PAID ADVERTISEMENT

"8 Fatal Foods for Seniors!"

(By Frank K. Wood)

If you want to de-age yourself naturally by getting the upper hand on diabetes, Alzheimer's, heart disease, and more, you need *Anti-Aging Super Foods for Seniors*.

Breakthrough research reveals you can slow — even reverse — the aging process with certain foods and activities that our bodies respond to with vibrant good health!

- ► 4 ways you can prevent cancer, heart disease, diabetes, and more!
- ► Melt away belly fat in 3 easy steps!
- ► A sharp brain at 70 — it may be as simple as eating these 2 vegetables.
- ► Tired and sluggish? Find out what foods will give you more energy.
- ► Don't accelerate aging! Slow it down by getting enough of ... (it's not exercise!)
- ► Beware! 8 warning signs of stroke. Don't ignore any of them!
- ► Easy tips for sound and restful sleep every night.
- ► Arthritis treatment that does what no other medication can: Restore damaged cartilage!
- ► Which vitamins are necessary for good health, and those you shouldn't waste money on.
- ► Powerful anti-aging agent! Improves brain function and joint mobility; blocks arthritis.
- ► Ever forget someone's name right after you meet? Embarrassing! Tips for perfect recall.
- ► You can keep blood pressure in check, help save muscle strength, and avoid disability.
- ► 600% more likely to develop dementia! Avoid this and keep your wits as you age.
- ► Sharp eyesight into your 90s! These foods could cut degenerative eye disease risk nearly in half!
- ► One easy thing you can do to lower cholesterol! No drugs, no doctor visits.
- ► Just 3 nuts a day can control blood pressure, cholesterol, and blood sugar — even weight!
- ► Slash Alzheimer's risk with just 3 glasses a week!
- ► "Secret" healing foods in your local store! They're inexpensive and could prevent about 1/3 of all cancers!
- ► Lose more weight, fat, and inches while gaining energy? Eat this "granny spoon" staple for breakfast!
- ► Easy, slow-motion exercise proven to improve balance, prevent falls, and increase physical performance.
- ► Reverse memory loss and have a younger brain! All-American powerhouse fruit is the key!
- ► Life-saving seasoning could reduce deaths from heart disease, diabetes, high blood pressure, and stroke.
- ► "Natural face lift." No expensive creams or surgeries. Yet it can smooth wrinkles and rejuvenate skin!
- ► 2-second test could detect concern way before any signs of the disease!
- ► #1 secret to fighting your body's aging process. Discover the best way to feel younger than your years.
- ► What can increase your risk of Alzheimer's or dementia by a whopping 80%? We'll tell you!
- ► Diabetes? This natural compound can improve — even reverse! — painful nerve damage in your legs and feet.
- ► Cures 99% of all sleep apnea patients! No sleeping masks and no surgery! It's free!
- ► Keep eyesight keen with a fragrant tea loaded with nutrients.

TO ORDER A COPY
Anti-Aging Super Foods for Seniors for $9.99. **See coupon.** ©FC&A 2016
www.fca.com

"The #1 Cause of Big Bellies — It's Not What You Think!"

(By Frank K. Wood)

If you want to discover foods that lower your blood pressure, cut your risk of heart disease, help you lose weight, and more — while trimming your grocery bill — you need *Your Body Can Heal Itself*.

You'll be amazed to know your kitchen is full of proven remedies — right now!

- ► **10** eating tips for losing weight and lowering blood pressure quickly, naturally.
- ► The berry that may protect your vision!
- ► Give your arteries a good scrub naturally with this food.
- ► Sharper mind — no matter what your age! Make sure you sip two cups of this daily.
- ► 1 extra serving a day of this fruit can fight strokes, obesity, and heart disease!
- ► Trim your grocery bill without cutting back on food. 17 ways to save money every month!
- ► Eat this kind of cereal daily and help prevent constipation, colon cancer ... even weight gain!
- ► Don't touch 'em with a 10-foot pole! The most dangerous foods for your bowel.
- ► Digestive problems, joint pain, fatigue, and more could be caused by an allergy to this common food ingredient.
- ► The #1 cause of big bellies is not what you think! Trim your waistline with a tastier option.
- ► Eat more of this and lower your blood pressure! Harvard study confirms it!
- ► Even the most inexpensive meat goes from tough to tender — with just a tablespoon of this.
- ► How just two teaspoons of this mixed with water could stop food poisoning before it stops you!
- ► What type of fruit should you avoid? You'll find it in nearly every store.
- ► Sip yourself slim. Research shows starting each meal with this food will actually help you lose weight — even if you're adding an extra course!
- ► The most important food you can eat — for more energy, a more youthful body, and longer life.
- ► Supermarket bonanza — 14 ways to help trim your grocery bills by as much as $50 to $150 a month without cutting back on food.
- ► Keep everything from strawberries to onions fresh days or weeks longer, plus loads of other money-saving tips.
- ► Don't lose your precious vision to macular degeneration! Eat these foods to keep your eyesight sharp for years to come.
- ► This fruit has the highest level of antioxidants ... powerful tumor and blood clot fighters.
- ► Eat and eat and still lose weight! Impossible, but true, secret.
- ► The best days of the week to grocery shop ... if you want a great deal.
- ► How many cherries does it take to relieve arthritis pain? Read this to find out!
- ► This healthy oil lowers cholesterol and blood pressure, fights diabetes, and helps you lose weight.
- ► The fruit that lowers blood pressure just like pills!
- ► Having trouble sleeping through the night? Try cutting down on this in the evening — no, it's not caffeine!
- ► Eat this one phenomenal bean to get incredible heart disease, diabetes, and stroke protection.
- ► This creamy, delicious food fortifies the immune system, bolsters bones, prevents digestive disorders, and even fights bad breath!

TO ORDER A COPY
Your Body Can Heal Itself for $9.99. **See coupon.** ©FC&A 2016
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"What You Should NEVER Put in Your Will!"

(By Frank K. Wood)

If you want to enjoy a carefree retirement, get all the senior discounts you're entitled to, make the most of Social Security, reduce your medical costs, and slash your taxes, you need *Retiring Well on a Poor Man's Budget: 1,001 Ways to Stretch Your Income and Enjoy Your Golden Years*, an informative new book just released to the public by FC&A Publishing® in Peachtree City, Georgia.

You'll be amazed at how you can trim your grocery bill without buying less food, grow your savings like crazy, prevent identity theft, and much more!

The authors provide many helpful tips with full explanations.

- ► Upgrade your monthly Social Security check to a higher amount.
- ► Would you like to have the power company pay you? Who wouldn't!
- ► Get free medical testing — MRI, x-ray, blood work!
- ► If you'd like to speak to a real person, press "1." How to get the human touch!
- ► How a simple trust can take 50% of your estate out of the government's hands.
- ► Stolen identity can destroy your life! The #1 way to put the freeze on ID thieves!
- ► How to avoid paying taxes on Social Security benefits.
- ► Prescription eyeglasses for just 8 bucks? You bet! No matter where you live.
- ► Could you really cut your grocery bill in half? Yes ... if you know these sneaky secrets.
- ► The simple tip that will keep most cars on the road for 200,000 miles!
- ► By law, you're entitled to a "benefits checkup." It's free (you've already paid for it)!
- ► When you should never write checks with a pen! Find out why it could cost you your life savings — it's no joke!
- ► A nickel-and-dime approach to successful retirement! Where to go for senior discounts, bargains, and money-saving services.
- ► Never pay full price for a hotel room. Know who to call and what to ask, and you'll get up to 50% off.
- ► Want your bank to pay you more? The 7 questions they hope you never ask!
- ► Medicare will pay — 100%. Don't bypass these free services!
- ► Seniors: How a small investment of your time could totally eliminate your property taxes.
- ► Cut your car insurance costs by as much as 20%! Become an insurance insider.
- ► Save hundreds on your energy bill ... with a spray can!
- ► Your living will: Three things you must include.
- ► The perks of being a senior: Discounts on planes, trains, and buses. Plus, airline discounts up to 70% off!
- ► Coupon-users' secret that could save you hundreds! (Manufacturers don't want you to know this one!)
- ► Save money every month for the rest of your life! It's easier than you think.
- ► The best days to shop — you'll chuckle at the spendthrifts who shop on other days.
- ► Over 65? Three common medical services you should never ever pay for!
- ► Psst. Want to know a secret? How about a score of tax-saving secrets for seniors that you'll never hear from the government!
- ► Warning signs that someone has stolen your identity. 4 eye-opening clues.
- ► Are you missing out on free money? If you're not doing this, then you are!
- ► The most important documents you need to protect your estate. Why a will is simply not enough!
- ► How to get discounted dental work, even if insurance and Medicare won't cover it!
- ► Earn money. There are many jobs that can be done in the comfort of your home. All it takes is your computer.
- ► Medical overcharge: The hospital is not supposed to charge you for this. So if you see it on your bill, demand it be removed!
- ► Don't fall into Medicare gap ... Best bridge for retiree coverage is not PPO or HMO.
- ► Cut your prescription medicine cost in half with this clever (and perfectly legal) trick.
- ► Why you should always buy produce on Saturdays.
- ► All kinds of free stuff! Surf to the website where real folks give the skinny on freebies and coupons for just about everything.
- ► Who says it's too expensive to travel? Where to find exotic vacations with luxury accommodations for less than $50 a day!
- ► How to find the best car, at the best price. And best of all? No car payment!
- ► 10 tips for making your home irresistible to buyers.
- ► Freeze out credit fraud! A great way to block criminals from ruining your good credit.
- ► How to make money as a mystery shopper.
- ► More freebies than you can shake a stick at! Free magazines, museums, product samples, maps, coupons, two-for-ones ... even free meals on your birthday.
- ► End Medicare and Medicaid confusion. Learn who can use them, how each helps, and what costs to expect.
- ► 10 home insurance discounts you must ask your agent about!
- ► High medical expenses? Write 'em off!! Even eyeglasses and home improvements can count!
- ► Cut-rate, first class vacations ... without paying a travel agent. Discounts, surplus tickets, last-minute specials, no hassle packages.
- ► Retire rich ... even if you're a late starter! 5 simple steps to success.
- ► Need help around the house? Just pick up the phone for free handyman services for seniors.
- ► What happens if you die owing money on your credit card? Will your family have to pay? Learn the law now!

TO ORDER A COPY
Retiring Well on a Poor Man's Budget for $9.99. **See coupon.**
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Coupon

Learn all these amazing secrets and more. To order your books, just return this coupon with your name and address and a check for $9.99 per book, plus $3.00 shipping and handling to: **FC&A, Dept. 4486**, 103 Clover Green, Peachtree City, GA 30269.

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