

"High Blood Pressure Lowered Naturally — Your Arteries Can Clean Themselves!"

(By Frank K. Wood)

If you suffer from high blood pressure, elevated cholesterol, clogged arteries, or other circulatory problems, you need *High Blood Pressure Lowered Naturally*. As amazing as it sounds, it's true. Using an all-natural approach, you can actually lower your blood pressure and cholesterol level without drugs or surgery.

► Simple steps to naturally lowering blood pressure.
► Cholesterol — without statins or beta-blockers.
► The #1 weight-loss diet.
► 13 ways to control stress. Live larger and happier with these proven tips.

► A sign of heart attack that most never hear about.
► The "miracle" herb that prevents the build-up of fat and cholesterol in your arteries.

► People who take this vitamin daily can reduce their risk of suffering a heart attack or stroke.
► Sleep apnea—chugging placebo out of your body by adding this fat to your diet!

► The best high blood pressure is as little as 2 weeks... without drugs or side effects.

► The little-known mineral supplement that builds up the heart's energy after eating a high-cholesterol meal.
► Incredible herbs that could help

lower your cholesterol and correct your high blood pressure.

► Cut your chances of a heart attack by 74%... without drugs, surgery, diet, or exercise!

► If your doctor has told you your arteries are clogged, this 10,000-year-old remedy will help clean them out like a natural Roto-Rooter.
► Cholesterol? Beat healthy foods for losing weight.

► Perfect cardiovascular exercise! No running, no swimming, no heavy weights. Yet, scientifically proven to reduce tension, reduce your cholesterol, and lower your blood pressure.

► Super anti-fish cods up cholesterol like a roll of paper towels. So versatile, you can turn them in salads, soups, or pasta.

► All you need is your life! Doing this can reduce your risk of heart attack or stroke and improve the quality of your life.

► The healing power within your diet can reduce your body's own natural system for cleaning arteries.
► Reverse high blood pressure from the inside with one herbal supplement.

► Most powerful heart healer on earth. Keeps arteries flexible, improves cholesterol levels, and lowers heart attack risk.

TO ORDER A COPY
High Blood Pressure Lowered Naturally for \$9.99. See coupon.

607-CA 261-5
www.fkwood.com

"Foods That 'EXPLODE' in Your Bowel!"

Plain Answers about IBS, Constipation, Diarrhea, Heartburn, Ulcers, and More!

(By Frank K. Wood)

If you suffer from bloating, cramping, chronic constipation or diarrhea, or symptoms of irritable bowel syndrome (IBS), you need *The Complete Guide to Digestive Health*. Learn about important new research that identifies which foods are your allies and which foods are your enemies, and find out which

beverage you should up to soothe an irritable bowel. PLUS... Two-cent colon cleanser!

► Eat this kind of cereal daily, and help prevent constipation, colon cancer... even weight gain!

► Make these simple changes and be rid of gas!

► Bloating and binging... they could be warning signs of up to 7 hidden health problems.

► Complicated? Discover a natural cure that's better than fiber!

► Simple (and free) way to slash your heart attack risk in half!

► Lower blood pressure... fewer strokes... less colon... just some of the benefits of taking yourself to the

► 12 ways to ease stress and calm digestion.

► Some artery-clogging cholesterol out of your body with this type of razor-sharp fiber.

► Put a stop to constipation with as little as one tablespoon a day of this necessary food.

► Does your digestive system benefit more from a very healthy diet and cereal or from complex grains and vegetables? The answer may surprise you!

► Vitamins and minerals may keep you from getting colon cancer, even if this useful fiber runs in your family.

► Drop pounds and ditch heartburn with these good fats.

► Irritable bowel syndrome? Check here for another common disorder that could be your real problem.

► Like not much? You can still lower cancer risks by adding this to your diet.

► Soothing bedtime drink can help you sleep and relieve digestive problems.

► One key food protects against constipation and diarrhea, soothes stomachs, eases indigestion and heartburn, relieves cramps, reduces gas... plus, it lowers your risk of colon cancer!

► Heal your body, improve digestion, motivate skin, help control weight, and it's free.

► Chew this at every meal for a happy, healthy colon.

► How to prevent the embarrassment of a leaky bladder.

► Serve safe spices... fat-saturated potato can spell danger.

► These herbs may actually be better at relieving gas than some common

► Learn about the secret "spring" to your digestive tract that allows this one and prevents constipation.

► Lower cancer risk and reduce belly... home up on this natural for healthy intentions.

► Don't poison yourself with over-the-counter antacids, laxatives, or pain relievers. Find out which ones to watch out for.

TO ORDER A COPY
The Complete Guide to Digestive Health for \$9.99. See coupon.

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"Vinegar Can Do WHAT?!"

Just put it on your grocery list and control blood sugar, ease arthritis pain, AND make a flaky pie crust!

(By Frank K. Wood)

If you want to discover inexpensive alternatives to hundreds of costly products, you need *The Kitchen Table Book: 1427 Kitchen Cures and Pottery Potions for Just About Every Health and Household Problem*, an informative new book just released to the public by F&A Medical Publishing® in Peachtree City, Georgia.

Your refrigerator alone could be hiding more goodies than the drug companies' billion-dollar label! You won't believe what you can do with baking soda, lemon juice, and so much more!

The authors provide money health tips with full explanations.

► One treat fights high blood pressure, cholesterol, diabetes, and cancer. Cut your risk of dementia by over 75%!

► Lower your blood pressure by drinking this — and the more the better!

► 6 ways to dodge cancer, heart disease, diabetes, and more! Anyone can do it.

► Lower high blood pressure, reduce anxiety, and bring on relief sleep — all with one kitchen herb!

► Common sense is a lifesaver. It inhibits cancer growth, prevents blood clots, even lowers cholesterol.

► #1 way to slash spending on groceries. And it's not coupon! Big money saver!

► Potatoes can creep up on the years go by. But that won't happen if you eat more of this and less of that.

► Kill disease-causing bacteria and viruses, get rid of mold, and wipe out laundry stains. All with one inexpensive household product.

► Reduce inflammation and joint damage! A compound found in this seedling becomes cook in the kitchen!

► Give your arteries a good scrub naturally with a food. Does your parent? Keep your brain sharp with a seasoning! Plus dozens more kitchen cures!

► Cut through grease and germs. Stop bacteria and mold. Even remove chewing stains and beat bathtub film! This pantry staple is all you need!

► Boost yourself from just about all forms of dementia and mental decline, simply by eating as little as 1

► Popular supplements you should never eat in foods. They lead the body into what taken in pill form, they attack the body and cause early death.

► The lovely cabbage has surprising healing properties that strengthen weak bones, lessen arthritis pain, even combat certain skin problems!

► 25% of folks are lost 30 pounds or more and keep it off, did this one thing every morning... and it's not exercise.

► Rip out everything from insects to dirt with a potent made from dish-washing liquid and 2 simple household ingredients!

► The single best food for weight loss? People who eat these weigh less... even though they eat more!

► The one way to go remodeling through your kitchen if you place this mixture in their path.

► "Fat honey, my son, for it is good," was Solomon's advice. From sore throat to insomnia to digestion, honey is a real healing wonder!

► The common vegetable could be your ticket to preventing vitamin deficiencies, sunburn, and stopping skin cancer before it starts.

► 12 foods that can help bring down your blood pressure, control your cholesterol, and strengthen your bones.

► A slowing brain and memory loss are not a natural part of growing older. Products in your pantry — right now — can delay your brain and memory sharp!

► You can improve your eyelight without glasses, without contact lenses, surgery, drugs, or moderate of any kind.

► Clean house without harmful chemicals. We show you how for lemon juice, baking soda, white vinegar — and much more! — that you never dreamed existed.

► Scrub your arteries clean... with a delicious, filling meal! Powerful nutrient to stop prevent cholesterol from sticking to artery walls.

► Savoring from your space keep your brain in shape!

► The most efficient and effective way to lower your blood pressure, cholesterol, and heart attack risk — no medication necessary!

► To keep important salt attention and memory well into your golden years, be sure you eat this delicious food. It contains a mineral that keeps your body young!

► 100+ uses for 1427 foods on the produce aisle. Put plenty to protect your blood vessels, boost your cancer risk, keep your overall sharp, and so much more!

► Why you should never put tomatoes in the refrigerator.

► 9 out of 10 adults turn their backs on the mineral that could be saving them from diabetes, high blood pressure, colon cancer, weak bones, and more!

► A spice that kills cancer cells better than chemotherapy drugs! Surprising but true!

► The truth, high fiber breakfast is a great way to keep your energy up throughout a busy morning.

► A refreshing glass of water boosts your health in different ways, depending on when you enjoy it. Rev up your energy, curb your appetite, or increase the calories you're burning — it's up to you!

► The one supplement you must take. It builds bones, eases pain, prevents arthritis, lowers cancer risk, keeps eyesight sharp... and more!

► Just one serving a day can heart attack risk by more than a third! Some expensive meals? Nope — a cheap, easy, don't-home staple you can find at any grocery!

► Keep your memory sharp as a tack! The surprising secret to staying mentally alert as you age.

► Prevent or reverse diabetes... with a pot of fat!

TO ORDER A COPY
The Kitchen Table Book for \$9.99. See coupon.

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www.fkwood.com

Learn all these amazing secrets and more. To order your books, just attach this coupon with your name and address and a check for \$9.99 per book, plus \$3.00 shipping and handling to F&A Medical, Dept. 45599, 103 Clover Green, Peachtree City, GA 30269.

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IMPORTANT — FREE GIFT OFFER EXPIRES IN 12 DAYS

All orders mailed within 12 days, will receive a free gift, *Get Well and Stay Well*, guaranteed. Order right away!

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Address _____

City _____ State _____ Zip _____

Quantity _____ BQKS *The Kitchen Table Book: 1427 Kitchen Cures and Pottery Potions for Just About Every Health and Household Problem*

Quantity _____ BQGS *High Blood Pressure Lowered Naturally: Your Arteries Can Clean Themselves*

Quantity _____ BBS *The Complete Guide to Digestive Health*

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