

[Headline 1]

Stop all the aches and pains, *turn back* the clock on aging, and *achieve* optimum health, fitness and stamina – *100% Naturally!*

New Breakthroughs in Natural Pain Healing

By Dr. Michael Kessler, D.C.

- Over **246** jam-packed, over-sized pages of the most up-to-date information on how to heal yourself and end your joint and back pains and muscle stiffness – *Naturally and Effectively!*
- More than **71** common ailments healed, cured or prevented using herbal supplements, vitamins, minerals and alternative healing techniques. Everything from **Arthritis** and **High Blood Pressure** to **Fibromyalgia** and **Allergies** to **Shingles** and **Sciatica** to **Varicose Veins** and **Yeast Infections**. **Dosage Recommendations Included!**
- Yours to read and apply entirely RISK-FREE for **30** Days!

All Indexed and Cross-Referenced for Quick and Easy Access!

[Headline 2]

Had Enough Yet?

Tired and fed up with age-related muscle aches and joint pains, **and** the high cost of side-effect riddled prescription drugs?

Turn back the clock on aging and *achieve* optimum health, fitness and stamina – *100% Naturally!*

Announcing the most up-to-date comprehensive guide to effective low-cost Complementary and Alternative Medicine from Doctors Health Press:

New Breakthroughs in Natural Pain Healing

By Dr. Michael Kessler, D.C.

- **246 jam-packed, over-sized pages of the most up-to-date information on how to heal yourself and end your aches and pains *100% Naturally!***
- **Listing more than 71 debilitating ailments that can be treated, healed, cured or prevented using herbal supplements, vitamins, minerals and alternative healing techniques!**
Dosage Recommendations Included!
- **Read it entirely RISK-FREE for 30 Days!**

Dear Friend,

If you were anything like me, you thoroughly enjoyed the wild excesses of your youth. You were indestructible. Your body was tireless, flexible and forgiving.

Pain? You laughed at pain. You healed quicker than a Band-Aid could be peeled off.

Disease? Other people had diseases. Your immune system could defeat an invading Russian army.

Of course that was then, this is now. Payback, my friend, is upon us.

Jumping out of bed in the morning, once routine, is now wishful thinking. The ankles swell, the knees don't bend, and the lower back screams in twisted agony. If it weren't so demeaning, you'd probably prefer to fall out of bed and crawl to the bathroom.

But it doesn't have to be that way of course. And it isn't for many Americans.

"1 out of every 3 Americans is now enjoying better health, more energy and acting younger because of complementary and alternative medicine."

38 million Americans are now using medicinal herbs to treat and heal their aches and pains. 10 million Americans are practicing Yoga for better health, strength and stamina.¹

Even medical doctors are paying tribute to the remarkable healing properties of alternative medicine. And, they're

recommending herbal medicines, vitamin and mineral supplements to their patients!

The world's top medical journals, The **New England Journal of Medicine** and the **British Medical Journal**, among others, are now reporting on the studies being conducted to confirm the value of alternative healing therapies.²

Hi, I'm Dr. Michael Kessler, board certified doctor of Chiropractic Medicine, and a leading authority on German Biological Medicine, alternative healing techniques, and homeopathy.

<Insert smiling picture of Dr. Kessler>

I've devoted my entire professional career to successfully treating "the untreatable." And that's why I've compiled what I believe is the most authoritative and comprehensive guide to complementary and alternative healing therapies available today: **New Breakthroughs in Natural Pain Healing**

The Best of Complementary and Alternative Healing

In this remarkable book you'll discover how you too can easily stop the aches and pains, sooth your inflamed joints, and cure the diseases and infections that plague you - and do it all naturally - *without* any dangerous or uncomfortable side effects!

You could soon feel years younger - and have the stamina and health of someone half your age. And you might even look and act years younger, too!

Enjoy golf, tennis, swimming, even making love (a lot)! Whatever you loved doing before, but stopped because of nagging aches, stiffness and pains; you could soon be pumped, primed and ready to do again - ***pain-free!***

Why fill your medicine cabinet with high-cost prescription medicines that aren't helping you? Why suffer from their debilitating and toxic side-effects? Why waste your money, and suffer endlessly and needlessly?

Everything You Wanted to Know About...

- Herbal medicine
- Chinese medicine
- Vitamins
- Mineral supplements
- Acupuncture
- Ayurvedic medicine

- Yoga
- Hypnotherapy
- Reiki
- Shamanic practices
- Homeopathic medicine
- Massage
- Meditation
- And so much, Much MORE

It's all in this 246-page easy-to-read indexed and cross-referenced life-saving book.

Listen, you might already know (but I've included it in the book anyway, along with dosage recommendations) that garlic could help lower cholesterol... that ginkgo biloba could help heal Parkinson's and Alzheimer's... that cayenne could help relieve arthritis... that echinacea could help fight the common cold... that St. John's Wort could help cure depression.

But, do you also know....

- **Capsaicin, passion flower, willow, valerian**, among other herbs, are potent **pain relievers** - see **pages 87-93**.
- **Ginger, turmeric, licorice, chamomile** and a host of other herbs listed on **page 73** are potent **anti-inflammatories**.
- **Onions, dandelion, fish oil, wintergreen**, and others listed on **page 76** can help prevent blood clots that can lead to a stroke and heart attack.
- **Lavender, anise, peppermint, thyme** and still more listed on **pages 80-84** can help heal annoying **stomach, bladder and intestinal illnesses**.
- **Vitamin A, selenium, zinc, sage, eucalyptus and tea tree oil** could help fight invasive **bacteria, fungus and viruses** - it's all there on **page 87**.

And though you might know that acupuncture can miraculously and almost *instantaneously* block the aches and pains and remove the stiffness in your lower back and joints, it can also successfully treat:

Acute Bronchitis	Diarrhea	Sciatica
Colitis	Gastritis	Tennis elbow
Constipation	Osteoarthritis	And much more!

It's all covered on **pages 107-110**. I even provide you with a list of names and phone numbers to help you locate a qualified acupuncture practitioner nearest you.

Then, read about **Reiki**, the ancient "touch-therapy" from Japan that can help treat over **61** different medical conditions! Put

it to work on everything from **allergies** and **anxiety** to **emphysema** and **fatigue** to **gallstones** and **hemorrhoids** to **impotence** and **migraine headaches**. It's all there, clear as day on **pages 111-114**.

And have you ever heard of Ayurvedic Medicine from India? It's thousands of years old but only now being recognized in the West. There's a whole list of ailments it could effectively treat: from **asthma** and **sinusitis** to **conjunctivitis** and **diabetes** to **ulcers** and **varicose veins**. Get the complete list and where you can find a practitioner on **pages 117-120**.

- Plus, on **page 60**, I'll show you where you can get - for **FREE** - a vitamin that has been shown to reduce your chances of developing colon cancer!
- And on **page 61**, I'll tell how you can help block the buildup of an amino acid called "homocysteine" in your body - that could lead to hardening of the arteries - and eventually a deadly heart attack! And all you've got to do is take this one vitamin!

If You Suffer from Hypertension...

Or chronic renal disease, diabetes, goiter thyroid problems, or are taking anti-depressants, diuretics, anti-coagulants - then you must read this book for your own safety!

Because, for every herb, mineral and vitamin listed in this book, I tell you about any side-effects, drug-interactions and safety and dosage concerns that you must be aware of!

For example:

- If you suffer from hypertension... licorice, St. John's Wort, Ginseng and more than 10 other listed herbs can make your hypertension even worse - see **page 98**.
- If you take excessive amounts of vitamin B6 it can lead to sensory neuropathy - nerve damage - and numbness of the extremities and problems walking! And on **page 147** I'll tell you exactly how much is too much!
- If you're taking heart medication, antibiotics, drugs for osteoporosis, or are diabetic - and are taking magnesium supplements... you need to know when and how much

magnesium, if at all, to take. Otherwise, you could be headed for serious trouble! And it's all outlined on **page 169**.

And For Quick Relief...

Because I don't want you to waste precious time fumbling through all 246 pages of this book - *when you're in severe pain* - every ailment and corresponding treatment is indexed and cross-referenced so you can find it quickly!

- Suffering from **Migraine headaches**? You'll immediately find that **vitamin B2, magnesium, 5-HTP, cayenne** or **feverfew** could end the excruciating pain!
- **Erectile dysfunction**? Take **Ginseng** - 900 mg, three times a day, and BAM! you could quickly be up and working again! **See page 206**.
- **Irritable Bowel Syndrome**? **Peppermint oil** - 187 mg three to four times a day. **See page 213**.
- **Ulcers** and **Acid Reflux Disease**? **Licorice** (no, not the candy!) - 200-500 mg before meals and at bedtime - **see pages 180** and **208**.

I can go on and on of course, and I do - for 246 information-packed pages! That's why I want you to order your copy of **New Breakthroughs in Natural Pain Healing** right now.

You could save thousands of dollars in unnecessary medical treatments and prescription drug expenses! And best of all - you could end all your aches and pains, turn back the clock on aging, and achieve optimum health, fitness and stamina - *Naturally!* - without any debilitating and annoying side effects!

New Breakthroughs in Natural Pain Healing is certainly worth a lot more than \$29.95. But that's all it costs! Yes, I know that's a ridiculously low price to pay for a healthier, pain-free life. But I don't want price to stop you from immediately enjoying the low-cost and effective natural healing remedies outlined in its 246 pages. And...

I'll Also Give You a Risk-Free Guarantee

Read or thumb through this book for a full 30 days - take notes if you like - and if you choose not to keep it - just send it back! And I'll refund you every penny of your \$29.95. No questions asked.

Plus, if you order your copy within the next 7 days, I'll also send you a free-bonus companion book: **7 Minutes-a-Day to Greater Strength and Flexibility**. This book, a \$19.95 value, is yours FREE. Just fill out the enclosed *Owner's \$29.95 Value Coupon* and drop it in the mail.

In this handy and fascinating book, **7 Minutes-a-Day to Greater Strength and Flexibility**, you'll learn:

- How it's possible to prevent neck and back pain, migraine headaches, arthritis and sciatica - just by sitting in a chair!
- Five different ways to stretch your back to help melt away stiffness and increase muscle pliability and flexibility!
- How all tension in your muscles and pain in your joints could be expelled - just by repeating the name of a particular animal during this breathing exercise!
- How golfers, crafters - everyone who works extensively with their hands - could dramatically improve the mobility of their fingers - removing all stiffness - by practicing this quick and easy form of Japanese *Akabani*!
- A wonderful exercise that could help lubricate your joints with vital synovial fluid - and help end your joint pain!
- And much, Much MORE!

Feel the vitality, the strength and energy returning to your body - coursing through your veins, brightening all your days and tomorrows!

Don't wait a moment longer! Mail in your *Owner's \$29.95 Value Coupon* right now! And receive your copy of **New Breakthroughs in Natural Pain Healing**, and the free-bonus companion book, **7 Minutes-a-Day to Greater Strength and Flexibility**.

Please, do it now!

<Signature>

Dr. Michael Kessler, DC
Doctors Health Press

P.S. Remember, you can read **New Breakthroughs in Natural Pain Healing** for a full 30 days - FREE! Show it to your friends and family, even take notes if you like - and if it hasn't helped end all your aches and pains - and helped you feel years younger - just send it back! We'll return your \$29.95, and no questions will be asked.

And you'll still get to keep the bonus companion book, **7 Minutes-a-Day to Greater Strength and Flexibility** - without risk, charge or obligation. It's my gift to you!

So do it now! Stop the back aches and joint pains, turn back the clock on aging, and achieve optimum health, fitness and stamina - **100% Naturally!**

¹ Page 3

² Page 55

[Order Form]

Owner's \$29.95 Value Coupon

Yes! Yes! Yes, Dr. Kessler!

- ✓ **I want to stop joint pain and muscle stiffness - *Naturally!***
- ✓ **I want to turn back the clock on aging - *Naturally!***
- ✓ **I want optimum health, fitness and stamina - *Naturally!***
- ✓ **And I want it all at a low cost, without any side-effects!**

Please rush me my copy of **New Breakthroughs in Natural Pain Healing** and my free-bonus companion book, **7 Minutes-a-Day to Greater Strength and Flexibility** (because I'm responding to your amazing offer within 7 days!)

I understand that I can read **New Breakthroughs in Natural Pain Healing** for a full 30 days, and then send it back if I choose not to keep it, for a full and prompt refund of

my \$29.95 – and the companion book, **7 Minutes-a-Day to Greater Strength and Flexibility** will still be mine to keep – FREE – without any further obligation!

My check or money order for \$29.95 payable to Doctors Health Press is enclosed, or

Please charge my: Visa MasterCard

Card Number: _____

Expiration Date: _____

Signature: _____

Please place the completed *Owner's \$29.95 Value Coupon* in the enclosed envelope and mail it today!

And we'll then rush you your copy of:

New Breakthroughs in Natural Pain Healing

Plus your free-bonus companion book:

7 Minutes-a-Day to Greater Strength and Flexibility

Thank You!