



A Doctor's Surprise Cure For Your Most Annoying Health Hassles!

This MD Wellness Handbook Reveals What Doctors Personally Do To Stay Healthy. It's The First Publication Of Its Kind In America.

- **ARTHRITIS**: "Arthritis Pain Can Be Stopped In Its Tracks." *Page 4*
- **MYSTERY SYMPTOMS**: "Here's Why You Never Feel Right." *Page 6*
- **CANCER**: "I Never Worry About Getting This Illness." *Page 8*
- **HEART ATTACKS & STROKES**: "Make Yourself Almost Stroke-Proof." *Page 10*
- **LOSING WEIGHT**: "My 6 Brand-New Ways To Make Fat Disappear." *Page 12*
- **BACK PAIN**: "End Your Discomfort With These Simple Steps." *Page 14*
- **VISION**: "Preserve And Improve Your Eyesight." *Page 16*
- **INDIGESTION**: "This Surprising New Cure Really Works." *Page 19*
- **FATIGUE**: "The Secret Reason You're Always Tired." *Page 18*
- **RESTLESS LEGS SYNDROME**: "3 Steps That Make It Go Away." *Page 19*
- **INSOMNIA**: "Doctors Swear By This Scientific Solution." *Page 19*

For More Information, Please Consult Your 11 No-Cost Health Reports That I'm Going To Send You. See *Page 2* For Details...



The MD Wellness

"I'm Going To Tell You How This Handbook Tells You How Troubling Illnesses Out There EVER Seen This

Dear Reader:

If someone were to ask me what my greatest medical secret is, I wouldn't hesitate a second before telling them. Except it wouldn't be what they were expecting.

The single greatest medical secret is how doctors stay so healthy for so long. I'm NOT talking about what they tell you to do in public or the drugs they recommend. I'm talking about what they do for *themselves* in private.

Think about it. Who else sees so many sick people and knows what works and what doesn't work. We all know that most doctors prescribe a drug or recommend an operation without a second thought. That's their business—this is how they make a better-than-average living and run their practice. And sometimes it may help their patients. But, that's not my point.

What do they do for themselves?
The profit motive is no longer there—so

it's simply a matter of doing what they believe is truly best to repair *their* health. It probably won't surprise you when I tell you that almost 50% of doctors today use supplements—and that percentage is literally soaring.

Doctors Know Drugs Like Zocor, Vioxx and Proscar Have Serious Side Effects. That's Why They Prefer Drug-Free Treatments For Themselves

It's rubbed in their faces every day. They see the end results. The bleeding, the swelling, and the pain. Have you ever looked at the warnings drug manufacturers give on their OWN products. Here's what the manufacturers say about their own products!

- **ZOCOR**: memory loss, blurred vision, eye muscle weakness, swelling of your face.
- **VIOXX**: Intestinal bleeding, heart attacks, kidney failure, swelling of your lips.

"I'm Sending You 11 FREE MD Wellness Reports. They'll Tell You *Exactly* How Doctors Repair And Rejuvenate Their Health..."

How I Cancer-
Proof My
Body

Banish Back
Pain Forever

The Arthritis
Answer That
Works For
Everybody

8 Medical
"Miracles" From
America's Top
Scientists

How To
Preserve Or
Restore Your
Eye Sight

How To Beat
Agonizing Pain

The 6 Best
Ways To Make
Yourself Stroke-
Proof And
Guard Against
Heart Attacks

Rid Yourself Of
Your Mystery
Symptoms

6 Brand-New
Ways Doctors
Lose Weight

The Stress
Solution That
Saves Your Life

How To Avoid
Being Cheated
By Your
Medical
Insurance

THIS COMPLETE MD WELLNESS LIBRARY IS YOURS FREE



Doctors Manage To Stay So Healthy. They Personally Avoid The Most It's The First Time The Public Has Private Publication!"

- **PROSCAR:** Impotence, lack of sex drive, swelling of your body.

There's No Financial Incentive For Doctors To Recommend All-Natural Treatments. Ever Hear of The "Standard of Care"? This Will Make You Sick...

Many medical costs are covered by insurance. And, to be covered by insurance, naturally, the insurance companies have to agree to pay the doctors for particular treatments associated with the illness. For this, doctors use something called a "standard of care."

The standard of care is a listing of "accepted" treatments the insurance company will pay for. If your remedy is outside this narrow definition, sorry, you're out of luck unless you want to pay for it. This gives the average doctor virtually NO incentive to recommend all-natural treatments since they're NOT covered by this so-called "standard of care".

No One Else Publishes The MD Wellness Handbook—No One!

Think about that! Even if there's a drug-free, surgery-free remedy, a large percentage of doctors won't recommend it. That's why you're holding The MD Wellness Handbook. It brings you a small sampling of the treatments doctors turn to most often for themselves. Full details can be found in the MD Wellness Medical Library. This is a total of 11 FREE health reports that go into detail, telling you how you can repair and rejuvenate your health, the way doctors privately do.

This Special Report tells you what's in these 11 free reports. The next several minutes could change the

way you live. You have two choices. Continue the way you are—or discover how doctors privately stay healthy.

Yours Truly,

Richard M. Foxx

Richard M. Foxx, M.D.
Editor, *The Healing Doctor*



**Meet
Dr. Richard M. Foxx,
40 Years Of
Caring Wisdom**

Dr. Foxx's experience spans 40 years. Today, he is regarded as a "doctor's doctor" because of his formidable expertise in several different areas. He has helped Olympic competitors compete more effectively as well as donating his skill to those who need it the most.

Dr. Foxx is a graduate of Brandeis University. After receiving his medical degree from Hahnemann University in Philadelphia, Pennsylvania, he completed an internal medicine internship at Hahnemann Hospital. He completed a residency in Obstetrics and Gynecology at the same institution, serving as Chief Resident. As a captain in the U.S. Army from 1966 to 1968, Dr. Foxx was the Regimental surgeon for the 6th Armored Cavalry in charge of the conditioning and wellness of 5,000 soldiers.

Dr. Foxx is certified by The National Board of Medical Examiners. He is a Diplomat of the American Board of Obstetrics and Gynecology, and a member of the North American Menopause Society and the American College of Sports Medicine. He is also a Certified Physician Assistant Supervisor and holds a current certificate in Advanced Cardio Life Support.



“Stop Arthritis Before It Starts—Or If You Have It Now, Take Control Of The Pain So Everyday Isn’t Miserable. You Can Come So Close To a Cure, You’ll Be Thrilled.”

The Recent Advances In Arthritis Treatment Have Been *Remarkable*. For The First Time, We Understand Why It Strikes, Allowing Us To Find Out How It Can Be Defeated. The New Solutions Are Painless and All-Natural.

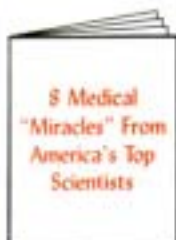
You wake up in the morning feeling stiff and achy. Or maybe you notice that your legs or back hurt after a quick drive. Then you think, “I’ll be fine in just a few minutes.” Don’t kid yourself. Arthritis is one of America’s fastest growing ailments. And it’s *not* just older people who are suffering.

The famous Farmingham study revealed a definite link between nutrition and osteoarthritis. For example, the condition progressed 50% more slowly among people who received at least 152 mg/day of vitamin C. This antioxidant is essential to your body’s formation of collagen and other compounds needed to build healthy, pliable cartilage. It also neutralizes the free radicals that attack your cartilage. This is just one finding.

There’s TONS Of Pain-Relieving Guidance In My FREE Report, “*The Arthritis Answer That Works For Everybody*.”

Did you know that several dozen scientific studies now reveal that by taking large doses of a certain kind of fish oil supplement, people with arthritis have been able to reduce or DISCONTINUE the use of man-made, anti-inflammatory arthritis drugs. That’s unbelievable. Ever look at the horrible side effects these drugs have? Imagine if you could take an all-natural substance and save yourself all the pain. Now you can. But, that’s *not* all my report is going to tell you. Here’s an overview.

- Does your diet have these two vitamins in it? They can slow the progress of osteoarthritis by an astonishing 70%.
- Do those copper bracelets work or are they a farce? Here’s the stunning results from a detailed study from Australia that answers this key question: do they work?
- Eating this type of delicious food, rich in eicosapentaenoic acid and docosahexaenoic acid, helped relieve the symptoms of arthritis in a study conducted by Tufts University.
- Don’t take these supplements! They are suspected of being involved in pain, swelling and joint destruction. You can safely get this mineral in these foods.
- Want to quickly reduce inflammation? Eat this delicious fruit that’s loaded with bromelain, an enzyme known for its ability to substantially reduce swelling.
- Eat more sulfur-containing foods and you’ll repair and rebuild your bones, cartilage and connective tissue. Here’s a list of the very best candidates.
- This delicious spice has *powerful* anti-inflammatory properties. Use it in your daily cooking and start feeling better, fast.
- Please avoid these vegetables at all costs. They contain a substance called solanine that has a negative effect on folks with arthritis. Scientists believe it causes pain and discomfort.



Has The Cure To Arthritis Been Found On The Bottom Of The Pacific Ocean?

Have you ever heard of the sea cucumber? Scientists have been studying it for years—and they just may have cracked the scientific secret it holds.

First, some doctor-proven facts. Your joints need lubrication to move smoothly—just like your car needs oil. If they don't get this, your cartilage wears thin and the bones begin scraping together, causing almost unbearable pain as you get older. But you don't have to be a victim of this like others will.

The Miracle Substance From The Ocean Is Surprising Everyone

The sea cucumber is rich in important lubricating compounds that are found in your joints and joint fluids. When you get arthritis, your level of these compounds gets very low—and there's no way for your body to replenish them. This means you have to add them to your body—and you can do it quickly, easily and inexpensively with the extract from a sea cucumber. Science proves that this works. Imagine finally getting relief from your pain.

- Arthritis can be completely reversed if you take these two steps. This is a new scientific finding.
- This powerhouse vitamin destroys the free radicals that fuel your arthritis. It also helps reduce your pain.
- How do people living in the Mediterranean avoid the pain of arthritis? Call it the "olive leaf secret"—and doctors now swear by it.
- This remarkable antioxidant slows the development of this joint-crippling disease.
- Want to prevent arthritis? Start taking this vitamin because research shows that it makes you four times *less* likely to lose cartilage and develop osteoarthritis when you grow older.
- Aromatherapy. Does it work? Here's the latest scientific advice.
- The Harvard Medical School reveals that wearing this type of shoe puts 23% more strain on your knees than normal, increasing the risk of arthritis. On the flip side, these are the healthiest type of shoes to wear.
- This extract in supplement form substantially improves joint flexibility, and repairs connective tissue by reducing the prostaglandins that cause inflammation.
- This lotion is outstanding in relieving stiffness and pain.
- Want to slash your risk of getting arthritis by a stunning 50%? Do this one simple, non-stressful, relaxing exercise. Research from the Archives of Internal Medicine confirm this!
- Do gold salts work? Many people are using them right now. Here's a scientific answer that clears up the confusion.
- This is only the beginning of what you'll find in this hot-off-the-press report. Remember, it's FREE. *Claim yours now.*

FREE REPORT #7 Tells You What To Do



**Claim Your Free Copy
Now By Returning The Free
Gifts Certificate On Page 23.**



“What’s Causing Your Mystery Symptoms? Do You Suffer From Splitting Headaches, a Non-Stop Cough, Persistent Pain or An Endless Appetite? Make Sure It’s Not Serious.”

Ever Have Symptoms That Won’t Go Away And Your Doctor Does Nothing For Them? These Can Be Temporary Problems—But They Can Sometimes Mean Big Trouble. Here’s How To Get Rid Of Them.

Not all symptoms turn into something major. But you want to take precautions and catch any problem early. You shouldn’t have these symptoms more than a week. If you do, take action. The facts...

Facial Pains Can Be Serious...

- **Facial Pain In Your Jaw Or Teeth:** These are sometimes sparked by sinus infections. Doctors at Loyola University Medical Center report that you can give yours the boot in less than two weeks by softly steaming your face for 10 minutes a day using warm water mixed with a few drops of sinus-relieving eucalyptus oil.
- **I’m Concerned If You Have Facial Aches And Pains:** These are classic heart attack warning signs for women. Men have chest pains. Women are more likely to develop facial pain and achiness, particularly on the left side and in the neck area. Talk to your doctor right away.

PLUS, take this one supplement that can cut your risk of heart attack by 45%. 400 mcg/day does the trick. I’ll tell you all about it in my free report, “*Rid Yourself of Your Mystery Symptoms.*”

Chronic Coughs Can’t Be Ignored...

When your stomach acid irritates the bottom of

your throat, it can trigger the cough reflex. Want a trick to beat this? Chew gum for 30 minutes after your heaviest meal of the day. It works like a charm. If that doesn’t bring quick relief, you could have asthma and not know it. A large number of people never realize that they do have asthma because the symptoms are similar to so many other chronic conditions.

You should take these precautions. They’re outlined in detail in your free report “*Rid Yourself of Your Mystery Symptoms.*” Take this dietary step immediately. Plus, this one vitamin is a must. It can help you stop chronic coughing. Step two. If your problem continues, take what I call the “Spa Cure.” It’s an inhaler with these three specifically selected essential oils. They’ll relax your throat and let you breathe easy.

A Sudden Splitting Headache...

This is one of the riskiest symptoms. Why? Because it can be a simple garden-variety headache, or the beginning of a stroke. If you get migraines all the time, don’t ignore your condition. Millions get them, but up to 50% of them are never diagnosed.

If you’re a woman and you’re over 30, a sudden, severe headache can be the sign of an oncoming stroke. This means that the blood supply to part of your brain is being cut off by a clot or internal bleeding. If

you feel weakness in one part of your body, it could be a stroke. Remember, only 2% of people having strokes get to the hospital on time where it could be stopped with a simple clot-busting drug.

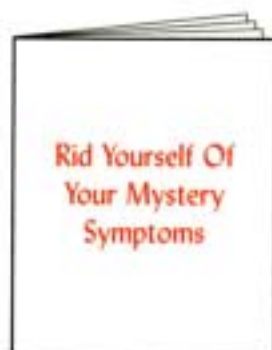
There are many steps you can take right now to avoid this fate. Please see my free report. It tells you about a drink that keeps your blood pressure down and may help prevent the clots that cause most strokes.

A Nonstop Appetite Can Be Stopped...

If you have a constant craving, there's a possibility it's a sign of an overactive thyroid and perhaps even a form of depression. If you have mood swings, you have trouble sleeping or frequent fatigue, you could have insulin resistance, a stage before diabetes. When your body does not absorb the glucose from your food, it assumes that you need more food—and hunger signals are sent out. That leads to cravings.

Duke University research showed that by making one simple—and I mean simple—change in your diet, you can often beat this problem. It works 80% of the time. I go into detail on this study and its important recommendations. There are also two popular foods you should avoid, according to research by the U.S. Department of Agriculture. Get the facts and *stop* those mystery symptoms once and for all.

FREE REPORT #4 Tells You What To Do



**Claim Your Free Copy
Now By Returning The Free
Gifts Certificate On Page 23.**

Top Doctors Uncover The Surprising Secret Cause of Your Worst Headaches

Has this happened to you? You wake up in the morning with a splitting headache and you're not sure what triggered it? It happens to millions of people every single day. Medical research done at the prestigious Stanford University reveals why...

27 Million Americans Have Bruxism—Many DON'T Know It!

It goes by many names, but it's easy to sum up: grinding your teeth while you're asleep. It's actually a common cause of chronic headaches and jaw and neck pain. It also causes morning migraines. How do you know if you have it?

- **Ask your dentist:** Most people are completely unaware that they're grinding their teeth at night. Your dentist can tell you in seconds.
- **The Best Way To Prevent This:** There's a plastic mouth guard that stops this problem in its tracks. This device was recently approved by the FDA and it works! I go into detail in your free report, "*Rid Yourself of Your Mystery Symptoms*."
- **Don't Drink These Two Liquids:** For four hours before going to bed, don't drink these two liquids because they disrupt your sleep and actually promote bruxism.
- **The American Dental Association:** They recommend a simple procedure with a warm towel. Their advice is reprinted, in full, in your free report.
- **Take Jaw-Relaxing Supplements:** A surprising European study found that just 100 mg. of this supplement offered dramatic, fast relief from grinding. Another study identified two other supplements as being equally effective.



“I Don’t Worry About Cancer The Way Others Do. That’s Because I Take Simple, Preventative Steps That Help Keep It From Getting a Start In My Body.”

Modern Medical Research Has Finally Confirmed The Astonishing Healing Power Of These Potent Healing Options. They’re Simple, Painless and Effective.

Everyone fears it. Yet few do anything about it. That’s because they don’t know what to do. My free report tells you exactly what to do. More on that in a moment. First, the good news. Modern medical research has finally confirmed that certain simple, preventative steps have an enormous impact on the illness. It’s very exciting. Remember, cancer is a man-made disease. Since 1800, cancer rates have increased 60 fold as our lifestyles have radically changed.

Even in the 1900s, it was relatively rare. Almost no one had it. Say the word “cancer” and most people would stare at you because they didn’t know what you were talking about. Today, a million people a year come down with it. And many of the treatments for it are almost worthless. The Harvard School of Public Health calculated that 2% to 3% of those with cancer benefited from chemotherapy. Here’s my point: you *don’t* have to live in fear like others. Never resign yourself to that fact that you’ll “get it.”

You Don’t Have To Get It—And If You Have It, You Can Defend Yourself

You have options. Plenty of them. For example, recent research from a 10-year study indicate that broccoli sprouts offer formidable protection against certain kinds of cancers. They contain sulforaphane which triggers your body’s production of phase II enzymes which can detoxify cancer-causing chemicals in your

system. What’s easier—or more effective?

There’s more...

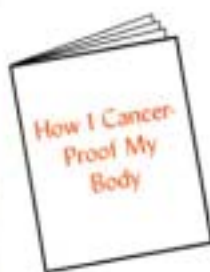
- The local population in Hawaii have a secret. They eat noni, a fruit that looks like a pineapple. Scientists now believe that it has unheard of powers to potentially induce cancer cells to return to normal. It’s also effective in blocking tumor growth.
- Do not take iron in the form of a supplement. Research now reveals that your body naturally withholds iron from cancer cells to inhibit their growth.
- Curcumin, an extract from the spice tumeric, has powerful antioxidant properties that scientists now believe can stop the substances that actually cause cancer in its earliest stages.
- A simple calcium pill may actually have the power to prevent precancerous cells from becoming cancerous.

I Have MUCH MORE To Tell You In My FREE Report. For Example...

So many of my patients have asked me how to protect themselves against cancer—or what to do if they have it, I wrote this report, “*How I Cancer-Proof My Body.*” Many have called it a Godsend. Here’s a small sampling of what you’ll find in it.

- Is this a “miracle” mineral? In a placebo-controlled trial of 1,000 people, the intake of 200 mcg of this

This Overlooked Vitamin Could Cut Your Cancer Risk In Half. 96% Of Us Are Deficient In It Right NOW



Here's a little-known nutrient that could shield you against several different types of cancers as well as helping prevent osteoporosis and easing the PMS blues. Discover vitamin D. Most of us think of something that's added to milk so we can absorb the calcium. A recent study at the University of California indicated that thousands could save their lives by taking it. Most of us simply don't get the required 200 IU daily requirement.

A Harvard Study Stuns The Authorities

Research shows that people with a high level of vitamin D in their blood have a 50% lower risk of dying from any type of cancer. A new Harvard study says that it's particularly effective in stopping breast cancer. Vitamin D appears to prevent abnormal cells from forming tumors. There's more! A study in The New England Journal of Medicine indicates that vitamin D can reduce your risk of fractures due to osteoporosis by a whopping 250%. Want more details? Request your free report "How I Cancer-Proof My Body."

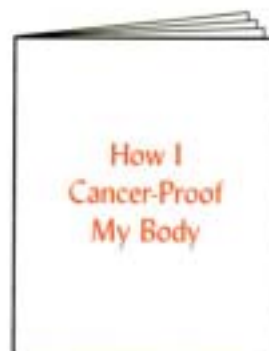
mineral reduced cancer mortality rates 51% when compared to the placebo. Also, its high intake resulted in a 72% lower risk for precancerous polyps.

- A large, Harvard study revealed that simply by taking 400-5,000 mcg of this common supplement daily, the incidence of colon cancer was reduced an astounding 75%.
- This nutrient is so effective in fighting cancer, it's being studied by scientists. It should definitely be part of your diet.
- Important medical studies have shown that this extract from a common fruit can enhance the development of normal cells as well as stop abnormal cell growth, a prime cancer symptom.
- This common food additive may be a culprit in causing cancer. If you know about it, you can easily avoid it.
- There are new tests that can improve the accuracy of the Pap tests women take. You should know about them and discuss them with your doctor.
- The two common eating habits that lead to the highest rates of cancer. (They're not what you think they are!) They're so easy to avoid.
- Drugs used for lowering your blood pressure are now triggering cases of colon cancer.
- The one emotional factor that scientists now believe

can spark cancer in your body.

- Men who ate this vegetable had a 50% lower rate of stomach cancer, a common form of this disease.
- People who took this common vitamin were at 66% lower risk for melanoma compared to those with the lowest intakes.
- There's MUCH, MUCH more in your FREE report. Claim your copy now.

FREE REPORT #1 Brings You Complete Details



**Claim Your Free Copy
Now By Returning The Free
Gifts Certificate On Page 23.**



“New Research Reveals The 6 Best Ways You Can Make Yourself Almost Stroke-Proof And Avoid Heart Attacks.”

The Figures Are *Frightening*. An Incredible 750,000 Americans Over 30 Could Have a Stroke This Year. Don't Lose Your Independence This Way. You Can Slash Your Risk 80% Or More With These Easy, Doctor-Approved Steps.

Coronary heart disease gives you no warning. Often, your first heart attack can be your last. It sneaks up on you and you're a statistic. Studies show that you can feel totally normal before it strikes. It's something to think about: they're our #1 killer and around 530,000 people a year perish from them. Sadly, the vast majority of heart attacks could have been avoided if you took certain simple steps. For example...

- A recent study found that men drinking two glasses or less of water daily had twice the risk of death from heart attacks and strokes compared to those consuming five glasses or more. What could be *easier*!
- If your body stores lycopene at the highest levels, your risk of heart attack is reduced by a whopping 50%. There are easy ways to get it too. Try watermelon, pink grapefruit, tomatoes and tomato juice, to name a few.
- Down a of couple vitamin C tablets before a high fat meal and you'll minimize if not eliminate constriction of the arteries caused by the fat. This could literally prevent a heart attack.

- Men consuming more than 400 mg daily of magnesium compared to those taking 250 mg have a 50% lower incidence of heart attacks.
- When your blood cells known as platelets stick together, a clot forms. This is the first step to a heart attack. How do you prevent this? Easy, bromelain, an enzyme from the pineapple inhibits platelet stickiness.
- Science has confirmed the power of vitamin B₆. If you have a low level of it in your bloodstream, your chances of having a heart attack go up five times.

I'll Send You My FREE Report, "The 6 Best Ways To Make Yourself Stroke-Proof And Shield Against Heart Attacks"

Don't take chances. Some simple changes could prevent you from becoming a victim. And, I'm not talking about adopting a diet of food that tastes like hay and staying away from your favorite foods forever. I'll start by sending you my free report, "*The 6 Best Ways To Make Yourself Stroke-Proof And Shield Against Heart Attacks.*" Here's a quick overview...

Our mission is to research and uncover alternative remedies for common ailments. We are only providing information, however, which is not to be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this advertisement or our publication. On any matter relating to your health or well-being, please check with an appropriate health professional. Information herein, while believed to be correct by the author, is not guaranteed as accurate.

- **First Step: Start Taking This Vitamin—Reduce Your Stroke Risk 21%:** It helps your body get rid of the amino acid homocysteine which can damage the walls of your arteries. You can't get this vitamin from food alone, so taking this supplement is vital.
- **Second Step: Start Enjoying These Particular Citrus Fruits:** They're brimming with the highest form of vitamin C. This nutrient is linked to dramatically lower stroke rates. Getting just 250 mg. of it in your daily diet could lower your risk by 50%. *Secret:* two drinks have all you need to do the trick.
- **Third Step: Enjoy The Best Drink In The World:** Here's news right off the press from Loma Linda University. Consume five or more glasses of this a day and your stroke risk drops a stunning 53%. It thins your blood, naturally.
- **Fourth Step: Avoid This Common Pollutant You Can Find Anywhere:** It tightens your blood vessels and spurs the creation of artery-clogging clots that kill. Your risk of a stroke rises an incredible 82% if you're exposed to it regularly—and millions are.
- **Fifth Step: Do You Have High Blood Pressure? Watch Out!** High blood pressure is the top risk factor for having a stroke. Untreated it can literally triple your risk. A famous study revealed that 90% of Americans could suffer from it. *Here's the easiest way to quickly beat it!*
- **Sixth Step: Even The Slightest Exercise Cuts Your Risk 67%.** According to studies at Dallas' Cooper Institute, any exercise slashes your risk by 67%. But, don't sweat it. Try light walking, vacuuming, swimming or easy yard tasks.

This is just the beginning of what you'll learn in "*The 6 Best Ways To Make Yourself Stroke-Proof And Shield Against Heart Attacks.*" You'll discover:

- * A vitamin that can reduce your risk of having a heart attack by 62%.
- * How loneliness and isolation can increase your chances of a heart attack.
- * A physical mark on your ear that may indicate you could have a heart attack. *And much, much more.*

You Can Be 78% Healthier In 15 Days With This Super Spice—*Research Proves It!*

I'll bet that you have this spice in your house right now. Medical research has just confirmed its astonishing power to slash your risk of heart disease by an astonishing 78%. And, you'll learn ALL about it in your free report, "*The 6 Best Ways To Make Yourself Stroke-Proof And Shield Against Heart Attacks.*"

Studies show that it can shield your arteries from free radical damage that leads to serious cholesterol buildup and heart disease. It even takes artery-clogging cholesterol out of your body—even after you've eaten a high fat meal.

Some Call It a Miracle Because It ALSO Does All This...

Protect Yourself From Alzheimer's Disease: Since it's a natural anti-inflammatory, it's crucial to keeping your brain sharper and free of age-related diseases like Alzheimer's. In fact, a study suggests that a diet rich in this spice may slash your risk of Alzheimer's by as much as 50%.

Ease Chronic Pain Without Drugs: Millions of folks get up in the morning with stiff, painful joints. This spice can stop their pain because it inhibits the COX-2 enzyme which causes pain, inflammation and damage to joint tissues. It can lower inflammation by 73%, reducing pain in just seven days!

FREE REPORT #2 Brings You Complete Details

Claim Your Free Copy
Now By Returning
The Free Gifts
Certificate On Page 23.

*The 6 Best Ways
To Make Yourself
Stroke-Proof And
Guard Against
Heart Attacks*



“I Want To Tell You About Six Brand-New Ways To Make Your Fat Disappear. Doctors Use Them And They Make Losing Weight *Easier Than You Ever Dreamed!*”

These Six Weight Loss Secrets Are Not What You'd Expect. If You Think You're Going To Starve Yourself Or Do Sweaty Exercises, Forget It. This Is How Trained Medical Doctors Shed Pounds With Their Busy Schedules.

Imagine if you could lose weight by actually enjoying yourself? You didn't have to suffer to slim down. It sounds like a dream, but it's one of today's modern marvels. Consider the following:

- You down your favorite piled-high hamburger and cake *without* gaining any weight.
- You get that powerful craving to eat. Except this time you take a *vitamin pill* and this pound-adding urge vanishes!

SECRET #1. The Fat Buster That Wipes Away Cravings

Ever hear of Axokine? It just could be the safe, miracle weight loss drug everyone is waiting for. Here's how it works. Axokine fights fat by mimicking the anti-hunger hormones your body produces when you're sick. Ever wonder why you have no appetite when you're ill—*that's why!*

Axokine activates brain pathways that suppress appetite. Subjects who tried it lost 10 pounds over 12

SECRET #2. The Best Fat Blocker Ever Developed

I'm sure you've heard of Xenical, a prescription weight loss drug now on the market. The other big one is Merida. Soon there's going to be a third one and it's probably going to be a blockbuster. It's called ATL-962. *It blows Xenical off the map!*

ATL blocks your stomach's ability to absorb fat, reducing the number of calories that go into your system. A recent study revealed just how effective it is.

- You're now losing weight and you're not on some denial-diet or doing sweaty exercises. Fantasy? *Absolutely not.*

How Many Fat Doctors Have You Seen? Few, If Any!

I'm about to tell you about six extremely exciting ways that you can quickly lose those unwanted, health-bashing pounds. The exciting news is that through modern medical research, we're no longer guessing about what works. If dieting is a struggle for you, I have the answer you've secretly been praying for.

weeks, keeping the weight off and actually losing more after stopping the drug. "It appears to remove the cravings that make people binge," says a top researcher, Steven P. Weinstein, M.D.

Also, when people diet, 66% of the loss is fat and 33% is lean muscle which is healthier to hold onto. This miracle worker could be ready for you in just six months. It's in the final stages of getting an okay from the government. I'm going to alert my readers the second it comes out.

About 40% of people on a moderate diet who took Xenical lost 3 times the amount of weight they would normally lose. But, for those on ATL, almost 60% lost 3 times the weight and 27% lost 7 times the weight they'd normally lose! There's more information in your free report, *"6 Brand-New Ways Doctors Lose Weight."*

Here's another quick tip from an important study. Want to burn 560 calories a week by doing almost nothing? Try drinking two cups of green tea a day. Extra bonus: It offers you super anti-cancer protection.

SECRET #3. The Thousand-Year-Old Weight Loss Remedy From Africa

If you like the test of time to prove that something works, this one is for you. For thousands of years African tribesman have chewed Hoodia to suppress hunger during long hunts that could last weeks. This caught the eye of medical researchers who wanted to know how this was possible.

After extensive analysis, it turns out that Hoodia has an active ingredient called P57. In tests, it caused overweight people to reduce their food intake by up to 1,000 calories a day. A company by the name of Phytopharm discovered this remarkable property.

SECRET #4. The "Cheese Breakthrough" That Easily Melts Fat

Scientists have burned the midnight oil in search of the perfect food that helps you lose weight—and in the opinion of many experts, they've found it. They discovered that a compound in cheese called conjugated linoleic acid (CLA) causes weight loss.

But, you can't go with just any CLA. There's one brand of cheese that has the best record for shedding pounds for those lucky few who dine on it. The record is amazing. Researchers gave women 2.4 grams of it daily. They found that these women—who really needed to lose weight—didn't have to change their diet or exercise habits, most of them lost a significant amount of weight. This particular brand is probably available at a health food store near you. Don't try others—they don't work.

Your free report "*6 Brand-New Ways Doctors Lose Weight*" brings you additional details and the one brand we've found to be most effective. Please refer to it and use this cheese. It's one of the easiest ways ever to lose weight. This report is free. You don't have to buy anything to get it.

SECRET #5. The Fat Buster That Wipes Away Cravings

Picture this: you're being handed the most delicious, scrumptious food from a gourmet buffet. You taste it, love it and then refuse seconds because you've eaten enough. You don't need more—and you feel full, too. You've NOT denied yourself. What's going on? Meet PYY3-36.

PYY3-36 is the hormone released in the gastrointestinal tract after you've consumed a full meal. It tells your brain that you're not hungry anymore. Plus, it switches off the nerve that triggers overeating. The problem is, many of us don't release enough of it—so we're hungry—and the pounds pile on like crazy.

When scientists gave people an artificial version of this hormone BEFORE they ate, instead of waiting for it to be released after you've eaten, the appetite-suppressing power instantly went to work and kept them from coming back for seconds. Those who used this reported a 40% drop in hunger levels and ate a third less than usual at one of those all-you-can-eat buffets. Your FREE report "*6 Brand-New Ways Doctors Lose Weight*" tells you more about this astonishing way to lose weight.

SECRET #6. A Drug That Blocks Your "Fat Gene." Eat All You Want!

Researchers are close to the golden answer that can be considered the "magic bullet." They're not there yet—but the moment they are, I'm going to be the first to tell you all about it. Here's the almost unbelievable story behind this space-age research effort.

Scientists have discovered an "overeating gene" called JNK. It's found in people who are overweight. When they fed mice who had this gene a diet high in fat and calories for a week they gained weight quickly. The mice that didn't have this gene didn't gain the weight! Gokhan Hotamisligil, M.D. of Harvard says that it blocks the paths the junk gene uses to trigger overeating in your body. This miracle is NOT far away. You'll be the first to know when it hits the market—I promise!

FREE REPORT #6 Tells You What To Do

**Claim Your Free Copy
Now By Returning
The Free Gifts
Certificate On Page 23.**



**6 Brand-New
Ways Doctors
Lose Weight**



“Get Rid Of Backaches For Good Without Relying On Expensive Drugs Or Doctor Visits. You Can Quickly Become Pain-Free With These Simple, Drug-Free Steps.”

Modern Medical Research Has Finally Confirmed The Astonishing Healing Power Of These Potent Healing Options. They’re Simple, Painless and Effective.

I have exciting news on this front. There’s so much you can do, some are saying that this ailment is almost obsolete. Gulping fistfuls of Tylenol and aspirin was never an answer—and it still isn’t today. The fact is this: we spend most of our lives abusing our backs.

If you’re suffering now, you know what I’m talking about. In the past, what were your healing options? Few, if any. Thankfully, there’s plenty you can do. 80% of Americans will suffer from low back pain. As you age, your intervertebral disks lose some of their ability to absorb shocks—and the hurting gets worse. Back pain is America’s fourth most common ailment and the sixth most common reason for emergency room visits!

Look At All You’ll Learn In Your Free Report, “Banish Back Pain Forever”

Back pain is such a problem, I put together a special report on it that I give to my patients and anyone else who asks. Sure, there may be times when you do take an aspirin, but I *don’t* look upon that as an answer to your problem. My objective is to first get rid of your pain. Second, to show you how to avoid it in the future—and you definitely can. I’ve seen it in my practice. I will send you this report. Here’s a small

sampling of what it will tell you.

- This “magic mineral” aids in healing cartilage and strengthens your tissues in your neck and back.
- An extract from the North American pitcher plant acts as an all-natural anesthetic which lasts up to three weeks, offering you superb, drug-free pain relief.
- Avoid this one kind of food because it contains uric acid which strains your kidneys and can contribute to your back pain.
- When pain hits you, immediately drink two glasses of this. This often gives relief within minutes.
- Tired of stiff muscles in your back? This homeopathic remedy has proven useful in offering real relief.
- Avoid these five sports like the plague. They’ll make your problem much, much worse.
- Studies show that folks who seek out this particular treatment recover faster than anyone else.
- Take back-building nutrients! They keep the bones of the spine strong, the tendons and ligaments flexible, and the cartilage, that should cushion the discs of your spine, resilient.

Two Kinds Of Mattresses Cause The Worst Back Problems Imaginable. Odds Are That You're Sleeping On One!



You've heard it before: you spend one third of your life in bed. So, if you're on the wrong mattress, you're in serious trouble. Here's the problem most people make. They lay down at night and feel comfortable enough to fall asleep. The torture has just begun for your body. Photographic studies show that people on these two types of mattresses twist and turn all night because their body is physically uncomfortable.

The Camera Doesn't Lie—You're In Pain, You Just Don't Know It

Sure, they're asleep, but their body is not at rest. In fact, it's under pressure and their muscles are being strained hour after hour. The younger you are, the more you can get away with this. But, it will eventually catch up with you. I've seen cases where a simple change of mattress solves lifelong, chronic back problems.

In "*Banish Back Pain Forever*," you'll discover the two kinds of mattresses to avoid like crazy. Most people say, "My bed is comfortable." And they leave it at that. They're NOT aware what happens once they fall asleep. Please don't make this mistake!

- Eat these back-building foods because they're naturally rich in beneficial nutrients. They help stop cramping, nerve damage, inflammation and free radicals.
- The single most destructive personal habit encourages back pain like crazy. If you're doing it, stop as soon as possible!
- Get more bed rest and you'll feel better. Here's the shocking truth about this advice.
- The three best ways to move your body if you have to do a task that could make your back pain worse—like vacuuming a room.
- Avoid these specific foods. They'll make your pain worse and slow down any healing.
- Magnet therapy is gaining ground with respectable medical authorities. They're not sure how it works, but a growing number of people say that it's wiped away their pain.
- These two natural bioflavonoids fight inflammation very effectively. They're better than drugs and have no side effects!
- The eight prime causes of back pain. Watch out for them and you can side-step them.
- And much, much more in your free report. Claim your copy without delay. It tells you what others can't or won't.

FREE REPORT #3 Brings You Complete Details



**Claim Your Free Copy
Now By Returning The Free
Gifts Certificate On Page 23.**



“You Can Have Crystal Clear Vision As You Get Older. The Key Is Learning How To Protect Your Eyes. Even If Your Vision Isn’t Great Now—*It Can Be Improved.*”

There Are No Early Warning Symptoms To Macular Degeneration. If Your Vision Is Fine Now, These Steps Will Keep It That Way. If You Have Problems, There Are New Solutions That Research Has Confirmed As Safe and Effective.

Tired of looking for your glasses and not finding them? Fed up with fiddling around with contact lenses? Take the right steps, and you *won't* be worrying about that anymore. Macular degeneration is the result of free radical damage to your eyes. It's the leading cause of loss of vision in America today.

It's truly surprising how few people realize that vision requires care and maintenance just like anything else. Your eyes won't take care of themselves. When asked, the average person is at a complete loss when it comes to repairing and restoring their vision. There **IS** plenty that you can do. I've briefly covered some of your options below. Please see “*How To Preserve or Restore Your Eye Sight*” for all the details. Here's just a small sampling of what you'll learn.

- **Change Your Diet Slightly And Improve Your Sight Significantly.** The key nutrients that are proven to delay, halt, or even reverse your eyesight decline contain high levels of antioxidants. These foods contain carotene in high amounts and they can literally *save* your eyesight.
- **Fruits With Intense Red, Blue and Purple Coloring**

Work. It's a scientific fact: fruits and vegetables with these colors are loaded with anthocyanidin bioflavonoids, a real saver of vision.

- **This Mineral Is Surprising Scientists.** Here's the easiest way in the world to preserve your vision. In patients who took 80 mg of this a day versus those who took a harmless sugar pill, the group on the mineral preserved their sight 42% better than those on the sugar pill.
- **60% Find Relief From Macular Degeneration—And It's Easy!** In one study, these four supplements halted or even reversed vision decline by an astonishing 60% of macular degeneration patients. Even the scientists conducting the test were *amazed* at their findings. Remember, this isn't guesswork—these are medical results!
- **The Seven Major Causes Of Failing Eyesight Are The Following:** The good news is this. If you know what they are, you can act to avoid or minimize them right now. Don't wait and find out what they are after it's too late.
- **Imagine a Common Berry That Restores Your Sight.** Clinical studies have found another miracle worker in mother nature. This common berry has *incredible* restorative powers. They're so rich in bioflavonoids, they're better than drugs.
- **Do You Have Mucus In Your Eyes?** Several different conditions can cause this to accumulate in your eyes such as allergies, infections such as conjunctivitis and severe head colds.
- **Your Body Is Low On Taurine.** Taurine is an amino acid found in the highest concentration in your eyes. It functions as a powerful antioxidant. The problem is, as you age, you lose a lot of this valuable substance. Supplementation can help in this important area.

FREE REPORT #9 Tells You What To Do

**How To Preserve
Or Restore Your
Eye Sight**

**Claim Your Free Copy
Now By Returning
The Free Gifts
Certificate On Page 23.**

“The American Medical Association Reports That Stress Causes Up To 85% Of All Illnesses. Try These Breakthrough Solutions And You’ll Feel Better, Faster.”



Stress Is The Number One Reason Why People Go To The Doctor. Many of the Symptoms You’d Never Guess Are Stress-Related Really Are: Gaining Weight, Skin Rashes, Heart Disease, Infections. Here’s How To *Finally* End Your Stress.

A study from Harvard University should make you feel *much* better right now. It reveals that people who know how to cope with stress are an astonishing 400% less likely to get ill from it. If you’re thinking that stress is just a fact of life today, you’re wrong. There’s plenty you can do to make sure that it doesn’t make you sick.

- **There’s a Super Supplement That Eases Your Stress.**

The University of Alabama stumbled upon a true breakthrough. They discovered that by giving lab animals more of this household vitamin, they stopped producing stress hormones. Then, they wondered if people can get the same benefit. *They can!*

A German study confirmed it, revealing that those taking this vitamin have “significantly lower” stress levels. This is because when you’re under stress, this vitamin is depleted from your adrenal gland. Get your calm back and keep it—the easiest way possible! Please see your free report “*The Stress Solution That Saves Your Life*” to learn more.

- **For 3,000 Years, The Chinese Have Relieved Stress This Way.**

The Chinese have known for centuries that gently touching certain areas of your skin brings almost instant relief. After laughing at this theory, scientists are taking it seriously. Why? Certain areas of your skin contain special pathways to the brain. Pressing them sends a signal to the brain to release endorphins, the body’s natural stress reliever. It’s easy. All you need is your thumb and your ring finger. Please see the illustrations in “*The Stress Solution That Saves Your Life*.”

- **Try The Magic Smell Of Green Apples. Scientifically Verified!**

Chicago’s Smell and Taste Foundation has amazed the experts. They discovered that the scent from

green apples has millions of fragrance molecules. When they reach the top of your nose, where millions of tiny nerve cells catch them. Their effects are sent directly to your brain. In tests, it made stress levels decrease significantly. Place a bowl of them near you. This works!

- **Eat Some Of Your Favorite Comfort Foods.**

Like pasta? What about mashed potatoes? If you turn to these in times of stress, you’re making the right move. Doctors have recently discovered that food high in carbohydrates tell the brain to make serotonin. They discovered that as little as 1½ ounces of carbohydrates—the amount in a baked potato or cup of pasta—is enough to relieve a full day’s worth of stress!

- **A Study Reveals A Simple Powerful Answer.**

The University of Pennsylvania came up with a *remarkable* finding that you might not believe at first. They discovered that you can reduce your stress by setting aside a small time period each day in which you “officially” worry. But, after that period is over, you’re done worrying for the day. Don’t laugh. It was extremely successful!

FREE REPORT #8

**Tells You What
To Do**

**Claim Your Free Copy
Now By Returning
The Free Gifts
Certificate On Page 23.**

**The Stress
Solution That
Saves Your Life**

Any One Of These Eight Medical “Miracles” Could Stop Your Pain And Take Away Your Symptoms

These Miraculous High-Speed Healing Solutions Can Ease Your Pain and Banish Your Discomfort. They’re *Proven* Effective By Medical Research—And They’re Available To You Right NOW. Get Full Details In Your Free Report, “8 Medical Miracles From America’s Top Scientists.”

Make Your Skin Look 25 Years Younger

Changes in collagen, elastin and glycosaminoglycans contribute to aging your skin. A controlled study with 53 women revealed a combination of oral supplements containing amino acids, minerals and antioxidants improved the appearance of their skin, giving it a youthful look.

After 12 weeks, scientists looked at the fine lines and wrinkles and compared one group that took the supplements to the group that didn’t. The results were almost *unbelievable*. They revealed a statistically significant reduction in the number of wrinkles among the women who took this wondrous supplement. Get the full details in your free report, “8 Medical Miracles From America’s Top Scientists.”

Your Medicine Could Be Making You Sick

- **Are You Tired And Sluggish? Your Pain Reliever Could Be The Guilty Party.** Taking aspirin and ibuprofen can suck the iron right out of your body. This lack of iron is *directly* related to fatigue.
- **Do you have aches all over your body?** Are you taking a cholesterol-lowering statin drug? This includes Lipitor and Zocor. Ask your doctor for another cholesterol-lowering drug without these side effects.
- **Contraceptives Make You Nauseous.** The pill can make you feel sick because your hormones are out of balance. Switching to a lower estrogen pill can be a *huge* help.

The Secret Reason Why You’re Always Tired

Many common conditions can cause long-term energy drain. The key is figuring out what’s wrong with you. It could be as simple as a deficiency in a certain vitamin or an imbalance in your body. Once you find this out, regaining your energy is a snap. Here are a few important considerations you should be aware of.

- **This Magic Mineral May Be Sapping Your Energy.** If you take too much of this, your blood iron level will plunge as much as 35%. This could easily cause anemia,

leaving you constantly exhausted.

- **Are You Deficient In This Vital Enzyme?** Your body has to convert food into adenosine triphosphate (ATP) the enzyme that causes the biochemical reactions your body needs for producing energy. Your diet and digestive problems can wipe out your body’s ATP, leaving you drained of energy. Your answer? Take these digestive enzymes and you’ll be fine.

This Surprising New Indigestion Cure Really Works

Gas, bloating, nausea, a burning feeling deep inside, stomach discomfort. We've all experienced it. Before you buy medicine to relieve your indigestion, consider this. Many have severe side effects such as diarrhea and dizziness. They even cause serious damage to your health by stopping you from absorbing your vitamins.

This is why doctors are so excited by a stunningly effective new way to relieve indigestion without side effects. A study from Wythenshawe Hospital in England

revealed a simple treatment technique that involved the power of suggestion to relieve indigestion. Does this work? *Like gangbusters!*

This treatment was almost twice as effective in relieving chronic indigestion as drug treatments or other therapies. That's a breakthrough. Full details are found in your free report entitled "*8 Medical Miracles From America's Top Scientists*." You don't have to buy anything to get this report.

Scientists Say This Shot Could Prevent Cancer

Researchers at the University of Iowa just announced that they have discovered a vaccine that can prevent the human papillomavirus (HPV-16) that is responsible for 50% of the cervical cancers in the country.

HPV-16 is a virus that causes genital warts—and 40 million Americans have them right now. But, most don't have symptoms, so the vast majority of people don't get treated. The disease sneaks up on them and pounces. If only they knew about this vaccine, they could safeguard their health.

Can't Sleep? A Simple Solution That Doctors Swear By

Wondering why your daytime energy level is so low? The vast majority of cases have a simple answer: you're not getting enough deep, peaceful sleep. This can have a profound effect on your health.

Here's a solution. A famous herb Indians take is sweeping the medical world. Studies prove that taking 200 to 400 mg. daily relieves insomnia for over 90% of women. Within two weeks, an astonishing 85% have regained their lost energy. This herb is available at your local health food store. Get the full details in "*8 Medical Miracles From America's Top Scientists*."

Reverse The Damage Smoking Has Done To Your Heart

Smoking changes your blood vessels, making them act like stiff pipes rather than a flexible tube. This causes heart disease. Scientists have discovered an amino acid, available at most health food stores, that will restore and repair damaged blood vessels. This fact was documented by *Circulation*, a prestigious medical journal. Please request your free report "*8 Medical Miracles From America's Top Scientists*" to learn more.

Tired Of Restless Legs Syndrome? Surprising New Answers

Tired of that feeling of having 1,000 needles in your legs. The tingling, the pain, the aches. Scientists now say that there's plenty you can do about this syndrome that impacts millions in America.

- **First Step:** eat a balanced diet and take a good multivitamin every day.

- **Second Step:** Avoid caffeine and alcohol, particularly before bed. Although caffeine relieves symptoms initially, it makes them worse later.
- **Third Step:** Take a hot bath before bed. It increases your circulation significantly and boosts the flow of blood in your body. Studies *prove* that these three steps work!

FREE REPORT #7 Tells You What To Do

Claim Your Free
Copy Now By
Returning The
Free Gifts
Certificate On
Page 23.

**8 Medical
"Miracles"
From
America's
Top Scientists**



“You’ve Seen Part Of The MD Wellness Handbook – Now See The Rest Of It In Your 11 FREE Reports! They’re My ‘Thank You’ Gifts For a No-Risk Try Of My Monthly Publication, *The Healing Doctor*.”

You know what most health publications do? They repeat the same tired old news the others report on? Not us. We do original, unique reporting that is fresh and NEW from the world of medical breakthroughs.

1.) A Willing Friend Who Will Help You!

I’m not obligated to any special interest other than you. For over 40 years, I’ve helped people just like yourself find the best, least-costly remedies that get rid of your illnesses.

2.) Simple, Drug-Free Solutions That Really Work!

Medical research has identified so many natural remedies that drugs are only a pale imitation of. And, I’m going to tell you about all of them. You have *real* options!

3.) Amazing Medical Breakthroughs You Can Use!

Don’t read about them in your newspaper two years *after* they’ve been discovered. Why wait? This is my lifelong passion. I know what’s new and what’s not. And I’ll tell you!

4.) Warning You About Phony Tests & Therapies!

Scams, needless tests, costly doctor visits for nothing. The medical maze can steal your money and leave you in pain. There are *useless* remedies out there—and I can spot them!

5.) Remedies Your Doctor Doesn’t Know About!

Your doctor can’t stay on top of the thousands of research studies, papers and conferences held every year. With my 40 years experience and network, I can and I do!

6.) Stopping Pain Dead In Its Tracks!

Too many doctors don’t treat pain. They view it as a side effect that you have to bear. *I say nonsense!* It’s vital to stop pain and to do it as fast as possible. Why suffer needlessly?

7.) Solutions Drug Companies Try To Muzzle!

If you can use a natural remedy instead of a drug, drug companies get furious because it costs them. They’re a business and they make money when you use their products!

8.) Beating Aches & Pains That Never Go Away!

How long have you had your symptoms? Are you tired of them? I’ll give you better, safer, more effective ways of feeling better. I’ll guide you to the finest care available today.

9.) Finally Getting Better—Without Costly Drugs!

Feeling better isn’t difficult or impossible. You just have to do what works—and often that means using a natural remedy. If a safe drug can help you, I’ll recommend it, too.

Join Me By Mailing The Reply Form on page 23 NOW!

"I Guarantee You That The Healing Doctor Will Improve Your Health More Than Any Doctor Or Any Other Publication Has—Or Else You Receive a Refund!"

Isn't it time you found out how doctors stay so healthy? I've been a practicing doctor for 40 years, and I've learned how you can live a life free from pain and discomfort. Now, I'll share these secrets with you.

I have one simple goal: to make you feel better as fast as I can. In my years of practice, I've seen all-natural treatments that heal you faster, safer and better than drugs and the other treatments your doctor uses. Yet, if I find a drug that genuinely works and has no scary side effects, I'd recommend it.

The pace of medical breakthroughs today is nothing short of *stunning*. From research labs around the world, leading health clinics, top university research centers and private medical centers, the discoveries are almost *unbelievable*. I'd bet a month's salary that your doctor never told you about any of the following breakthroughs...

- A vitamin that eliminates the risk of breast cancer
- Ever hear of the food that melts fat
- A drink that cures the common cold?
- A super bandage that heals 66% faster
- A vaccine that helps you quit smoking, effortlessly
- A spray that ends PMS
- How to stop feeling faint, fast

I'm Going To Tell You All About These And More!

Each issue of The Healing Doctor is like a monthly house call from me. The free reports I'll send you will start your healing process—and the monthly issues thereafter will continue it. I want to protect you from getting sick in the first place. And if you're now ill, you deserve the best treatment options out there. And, you can't count on your doctor to tell you about them. You'll discover...

- **Natural Prevention Secrets** that wards off the illness that might ruin your life. You'll learn about the best, most potent vitamins, minerals, foods, herbs, safe drugs, mind-body healing techniques, massage therapy and energy medicine solutions available.
- **Actual Case Histories:** Nothing is better than learning from someone who had the same illness and beat it. I'll tell you about these success stories!
- **Up-To-The-Minute Research:** Unless you're kept totally up-to-date on the most current breakthroughs, what you're doing is probably the most effective treatment available.
- **And much, much more:** I promise to bring you all the life enhancing news and guidance you need. It will help you—even if you've neglected your health for years.

I've Taken Four Bold Moves To Convince You To Join Me...

With the permission of my pub-

lisher I've 1.) Cut the subscription price 50%. 2.) I've offered you up to 11 FREE health reports. 3.) I've made this a completely risk-free offer. 4.) I've even given you an incentive to respond quickly—you get two extra health reports!

We're now at the moment of truth—you and me. Either we say goodbye or you climb aboard and experience the single greatest improvement in your health—*ever*. I know that's a strong claim, but I can back it up with over 40 years of experience.

It costs only \$49 to join me for a year and receive 12 monthly issues of The Healing Doctor. That works out to be just 13 cents a day. (What can you buy for 13 cents a day?) And you'll receive all 11 FREE health reports.

Please let me hear from you soon. I can't promise you that I'll contact you again, so this may indeed be your one chance to join me. I'm excited about what we could do together. All you have to do is return the FREE GIFTS CERTIFICATE on page 23. I look forward to saying "welcome aboard!"

Sincerely Yours,

Richard M. Foxx, M.D.

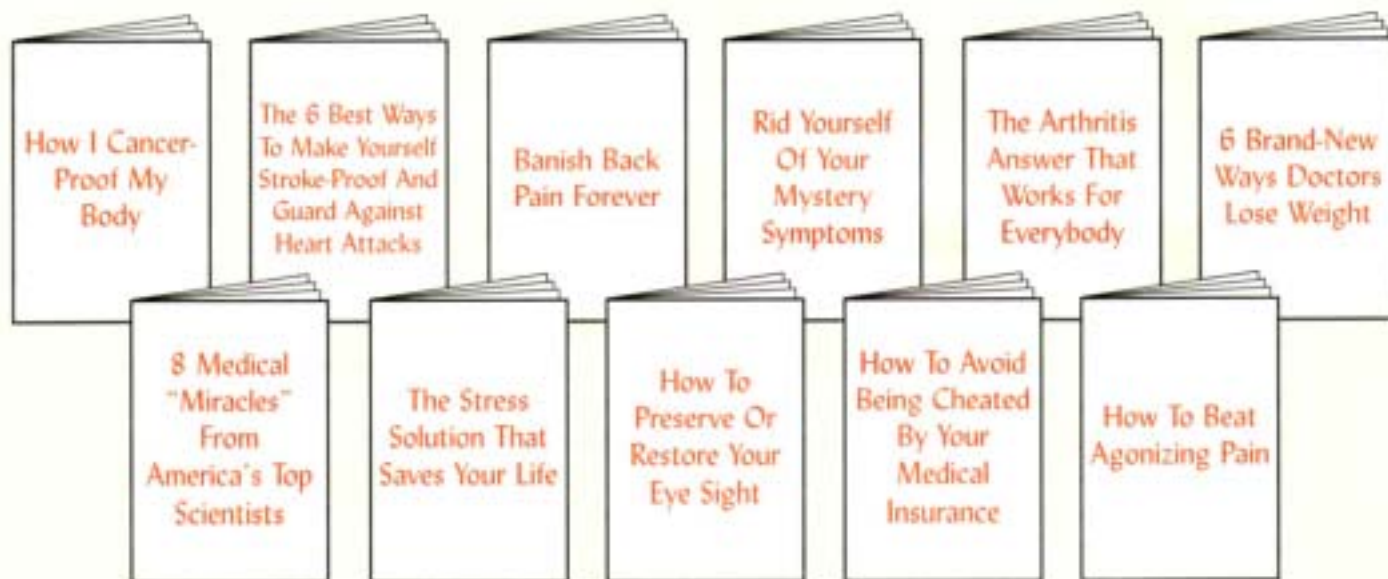
Dr. Richard M. Foxx, Editor
The Healing Doctor

The Healing Doctor

Join Me And I'll Send You 11 Free Reports



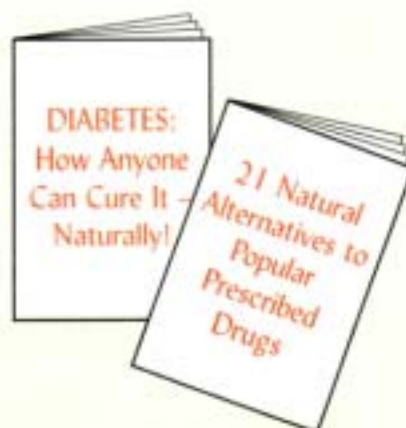
Free Reports from Dr. Foxx with your one-year subscription:



Why you should buy our advice: *The Healing Doctor* is issued by The Health Press, a division of Lombardi Publishing Corporation, one of the largest newsletter publishers in North America. We've been in business since 1986 and have served over 200,000 customers. **Our commitment of excellent service to you:** Once you become a customer, you are provided with our phone number, fax number and e-mail address. You can contact our customer service department during regular business hours should you need to change your address, ask questions about our other products, cancel your subscription, etc. We pride ourselves on friendly, quick, and professional service. **Our relationship with you:** You may cancel your subscription at anytime for an immediate prorated refund. To make things even easier for you, we automatically renew your subscription when it expires, again cancelable by you at anytime if you're not satisfied. Once you subscribe, you are enrolled in the Lombardi Preferred Club at no charge. As a member, once or twice a year, we will send you another Lombardi newsletter, at the same price, on a negative option basis. If you don't want it, send it back within 10 days at our cost. You can cancel the Preferred Club membership at anytime by mail, fax, or phone.

Two Fast-Response Bonuses!

With your one-year subscription if you respond within seven days or sooner.



"Take My Entire Medical Library—All 11 Reports. It Tells You About EVERY Miraculous Healing Remedy You've Just Read About. The One You Miss May Be The One You Need! They're FREE!"

Free Gifts Certificate

Save over 50% * 11 FREE GIFTS * 100% GUARANTEED

ACT NOW!
This Offer May
NOT Be Repeated!

YES! Dr. Foxx, please show me how I can repair and rejuvenate my health without resorting to costly drugs or painful doctor visits. I want to join THE HEALING DOCTOR and receive my FREE gifts. I understand that this is a 100% RISK-FREE offer! Under those conditions, please sign me up and *rush* my free reports.

☐ **BEST VALUE**—One year (12 issues) for just \$49. I save over half the cover price. Plus, I'll also receive the following 11 healing reports, FREE!

- FREE REPORT #1: *How I Cancer-Proof My Body*
FREE REPORT #2: *The 6 Best Ways To Make Yourself Stroke-Proof And Guard Against Heart Attacks*
FREE REPORT #3: *Banish Back Pain Forever*
FREE REPORT #4: *Rid Yourself Of Your Mystery Symptoms*
FREE REPORT #5: *The Arthritis Answer That Works For Everybody*
FREE REPORT #6: *6 Brand-New Ways Doctors Lose Weight*
FREE REPORT #7: *8 Medical "Miracles" From America's Top Scientists*
FREE REPORT #8: *The Stress Solution That Saves Your Life*
FREE REPORT #9: *How To Preserve Or Restore Your Eye Sight*
FREE REPORT #10: *How To Avoid Being Cheated By Your Medical Insurance*
FREE REPORT #11: *How To Beat Agonizing Pain*

Please make any needed changes to your name and address on the reverse side.

Detach and mail in the postpaid envelope enclosed. Mail to: The Health Press,
350 Fifth Avenue, Suite 3304,
New York, NY 10118-0069

100% Money-Back GUARANTEE

My Promise To You:
I'll tell you exactly how
doctors stay so healthy

Here's how I suggest you try my publication—at my expense and my risk. If you're not thrilled, I'll send you back 100% of your money on all unmailed issues, no questions asked.

☐ **2 FAST RESPONSE BONUSES!** FREE when you respond in the next 7 days or sooner. I'm responding immediately! So please rush me FREE REPORT "*DIABETES: How Anyone Can Cure It – Naturally*" and FREE REPORT "*21 Natural Alternatives to Popular Prescribed Drugs.*"

Please Choose Your Method Of Payment:

Enclosed is my check/money order for \$49 payable to The Health Press.

☐ Please bill my: ☐ VISA ☐ MasterCard

Card # _____

Exp. _____ Signature _____

☐ I would prefer to have my monthly issues e-mailed to me.
My E-Mail Address Is: _____



The MD Wellness Handbook



“How Top Doctors Secretly Protect Themselves From The 12 Health Problems You Fear The Most.”

**The MD Wellness Handbook Reveals What Doctors Personally Do To Stay
Healthy. It's The First Publication Of Its Kind In America.**

- “This overlooked vitamin can cut your cancer risk in half.” *Page 8*
- “Slash your risk of a heart attack 78% in 15 days.” *Page 10*
- “End your mystery symptoms and start feeling better.” *Page 6*
- “Has the cure to arthritis been found on the ocean bottom?” *Page 4*
- “Get rid of that ripple fat forever—science confirms it.” *Page 12*
- “The doctor’s surprising new indigestion cure.” *Page 19*
- “The secret reason you’re tired all the time.” *Page 18*
- “This new shot could prevent cancer.” *Page 19*
- “Restless legs syndrome? Surprising new answers.” *Page 19*

**11 FREE Health Reports Tell You How Doctors Solve These Problems
For Themselves. Claim Your Reports Now.**

MLCK0311

The Healing Doctor

350 Fifth Avenue, Suite 3304,
New York, NY 10118-0069

PRSRT STD
U.S. POSTAGE PAID
MAILED FROM
ZIP CODE 14240
PERMIT NO. 3994

120*3*****3-DIGIT 442

S

200

Au

