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From Frank K. Wood

Dear Customer,

Do you know what the number one cause of death for both men and women has been every year for the last 99 years? It's not cancer ... and it's not accidents. It's heart disease.

According to the Centers For Disease Control And Prevention, heart disease is responsible for the death or hospitalization of 21 Million unsuspecting people like YOU and ME every year.

I was especially shocked to hear this because I know for a fact that **it's easy to safely and naturally prevent or relieve heart disease!** For example:

- * One meal-time BEVERAGE will SLASH your risk of HEART DISEASE by 50% -- but you must drink the right amount every day.
- * COFFEE ALERT! If you, like millions, enjoy a good cup of joe, you need to know that by switching your brand of coffee you can lower your cholesterol by 10%.
- * This household item is a powerful CLOT-BUSTER that if taken in the right amount at the onset of a heart attack can DRAMATICALLY INCREASE your chance of SURVIVAL.

Friend, there are literally hundreds more of these perfectly natural healthy-heart CURES that work better than any risky surgery and cost ONLY PENNIES a day. There are hundreds of safe, natural REMEDIES you can take WITHOUT PRESCRIPTION that make dangerous drugs obsolete.

And if you're already taking prescriptions for your heart, cholesterol or blood pressure, I've uncovered little-known research you need to know to ensure your medicines work best ... and don't end up harming you.

I've compiled over 1,323 of these little-known healthy-heart secrets in a brand new book I just finished called **Healthy Heart Handbook.**

I believe these healthy-heart secrets are so important that I want to send this brand new book to you absolutely free for 30 days!

You will feel better, have more energy and live longer!

Within minutes of cracking open this invaluable, leading-edge guide for your heart, you'll see that you don't have to be a victim of heart disease. You don't have to go through painful surgery or take dangerous drugs for the rest of your life. And here's a nice surprise ...

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You DON'T have to give up the things you love -- like meat and desserts and taking it easy -- just to try and stay healthy.

Unfortunately, you doctor will NEVER share these life-saving healthy heart secrets with you. Why? Partly because he's just not taught to think about them. And partly because the medical establishment won't let him. The hospitals and drug companies can't make any money off of anything "natural".

That's why I've made it my business for the past 25 years to keep up on all the latest natural miracle healers. This is vital information that often takes years to reach the general public. These cures simply can't wait. These are all-natural remedies for your heart that don't require a doctor ... or a prescription ... or a hospital. Now you'll find them all, like these, as soon as you open your new copy of the **Healthy Heart Handbook**:

- * Eat pasta, cheese ... even red meat! Discover the food pyramid from the mediterranean country where people live longer and suffer fewer disease than anywhere on earth! Page 164.
- * A handful of nuts may be the easiest way of all to protect your heart. Page 286 tells which ones are best for you.
- * Want to cut your risk of heart attack by a whopping 30%? Just add 10 grams a day to your diet of any of the 10 tasty foods listed on page 113.
- * ATTENTION CHOCOLATE LOVERS! You already know how good chocolate tastes ... research now proves that chocolate can be good for your heart. Get all the exciting details on page 123.
- * The trace enzyme CoQ10 fights heart disease 10 important ways. Page 135 gives the details and how to make sure you're getting enough.
- * Evidence shows that the 5 herbs mentioned on page 239 can improve your heart health without having to rely on dangerous drugs or surgery.
- * Grab your toothbrush and reduce heart disease by up to 25% The amazing facts behind this unlikely discovery on page 229 of the **Healthy Heart Handbook**.
- * Surprising role of pizza in slashing your heart risk 50%. Page 339 gives you all the information you need.

Rumors and myths uncovered! Learn the life-saving truth about heart attack, high blood pressure and cholesterol, food and medicine.

- * STOP WORRYING ... the totally harmless heart "attack" that scares most people half to death. Revealed on page 8.
- * 6 signs of heart attack that must NEVER be ignored ... and the simple, little-known step that dramatically increase your chances of survival. This life-saving secret alone makes this book indispensable. Page 11.
- * 7 simple steps to naturally lowering blood pressure. Page 36.
- * Lower your cholesterol 30%. You won't believe how easy. Page 58.
- * Whole? Half? Baby? Daily? Weekly? Don't be confused by rumors and

misinformation. *Get the life-saving truth about the the exact dose of aspirin that can prevent heart attack and save your life. It's all explained on page 70.*

- * Mom was right! New study shows drinking your milk is REALLY good for you -- slashing your risk of stroke in half! But only the kind and amount shown on page 93 will work. Check it out.
- * Fiber is good ... But are you getting the right kind? It makes all the difference in the world. Explained on page 115.
- * Take the caffeine quiz on page 138. The answers may surprise you ... and change your life.
- * You'll be surprised how much fat is in "fat-free" food. Page 157 of the **Healthy Heart Handbook** takes the mystery out of food label double-talk for you.
- * INCREDIBLE! Normal blood pressure in 2 weeks ... without medication. Page 161.
- * The truth about estrogen therapy and menopause -- 6 reasons your heart will benefit. Fully explained on page 182.
- * Headache ... or heart attack? Researchers at a prestigious medical center in New York have discovered that some headache pain -- NOT chest pain -- indicates an oncoming heart attack. *Find out how to tell the difference on page 196.* This can save your life.
- * Which fruit contains the most vitamin C? Nope, it's not oranges. *The fruit on page 353 gives you the most vitamin C and helps reduce your risk of heart disease by up to 50%.*
- * Fishy chicken. By adding the natural grain on page 217 to their diets, farmers are breeding a chicken that gives you all the benefits of fish oil and has way less cholesterol.
- * Save time and money on doctor visits by 87%! This is proven by insurance studies. And you don't even have to leave your chair. Page 301.
- * Shop for color and cut your risk of heart attack and stroke in half. *Researchers prove the more colorful the fruits and vegetables you eat the more they're packed with the heart-friendly nutrient on page 345.*
- * Researchers studied two groups of people who already had heart disease. After 6 months, one group had 77% fewer heart attacks. The only difference? See page 358.

Finally get the whole story.

Life-saving facts about cholesterol that you need to know!

- * New cholesterol DANGER! There's a newly discovered cholesterol that **DOUBLES** your risk of having a heart attack, but *doesn't respond to conventional cholesterol treatments.* Here's what you should do. See page 23 right away.
- * Do-It-Yourself cholesterol test for under \$20! Now available. Page 23 has the details.

- * BEWARE taking too much of the vitamin on page 25! Many people take it to help reduce cholesterol by up to 50%. But *overuse can cause serious liver damage*. See page 25.
- * FDA bans Chinese secret that lowers cholesterol by 18% A Federal judge overruled the ban ... for now. See page 29 to find out how to get this powerful natural healer.
- * Can this funny little vegetable on page 68 really improve your cholesterol as effectively as dangerous prescription drugs? Researchers say it's true. Try it yourself to get immediate benefit.
- * MORE DANGEROUS THAN CHOLESTEROL! Homocysteine is a natural by-product of your metabolism that is *more closely linked to heart disease than anything else* -- even cholesterol. Fortunately, it's much easier to control than cholesterol. Page 78 tells you how.
- * New help for reducing cholesterol is as close as your next piece of toast. Page 90 explains the secret.
- * Fats are bad ... right? Not necessarily. Page 105 straightens it all out and shows you how to get the right amount of the one fat that will actually help slash bad cholesterol and increase the good.
- * There is a compound of red yeast rice which has been used for thousands of years in Chinese cooking ... and it will lower your dangerous cholesterol by 18%. Page 28.
- * If you've stayed away from shrimp and other shellfish for fear of their higher cholesterol content, the research explained on page 210 will have you reaching for the cocktail sauce in no time.
- * Zap cholesterol with the tasty 1-2 punch on page 209.
- * Try these cholesterol-busters you grow right in your garden. They can slash your cholesterol by 20% or more! Page 255.

Forget about bland and restrictive "diets"! Just follow these simple food recommendations to beat heart disease and add years to your life!

- * 8 out of 10 people who follow this tasty, nutritious food plan have *blood vessels that look as clean and clear as if there never was any heart disease*. This could be a life-saver for you! Page 166.
- * SWEET POISON! This popular candy can raise your blood pressure and strain your heart! Details on page 42.
- * The truth about "Yo-Yo" dieting. This time it's good news for you! Other dieting myths squashed on page 364.
- * Life-saving Southern hospitality! Southern cooking is notorious for being fatty, greasy and generally heart-unhealthy. *But this southern favorite has been found to dramatically lower "bad" cholesterol and raise the "good"*. Find out what it is and how to get this tasty food on page 22.
- * Beware the grapefruit effect! Ordinarily grapefruit juice is a nutritious and delicious snack. But researchers now know that taken with

some blood pressure medication, *grapefruit juice may lead to toxic levels of the medicine in your blood.* Find out what other drugs may be affected by grapefruit juice on page 41.

- * Is wine heart-smart or not? You've heard both sides of the argument. Find out what the experts say is best for your health on page 43.
- * An apple a day? Get the truth about adding years to your life with this sweet, crunchy snack. Page 58
- * Butter or margarine? The truth may surprise you. Page 87.
- * Unscramble the confusion over eggs and good health. Page 173.
- * Lactose intolerant? See page 95 for a dairy alternative you and your heart will love.
- * Put elasticity and life back into your hardened arteries with the delicious food named on page 219. (*That it also slashes your cholesterol by 20% is a side-benefit!*)
- * Want to live longer? The potent herb on page 232 works 5 ways to increase your life.
- * Cut the fat ... carefully. Don't struggle with cutting fat. *In fact, if you go too low, you'll actually do more harm than good.* Get the straight story on page 262 of the **Healthy Heart Handbook**.
- * NO MORE BLAND FOOD! Before you cut salt out of your diet take the easy test on page 311 to gauge your salt sensitivity. Many people can go back to using as much as they want with *no increase in blood pressure*.
- * Tea time. Researchers have found that ordinary tea is packed with heart-friendly flavanoids. See page 335 for full details.
- * Want to lose some weight? The 6 sure-fire tips on page 370 are *proven to work* even when nothing else has.

Your life IS in your hands. Things you can do right now to beat heart disease and live a longer, happier life.

- * EXERCISE WARNING! Whatever you do, do NOT exercise after drinking this common beverage on page 195 ... *especially if you have high blood pressure.* The results could be disastrous.
- * Researchers have discovered a new personality identifier that QUADRUPLES the likelihood of death from heart disease for those who match. *You need to see page 53 to find out where you stand ...* and to get a simple, 10-step program to prolong your life.
- * Over half of the men who die suddenly from heart disease have this in common. How about you? See page 7.
- * Why you should check with your weatherman to prevent an emergency visit with your doctor. Answers on page 14.
- * Forget anything you've heard ... *there is ONLY one way to defend against dying from high blood pressure!* For the sake of your entire family, see page 33 NOW!

- * Like to relax in a steamy tub? This favorite stress-buster can actually skyrocket your blood pressure. *But don't give up your tub.* Just check page 42 for the symptoms you should watch.
- * 3 types of people proven to benefit from moderate drinking. Page 46.
- * Your personality can dramatically increase your risk of heart attack. Find out how at risk you are ... and easy ways to change ... on page 51 of the **Healthy Heart Handbook**.
- * Beat stress and get a good internal workout while sitting on your sofa. Amazing but true. See page 55.
- * For years doctors told us to stay away from coffee because it causes heart disease. Now a study of 85,000 people says drink all you want ... but be careful of this on page 140.
- * 13 ways to control stress. You'll live longer and happier with these proven tips on page 251.
- * 85% of those with high blood pressure became completely free of their medicine when they followed the simple advice on page 261.
- * 20 effortless ways to cut fat that you'll never even miss. Page 265.

Say "NO" to dangerous surgery and harmful drugs.
Here's what you must know.

- * Which is more deadly for you -- cholesterol or your cholesterol-lowering prescription? Find out on the chart on page 26.
- * KILLER SURGERY? Before you agree to any type of heart surgery -- even the supposedly "less-invasive" kind -- *you better know the results of this major medical study* on Page 17.
- * Hospital report cards ... would you rather trust your life to a "top 10" hospital or one that "flunked out"? See where yours ranks on Page 17.
- * Invisible killer ... researchers have now discovered why many people with no known risk factors end up becoming heart vitamins. *This means you may soon be able to completely prevent heart disease* with a common pill now on the market. See page 10.
- * Simple headache? Before you reach for that ibuprofen, acetaminophen or aspirin, better check pages 13 and 14. *Depending on your prescription medicine, these innocent painkillers could end up killing you!*
- * Before you go under the knife ... 7 simple steps guaranteed to prevent unnecessary surgery and ensure you make it through any operation with flying colors. Page 15 - 17.
- * Heart deaths slashed 28%! But only one of the many types of cholesterol drugs can make this claim. *If it's not the one you're on, better get to your doctor fast!* Check out page 24.
- * Reduce your chance of dying from heart disease by 500% Just ask your doctor to take your blood pressure again -- around your ankle.

Discover the life-saving formula on page 35.

- * "Use with great caution, if at all ..." This is now the frightening recommendation of the National Heart, Lung and Blood Institute regarding a popular prescription blood pressure medicine. Find out if it's yours ... and what to do about it ... on page 37.
- * Death in your medicine cabinet. If you take calcium channel blockers, you need to call your doctor NOW. You're may be at higher risk for cancer and an increase in heart attacks and death. Discover safer alternatives on page 37 of the **Healthy Heart Handbook**.
- * LOOK OUT! Aspirin is the new "miracle drug" proven to save lives. But if you have any of the eight conditions listed on page 71, it can make your health problems worse.
- * If your doctor has told you your arteries are clogged, the 10,000-year-old remedy on page 215 will help clean them out like a natural roto-rooter.
- * Doctors are quick to recommend costly prescriptions. But not many know that the natural, inexpensive mineral on page 275 can heal your heart 6 vital ways ... with no side effects!

Over 25 years and thousands of satisfied customers ensure the Healthy Heart Handbook will change your life.

Since I first began publishing little-known medical secrets over 25 years ago, my files have been bursting with letter after letter like those below of customers who testify that information in my various books changed their lives. I know the **Healthy Heart Handbook** will be no exception. (Note: In some cases, names, places and other details have been changed to ensure the privacy of our customers. Individual results vary.)

"I have many, many medical books about natural healing and home remedies. This book had paid for itself by page #27." Tana Grace, Gardena, CA

"For many years my best friend Barbara has been suffering with [a serious illness]. I told Barbara to ...[from your book] And low and behold what a terrific response! The relief of all that pain and misery has vanished. What an amazing result -- thanks to your wonderful book."
Dorothy Rolick, Rochester, NY

"... you saved the day! I have been coughing for 2 1/2 years not knowing what's going on with me. I have been to 5 doctors and even had sinus x-rays done. So, by reading your book I found out I was allergic to my own blood pressure medicine. Thanks so very much for having this article in your book." Marilyn Myers, Huntington, IN

"I find it very informative and easy to read and understand. In the past month my blood pressure has lowered from 180/110 to 150/90 and still on a downward trend, due mainly to information in that book."
John Ciccarelli, Mississauga, Ontario.

Do not send any money!

I want you to use this life-saving book absolutely free for 30 days!

(go to page 8)

I just can't stand to see one more person ... especially you ... suffer or even die unnecessarily of heart disease. That's why, with your permission, I will send you the **Healthy Heart Handbook** absolutely free of cost or obligation for 30 days.

PLEASE read it. Absorb it. Enjoy it. And most of all apply its life-saving tips to yourself and all those you love. Only then, after you've proven to yourself how valuable this book is, will I ask you to pay just 4 easy payments of only \$6.99. And that's not all ...

I guarantee you will be satisfied forever ...
with my "No-Time-Limit" money-back guarantee.

You see, my **Healthy Heart Handbook** is an invaluable guide that will change your life forever ... not just 30 days. So if you ever become dissatisfied with it, I'll expect you to return it for a full refund. That's the way I've done business for over 25 years. You can't lose!

All you have to do to receive your **Healthy Heart Handbook** free for 30 days ... and then, guaranteed for life ... is return the order card in the enclosed postage paid envelope within 10 days. I promise I'll rush your book right out.

Sincerely,

Frank K Wood

Frank K. Wood

P.S. FREE BONUS GIFTS! Get 2 free "his & hers" credit card size calculators as a free bonus just for allowing me to send you my Healthy Heart Handbook without cost or obligation for 30 days. Please keep these "thank you" gifts even if you return the book. But my supplies are limited. To guarantee you get this bonus gift, please return the reply card within the next 10 days. Thank you.