls with his trusty horse and buggy...

Well, I don't own a buggy. But as America's Country Doctor, I found a way of visiting your home that's working out *better* than horse-and-buggy-house-calls for thousands of good folks like you. It's called *Health Revelations* and I believe it would have made my great-great-grandfather proud...

MY COMPLETE HOME DELIVERY SERVICE For Country Doctoring at Your Convenience...

24 hours a day, 7 days a week, including holidays!

HOW? You'll see in a moment how well it works — and it *will*, or the whole deal's on me...

Over in China, country doctors don't get paid UNLESS THEIR PATIENTS GET WELL...

And I'm taking a page from their book with my BETTER-THAN-MONEY-BACK GUARANTEE.

You see, some folks who offer a "money-back guarantee" let you cancel and get your money back for the stuff they *haven't* sent you. But you're going to get everything at *my* risk. At any time...

Even on the very last day of your subscription, after you've received every single item and service detailed below...

You can just say, "cancel" and ask for a refund. I'll cheerfully send you back *every penny you paid*, and you'll...

KEEP YOUR 10 FREE GIFTS...and all your issues & everything else!

Call me a country boy, but I wouldn't feel good about keeping a cent unless you and your entire (extended!) family are completely *delighted* with your...

1. FREE 10-Volume LIBRARY, The Country Doctor's Big Bag of COMMON SENSE CURES. Containing full details about all the *almost-too-easy* (but scientifically proven!) country cures I've talked about here, plus over 100 more. Making it simple (at last!) to overcome or prevent everything from a lifetime of agonizing arthritis to asthma, diabetes, heart disease, cancer, the works — including stuff you were probably too embarrassed to ask about, like a gurgling belly or toenail fungus. Best of all, lots of the best medicine in my "black bag" is already hiding in your home!

2. MONTHLY ISSUES of Health Revelations, in which I will **NOT** scold you, scare you or gripe at

you for taking your family doctor's advice. Instead, my newsletter reveals all the best new ways to get *even better* results than you're getting — with secrets so simple and easy, you'd be nuts not to try them. I promise you won't have to eat 20 vegetables a day or fill your garage with workout gear. *This is practical stuff you can actually do.* (And so pleasant, you'll even want to do it.) Moreover...

- **I'll discuss the top alternatives and safest mainstream treatments.** That's right, I'll deal *evenhandedly* with your entire spectrum of options. Whether it's carbs or cholesterol drugs, I'll work *with* you, not against you. You'll always come away with a new, better solution that works for *you*.
- **It's a breeze to read, but it's not lightweight!** You can fearlessly share your issues with your full-of-questions Aunt Alice *and* your know-it-all nephew Arthur. For once, they'll both be thrilled.
- **And because I don't bash your regular doctor**, you can even show it to him or her. (And the science is so solid, he's likely to say, "Okay by me." Imagine! We'll *all* be on the same page at last!)

3. FREE E-MAIL "HOUSE CALLS" **three times a week**, but only if you want them! In these quick-to-read letters, I'll make sense of the

week's health headlines...brief you on breakthroughs that *didn't* make the news...tip you off to no-brainer new ways to feel better fast...and the best part is, you can share these "house calls" with your loved ones, quick as clicking FORWARD. (If you've got a parent concerned about memory loss, a friend with diabetes, a cousin battling cancer — what a caring way to keep them in the loop!)

4. PLUS FREE e-mail alerts (not scare-o-grams!) about drugs you may be taking. I want you to have peace of mind about your medicines. So I study the research as it happens, and whenever a red flag goes up for a major drug, I'll shoot you an e-mail. *I promise, we won't fly into a panic!* We'll sort things out calmly and clearly, so you can decide what's right for you.

5. FREE 24-Hour Admission to my Country Doctor Archives & Research Library! *Got a burning question? An emergency? Doing research for a loved one?* I keep a big online archive of my personal research on everything from cancer to colitis and warts — and you will have a password to access it anytime, on

the Internet! You'll find articles here that can lead to *your* missing cure, plus all the back issues of **Health Revelations**, archived copies of "House Calls" and much more besides. (Including, of course, a SEARCH button that lets you find everything in a flash!) If you've *still* got questions, fine...

6. PROMPT ANSWERS when you need them most. I try to give you all the answers you need through your library of Country Cures, your monthly issue, the House Calls e-mail service, and regular updates to the website. But if you ever find yourself stumped, write or email me anytime! We'll get back to you as quickly as we can.

7. MONEY-SAVING DISCOUNTS on hard-to-find supplements. The market is awash in "natural cures" that do NOT work or even contain what their labels claim. But I'll point you to the hard-to-find supplements that I recommend to my own patients. I'll provide names, addresses and phone numbers of the top-quality companies. And whenever I can, I'll negotiate discounts for you and your family.

8. PRIVATE INVITATIONS to Country Doctor Phone Conferences. Like I said at the start of this magazine, I believe in *listening* to patients. These conferences give you the chance to look me in the eye, ask your questions — and get real answers! — to your heart's content. When good folks get together to talk, we all come away wiser. (Even me. I learn more about *your* needs!) So, with your subscription, you'll get a private invitation to these special events. *Don't miss out! RSVP today!*

How much for all this? I've been saving the best part for last. If you accept my invitation to receive **Health Revelations**, you'll get all this and more for as little as \$2.42 a month — less than you probably pay for lipstick or shaving cream! And remember, everything's backed by my BETTER-THAN-MONEY-BACK GUARANTEE, so you're not even out a cent unless you're wildly satisfied.

Fair enough? Then don't sit on your hands, *turn the page and check out your FREE GIFTS...*

(Continued on page 20...)

Charlie's incredible, 2-for-1 HEARTBURN & COLON FIX!



Charlie had chronic heartburn and colon trouble. But when I gently suggested that he change his diet a tad, he said "No way, not me!" It was kind of like trying to talk a hungry dog off a meat wagon...

So what could I give him? A drug? NOT YET...

Instead, I told Charlie about a common mineral that costs a few pennies a pill.

"That sounds doable," Charlie quickly agreed. "What have I got to lose?"

Actually, he did lose something: his digestive com-

plaints! My mineral trick worked so well, Charlie even gave up the acid-blocking drug he'd been taking. Charlie's happy, so am I...

And that's just how I'll work with you...

I'm not the health police! If you can't abide my first-line advice, I'll hand you easy alternatives. (That's right, alternatives to alternatives.) After all, nothing's going to work unless you feel like doing it...

So why not RSVP right now? In your FREE 10-Volume LIBRARY, **The Country Doctor's Big Bag of COMMON SENSE CURES**, I'll give you all the details about Charlie's 2-for-1 digestion fix and over 100 more "country miracles." *Just turn the page now to see all you're getting in this brand-new FREE LIBRARY...*

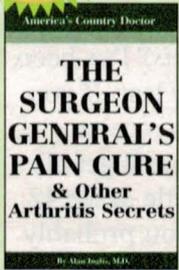
RSVP right now to receive my

The Country Doctor's Big Bag

TAKE 4 VOLUMES FREE with your 1-year, risk-free subscription...

FREE!
Volume
#1

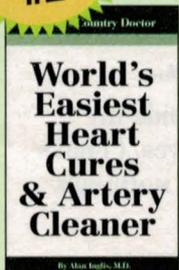
THE SURGEON GENERAL'S PAIN CURE and Other Arthritis Secrets



Let me show you why today's most powerful (and dangerous!) arthritis prescriptions are no match for good old *cod liver oil* and *sugar water*! All you need is the know-how to *use* these for-real country miracles, so here you go. You'll soon see why studies confirm that cod liver oil can reverse joint tissue-destruction *overnight*! How America's Surgeon General was able to cure his own "hopeless" back pain with simple sugar water. And why my own patients confirm these two secrets can wipe away the pain of arthritis, bone spurs, carpal tunnel, fibromyalgia, herniated discs, migraines, sciatica, tendinitis and more. If they're good enough for the Surgeon General (and my patients!) *think they may work for you?* You bet they can, so try 'em!

FREE!
Volume
#2

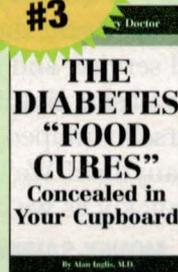
WORLD'S EASIEST HEART CURES and Artery Cleaners



Could it really be true that TURKEY STUFFING contains "drugs" that leave statins in the dust? Yes indeed, and that's just the start. Find out how to clean out your arteries with an onion...the "celery secret" documented to drop blood pressure as much as 40 points...the bean extract that helped my patient Bruce shave 62 points off his "bad" LDL...and don't miss my hearty country breakfast menu, so healthy that *skipping it* triples your risk of deadly blood clots!

FREE!
Volume
#3

THE DIABETES "FOOD CURES" Concealed in Your Cupboard



No fooling, PUMPKIN PIE contains not one, but *two* diabetes miracles. And here's where you'll learn exactly how to use common cinnamon and cloves to lower your blood sugar 30%...triple the power of your body's natural insulin...and keep diabetes out of your life, without drugs and without even leaving your kitchen! Plus I'll show you how one of these spices could be a better blood-thinner than aspirin...how to stop diabetes damage to your kidneys and eyes with good old *garlic*...how to keep diabetes drugs from destroying your liver with *a garden weed*...and other diabetes "food cures" that could transform your life right now, lickety split!

FREE!
Volume
#4

14 NEW CANCER MIRACLES Hiding in Your Home



These are *not* dicey deals that set you back thousands and probably won't work. They're for real, they cost nearly nothing and I'll bet you already own some! Let me show you how to use the miracles in *hot dog mustard* that scientists are saying "can both prevent and treat cancer"...cut your prostate cancer risk in half...save your gut from big, bad tumor trouble...and possibly even halt the spread of breast cancer! Plus, I'll show how to perform a 5-minute breast test that catches cancers missed by mammograms...the compound in common coleslaw that burns up cancer-linked excess estrogen *without* the side-effects of tamoxifen...what men should do about *calcium* if they don't want prostate cancer...and more!

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FREE!
Volume
#5

88%
Smarter
in
24 Hours

88% SMARTER IN 24 HOURS

How did those 100-year-old Russians in the yogurt commercials *really* stay so peppy and sharp? *HINT: It wasn't the yogurt!* Let me show you how to use the "arctic weed" that is making scientists gasp. How it improved test scores by 88% in just 24 hours...how it blocks depression by boosting serotonin levels by 30% ... why it's such a fantastic energy-booster, Russians are feeding it to their athletes and cosmonauts...how it can improve sexual satisfaction for *both* partners...why it may even help you lose 20 unwanted pounds in a matter of months and more. Why suffer "senior moments" one more day, when this little weed could be clearing things up overnight!

FREE!
Volume
#6

How to Eat like
a Farmer and
GET
SKINNY
AS A
RAKE!

How to Eat Like a Farmer and GET SKINNY AS A RAKE

Why is it? Amish farm families sit down to huge meals that would horrify any low-carb or low-fat diet guru, yet their obesity rate is astonishingly low. Part of it's the exercise they get, but there's MUCH more we can learn from these old-fashioned farmers. And if you'd like to lose 10, 20 50 pounds or more — there's no more satisfying way than my "old-fashioned farmer's eating plan!" Find out how to make breads less fattening by *buttering* 'em...how to make desserts less fattening by eating *them at a different time*...and many other ways to peel off pounds without starving, cutting carbs or giving up your treats. Plus, where to get grass-fed beef (and other delicious red meats) that are up to 25 times healthier for your heart than salmon!

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Volume
#7

HOW NOT
TO BREAK
YOUR HIP
& Other
Common Sense
Cures for
Folks Over 50

HOW NOT TO BREAK YOUR HIP & Other Common sense Cures for Folks Over 50

Did you know that osteoporosis accounts for *just 1/6* of your hip-fracture risk? Learn the easy secrets that can help you erase the other 5/6s of your risk! Then learn the *only* safe use for bone-building drugs (as commonly used, they *destroy* bone)...why calcium supplements may not help you, and what almost certainly will. Discover the amazing "apple-and-nut cure" shown to *double* a woman's natural estrogen levels and drop calcium loss 40% — without dangerous "horse urine" HRT. And see the details about the "secret" hormone therapy that could *drop* your breast and colon cancer risk dramatically.

FREE!
Volume
#8

How to Make
Your Doctor
A
MIRACLE
HEALER

How to Make Your Doctor A MIRACLE HEALER

No matter how brilliant your doctor is, now you can make him twice as effective! *How?* Just by asking the simple questions in this report and saying the magic words that *make him listen*. Doctors today are trained to spend 7 minutes with every patient. They typically interrupt you after just 18 seconds, and signal that "we're done" by writing a prescription. *Don't accept that assembly line treatment!* Just let me give you the 20 (polite!) questions to ask if you've got high blood pressure, diabetes or arthritis... what to *make sure of* before signing off on a course of chemotherapy...symptoms you *must* alert him to that he probably won't ask about...and if you're looking for a *new* doctor, I'll show you how to tell the diamonds from the duds!

PLUS THESE 2 FREE BONUS GIFTS If you reply in 7 days! (Turn page now to see them...)

FREE FAST REPLY BONUS #1!

EVEN MORE KITCHEN CURES

That Outperform Prescriptions



I've only had space in this special report to mention a few of the so-called "ridiculous folk remedies" that may actually work now to erase your hurts in weeks, days or mere minutes. So please, just RSVP in 7 days and get the facts on many, *many more*, including...

- **"Marmalade miracle" for joint pain!** Key ingredient is a fantastic anti-inflammatory...
- **"Cocoa cure" for lactose intolerance!** Stimulates lactose-digesting enzymes...
- **Migraines, begone!** Pick this plant or get the capsules (my patient Tom swears by them)...
- **Make restless leg syndrome *scram*** with good old-fashioned tonic water...
- **Grandchild diagnosed with ADD?** Roast beef! New research points to *iron* deficiency...

- **Reverse gum trouble in 2 weeks** with *grapefruit!* Impressive new proof...
- **Wipe away toenail fungus** with a *q-tip* and this cupboard cure...
- **What a sweet way to erase corns and warts!** How my patients do it with *lemon oil*...
- **Say "nuts" to dandruff!** This easy *peanut oil* rub works wonders...
- **Urinary infections?** Avoid sugary cranberry juice! This is better...
- **Delicious drink defeats diarrhea!** So much tastier (and healthier) than the pink stuff...
- **Apple cider vinegar for *shingles*?** Yes, and the relief is *fast*. Prepare it this way...
- **Yeast infections that defy drugs** respond quickly to *boric acid!* What to do...
- **And so much more**, so be sure to RSVP in 7 days!

FREE FAST REPLY BONUS #2!

TRASH THIS BOTTLE

and Save Your Life!



ALERT: There's a false "miracle" in your cupboard that I wish you'd trash right now! Most of your loved ones own a bottle of these and you've been assured they're incredibly safe. Hospitals hand them out like M&Ms. But a string of new studies links them to high blood pressure, kidney damage, ulcers, accelerated aging, asthma and worse. *They cause more cases of acute liver failure than alcoholism!*

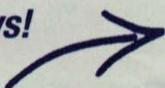
What is it? *Acetaminophen!* The supposedly "safe" painkiller. Even if you're *not* taking it, it can sneak up on you, because it's mixed into dozens of bestselling remedies! Share this report with loved ones and learn:

- **The alarming new facts** about this stealth killer (even linked now to *hearing loss*)...

- **Other so-called "safe" medicines** where it's secretly hiding...
- **Pros and cons of other popular painkillers** (many have similar dangers)...
- **Plus my long list of truly safe** pain miracles that won't kill *you!*

P.S. I'm not an autopilot drug-basher, but this one's a true menace. And the cruel irony is that nearly a dozen *safe* painkillers work better than this toxic time bomb. So do claim this FREE REPORT today. There's simply no need to endanger your life in the name of "safety" for one more day!

HURRY! Both FREE if you RSVP in 7 days!



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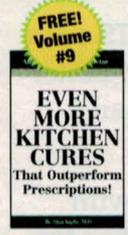
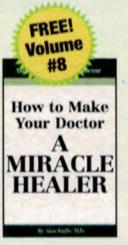
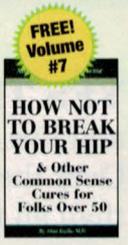
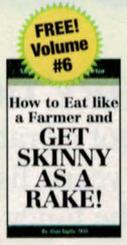
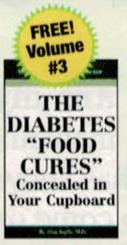
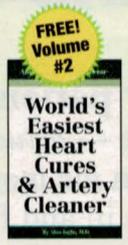
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T1/24 T2/12

In this shocking new report from AMERICA'S COUNTRY DOCTOR:

Natural cures "they" DO want you to know about!

YES THEY DO, because "they" are my patients! I'm Alan Inglis, MD, and I've got a "radical new approach" to medicine — *actually listening to patients!* Over the years, listening to my patients has shown me more about practical healing than all the fancy degrees on my wall, so come on in and find out how *you too could...*

■ **DROP YOUR CHOLESTEROL 62 POINTS** with Brian's astonishing *bean* remedy. Better than policosanol and far safer than statins...Page 7

■ **CURE YOUR JOINT PAIN FOREVER?** with Robert's *sugar water* secret. Worked for America's Surgeon General too, so why not give it a whirl...Page 5

■ **LOSE 50 POUNDS (OR MORE), SIMPLY** by eating like an old-fashioned farmer! Read Rita's story to see how it could work for you too...Page 14

■ **TRY THE AMAZING "APPLE & NUT CURE"** that *doubles* natural estrogen levels for post-menopausal women. Who needs dangerous HRT? Not you...page 16*

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