



“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.

- ▶ 7 simple steps to naturally lowering blood pressure.
- ▶ Clobber cholesterol — without oat bran!
- ▶ The #1 weight-loss food.
- ▶ 13 ways to control stress. Live longer and happier with these proven tips.
- ▶ 6 signs of heart attack that must never be ignored!
- ▶ 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.
- ▶ Sweep artery-clogging plaque out of your body by adding this fat to your diet!
- ▶ Deflate high blood pressure in as little as 2 weeks ... without drugs or side effects.
- ▶ The little-known mineral supplement neutralizes fat buildup in the arteries even 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.
- ▶ Overweight? Best healthy foods for losing weight.
- ▶ Perfect anti-stress exercise! No running, no sweating, no heavy weights. Yet, scientifically proven to relieve tension, reduce your cholesterol, and lower your blood pressure.
- ▶ Super side-dish soaks up cholesterol like a roll of paper towels. So versatile, you can toss them in salads, soups, or pasta.
- ▶ Add years to your life! Doing this can reduce your risk of heart attack or stroke and improve the quality of your life.
- ▶ The healing power within you! Unleash 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.

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“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

- ▶ Irritable bowel syndrome? Check here for another common disorder that could be your real problem.
- ▶ Like red meat? You can still lower

“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: 1,427 Kitchen Cures and Pantry Potions for Just About Every Health and Household Problem*, an informative new book just released to the public by FC&A Medical Publishing® in Peachtree City, Georgia.

Your refrigerator alone could be holding more healers than the drug companies' billion-dollar labs! You won't believe what you can do with baking soda, bananas, and so much more!

The authors provide many health tips with full explanations.

- ▶ One fruit fights high blood pressure, cholesterol, diabetes, and cancer. Cuts 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, relieve anxiety, and bring on restful sleep — all with one kitchen herb!
- ▶ Common spice is a life-saver: It inhibits cancer growth, prevents blood clots, even lowers cholesterol.
- ▶ #1 way to slash spending on groceries. And it's not coupons! Big money saver!
- ▶ Pounds can creep up as 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 mildew, and wipe out laundry stains. All with one inexpensive household product.
- ▶ Reduce inflammation and joint damage! A compound found in this soothing beverage could be the key!
- ▶ Give your arteries a good scrub naturally with a food from your pantry! Keep your brain sharp with a seasoning! Plus dozens more kitchen cures!
- ▶ Cut through grease and germs. Stop bacteria and mold. Even remove clothing stains and beat bathtub film! This pantry classic is all you need!
- ▶ Protect yourself from just about all forms of dementia and mental decline, simply by eating as little as 1 serving a week of this amazing food!
- ▶ Popular supplements you should never take! In foods, they heal the body. But when taken in pill form, they attack the body and cause early deaths.
- ▶ The lowly cabbage has surprising healing properties that strengthen weak bones, lessen arthritis pain, even combat certain skin problems!
- ▶ 75% of folks who lost 30 pounds or more, and kept it off, did this one

- ▶ “Eat honey, my son, for it is good,” was Solomon's advice. From sore throat to insomnia to digestion, honey is a real healing wonder!
- ▶ One common vegetable could be your ticket to preventing wrinkles, avoiding 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 keep your brain and memory sharp!
- ▶ You can improve your eyesight without glasses, without contact lenses, surgery, drugs, or medicine of any kind.
- ▶ Clean house without harmful chemicals. We show you uses for lemon juice, baking soda, white vinegar — and much more! — that you never dreamed existed.
- ▶ Scrub your arteries clean ... with a delicious, filling snack! Powerful nutrient in nuts prevents cholesterol from sticking to artery walls.
- ▶ Seasoning from your spice rack keeps your brain sharp!
- ▶ The most efficient and effective way to lower your blood pressure, cholesterol, and heart attack risk naturally — no medication necessary!
- ▶ To keep important skills, attention, and memory well into your golden years, be sure you eat this delicious food. It contains a mineral that keeps your body young!
- ▶ 10 most powerful foods on the produce aisle. Eat plenty to protect your blood vessels, lower your cancer risk, keep your eyesight 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!
- ▶ This fruity, 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 cuts heart

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 tasty beverage you should sip 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!
- Belching and bloating — they could be warning signs of up to 7 hidden health problems.
- Constipation? 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 ulcers ... less colitis ... just some of the benefits of letting yourself do this.
- 12 ways to ease stress and calm digestion.
- Sweep artery-clogging cholesterol out of your body with this type of super-absorbent fiber.
- Put a stop to constipation with as little as one tablespoon a day of this mystery food.
- Does your digestive system benefit more from savory breads and cereals or from scrumptious fruits and vegetables? The answer may surprise you!
- Vitamins and minerals may keep you from getting colon cancer, even if this awful killer runs in your family.
- Drop pounds and ditch heartburn with these good fats.

cancer risks by adding this to your plate.

- Soothing bedtime drink can help you sleep and relieve digestive problems.
- One tiny seed protects against constipation and diarrhea; soothes stomachaches; eases indigestion and heartburn; relieves cramps; reduces gas ... plus, it lowers your risk of colon cancer!
- Heal your body, improve digestion, moisturize 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 spuds ... foil-wrapped potato can spell danger.
- These herbs may actually be better at relieving gas than some commercial products. Find out what they are.
- What food should you definitely banish from your table if you are subject to intestinal gases? (And that food isn't beans!)
- Learn about the secret "sponge" in your digestive tract that absorbs water and prevents constipation.
- Lower cancer risk and reduce polyps ... bone up on this mineral for healthy intestines.
- 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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thing every morning — and it's not exercise.

- Repel everything from insects to deer with a potion made from dishwashing 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 ants won't go marching through your kitchen if you place this mixture in their path.

attack risk by more than a third! Some expensive exotic food? Nope — a cheap, tasty down-home staple you can find at any grocer's!

- Keep your memory sharp as a tack! The surprising secret to staying mentally alert as you age.
- Prevent or reverse diabetes ... with a popular brew!

TO ORDER A COPY
The Kitchen Table Book 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. 45590, 103 Clover Green, Peachtree City, GA 30269.

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

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