

The Amazing

"No-Scalpel" Face-Lift!

See
Page 2.



Winter 2005 \$4.95

BREAKTHROUGH DISCOVERIES!

A Special Health Bulletin from **Bottom Line Books**

No diet or exercise changes necessary...

LOSE 20 POUNDS WITH NEW MIRACLE WEIGHT-LOSS DRUG!

See Page 4.



**Vitamin
Helps
Cholesterol
Drug Work
68% Better!**

Page 6



DOCTORS TOAST NEW OSTEOPOROSIS FINDINGS . . .



**BEER
BUILDS
STRONGER
BONES!**

Page 16

COVER STORY

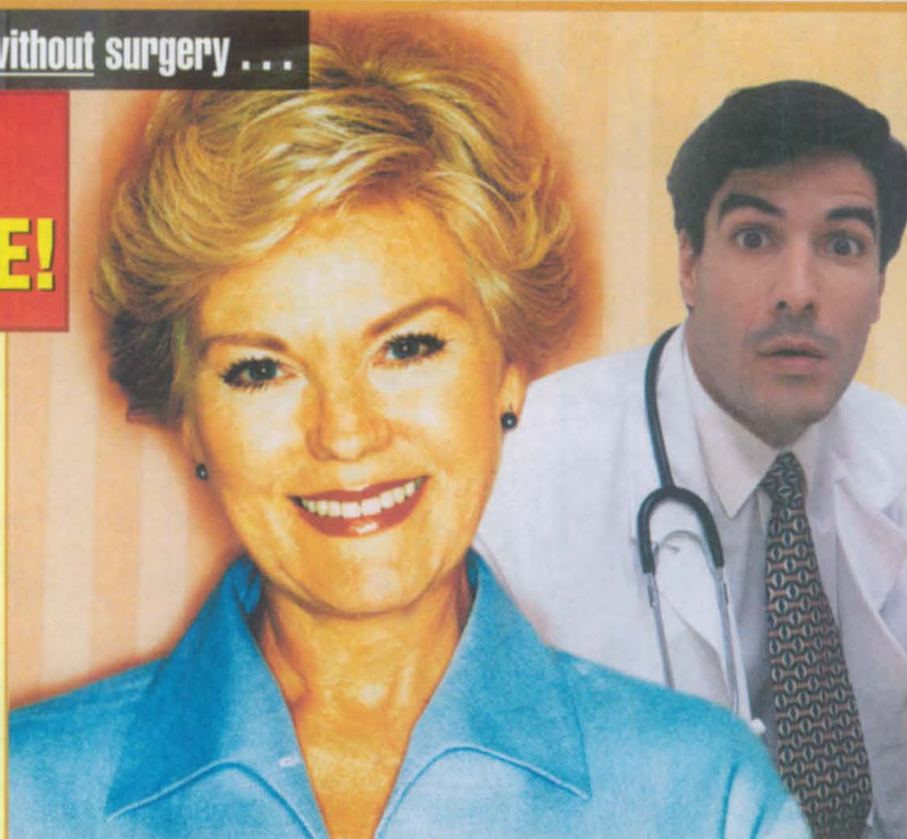
Look younger and more beautiful without surgery . . .

AMAZING NO-SCALPEL FACE-LIFT NOW AVAILABLE!

The conventional face-lift is a thing of the past, thanks to a new FDA-approved nonsurgical face-lift that is safer, faster, much cheaper — and practically painless.

This no-scalpel face-lift uses ultrasound radio waves to heat the tissue beneath the skin's surface, causing underlying collagen to contract and tighten. Results are astounding!

Men and women who have used these skin rejuvenation techniques are delighted with the results. You will be, too. Read all about these safer, cheaper, new alternatives to old-fashioned cosmetic surgery. See PAGE 20 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



NEW FINGERTIP TEST SPOTS HEART DISEASE EARLY

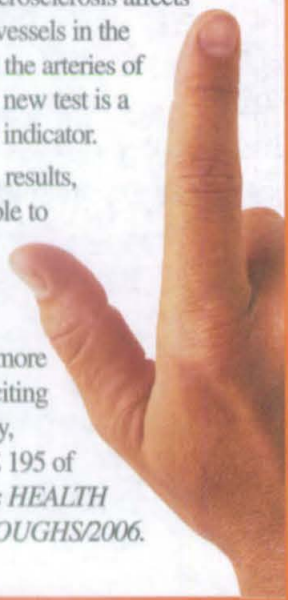
Doctors at the Mayo Clinic have developed a new test that uses your fingertip to point out whether you're at risk for heart disease.

The simple, noninvasive test examines a fingertip blood vessel to identify the earliest stages of atherosclerosis. It takes just 20 minutes.

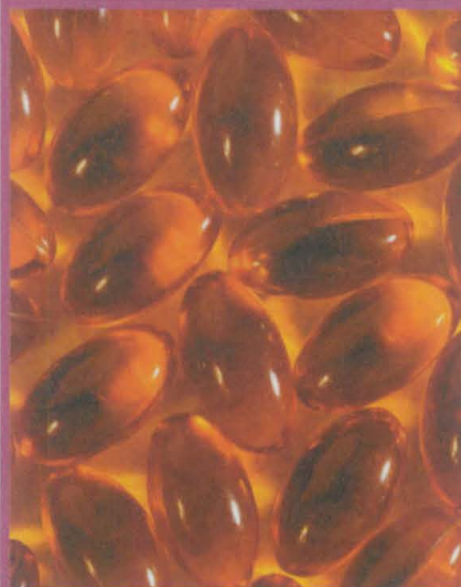
Since atherosclerosis affects all the blood vessels in the body, not just the arteries of the heart, this new test is a very accurate indicator.

Based on results, doctors are able to proceed with appropriate treatment.

To read more about this exciting new discovery, turn to PAGE 195 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



New reports claim vitamin E is dangerous and deadly . . .



IS VITAMIN E SAFE?

What's the truth about vitamin E?

Thousands of past studies say it protects you from heart attack, cancer and Alzheimer's disease. But new research disputes these claims.

Is there a secret conspiracy afoot to discredit the vitamin industry? Or does this new study reveal the truth?

Is vitamin E safe or not?

You'll discover the definitive answer on PAGE 218 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* as a leading medical researcher delves into the heart of the controversy.

Send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.

NEW FAT-BLOCKER FOOD ADDITIVE FOUND!

Food scientists have developed a new compound that blocks the fat in cheeseburgers, French fries and other fast foods.

Laboratory studies show that when the compound is added to high-fat fast foods, it blocks the absorption of fat molecules. It also reduces the likelihood of developing insulin resistance, which can lead to type 2 diabetes.

To read the full story about this new discovery, see PAGE 254 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



The verdict is in . . . "HEARTBURN FOODS" NOT GUILTY!

Doctors studying the causes of chronic heartburn (also known as *gastroesophageal reflux disease* or GERD), have pronounced alcohol, coffee, tea and other accused "heartburn foods" as not guilty.

Instead, researchers at New York University Medical Center found that two other factors were a major cause of severe heartburn. Each one increases your chances by 70%. PAGE 259 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* reveals their identity.

If you suffer from heartburn — or are skipping your favorite foods to avoid it — this new information is "must reading." Send for your Free 30-Day Home Preview today to check it out.



NEW BOOK IDENTIFIES THE TOP MEDICAL DISCOVERIES THAT WILL ROCK THIS DECADE!

Medical "dream team" of experts selects the 2,137 most exciting medical breakthroughs that will change our health for the better in the years ahead

The next big cures are already here.

That's the prediction of a dream team of medical experts who have picked the new discoveries that will have the greatest impact on our health in this decade.

"These blockbuster breakthroughs will save tens of thousands of lives and change the way modern medicine is practiced," said a spokesperson for the selection team.

The panel of experts spent more than a year poring over thousands of recent medical studies to identify the ones that offer real solutions to the health problems facing the average American.

AMAZING NEW CURES DISCOVERED

"Incredibly, they discovered real cures for today's most serious ills. Cures that already exist and have been validated by the world's most respected research centers," says publishing executive Martin Edelston, publisher of Bottom Line Books in Stamford, Connecticut.

"Unfortunately, the average Joe and Jane won't hear about these new cures for a long, long time."

According to Edelston, a new health discovery usually takes 10 to 20 years to be accepted into a mainstream medical practice, to replace an existing treatment.

"That's just too long," Edelston says. "But that's the system. Just look at the health stories making today's headlines — statin drugs . . . dangerous arthritis medications . . . using fish

oil to prevent heart attacks. These discoveries were made more than a decade ago!"

UNNECESSARY SUFFERING COULD BE AVOIDED

Edelston calls this time delay a "tragedy," because the public is forced to wait before people can benefit from the latest research findings.

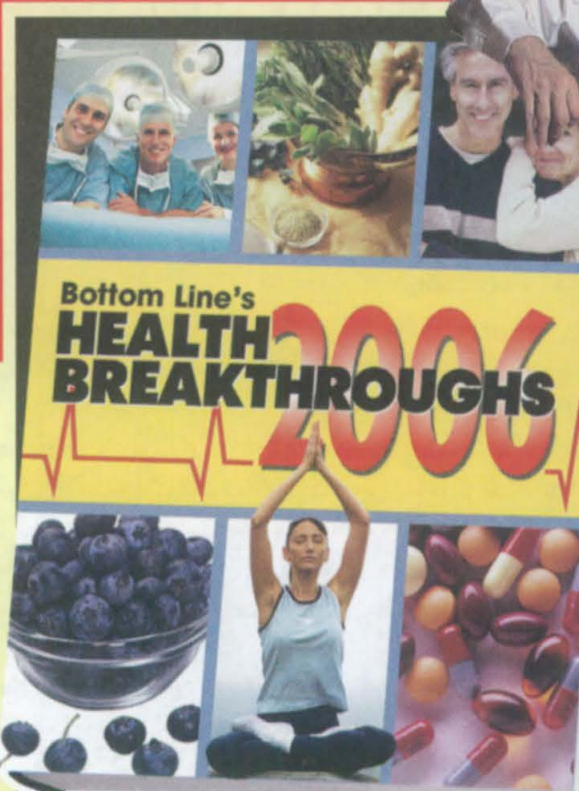
"Plenty of lives and suffering could be spared if people got the news faster," he believes.

So Edelston, who has published health newsletters and books for over 25 years, decided to do something about it.

"I'm on a mission," he recently told us in his Connecticut office. "Ordinary people deserve access to these new discoveries without waiting — so they can benefit immediately."

NEW BOOK PLANNED

To this end, Edelston and Bottom Line Books are publishing a huge volume containing the top 2,137 new medical discoveries selected by his "dream team" of doctors, researchers, medical experts and health journalists.



Soon to be published, *Bottom Line's HEALTH BREAKTHROUGHS/2006*. This 352-page volume predicts the most important new health discoveries and future cures for the decade ahead.

Martin Edelston, famous consumer advocate and publisher of Bottom Line Books. The new book, *Bottom Line's HEALTH BREAKTHROUGHS/2006*, is his brainchild.

"This book is going to save a lot of lives," the publisher predicts, "and I'm proud to be a part of it."

Titled *Bottom Line's HEALTH BREAKTHROUGHS/2006*, the 352-page volume will become available by mail order only for a limited amount of time.

"This New Year is going to ring in new, good health for a lot of Americans if I have anything to say about it," Edelston exclaims with a broad smile.

Atkins®. Weight Watchers®. The Zone®. The Dr. Dean Ornish Diet®...

Who's King Of The Diets?



Which weight-loss plan reigns supreme according to actual clinical tests?

Which of the most popular programs produces the greatest weight lost? The fastest results? The most permanent reductions?

Before you decide on any weight-loss diet, check with PAGE 241 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

You're in for a big surprise.

WHAT'S THE SAFEST NSAID PAINKILLER?

The safest painkiller on the market is also the cheapest. Texas researchers have found that this generic pain reliever (revealed on PAGE 265 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) works just as well, yet is 60% safer than the over-the-counter painkiller naproxen, also known as Aleve®.

And arthritis sufferers have another reason to cheer.

This safer painkiller costs 80% less than arthritis medications such as Celebrex®.

In the 13 years of this alternative drug's use in the U.S., there have been no reports of the cardiovascular side effects linked to Vioxx® and Celebrex.



COVER STORY

The miracle pill we've all been waiting for is here . . .

Patients Lose 20 Pounds Each On New Miracle Weight-Loss Drug!

A new weight-loss drug has been tested on thousands of overweight adults and has passed with flying colors. Results have researchers at Columbia University raving.

Patients lost an average of 20 pounds — and kept the weight off for two years. No adverse side effects were reported.

The group taking the new pill lost TWICE as much weight as did patients who made diet changes alone, giving doctors impressive new ammunition in the war against the obesity epidemic that has hit the U.S.

Not only did patients lose weight, but the drug delivers an extra bonus of other health benefits. It improved HDL ("good") cholesterol by 25% and lowered harmful triglycerides (a major risk factor for heart disease).

Don't miss this stunning new breakthrough. Send for your Free 30-Day Home Preview today so you can read all about it — beginning on PAGE 109.



Being near cigarette smoke raises your risk of coronary heart disease by 50%...

SECONDHAND SMOKE MORE DANGEROUS THAN DOCTORS THOUGHT

If you get miffed when someone lights up in a public place, you should. Inconsiderate smokers could give you a heart attack.

A new study found that secondhand cigarette smoke speeds up the heart rate, while squeezing down the blood vessels and robbing them of oxygen. This puts a big burden on the heart, the study's director explained.

A spokesman for the American Lung Association says the findings should reinforce your determination not to be exposed to secondhand smoke.

Public smoking bans seem to be saving lives. For example, the number of heart attack patients admitted to hospitals in Helena, Montana, fell by 40% in just 6 months after a smoking ban was enacted.

What should you do if someone lights up near you in a public place—whether there's a smoking ban or not?

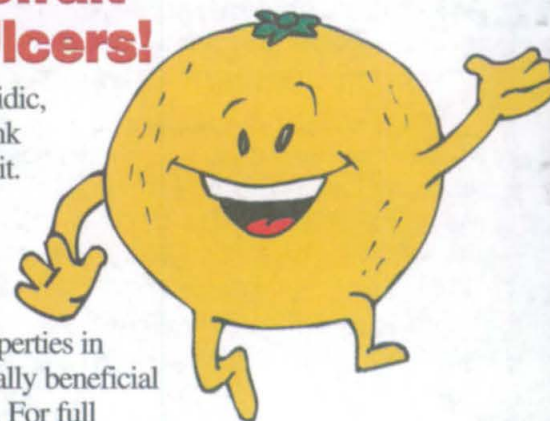
Turn to PAGE 58 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* for the polite, but firm way to stand up for your right to clean, nonpolluted air.



New Grapefruit Cure For Ulcers!

Because grapefruit is acidic, people with ulcers think they should avoid the fruit. A new medical study recommends just the exact opposite.

Doctors discovered powerful antioxidant properties in grapefruit that are especially beneficial for healing gastric ulcers. For full details, see PAGE 181 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



HIBISCUS TEA LOWERS CHOLESTEROL!

Researchers have found that hibiscus flowers contain a compound that protects your heart and arteries the same way red wine and green tea do.

Hibiscus is a folk medicine that has long been used by Chinese doctors to treat hypertension and heart problems. Now scientists, too, have discovered how the human heart benefits from it.

To read this fascinating account, send for your Free 30-Day Home Preview of *Bottom Line's HEALTH BREAKTHROUGHS/2006* and turn to PAGE 219. You'll find the whole story.



NEW RESEARCH REVEALS DEADLY DANGERS LURKING IN CERTAIN VITAMINS . . .



Bogus Vitamin Claims Busted!

For years you've heard that when it comes to vitamins and minerals, "more is better" — and "if it's natural, it can't harm you."

But scientists now say there's danger in those beliefs.

Beginning on PAGE 217 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*, you'll see indisputable new evidence linking certain vitamins and supplements to an increased risk of diseases and death. For instance...

- This antioxidant vitamin actually raises your risk of death by 10% (higher, if you take an increased dosage) compared to people who don't take any.
- This "lung repair" supplement puts smokers at a higher risk for lung cancer and death compared to smokers who took a placebo.
- This so-called cancer-fighting vitamin, when taken in megadoses, is supposed to conquer tumors. But this new research shows that the higher doses are merely excreted from the body and flushed down the toilet.
- This popular vitamin is said to prevent heart disease. But researchers found no evidence that it does. In fact, for people who already have the disease, it raises their risk of heart failure.

Does this mean that all supplements are bogus or dangerous? *Absolutely not.*

But it does mean you should know the facts—if you want to avoid unnecessary vitamin dangers and save your money for health aids that really work.

Bottom Line's HEALTH BREAKTHROUGHS/2006 will guide you in the right direction with the latest scientific findings.

Send for your Free 30-Day Home Preview by mailing back our Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.

Now there's an easy way to tell if a guy is really a bully — even if he appears to be soft and sweet . . .

TELLTALE CLUE HELPS YOU SPOT A SECRET BULLY

A Canadian study found that if this particular finger (revealed on PAGE 153 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) is shorter than his ring finger, chances are good that he'll turn out to be physically aggressive.

Sound like a bunch of hooey? It's not.

Doctors confirmed that the length of this particular finger is due to the exposure to testosterone a male fetus has in the womb. The result is the male will be more likely to be physically aggressive. Check it out on your friends. Send for your Free 30-Day Home Preview today and start looking at fingers.



Patients Wake Up During Surgery!

Imagine waking up during surgery as you are being cut, opened and sewn up — but unable to move a muscle or communicate what's happening.

It sounds like a scene from a horror movie, but it really happens.

It's called "anesthesia awareness" — and it occurs more often than surgeons realize.

"I was screaming at the top of my lungs, but no noise was coming out," said one patient afterward.

The experience is so terrifying that many victims require long-term psychological therapy.

"I haven't slept in a bed for 6 years," explained one patient who must sleep in a chair because of the terror that lying down triggers.

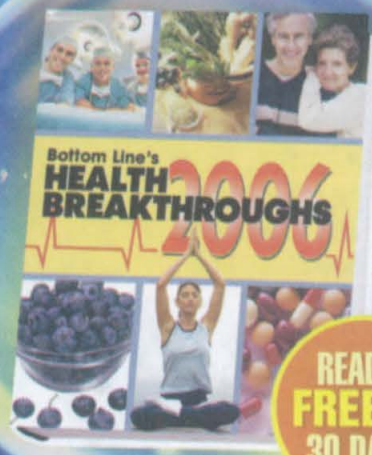
Experts estimate that there are as many as 40,000 cases of anesthesia awareness in the U.S. each year.

How can you prevent this from happening to a loved one — or to yourself?

Request this special monitoring device (described on PAGE 174 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) during surgery. Don't expect hospitals to automatically use the special device. Most don't.



FREE "Sneak Peek!"



READ IT FREE FOR 30 DAYS!

Over 2,100 future cures that will change our world!

DON'T BLAME THOSE EXTRA POUNDS ON EATING TOO MUCH. THE REAL REASON MAY BE THAT YOU'RE SLEEPING TOO LITTLE . . .

New research finds that people with sleep problems are 73% more likely to be obese than those who sleep normally.

That's because sleep regulates two hormones that are responsible for appetite. The hormone *leptin* tells the brain it is full, and *ghrelin* triggers hunger.

Lack of sleep changes the levels of these hormones in your body.

People who don't get enough sleep have more ghrelin levels and less leptin. The result is that they awake hungrier than usual and crave calorie-packed sweets, such as candy, cookies and cake.

It seems the simplest way to lose weight isn't by dieting or exercise. It's by getting more sleep.

Send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.

LACK OF SLEEP CAN MAKE YOU FAT!

Synthetic Pot Beats Back Alzheimer's Disease

Does smoking marijuana make people forgetful?

Far from it, say Spanish doctors who have discovered that a compound in synthetic marijuana seems to protect the brain against Alzheimer's disease.

While not endorsing the use of marijuana, the researchers found that it does reduce the brain inflammation associated with this crippling mental disease.

Furthermore, the study shows that the weed compound (called *cannabinoid*), also seems to guard against mental decline.

Want to read the full story? Send for a 30-Day Free Preview of *Bottom Line's HEALTH BREAKTHROUGHS/2006* and turn to PAGE 5. No purchase necessary.



COVER STORY

VITAMIN HELPS CHOLESTEROL DRUGS WORK 68% BETTER!

The newest weapon in the war on heart disease is a common vitamin (revealed on PAGE 199 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) which, when taken with a popular cholesterol-lowering drug, works better at preventing heart attacks than any other treatment we have.

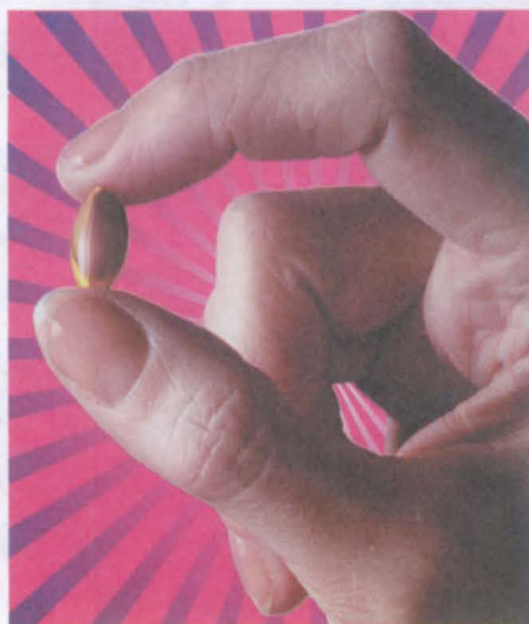
This new, one-two punch slowed the progress of heart disease 68% better than using a statin alone. The combo treatment also resulted in a 60% reduction in heart attacks and other coronary events, strokes and total deaths.

A recent study published in the medical journal *Circulation*, found that the vitamin raises good (HDL) cholesterol, while the statin drug lowers bad (LDL) cholesterol and slows the dangerous buildup of artery plaque.

Don't wait for this good news to "trickle down" to the general population. You can benefit right away.

Read the full story now on PAGE 199 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

Send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.

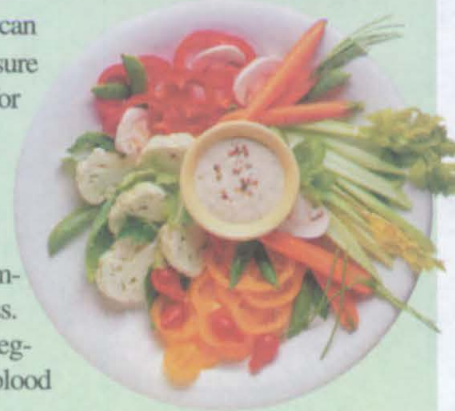


LOWER YOUR BLOOD PRESSURE NATURALLY

Eating more vegetables can lower your blood pressure—and reduce your need for a drug.

Studies show that people who eat the most vegetables have HALF as much hypertension compared to those who eat less. What's so special about veggies? How do they keep blood pressure under control?

You'll find a fascinating explanation of the healing power of these plant foods on PAGE 243 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



WHY WOMEN IN JAPAN DON'T WORRY ABOUT BREAST CANCER

Doctors have long wondered why women in Japan have significantly less breast cancer than women in the United States. Researchers at the University of California (Berkeley) may have just discovered the answer: It's seaweed.

According to a new study, eating kelp seaweed seems to reduce the amount of estrogen in the body, making it a powerful tool in the fight against breast cancer.

Estrogen acts like fertilizer for tumors, especially in the female breast. So less estrogen translates into lower cancer risk.

Now the hunt is on to identify which compounds in seaweed block estrogen levels, so that a new anticancer drug can be developed.

Until that day comes, scientists say U.S. women can benefit just the way women in Japan do. In Japan, seaweed is commonly used in the preparation of sushi dishes, in miso soup, and in stews and soups as a thickening agent.

To read more about how you can benefit from this miracle anticancer food, turn to PAGE 49 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



Oysters Are Really An Aphrodisiac!

“What gives?” said the stand-up comic. “Last night I ate a dozen oysters and only 9 of them worked!” (Ba-da-bing.)

For centuries, raw oysters have been touted as a potent aphrodisiac that makes super-duper lovers out of mere mortals. But is it true?

Medical researchers now seem to think so. A team of biochemists from the U.S. and Italy found that mussels, clams and oysters contain certain compounds (*D*-aspartic acid and *N*-methyl-*D*-aspartate) that release sex hormones in men and women.

Want more proof? Send for your Free 30-Day Home Preview of *Bottom Line's HEALTH BREAKTHROUGHS/2006* and turn to PAGE 214. Then make a beeline for your favorite seafood store.



An extra Special Bonus for you... 7 FREE GIFTS!

**Take All
Of These
“Lucky 7”
Health
Reports
JUST FOR
LOOKING!**

SEE DESCRIPTION
ON PAGE 18...



**ATTENTION, HOUSTON:
WE HAVE A DIABETES CURE...**

Breakthrough Surgery Cures Diabetes!

Surgeons have been able to successfully transplant insulin-producing cells (called *islets*) from a living donor into the pancreas of a patient with insulin-dependent diabetes.

Results were phenomenal. The transplant functioned immediately and the recipient was able to discontinue her insulin injections just days after the operation.

“The transplant is doing perfectly,” announced the surgeon.

If you know someone who has diabetes, send for your Free 30-Day Home Preview copy of *Bottom Line's HEALTH BREAKTHROUGHS/2006* today. Show him/her this breakthrough news on PAGE 91. What a big help you'll be.



Americans Save A Bundle With These...

"LEGAL LOOPHOLES" FOR BUYING DRUGS FROM CANADA

Ordering drugs from Canada can cut your cost of medications by up to 50% — and sometimes more — even after you account for shipping charges.

Why? Prescription drugs cost less there than in the U.S. because Canada has price controls on drugs.

Officially, however, it isn't legal for Americans to order prescriptions from Canada. But the U.S. Customs Department will NOT take action against Americans who import prescription drugs for their own personal use — if it is done correctly.

You'll read how in *Bottom Line's HEALTH BREAKTHROUGHS/2006* — beginning on PAGE 119.

Are drugs from Canada safe? *Absolutely.* The medications made for the Canadian market are the same as those made for the American market.

How should you go about selecting a Canadian pharmacy to buy from? How do you order your drugs? Are there limits on your purchases?

All of these questions will be answered in *Bottom Line's HEALTH BREAKTHROUGHS/2006*. You'll even find a toll-free help line that will answer any personal questions you might have.



Yogurt Tames Bad, Bad Breath



Know someone with really bad breath? Slip them a yogurt.

Researchers found that eating yogurt remedies stubborn halitosis. It also cuts down on cavities, dental plaque and gingivitis.

Halitosis is caused by bacteria that breed on the back of the tongue and produce stinky sulfur compounds. The beneficial bacteria in yogurt attack and destroy these bad guys.

In the study, yogurt reduced the halitosis-causing sulfur by 80% in people who had bad breath.

Not all yogurt produces these breath-sweetening results. In fact, only the yogurt described in *Bottom Line's HEALTH BREAKTHROUGHS/2006* will do the job.

Check on PAGE 261 before you head to the supermarket.

Attention arthritis sufferers: New Link Between Arthritis And Heart Disease!

A new Mayo Clinic study reveals a strong link between a certain type of arthritis and heart disease.

Doctors point to inflammation as a secret cause of heart failure. People with arthritis, a painful condition caused by inflammation of the joints, seem to be at higher risk.

The study emphasizes the need for aggressive preventative treatment for heart disease in people who have this form of arthritis. Experts say a new medication (revealed on PAGE 276 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) can significantly reduce the risk of heart disease in these patients.

For full details, send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.



Amazing new health findings... Doctors Call Coffee A "Miracle Drink!"



Dinking coffee not only keeps you alert, it also protects you from a deadly form of cancer.

That's the finding from a large 10-year study of 90,000 people. Scientists discovered that coffee drinkers had 50% less risk of liver cancer. But that's not all...

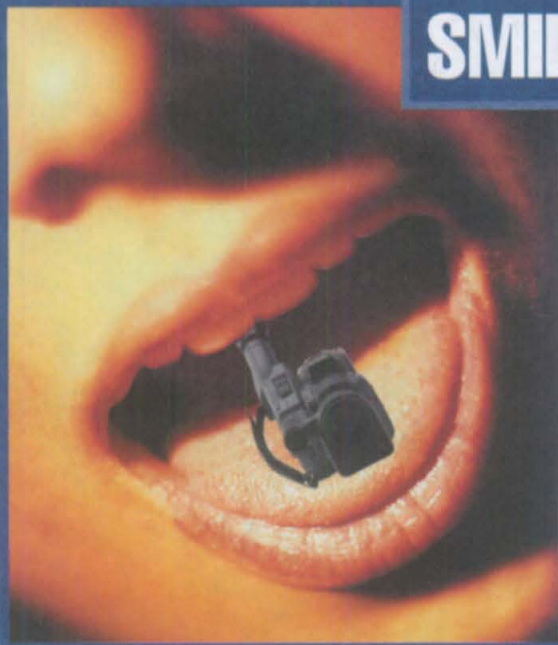
Other studies show that coffee reduces diabetes risk by 54% for men and 30% for women.

And more research finds that drinking this much coffee (see PAGE 258 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*)

reduces your risk of colon cancer by 25%...your risk of gallstones by 50%...and your risk of liver cirrhosis by 80%. But wait until you read this...

New evidence reveals that coffee drinking offsets some of the health damage caused by smoking and excessive drinking! People who engage in these vices, but also drink coffee, suffer less heart and liver damage than those who don't.

Send for your Free 30-Day Home Preview of *Bottom Line's HEALTH BREAKTHROUGHS/2006* to read the whole story.



SMILE, YOU'RE ON "SWALLOWED CAMERA"

Doctors have finally invented a way to locate hard-to-find tumors lurking in the small intestines: The patients swallow a camera.

A new procedure called *capsule endoscopy* can find tumors in the small bowel that previously went undetected by other diagnostic tests.

With this amazing new technology, the patient swallows a small capsule that contains a video camera and transmitter.

As the tiny camera travels through the intestinal tract, it takes pictures and transmits them to a recording device that doctors are able to play back.

Doctors say the swallowed camera detects tumors that have been difficult to diagnose because of their inaccessibility.

To read more about this fascinating new technology, see PAGE 68 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

The shocking scandal behind the headlines . . .

How Much Damage Did Vioxx Really Do?

Studies show that Vioxx, the Cox-2 arthritis drug, caused as many as 140,000 cases of serious coronary heart disease before it was recently withdrawn from the market.

People taking a lower dose suffered a 47% higher risk of heart disease, researchers concluded. Those taking a higher dose had a 360% increased risk.

The report also noted that heart problems associated with Vioxx became apparent soon after people started taking it, but that this danger was hidden from the public by Merck (the drug's manufacturer), and the Food and Drug Administration (FDA).

The Vioxx scandal calls into question the FDA's ability to adequately protect the public from dangerous drugs.

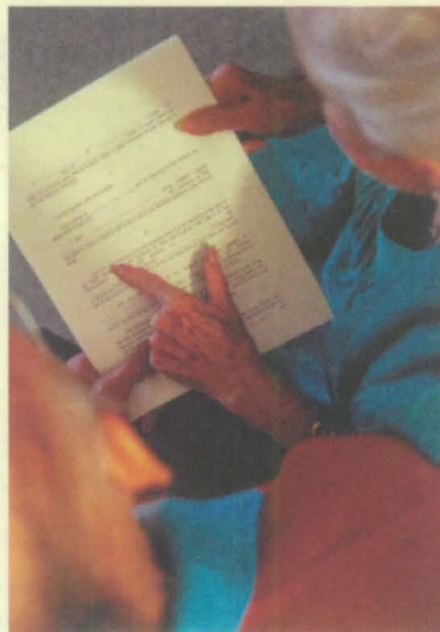
In sworn testimony, a high-level FDA employee told Congress that the FDA did everything in its power to suppress the findings and keep them from public view. He testified that the FDA threatened him with serious consequences if he revealed what he knew.

The FDA is on record as saying that all its decisions about Vioxx were appropriate and it would "make the same decisions again."

Nearly 107 million Americans have taken Vioxx since its introduction in 1999. Just how safe are we from dangerous prescription drugs? Are other risky FDA-approved medications being prescribed to us without our knowledge?

For an in-depth look at other dangerous (and useless) drugs being prescribed today, see PAGE 112 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

Send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.



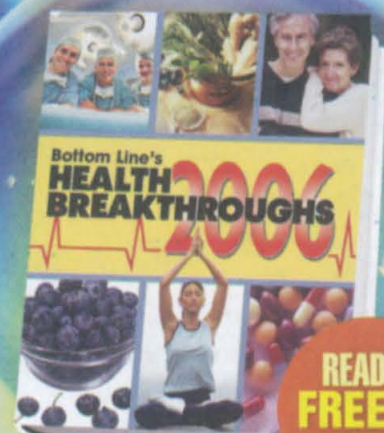
The vitamin that protects your brain...

New Alzheimer's Self-Defense

People who don't get enough of this form of vitamin B every day (revealed on PAGE 5 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) were 300% more likely to develop Alzheimer's disease, according to new medical studies.



FREE "Sneak Peek!"



**READ IT
FREE FOR
30 DAYS!**

**See what's in store
for your health!**

NEW LIFESAVING "GOOD CHOLESTEROL" DISCOVERED!

Doctors have long wondered: If high cholesterol causes heart disease, why do up to 80% of all heart attack victims have normal cholesterol levels?

Now, a groundbreaking new discovery may explain why.

Scientists have just identified new subtypes of HDL ("good") cholesterol—HDL2 and HDL3.

HDL3 looks like a deflated water balloon as it circulates through the body like a tiny vacuum cleaner, sucking up bad LDL cholesterol from arterial plaques. As the HDL3 cholesterol increase in size, turning into sphere-shaped HDL2, they return the harmful cholesterol to the liver so it can be excreted from the body.

This amazing process, called *reverse cholesterol transport*, helps prevent the development of atherosclerosis by emptying arteries of fatty plaques.

Here's the bottom line: A person can have a normal HDL level (approximately 45 mg/dl for men; 55 mg/dl for women) — or even a

high level—but if you have a low level of HDL2, your HDL isn't doing you any good, researchers now say.

In fact, a low level of HDL2 is now thought to be the most commonly overlooked cause of heart attack in seemingly heart-healthy adults.

What you can do: The pharmaceutical industry has yet to devise a new drug that can bolster HDL2 levels. But studies conducted at Stanford University have just found two ways to give your levels a big boost.

Don't miss this historic discovery. You'll read about this remarkable new way to protect yourself from a heart attack. See PAGE 193 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



Unrecognized Depression Worse Than Patients' Illness

Although chronic health problems such as arthritis, heart disease and diabetes can take a physical toll on patients, new research shows that the accompanying emotional depression these ills often cause is worse than the conditions themselves.

Doctors found that undetected depression causes greater disability and related health problems than the physical illness patients are suffering from.

The good news is that recognizing and treating this underlying depression holds great promise for relieving pain and suffering, as well as improving the quality of life for these patients.

Depression is not usually recognized by primary-care physicians. But new research shows that patients who receive proper treatment for depression are less impaired and debilitated by their health problems.

Don't miss the fascinating details of this new study — and what it could mean for you or a loved one. Turn to PAGE 19 in *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



Natural Alternative to Celebrex Quiets Arthritis Pain For Less

Got arthritis? Here's great news:

Scientists have determined that the natural pain reliever *methylsulfonylmethane* (MSM) is a good substitute for the prescription arthritis drug Celebrex and the over-the-counter painkiller naproxen (Aleve).

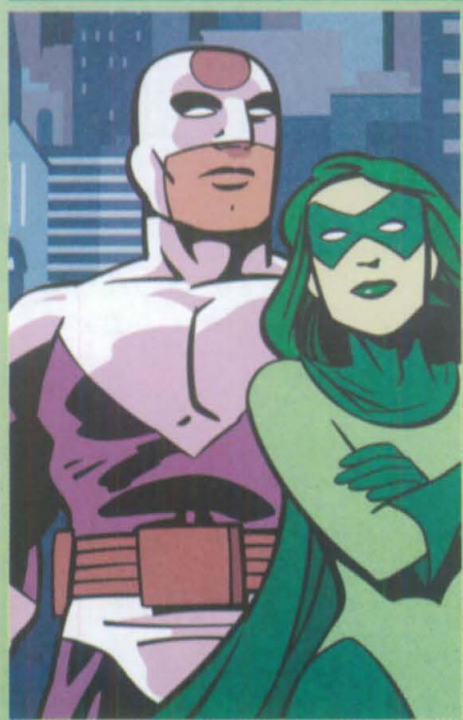
MSM is also much safer than these drugs — and far cheaper. Because it is a natural compound found in green vegetables, it does not cause heart problems or damage the stomach lining. (Consult your doctor before using MSM if you take a blood thinner.)

How much MSM should you take to relieve arthritis and other pains? Where can you buy it? Check with PAGE 264 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

Send for your Free 30-Day Home Preview right away. No purchase is required.



SCORE ANOTHER VICTORY FOR VIAGRA®!



Viagra, the world's best-known impotence drug, may also mend a broken heart.

A new study shows that *sildenafil citrate* (the generic name for Viagra) not only stopped the abnormal thickening of heart muscle (called *cardiac hypertrophy*) in laboratory animals, but actually reversed the growth and damage that normally leads to heart failure.

Doctors emphasized the importance of these new findings, noting that they may represent a major step in defeating heart failure. Human studies are now set to begin.

To read all about this new medical discovery, see PAGE 204 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



LOW-CARB DIETS ARE BAD FOR YOUR HEART!

Scientists are speaking up about the low-carb diet craze — and what they're saying isn't good news for your heart.

According to recent studies done by the American Dietetic Association, most low-carb diets deprive you of "good carb foods" that lower LDL (bad cholesterol), prevent diabetes, and reduce blood clots — all of which help prevent heart disease and other health problems.

In addition, millions of Americans on low-carbohydrate diets are missing out on fiber-rich foods. And fiber is essential to good health.

In one study of more than 350,000 men and women, researchers found that for every 10 grams of dietary fiber consumed, the risk of death from heart disease dropped by 25%.

Getting sufficient fiber is tricky these days. That's because a lot of food products are labeled "whole grain," but they really aren't. How can you tell a fake from the real McCoy? Look on the ingredients list — if the first ingredient says... (find out on PAGE 239 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*), you're getting ripped off.

SNUFF OUT ROAD RAGE INSTANTLY!

Feeling tense or drowsy at the wheel?

On the verge of road rage during rush hour?

New research finds that a sniff of peppermint eases anxiety and fatigue while driving. Both peppermint and cinnamon were shown to decrease driving frustration and calm you down.

Want to try it? Read the full story of this fascinating study on PAGE 230 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



NATURAL ACNE CURES



Faced with a blemish breakout — or a lonesome pimple?

No need to spend big bucks for a drug-store cure. Mother Nature has four proven remedies that can clear things up.

Starting on PAGE 170 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* you'll read about the best natural blemish remedies and how to use them. Try one of these before you try anything else.

An extra Special Bonus for you...7 FREE GIFTS!

Take All
Of These
"Lucky 7"
Health
Reports
JUST FOR
LOOKING!

SEE DESCRIPTION
ON PAGE 18...



Startling new research reveals...

How Women Are Being Mistreated For Heart Disease



A shocking new study finds that more women are dying each year from heart disease than men — and the reason may be that they are receiving inferior medical treatment.

Fewer than 20% of all physicians are aware that heart disease is the #1 killer of women in the U.S. Most still believe it is a "man's disease." As a tragic result...

- Women are not being given the correct diagnoses and treatments for heart disease.
- Less than one-third of women at high risk for heart disease are prescribed statins or other cholesterol-lowering medications.
- Women who could benefit from

cardiac imaging tests that screen for heart disease are not getting them.

- Women patients are less likely to get preventive recommendations for heart disease from their doctors.

Are you receiving the best heart care from your doctor? How can you tell? What should you do if you're not?

Turn to PAGE 309 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* for advice that could save your life.

Send for your Free 30-Day Home Preview by mailing back our Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.

"What's Up, Doc?"

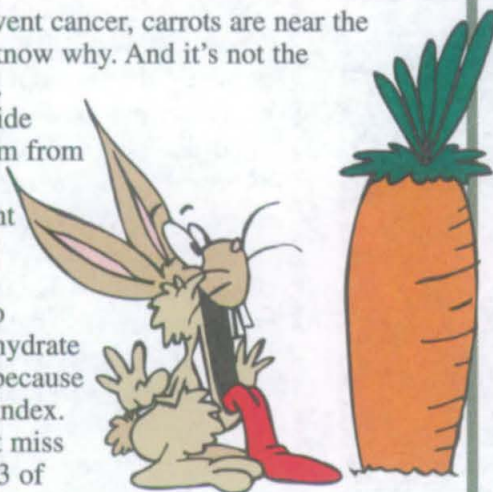
How Carrots Block Cancer

When it comes to foods that prevent cancer, carrots are near the top of the list. Now scientists know why. And it's not the vitamins or other nutrients in them.

Carrots contain a natural pesticide (called *falcarinol*) that protects them from fungal diseases. New research has identified this compound as a potent cancer-fighter.

Studies show that carrot-eaters can lower their cancer risk by up to 40%. But some popular low-carbohydrate diets advise against eating carrots because they have a high *glycemic* (sugar) index.

What do the experts say? Don't miss their surprising verdict on PAGE 63 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



NEW TEST MAKES MAMMOGRAMS OBSOLETE!

From the prestigious Mayo Clinic comes news of a new way to detect breast cancer that is far superior to mammography.

Called *molecular breast imaging* (MBI), the new technique uses a specially designed camera that improves detection of small breast tumors, even in women who have dense breast tissue.

Up to 40% of all women have dense breast tissue, which decreases the chance that a small cancer will be visible with mammography.

To read more about this safe, accurate diagnostic tool, see PAGE 52 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*. Send for your Free 30-Day Home Preview today.



Rip-off alert!

Beware of these...

Dangerous (And Useless) Drugs That Are Still On The Market

A study recently published in the *Journal of the American Medical Association* found that 20% of new drugs are so dangerous that they had to be withdrawn from the market or were required to have a "serious risk" warning label.

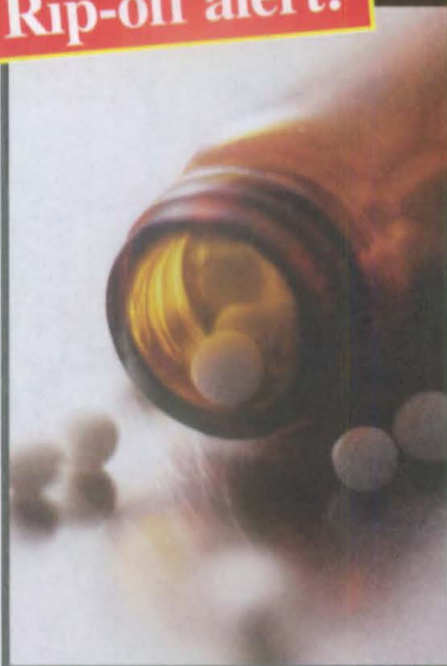
Researchers also found that in just one year of the study period, about 20 million Americans were given dangerous drugs that were later withdrawn from the market.

To avoid serious side effects, experts say you should avoid any drug that hasn't been on the market for at least 7 years. (Half of all toxicity problems are discovered within this period.)

What about the drugs you're taking right now?

Beginning on PAGE 113 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*, you'll find a listing of dangerous drugs and medicines that are still on the market, even though they've been linked to big problems. For instance...

- **A leading allergy medication.** This new version is so ineffective, it's practically useless. Save your money. These over-the-counter (OTC) antihistamines (listed on PAGE 114) are less expensive and provide better relief.
- **The newest heartburn drug.** Tests show it is no better than OTC medications, though it costs a small fortune.



Chocolate Is "Love Food"



Women who eat chocolate have better love lives—and healthier hearts.

That's the latest finding from medical researchers who continue to be startled by the benefits of eating chocolate.

The most recent finding shows a fascinating link between eating chocolate and sexual fulfillment.

Sexual function and sexual desire were significantly higher among women who eat more chocolate. Experts say two chemicals in the "love food" are responsible for triggering pleasure receptors in the brain.

More good news: Chocolate is now believed to contribute to better heart health as measured by both ultrasound and blood tests.

But not all types of chocolate deliver these unusual benefits. In fact, only one does. You'll find it described on PAGE 324 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

Good Fish, Bad Fish

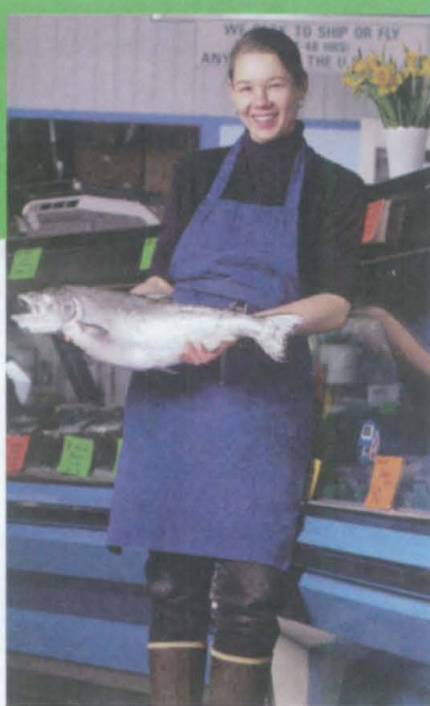
We all know that fish is good for the heart and arteries.

But some fish are better because they are high in omega-3, a good fat which prevents blood clots that can cause heart attacks.

What fish are best? Turn to PAGE 257 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* for a list of the most healthful varieties.

But beware. Studies show that some fish can also contain dangerous concentrations of toxins, such as mercury and other pollutants.

One popular fish, in particular, has been found to be loaded with mercury and should be avoided or limited to occasional consumption. Be sure to see this new information before you go fish shopping again.



Does The Weather Make Your Arthritis Flare Up?

People swear that the weather affects their arthritis. But does it really?

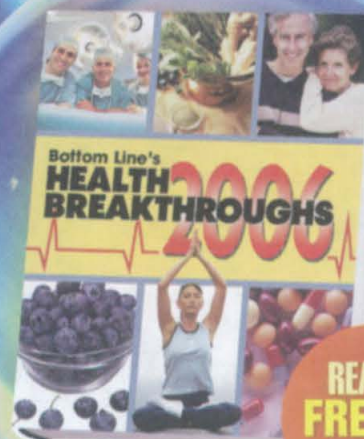
Big surprise: Doctors now say "yes!"

When scientists compared pain reports to the weather in the patients' ZIP code, they found a strong correlation.

What causes the weather-induced pain? Turn to PAGE 270 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* for the surprising answer.



FREE "Sneak Peek!"



**READ IT
FREE FOR
30 DAYS!**

Don't wait for the future!

GIVE YOURSELF A "SUPER MEMORY"

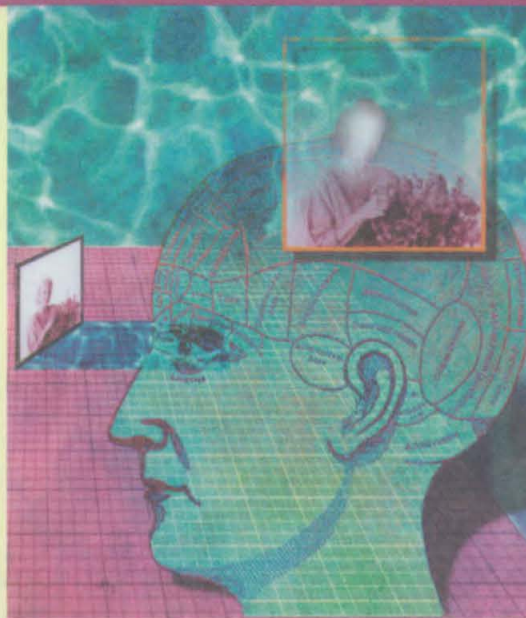
Most people assume their mental abilities diminish with age. But that's just not true, says new research.

Studies show that cognitive decline doesn't occur in healthy brains — no matter how old they are.

In fact, your brain will continue to repair cell damage and renew itself throughout life. The majority of people can actually increase their IQ even after age 60.

That means, instead of losing brain power as you grow older (as most people do), you can increase your IQ. You'll discover the very best ways to achieve this in *Bottom Line's HEALTH BREAKTHROUGHS/2006*. For example...

- **Oxygenate your brain.** Reduced oxygen levels cause a decline in the neurotransmitters (how brain cells communicate with each other). Getting more O₂ to your brain cells will improve your memory, brighten your mood, and speed your decision making. PAGE 7 describes the best ways.
- **Remember names with ease.** It's easy to forget the name of someone you



just met because only one sense (hearing) is involved. Next time you meet someone, use this clever trick (revealed on PAGE 7) and you'll lock their name into your memory bank. They'll be so-o-o impressed.

- **Learn one new word a day.** Memory is like a muscle—the more you use it, the stronger it becomes. Learning new material triggers an increase in brain synapses (the "files" where information is retained). Use this free online service (Web site on PAGE 8) to improve your vocabulary day by day.
- **Music improves your memory.** If there's something specific you want to memorize — a phone number, address or shopping list — sing it out loud. This brings different parts of the brain into play and makes memorization much easier. Try it. Full details on PAGE 8.
- **Want more tips?** You'll find the best from new research in *Bottom Line's HEALTH BREAKTHROUGHS/2006*. Send for a no-obligation 30-Day Free-Preview and receive 7 Free Gifts — yours to keep even if you return the book. Details on page 19.

NEW ARTHRITIS PAIN PATCH BRINGS BLESSED RELIEF!

Is there life after Vioxx and Celebrex? You bet!

A genius scientist has just invented a painkilling patch that eases arthritis pain as well as those expensive Cox-2 drugs — but without the risky side effects. Studies on arthritis patients revealed that the pain relief was significant and just as good. Now that's something to celebrate!

For more details about the painkilling patch and where to find it, see PAGE 272 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

Send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.

FOOD REMEDIES AT YOUR FINGERTIPS!

To lose more weight: Eat fiber and protein together. You'll feel satisfied longer on fewer calories. Example? See PAGE 242 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

To have more energy: Never eat carbohydrates alone (they make you sleepy). Instead, buffer them with protein, such as (example on PAGE 242).

To soothe an upset tummy: Snack on bland, low-acid carbohydrates, such as these...

To sleep better: These foods contain *tryptophan*, a natural amino acid that puts your brain to sleep. Check on PAGE 242 of *Bottom Line's HEALTH BREAKTHROUGHS/2006* for the ideal bedtime snacks.



CINNAMON PREVENTS DIABETES

If you have type 2 diabetes, start eating cinnamon.

That's the word from researchers at Johns Hopkins University who found that when people who had diabetes consumed less than a teaspoon of cinnamon daily, their blood glucose, triglyceride and cholesterol levels dropped significantly.

Why does it do this? Don't miss the fascinating medical explanation on PAGE 103 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.

Send for your Free 30-Day Home Preview today. No purchase is required.



GINGER STOPS PAIN LIKE ASPIRIN

Scientists have discovered that *gingerol*, the active ingredient that gives ginger its bite, quashes inflammation and joint pain the same way aspirin does.

Ginger tablets are now available in supplement form. For full details, turn to PAGE 273 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*.



THE 6 BIG CANCER MISTAKES MOST PEOPLE STILL MAKE

Bad news: Cancer is now officially the #1 killer in America.

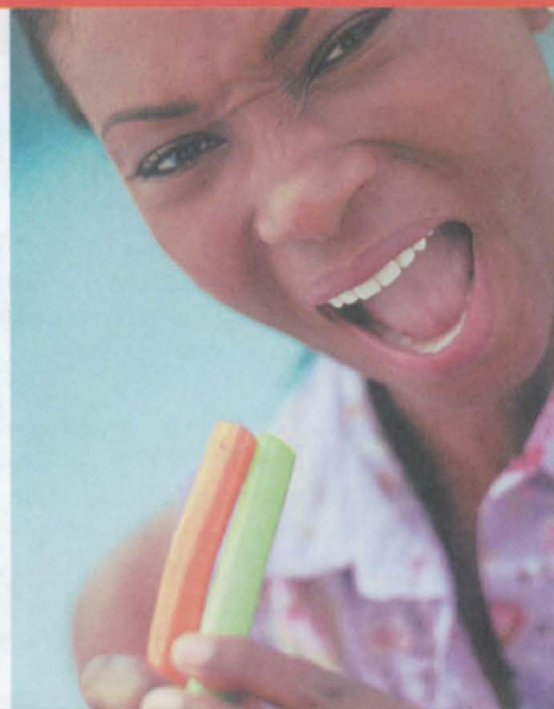
Good news: Doctors are doing a much better job with cancer treatments and survival rates.

Best news: Up to two-thirds of all cancers are easily prevented.

Millions of Americans have taken cancer prevention to heart. They've made important lifestyle changes, such as eating nutritious meals, maintaining a healthful weight and not smoking.

But cancer researchers have identified six other important prevention strategies that most people still don't know about.

Are you one of them? Please don't be. Send for a Free 30-Day Home Preview of *Bottom Line's HEALTH BREAKTHROUGHS/2006* today and turn to PAGE 79. You'll find these six deadly mistakes—and you can easily avoid them.



Is your fuzzy memory a natural part of aging — or a warning that Alzheimer's could be ahead? WHEN MEMORY LOSS IS AN "ALZHEIMER'S ALERT"

Brace yourself for a shock.

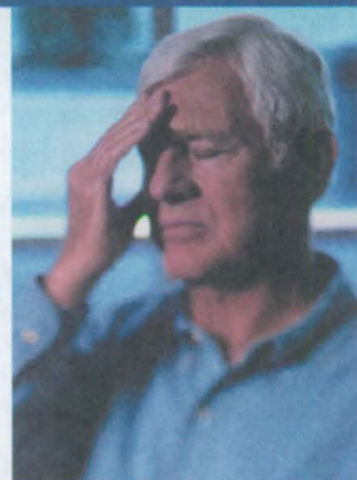
In a just-released report, Alzheimer's experts now say that substantial memory loss is not (repeat: NOT) a normal symptom of the aging process. Instead, they say, it is a symptom of serious illness.

How much memory loss are we talking about?

Don't miss this mind-blowing new report (summarized on PAGE 3 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) to find out if you should be concerned.

The new report also exposes other Alzheimer's myths surrounding this terrible disease which progressively destroys the brain's memory as well as its ability to learn, reason, communicate and perform daily functions.

For instance, many people believe that drinking from aluminum cans or cooking in aluminum pots is a secret cause of Alzheimer's. Is it? Read what the experts say in this enlightening report.



OSTEOPOROSIS DRUG HAS BREAST CANCER SURPRISE!

If you're taking this popular osteoporosis drug (named on PAGE 46) — or thinking about it — you've got a surprise bonus in store.

A new study shows women taking this osteoporosis medication had a 59% lower risk of developing breast cancer.



Take All Of These "Lucky 7" Health Reports JUST FOR LOOKING!

SEE DESCRIPTION ON PAGE 18...

An extra Special Bonus for you... **7 FREE GIFTS!**



The *Real* Reason French Women Don't Get Fat

So what is it with the French, eh?

They eat buttery croissants, rich cheeses, fat-laden pâtés. They don't diet or exercise. They don't count carbs or fill their pantries with low-fat snacks.

Yet the French don't get fat. Their rate of obesity is only about 8% (it's over 30% here in America). They are three times less likely to get heart disease than we are. And they live longer.

What's their secret?

Beginning on PAGE 235 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*, you'll discover 10 surprising secrets that make the French so trim and healthy, seemingly without trying. For example...

They eat for pleasure. Americans focus on what we shouldn't eat — "the bad stuff." The French, on the other hand, eat for pleasure. You can, too. Just follow these simple tips...

Choose quality over quantity. A little bit of the good stuff satisfies you better than a lot of mediocre food. That's part of eating for pleasure, too. Here's how...

Plan on seconds. Here's a clever psychological trick that will keep you from pigging out. Just do this and you'll eat a smaller portion the first time and end up more satisfied on less food...

Eat healthy fat. The French don't worry about fat. Believe it or not, about 35% to 45% of their daily calories come from fat. But there's a secret why this fat doesn't make them fat. You'll discover it on PAGE 236.

Daily activity. The French hate exercise. They rarely work out in gyms. But they're certainly not sedentary. Here's how they get plenty of calorie-burning activity without sweating it...

Plus, more French secrets. Send for your Free 30-Day Home Preview of *Bottom Line's HEALTH BREAKTHROUGHS/2006* to discover how to put these secrets to work in your life for more pleasure and better health.



COVER STORY

Doctors toast new osteoporosis remedy...

Beer Builds Stronger Bones



Want to build stronger bones to prevent osteoporosis?

Have a tall, cold one. That's what doctors now prescribe.

Researchers have discovered that the grains from which beer is made are rich in dietary silicon, which reduces bone loss and promotes bone formation.

Beer is an especially good source because the silicon is readily absorbed by the body.

Want to see the proof? Send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.

It's a medical first!

New Vaccine Blasts Prostate Cancer Cells Into Oblivion!

Doctors have just developed a vaccine that harnesses the power of the body's own immune system to destroy metastatic prostate cancer.

The new compound, called APC8015, teaches the patient's immune system to recognize and kill prostate cancer cells that have spread throughout the body.

Before this breakthrough discovery, prostate cancer that had spread to other parts of the body (*metastasis*) has usually been fatal.

Do you know someone who might benefit from this new discovery? Send for a Free 30-Day Home Preview of *Bottom Line's HEALTH BREAKTHROUGHS/2006* today — and show him PAGE 69.



New Caution For Mail-Order Drug



If you purchase mail-order drugs, be careful.

Experts have found that they can be damaged and rendered ineffective if they are exposed to too much heat — in a car, transport truck or a mailbox.

Always inspect your medications for these telltale signs of damage (described on PAGE 121 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*).

Return the drugs for replacement or a refund immediately if you spot any of these warning marks.

Mother Nature's Super Healing Foods. . .

FOOD CURES THAT WORK BETTER THAN DRUGS!

"Let food be thy medicine."

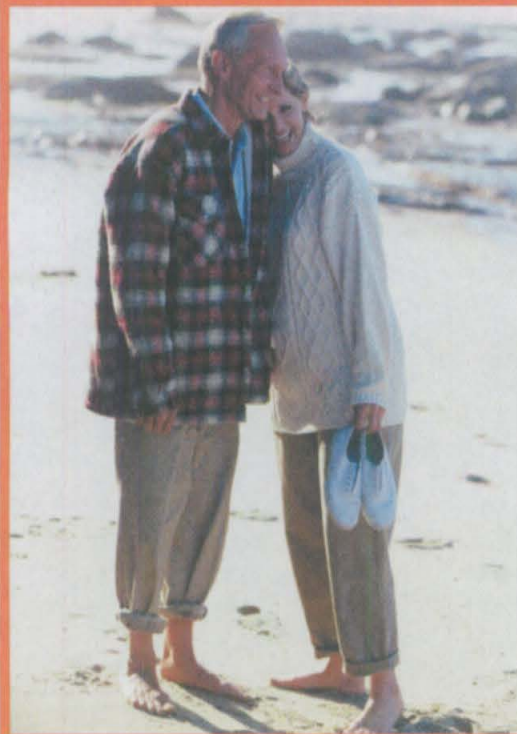
Hippocrates said it more than 2,500 years ago—and his prescription is even better today.

Food scientists studying healing compounds in certain foods have made some remarkable discoveries. For example...

- **This nut equals cholesterol-lowering drugs.** Eating a handful of them each day (see PAGE 257 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) reduces cholesterol enough to be an alternative to medication. New research proves it.
- **The fruit that blocks breast cancer.** It contains a natural substance that blocks excess estrogen, a key factor in the development of breast cancer tumors.
- **The postmenopausal mushroom.** New research explains why postmenopausal women should eat more of these.
- **"Memory berries."** These tasty berries have been shown to improve memory and vision, while reversing the aging of these organs.
- **The anti-osteoporosis veggie.** This green delight contains as much calcium as dairy products—but none of the fat.
- **Want to see more?** Send for your Free 30-Day Home Preview by mailing back the Free-Preview Certificate today. (It's found at the end of this Bulletin.) No purchase is required.



"YOUTH PILL" MAKES SENIORS SLIMMER WITHOUT DIET OR EXERCISE

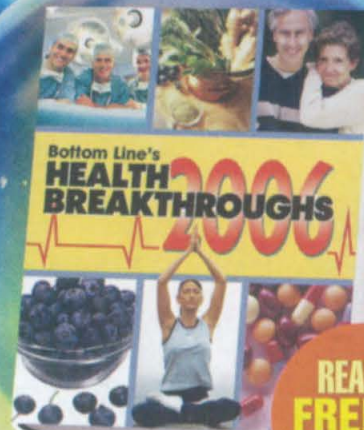


An over-the-counter supplement helps seniors shed stubborn belly fat without exercise or changing their eating habits.

The pill contains natural *dehydroepiandrosterone* (DHEA), a "youth hormone" which retreats from the body as we age. Scientists say falling DHEA levels are responsible for age-related weight gain.

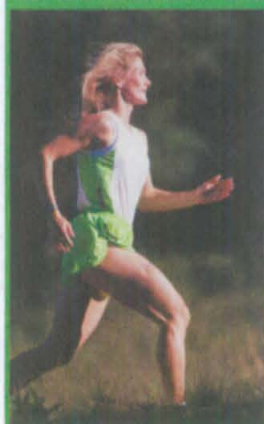
At 70, your body has only about 20% of the DHEA it did when you were young. That's why belly fat accumulates with aging, doctors say. A daily supplement can restore DHEA levels to that of your youth, which can cause a slimming of your tummy. Participants in a medical study lost an average of 6% in abdominal fat just by taking DHEA. Other positive benefits included lowering their risk of diabetes. A spokeswoman for the American Dietetic Association calls the findings "exciting." Read the full details in *Bottom Line's HEALTH BREAKTHROUGHS/2006*, including where to buy high-quality DHEA and how much to take. Turn to PAGE 12.

FREE "Sneak Peek!"



READ IT
FREE FOR
30 DAYS!

POPULAR OSTEOPOROSIS DRUG REVERSES ARTHRITIS!



A popular osteoporosis drug (revealed on PAGE 126 of *Bottom Line's HEALTH BREAKTHROUGHS/2006*) has surprised researchers by its ability to prevent and reverse arthritis of the knee.

Women taking the drug also had less knee pain.

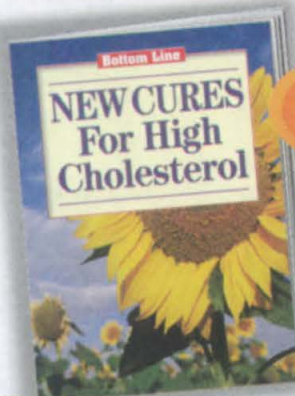
The director of the study explained that the pain relief resulted from a thickening of the bone and other positive changes that altered the course of the arthritis.

To read more about this exciting new discovery, send for your Free 30-Day Home Preview today.

Send for your
FREE 30-day look today!

7 FREE GIFTS!

Take all of these
"Lucky 7" Health
Reports just for
enjoying a **FREE**
30-day examination
of **Bottom Line's**
**HEALTH BREAK-
THROUGHS/2006**



LUCKY HEALTH REPORT #1

**"TODAY MY
CORONARY
VESSELS ARE
CLEAR!"**

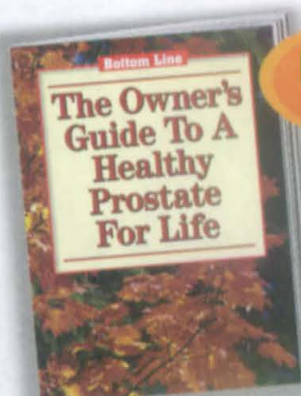
"My total cholesterol dropped from 269 to 184 in only 8 weeks (without drugs)!" ...Eating as little as 3 grams of this, lowered LDL by 20%...This one vitamin can reduce cholesterol by 30%... "The ultimate cholesterol-lowering diet." No drugs needed ...New home test checks your cholesterol without a blood test...Plus much more!



LUCKY HEALTH REPORT #2

**"A MUCH MORE
EFFECTIVE WAY
TO COMBAT
CHRONIC PAIN."**

Why pain pills don't work for arthritis. Here's what's better...Foods that reduce inflammation naturally...The surprising way antidepressants block chronic pain ...Plenty of natural remedies for headaches, back pain, migraines, muscle pain and more! Don't miss this!



LUCKY HEALTH REPORT #3

**DO MILK
PRODUCTS
CAUSE PROSTATE
CANCER?
NEW FINDINGS...**

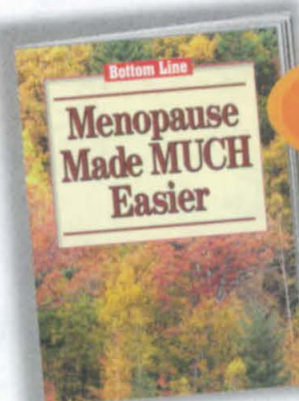
Why some men get enlarged prostates and others don't...Natural treatments vs. drugs. Big surprise!...The drug that prevents prostate cancer...Foods that fuel—and inhibit—prostate tumors. Plus, more new findings!



LUCKY HEALTH REPORT #4

**WHY COFFEE
DRINKERS HAVE
A 24% LOWER
RISK OF COLON
CANCER.**

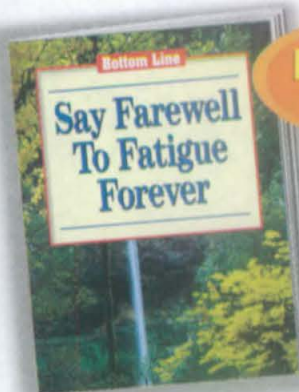
Why poorer countries have less colon cancer than the U.S. ...How green tea inhibits various forms of cancer...New home test for colon cancer...The amazing anticancer effect of ordinary olive oil...Will an aspirin a day keep your colon safe? Plus more!



LUCKY HEALTH REPORT #5

**THE SAFE,
NATURAL WAY
TO MANAGE
MENOPAUSE.**

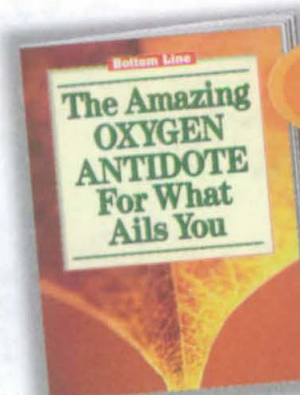
Safest ways to halt hot flashes, mood swings and sleep disturbances...Dangers of hormone therapy you may not know about ...All about natural hormone treatments ...How soy supplements can cause cancer ...Why you should beware of wild yam (progesterone) creams...And plenty more!



LUCKY HEALTH REPORT #6

**"FATIGUE IS ONE
OF THE MOST
UNDERTREATED
AILMENTS IN THE
U.S."**

"Must reading" for people who feel tired all the time...Health ailments that secretly cause fatigue...Is your thyroid the problem? How to tell...Foods that fight chronic fatigue syndrome (CFS)...The European energy-booster that U.S. doctors don't know about...Plus much more!



LUCKY HEALTH REPORT #7

**"MOST PEOPLE,
INCLUDING
DOCTORS, DON'T
KNOW THAT
OXYGEN HAS
REMARKABLE
THERAPEUTIC
POWERS."**

This unorthodox oxygen therapy can reverse the course of stroke and brain damage...heal burns...fight bacterial and viral infections...and much more. Is it right for you? Don't miss this Special Report.

MAIL THIS CERTIFICATE TODAY

to receive all of these
"Lucky 7" Health Reports.
There's no purchase.
No obligation.
No commitment.

PUBLISHER'S SPECIAL OFFER ON THIS VERY SPECIAL BOOK:

FULL-YEAR GUARANTEE

We invite you to enjoy a very special, FREE preview of the 2,137 greatest new medical discoveries of the coming decade.

These are the big breakthroughs that will make headlines in the years ahead. The ones that will have the biggest impact on your health.

While other people will have to wait for the good news, you can benefit immediately by taking a 30-day "sneak peek" at *Bottom Line's HEALTH BREAKTHROUGHS/2006* right now.

Send no money now because you're just looking. If you don't agree that these are the most earthshaking, health-saving, life-changing breakthrough medical discoveries you've ever seen, send the book back and owe nothing. This advance preview is entirely free of cost or obligation.

Keep the book if what you see truly knocks your socks off. Start using these new findings to boost your health and lengthen your life. You'll be a giant step ahead of the times!

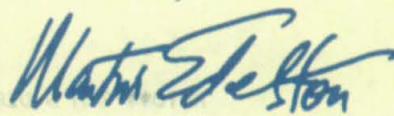
Your satisfaction is guaranteed. *Bottom Line's HEALTH BREAKTHROUGHS/2006* is fascinating reading. You'll love every chapter...every page...every single entry. In fact, we guarantee it. If you're not happy for any reason whatsoever, we'll send you a full refund any time during the first 12 months you own the book.

Keep the 7 FREE GIFTS — no matter what. These complimentary "Lucky 7" Health Reports (we call them lucky because they can save your life) are yours even if you return your copy of *Bottom Line's HEALTH BREAKTHROUGHS/2006* after your FREE 30-day "Sneak Peek."

Please don't hesitate. *Bottom Line's HEALTH BREAKTHROUGHS/2006* will be available soon. Don't miss out. Reserve your copy now so you'll have the first look. Remember, you're under NO obligation to purchase the book if you don't want to. Simply mail back your FREE "Sneak Peek" Certificate today. Use the postage-paid reply envelope we've provided in this Bulletin.

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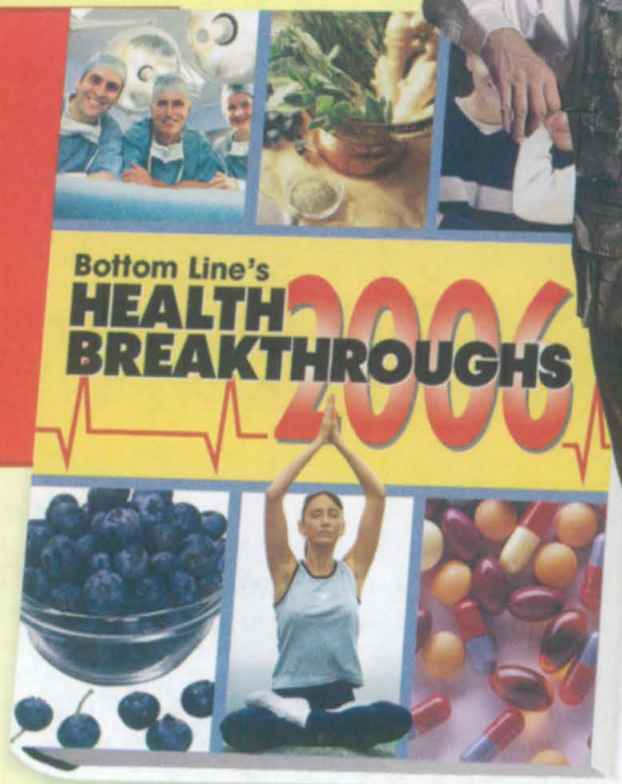
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