

PLEASE READ THIS BEFORE VISITING YOUR PHARMACY

If You Want To SAFELY Lose Weight, Prevent Cancer, Heart Attacks, Strokes And A Host Of Other Diseases...

There Are Things Your Doctor Isn't Telling You – And It's Not Because He Doesn't Want To –

Dr. Russell L. Blaylock, MD.

One of America's most influential and widely respected health practitioners exposes the greed, ignorance and mismanagement inside the modern American healthcare system.

Dear Concerned Healthcare Recipient,

Let's be very clear. You should visit a doctor for one reason, and one reason only.

You wholeheartedly believe...and trust...that your doctor knows how to protect your health, and treat and cure what ails you – far better than you could do on your own.

Now here's the bad news.

There are over 4,600 medical research papers written and published monthly in the United States – that's over 55,200 papers a year!

The vast majority of these papers reveal important medical breakthroughs and discoveries crucial to your health and well-being.

The question to ask then is...how many of these vital, life-saving, research papers does your average doctor read?

Based on over 26 years as a board-certified neurosurgeon and practicing physician, I can tell you...

(Over, please...)

Precious few, if any.

And to expect otherwise, would be unrealistic.

**Is Your Doctor Killing You With Drugs? Well, It's Really Not His Fault.
He Just Doesn't Know Any Better.**

Once a physician finishes medical school, and then his internship at a local hospital, he's way too busy "practicing" medicine, "growing" his practice, and yes, playing 18-holes of golf – to continuously and extensively study medicine.

So, once they're "in business," most of the medical information your average doctor receives, and then passes on to you...by prescribing certain drugs and courses of treatment...is derived from one or two medical journals published by the medical organizations of which he is a member.

The American Academy of Allergy, Asthma and Immunology, the American Diabetes Association, the American Lung Association, the American Gastroenterological Association and the American Heart Association, are only five of over 700 medical organizations; associations, societies, foundations and colleges that publish medical papers.

Therefore, due to time constraints, the information your average doctor receives is clearly narrow and limited.

And it gets worse.

Sitting on the Board of Directors at some of these medical organizations are individuals who own major stock positions in vaccine and pharmaceutical companies.

Worse still, some of these board members serve as paid scientific advisors to these same vaccine and pharmaceutical companies.

Monsanto, a company that engineered the approval of aspartame (NutraSweet and Equal) by the FDA, is a major contributor to several nutritional journals. Rarely, if ever, will you see an article critical of aspartame (a proven toxin) in one of these journals.

Aspartame contains the excitotoxin aspartate as well as methanol (which breaks down into formaldehyde and formic acid.)

One study found that feeding aspartame to test animals in doses approximating human consumption produced a 47-times increase in tumors of the brain and other organs.

And newborns...

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are 4-times more sensitive to aspartame than adults.

**It's Not That Your Doctor Doesn't Want To Tell You The Truth.
He Just Can't.
Because...Odds Are, He Doesn't Know The Truth Himself!**

The point is...sometimes the truth about certain drugs (Vioxx and Bextra, the most recent examples) just doesn't get disseminated...until too many people have died...and then, obviously, it's too late.

My name is Dr. Russell L. Blaylock. I'm a board-certified neurosurgeon, health practitioner, author and lecturer, and...

**I'd like to send you 5 FREE REPORTS
to help you safely, easily, and affordably loose weight,
prevent cancer, heart attacks, strokes and a host of other diseases**

As a member of the international board of the **World Natural Health Organization**, and the **2004 recipient of the Integrity in Science Award** granted by the Weston A. Price Foundation, I urge you to read the findings presented in these reports. **They can save your life!**

I've served as **Clinical Assistant Professor of Neurosurgery at the University of Mississippi Medical Center** in Jackson, Miss., and I'm currently a **Visiting Professor of Biology at Belhaven College**, also in Jackson, Mississippi.

I'm a member of the editorial staff for the **Journal of the American Nutraceutical Association** and associate editor of the **Journal of American Physicians and Surgeons**.

I've authored three books on nutrition and wellness:

- **Excitotoxins: The Taste That Kills**
- **Health and Nutrition Secrets That Can Save Your Life**
- **Natural Strategies for The Cancer Patient**

I recently retired from my neurosurgery practice, and I'm now devoting my skills and full attention to nutritional studies and research.

Currently, I edit the nationally recognized **Blaylock Wellness Report**.

This 12 to 16-page monthly newsletter is written for people...

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like yourself, who are interested in learning the hard truth about the healthcare industry...and more importantly...**how they too can easily, safely, and affordably live a healthier life...and protect themselves from the ravages of disease, cancer, heart attack, stroke, obesity...and much, much more.**

Speaking of the truth, which is not publicized for obvious reasons...

Almost Every Patented Drug Sold On The Market Today Is An Artificial, Chemically Manufactured, Laboratory Replica Of A Substance That Occurs Naturally...And Most Predominately...In Plants!

What the pharmaceutical companies do...or rather what their scientists and chemical engineers do – and much to their credit, they do it extremely well – is locate and identify these beneficial **substances that already exist in the natural world**...isolate them...and then recreate them in the laboratory from the molecular level on up.

Then, they fortify them in various ways...to the “nth” degree...creating super-strong...chemical clones.

And therein lies the root of the problem. Stronger is not better.

Far too many pharmaceutical drugs have severely disabling and toxic side effects – and not only when used over the long-term.

Witness all the disclaimers that follow those silly T.V. commercials for all manner of prescription medications.

We see happy silver-haired people (actors of course) hop, skip and jump through flowered fields, while the narrator, under his breath, reads off a litany of possible deadly side effects, ranging from constipation to severe depression to liver failure.

Let me be perfectly clear. I am not launching a crusade against over-worked and uninformed physicians...or profit motivated, publicly traded pharmaceutical companies.

I firmly believe in a capitalistic economy. I support and applaud any honest and successfully run business. But, as a doctor, my primary responsibility and concern is to prevent illnesses and to heal the sick. All other considerations will always and firmly remain secondary.

So I'm telling you right now...

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**There's An Eminently More Sensible...More Affordable...
And Far Safer And Effective Way To Combat Illnesses...
While Keeping Your Body Healthy And Fit, Younger And Stronger
– Regardless Of Your Age –**

If you've been diagnosed with an acute or chronic illness, the medical establishment typically relies on three modes of treatment, either individually or in combination...

They want to...Cut, Burn or Poison you!

In other words, modern medicine will recommend that you submit to...

Surgery, radiation treatments or drugs...or all three!

Over one hundred years ago, the medical establishment also recommended bleeding, draining the "bad blood" from the body of a sick patient.

Clearly, many doctors don't always know best...and medical science is sometimes far less than...well, science.

But there's hope. There's a fourth way.

And your mother was probably the first person to introduce you to its benefits.

But, ironically, as American society "progressed," we distanced ourselves from old truths. Instead, we sought "faster," and more "scientific" alternatives.

What mother knew best just didn't fit into our passion for sexy, fashionable, complicated, next-generation technology.

Now though...

This old-fashioned "fourth way" is "in" again. It's considered stylish, trendy and smart. It's even referred to as the ultimate "alternative medicine."

Even your doctor will admit (maybe only after a bit of hemming and hawing), that nothing compares to the long list of health and curative properties of...sound and properly managed... nutrition.

Yes, the ultimate alternative medicine is – NUTRITION

But, when I say nutrition, I'm not talking about an apple a day, or the "food pyramid."

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**In Fact, What Many Consider To Be Good Nutritional Practice Is Wrong
And Every Bit As Dangerous As Most Prescription Medications.**

In my **FREE 5 REPORTS** there's a world of valuable, health-enhancing and life-saving information...

Free Report #1: THE FAT CURE

Secrets To Losing Weight Safely And Permanently

According to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), America is in the grip of an "obesity epidemic."

More than 65% of Americans are considered obese – and the problem is far worse among women than men.

Over the past twenty years obesity rates have doubled among females.

And spending by private health insurance companies on obesity-related diseases have increased tenfold from 1987 to 2002 – from \$3.6 billion to \$36 billion.

Sugar: A Prime Culprit.

Recent studies show that sugar consumption has increased 28% since 1983 and over 700% since 1942.

Today, the average American consumes an unbelievable 64 pounds of sugar a year. And, the average teenage boy...well, he swallows a whopping 109 pounds of sugar a year!

Yet, the USDA recommends that an adult consume no more than 10 teaspoons of sugar a day. That's no easy task when a 12-ounce Pepsi contains 103% of the recommended daily sugar intake (and the average teenager drinks between three and six cans of soda a day.)

A study conducted at the University of North Carolina at Chapel Hill found that American adults aged 40 to 59 years old, increased their soft drink intake 250% between the years 1972 and 2001. Those aged 60 and over saw a 300% increase in soda drinking.

Sodas and fruit juices are clearly the worst offenders when it comes to sugar consumption.

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In your **16-PAGE FREE REPORT**, I'll also tell you about the other 21 prime causes of obesity. Including ...

The Obesity Secret: MSG.

The fact that MSG (monosodium glutamate) promotes obesity is so well established that the substance is routinely used in experimental obesity studies on animals.

Glutamate (the toxic ingredient in MSG) powerfully stimulates the insulin-producing cells of the pancreas. And when insulin production is increased – you get hungry, and you want to eat!

MSG also causes glucose (sugar) to enter fat cells, preventing it from being burned in muscle cells, as it should. As a result, more fat accumulates – especially around organs and the abdomen (visceral fat) – resulting in what's otherwise known as a beer gut, or spare tire.

It's also extremely important to note that for over 50 years, researchers have known that a pinpoint injury to certain parts of the hypothalamus (an area of the brain) would cause an animal to become grossly obese.

They then discovered that MSG destroys that very same area in the hypothalamus.

And humans are five times more susceptible to MSG toxicity than even the most sensitive lab animals.

The American Diet Is Loaded With Destructive Glutamates

It's crazy. Our national obsession with soy is ludicrous when you realize that soybeans have one of the highest glutamate, fluoride and manganese levels in the plant kingdom. Mushrooms, especially Portobello mushrooms, also have high levels.

A study conducted in Hawaii, over a 25-year period, found that **the more soy consumed by an individual, the higher their incidence of brain atrophy – leading to dementia.**

Several studies have also shown that glutamate is what causes adult blindness in diabetics. It builds up in the vitreous humor in the back of the eyeball and destroys the nerve cells in the retina.

The Good News

Researchers find that if you feed animals a high-fiber diet at the same time they're being exposed to...

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excitotoxins (such as glutamates) – they don't get fat!

Even better still...

**Research Has Confirmed:
Ingesting A Certain "Oil" Will Actually Rid You Of Fat!
And, It Works Best Against Visceral Fat – The Fat Around Your Stomach!
(And, no, it's not Omega-3, which I discuss in another FREE report)**

This special oil interferes with fat deposition, and increases fat burning. It also reduces the risk of colon and breast cancer.

I'll tell you even more about this wonderful oil in your free report (you just take a 1,000 mg capsule of this oil, twice a day, with meals – and once the fat is gone, you drop the dosage to 1,000 mg. a day.)

Now For The Skinny On Those 4 Popular Fad Diets

As you're probably well aware, there are high-protein, low-fat diets, and high-fat, low carbohydrate diets...and then there are the five most popular fad diets:

1. **The Atkins Diet**
2. **The Pritkin Diet**
3. **The Ornish Diet**
4. **The South Beach Diet**

In your **16-PAGE FREE REPORT** I'll tell you the truth...the pros and cons...about these four diets; what's good and bad about them, and which of them I think is, for lack of a better term...the best.

And then I'll share with you my own 4-step diet regimen – the Blaylock Diet – that trumps all four!

One of the comments I always receive from people who follow my diet recommendation is that not only do they feel better – they also have more energy; and they think more clearly...and many of their aches and pains begin to disappear.

Free Report #2: PREVENTING CANCER

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Studies show that certain cancers, such as prostate and breast cancer can develop 10 to 40 years before being diagnosed.

Most of us though want to know how to stop cancers from ever developing in the first place.

Accordingly, scientists have learned that certain “hazards” increase our risk of developing cancer...

- **Exposure to pesticides, herbicides and certain household and industrial chemicals.**
- **Infection from certain viruses and bacteria**
- **Heredity**
- **Consumption of certain harmful nutrients**
- **Exposure to heavy metals (fluoride, mercury, lead, cadmium and possibly aluminum), as well as certain drugs.**

And these “hazards” can then cause...

- **Significant free radical production**
- **Chronic inflammation...and**
- **Damage to DNA**

Now, it’s important to understand that all the cells in our bodies grow and die. Normal cells generally divided about 50 times before dying. Then, they’re replaced by new cells.

**But cancer cells are immortal. They never die.
Unless killed, they continue to divide forever.**

Typically, normal cells communicate with one another. This keeps them in their proper place, so to speak; and prevents them from expanding beyond their assigned area; sort of like a community, where everyone has a job to do, and a special place to reside.

But cancer cells are anarchists. They don’t follow any rules.

They grow into large masses, called tumors, and undergo a process known as “metastasis”, through which the cancer cells move from their original place, and begin to grow in other parts of the body.

A Dirty Little Secret Revealed:

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Oncologists And Pharmaceutical Companies Are Well Aware That Most Conventional Cancer Treatments Actually Cause Cancer

By damaging the DNA of normal cells, radiation and chemotherapy heightens the risk that those normal cells will eventually become cancerous.

Inflammation Spurs Cancer Growth

We know that people with chronic inflammatory diseases, like lupus, diabetes, rheumatoid arthritis, inflammatory bowel disease (Crohn's and ulcerative colitis) and others, have a substantially higher cancer rate than that of normal people.

A recent research study found that almost 70% of all cancer patients studied had pre-existing inflammatory diseases – for between 10 and 17 years – before developing cancer.

Experiments prove that when inflammation is triggered near a small cancer, the cancer will become extremely aggressive and spread even faster.

How to prevent cancer-causing inflammations

Curcumin is a powerful anti-inflammatory, comparable to the strongest drugs – minus their side effects – and it's one of the most powerful cancer inhibitors found thus far.

It uses a number of mechanisms to restore bone marrow cells, build muscle, heal wounds, stimulate detoxification and suppress the COX-2 enzyme – which the body uses to produce inflammation.

In your **2-PART 23-PAGE FREE REPORT** I'll tell you which household cooking spice contains curcumin.

Also...

Cox-2 inhibitors, drugs like the recently outlawed Vioxx, can significantly reduce the risk of developing certain cancers, and will also prevent the growth and spread of cancers already present.

But many oncologists might not tell you...

There Are A Variety Of Plant-Based Nutrients Which Are Cox-2 Inhibitors – And That Are Much Safer Than Vioxx.

In your **2-PART 23-PAGE FREE REPORT** I'll tell you what they are.

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Viruses Stimulate Cancer

There is a growing list of viruses linked to certain cancers, including leukemia, lymphoma, Hodgkin's disease, cancers of the head and neck, breast cancer, certain lung cancers, cervical cancer and mesothelioma (a cancer specific to the linings of the heart and abdomen.)

Viruses spawn cancer by inserting genes into cells, which make these cells immortal.

In many cases viruses only produce cancer when combined with a cancer "promoter," such as carcinogenic chemicals, radiation or bad nutrients. These viruses lie dormant for decades until activated by these "co-carcinogens."

And viruses can pass from parents to children, and even skip one or more generations. This explains why cancer appears to be hereditary.

An Apple A Day

Research studies have proven conclusively that eating five servings of fruits and vegetables a day can reduce cancer incidence by 50%. And for some cancers, the reduction is closer to 75%.

On the other side of the coin, deficiencies in certain nutrients can show an increase in cancer risk from 200 to 1,600 percent.

Countless fruits and vegetables contain many cancer-fighting chemicals, from vitamins and minerals to complex molecules called flavonoids.

Plants contain about 5,000 different flavonoids that can powerfully restrain the enzymes in cancer cells, which means that a cancerous tumor's growth is slowed, and less likely to spread.

Research shows that flavonoids and other plant compounds severely interfere with the ability of cancer cells to split, freezing them in the middle of cell division.

In your **2-PART 23-PAGE FREE REPORT** I'll tell you specifically which flavonoids in which plants do the job best.

One Of The Most "Fruitful" And Productive Areas Of Research In Cancer Treatment Deals With The Prevention Of Angiogenesis

What is angiogenesis?

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When a cancer cells begin to grow they soon outgrow their blood supply. Once this happens the cancer cells make the surrounding normal cells secrete a substance, which causes new blood vessels to grow into the budding cancer.

It is now known that a number of flavonoids (in your **2-PART 23-PAGE FREE REPORT** I'll tell you which ones in which foods) interfere with this process, known as angiogenesis.

Flavonoids Prevent Cancer

Stopping free radical damage

There are two ways to protect against free radical damage.

1. Natural inborn antioxidants
2. Food

Every cell in the human body houses an elaborate antioxidant system, which is composed of specialized enzymes and compounds.

Many of these antioxidant enzymes require a mineral in order to operate at an optimal level.

Various plants, nuts, and green and yellow vegetables are primary sources for minerals, such as magnesium, selenium and zinc. Selenium is the star of the anti-cancer minerals, showing special aggression towards cancer of the breast, skin and prostate. It also plays a major role in detoxifying mercury, fluoride, lead and other toxins.

While fruits can have important cancer-fighting power, I don't suggest you eat a lot of them. They are high in sugar, which increases your cancer risk, as well as your susceptibility to neurodegenerative diseases like Alzheimer's and Parkinson's.

Sugars increase free-radical generation.

Cancers Love Sugar

Sugars supply cancers with most of their energy.

Studies have shown that people who regularly eat sugary desserts have a 190% increased risk of developing cancer.

Certain complex carbohydrates can mimic sugar because they're rapidly absorbed from the stomach and converted to sugar. We call these: high-glycemic foods.

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Examples include bananas, breads (especially white bread), white potatoes, white rice and pasta.

In your **2-PART 23-PAGE FREE REPORT** I'll tell which "low-glycemic" foods fruits and vegetables contain extremely high-levels of cancer-preventing nutrients.

Unlocking your food's potential

Most all "miracle" cancer inhibitors are locked inside sealed cells within fruits and vegetables. And every one of these cells is enveloped in a tough shell called: cellulose. Unfortunately, the human digestive tract does not possess an enzyme capable of dissolving cellulose.

As a result, unless you crack the shell, you absorb little or none of your food's nutrients.

Chewing yields only 30% of these nutrients. Boiling releases nutrients, but some are destroyed by intense heat, while some are lost in the water in which they're cooked. Steaming preserves more of the nutrients, but not enough.

**That's Why Studies Show You Must Eat
10-12 Servings Of Fruits And Vegetables A Day.
But That's Not A Very Practical Eating Regimen To Adopt.**

In your **2-PART 23-PAGE FREE REPORT** I'll tell you of a third method – that's easy to do – and releases over 90% of the nutrients in fruits and vegetables for quick absorption.

Pesticides and Herbicides

A recent study uncovered a strong correlation between pesticide exposure in young men and the early development of aggressive prostate cancer. Those exposed lived only half as long as those not exposed.

Another study found that postmenopausal women exposed to PCB's have a higher risk of developing breast cancer.

Many compounds found in fruits and vegetables can neutralize the cancer-causing effects of pesticides and herbicides by stimulating the body's detoxification systems, both in the liver and in all the body's cells.

In your **2-PART 23-PAGE FREE REPORT** I'll tell you which 9 foods are the most effective in neutralizing these cancer-causing effects.

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Also, in your **2-PART 23-PAGE FREE REPORT** I'll tell you the truth about Iron, Calcium and Fluoride.

Free Report #3: ELIMINATING HYPERTENSION FOREVER

Experts estimate that 25% of Americans have high blood pressure, often referred to as hypertension. Another 25% of Americans have what is called pre-hypertension.

That means half of all Americans are at risk of some sort of blood pressure problem.

High blood pressure is present in 75% of all stroke victims and 50% of all people who die of first-time heart attacks.

Kidney failure, heart attacks, stroke, eye disorders, advanced atherosclerosis (a form of arteriosclerosis, also known as hardening of the arteries), congestive heart failure and aneurysms are all related to high blood pressure.

50% of all people with type-2 diabetes also have high blood pressure.

African Americans have the highest incidence of high blood pressure in the United States and the highest rate of complications associated with it.

Among Caucasians, high blood pressure generally afflicts mostly men – until age 70, when women also become susceptible.

High blood pressure is caused, as is the case with most diseases, by excessive accumulation of free radicals, and excessive insulin production, which creates chronic inflammation which leads to increased free radical production and arteriosclerosis.

Most doctors consider high blood pressure (the symptom) to be the problem, and hence disregard the underlying causes.

Certain drugs are known to cause blood pressure spikes. Even Advil, Motrin, birth control pills, cold and cough medicines, as well as caffeine can cause blood pressure to rise.

The Side Effects Of High Blood Pressure Medications

While lowering high blood pressure with powerful medications may help, this does not reverse the condition that caused the high blood pressure in the first place.

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And many high blood pressure patients stop taking their medications because they can't stand the side effects. This is especially true of men who cannot tolerate the loss of libido or the impotence associated with a number of these drugs – and the same goes for women.

The symptoms associated with these high blood pressure drugs include:

- Shortness of breath
- Dizziness, Flu-like symptoms
- Arrhythmia (an irregular heartbeat)
- Severe depression
- Disorientation
- Memory loss
- Liver failure

Weight loss and the DASH Diet and a few select supplements can significantly and more effectively treat high blood pressure – with virtually no side effects.

What Is The DASH Diet?

One of the biggest advances in the quest to cure (not merely control) high blood pressure came from a dietary study referred to as DASH (Dietary Approaches to Stop Hypertension.) A number of medical centers conducted the study and pooled considerable data.

In your **16-PAGE FREE REPORT** I'm going to share those results with you.

I'll show you how to adjust your diet to dramatically lower your blood pressure – what to eat more of, and what to eat less of.

And I'll show you a “modified” 9-point Dash Diet that will lower your blood pressure.

Natural Supplementation

In your **16-PAGE FREE REPORT** I'll also outline more than 11 supplements you can purchase without a prescription – from your supermarket. Not only will these supplements help treat high blood pressure they will also...

- Lower your bad cholesterol (LDL) and raise your good cholesterol (LDL) levels.
- Provide antibacterial, analgesic antioxidant, anti-fungal and anti-inflammatory and anti-cancer properties.

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- Act as an anti-histamine, making it also an excellent treatment for hayfever, sinus disorders and allergies.
- Increase your energy, improve your immunity and protect the brain.

These supplements also...

- Play a major role in burning excess fat.
- Have been used for years to treat acetaminophen (Tylenol) poisoning.
- Remove mercury from your system.
- And some people have avoided the need for a heart transplant just by taking this one particular supplement.

Free Report #4: CHOLESTEROL DRUGS ARE DANGEROUS

50% of all strokes and heart attacks have absolutely nothing to do with elevated cholesterol levels.

What the public is not told is that statin drugs (Lipitor and the like) are associated with major complications and side effects: congestive heart failure, extreme muscle weakness, neurological disorders, liver failure and even death.

In fact, there has been a 600% increase in congestive heart failure since the introduction of these drugs. And, all of these statin drugs have been associated with either causing or promoting cancer in experimental animals.

The only reason statin drugs lower the risk of arteriosclerosis is because they have some antioxidant and anticoagulant properties.

In your **10-PAGE FREE REPORT** I'll tell you about safer and more powerful antioxidant supplements, some of which are found in healthy diets.

It will take 20 years before the connection between statins and a dramatic rise in cancer deaths becomes widely acknowledged – too late for the estimated 67 million people that the medical elite claim need lifelong statin drug treatment.

The journal of Nature Medicine found that statin drugs produce significant suppression of vital immune cells called helper T-cells, which play a major role in protecting us against cancer and fungal, bacterial and viral infections.

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Widespread Immune Suppression Can Lead To Epidemics Of Disease

For example, Avian Bird Flu could become more common and difficult to control.

And remember, people with immune compromised conditions, such as diabetes, hereditary immune disorders and transplant patients, would be most at risk.

The untold truth

For years, our recommended blood cholesterol level was in the 200 to 210 mg/dl (milligrams/deciliter) range.

The medical community in league with the pharmaceutical companies have been pushing to lower the standard to 150. A level far too low.

Cholesterol is critical for normal brain function.

So why the obsession with cholesterol-lowering statin drugs?

As with most things, just follow the money. Statins have become the cash cow of the pharmaceutical companies.

BusinessWeek reported that statins are now “the single biggest market in the \$492 billion global prescription drug business.” Lipitor alone brings in more than \$10 billion for Pfizer.

The Safe Alternative To Statin Drugs

50% of the strokes and heart attacks caused by elevated oxidized cholesterol is correctable by dietary changes and special nutritional supplements.

In your **10-PAGE FREE REPORT** I'll tell you about an extract of sugar cane that has been shown to safely lower cholesterol just as well as the statin drugs.

It effectively...

- **Reduces LDL cholesterol levels (the bad cholesterol.)**
- **Elevates HDL cholesterol levels (the good cholesterol.)**
- **Reduces triglyceride levels.**
- **Prevents the oxidation of LDL cholesterol.**
- **Reduces total cholesterol.**

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- Is safe for the liver, and has been shown to protect the liver against powerful toxins.
- May reduce the risk of Alzheimer's disease.
- May protect the brain from stroke damage.
- Substantially reduces the extent of brain injury following strokes.
- Is an anti-oxidant.
- Is an anti-coagulant.
- Has purported ant-cancer effects.
- Lowers glucose levels (this is especially beneficial to diabetics. Statins can increase blood glucose, which is bad for diabetics.)
 - Shown to lower blood pressure in hypertensive people (statins have no beneficial effect on high blood pressure.)
 - Prevents changes in blood vessels associated with coronary artery disease.
 - Dramatically reduces damage to the heart following a heart attack.
 - And extensive testing shows it does not cause cancer!

And finally, it is extremely inexpensive and can be purchased without a doctor's prescription.

And there are no reported complications or side effects, even with massive doses.

In your **10-PAGE FREE REPORT** I'll also tell you about the vegetables and supplements that prevent cholesterol from oxidizing.

In fact, oxidization is the only reason cholesterol causes hardening of the arteries in the first place! Un-oxidized cholesterol is perfectly harmless – even when elevated!

Free Report #5: Nature's Miracle – OMEGA-3

Fats: Friend and Foe

The bad fats are the omega-6 fats, which include corn, safflower, peanut, soybean and canola oils.

Numerous experiments have shown that these oils work as activators for cancer, making it grow like wildfire.

They increase the COX-2 enzyme, and that's why we call these fats the pro-inflammatory fats.

(Over, please...)

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And A Host Of Other Diseases – Naturally And Affordably!**

The good fats are the omega-3 oils, composed of the nutrients EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), and of the two, DHA is the more powerful anti-cancer fighter.

Omega-3 oils, by the way, come from algae, which explains how fish obtain them and why farm-raised fish are devoid of them.

In your **12-PAGE FREE REPORT** I'll show you where you can easily buy – on the Internet – the purest of fish oils with a very high (700 mg) DHA content – with a very pleasant lemon taste.

And, I'll tell you which are the two best oils for cooking (definitely not vegetable oil) – one of which, is very heat-stable...which means it can be reused.

Omega-3 oils might not only prevent heart attacks and help you avoid a stroke – it could also protect you from depression and other brain disorders.

Mountains of evidence clearly show that Omega-3 fatty acids (N-3 fats) greatly enhance the health of the brain, as well as virtually every cell in the body.

The Lack Of Omega-3 Fats In Our Diets

Americans – especially our youth – exist largely on a steady diet of potato chips, fast food hamburgers, French fries, pastries, soft drinks and other junk foods.

All these foods are devoid of Omega-3 fats.

Even the fish we eat are mostly farm-raised, which means they are fed only meal and grains – which lack Omega-3 fats.

In his book “The Omega-3 Connection,” Dr. Andrew Stoll – director of the Psychological Research Laboratory at Harvard University’s McLean Hospital, and a faculty member of Harvard Medical School – sites the case of a 45-year-old female researcher so devastated by bipolar disorder (manic depression) that she had great difficulty working or maintaining relationships with her friends...

Between periods of crippling depression, she suffered from explosions of anger. Despite numerous attempts to medically control her condition over a period of 23 years, she never improved. Instead, she found her anti-psychotic medications made her feel worse than the disease itself.

Desperate, she entered Dr. Stoll’s double-blind, controlled study, in which he used Omega-3 fatty acids as the primary treatment.

Within two weeks, all her symptoms disappeared!

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An important history lesson...

Prior to World War II, people ate far more vegetables and “wild” meats and fish – foods all high in Omega-3 oils.

In the past, cattle grazed on plants – which are rich in Omega-3 oils. Today, cattle are grain-fed, leaving beef with hardly any of these health-enhancing substances.

Studies have revealed a link between the introduction of seed oils (vegetable oils, which contain mostly Omega-6-type fats) – such as corn, safflower, sunflower soybean and canola oils – and increased depressive illness in the United States.

In fact, those born after 1945 are 100 times more likely to suffer from major depression at age 45 than those born before 1945.

The Proper Ratio Of Omega-6 Fats To Omega-3 Fats Should Never Be More Than 2 To 1; The Optimum Is 1 To 1.

Currently the ratio in the average American diet is anywhere from 10-to-1, to as high as 20-to-1.

Diets low in Omega-3 fatty acids seem to destroy the brain’s synapses and dendrites (connections). This further emphasizes the importance of Omega-3 in protecting against depression as well as associated brain shrinkage and memory loss.

Studies have also linked Alzheimer’s disease to low Omega-3/high Omega-6 diets.

Two other diseases are growing at an alarming rate – attention-deficit hyperactivity disorder (ADHD) and autism. Studies show that sufferers of both have significantly lower levels of Omega-3 fats in their diets.

Heart disease

Omega-3 fats also play a major role in preventing atherosclerosis – by inhibiting inflammation, thereby preventing stroke and heart attack.

Of the almost one million people who die from heart attacks each year in this country, most perish because of uncontrollable spasms of the heart muscle, a condition known as arrhythmia.

Omega-3 fats not only reduce heart arrhythmias but curtail seizures as well.

(Over, please...)

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Over 13 clinical studies on rheumatoid arthritis sufferers show that increased consumption of Omega-3 fats or fish oil supplements significantly improves joint pain and stiffness, allowing patients to either cut down on anti-inflammatory medications or stop them completely.

Omega-3 fats can also prevent cancer, neurodegenerative diseases, diabetes, hypertension, atherosclerosis, kidney failure, arthritis, heart failure...and many other diseases and disorders that I outline in far greater detail in your **12-PAGE FREE REPORT**.

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To your health,

<Signature>

Dr. Russell L. Blaylock, MD.
Editor, The Blaylock Wellness Report

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