

Discover how to

FREE YOURSELF FROM EXTRA FAT

quickly, easily, safely

EAT fat, but don't GET fat!

Remarkable results! Page 4

BANISH BELLY FAT!

The no-exercise way. Page 13

**Halt the formation
of new fat cells**

Scientific breakthrough. Page 6

**BURN 10x
MORE
BODY FAT**

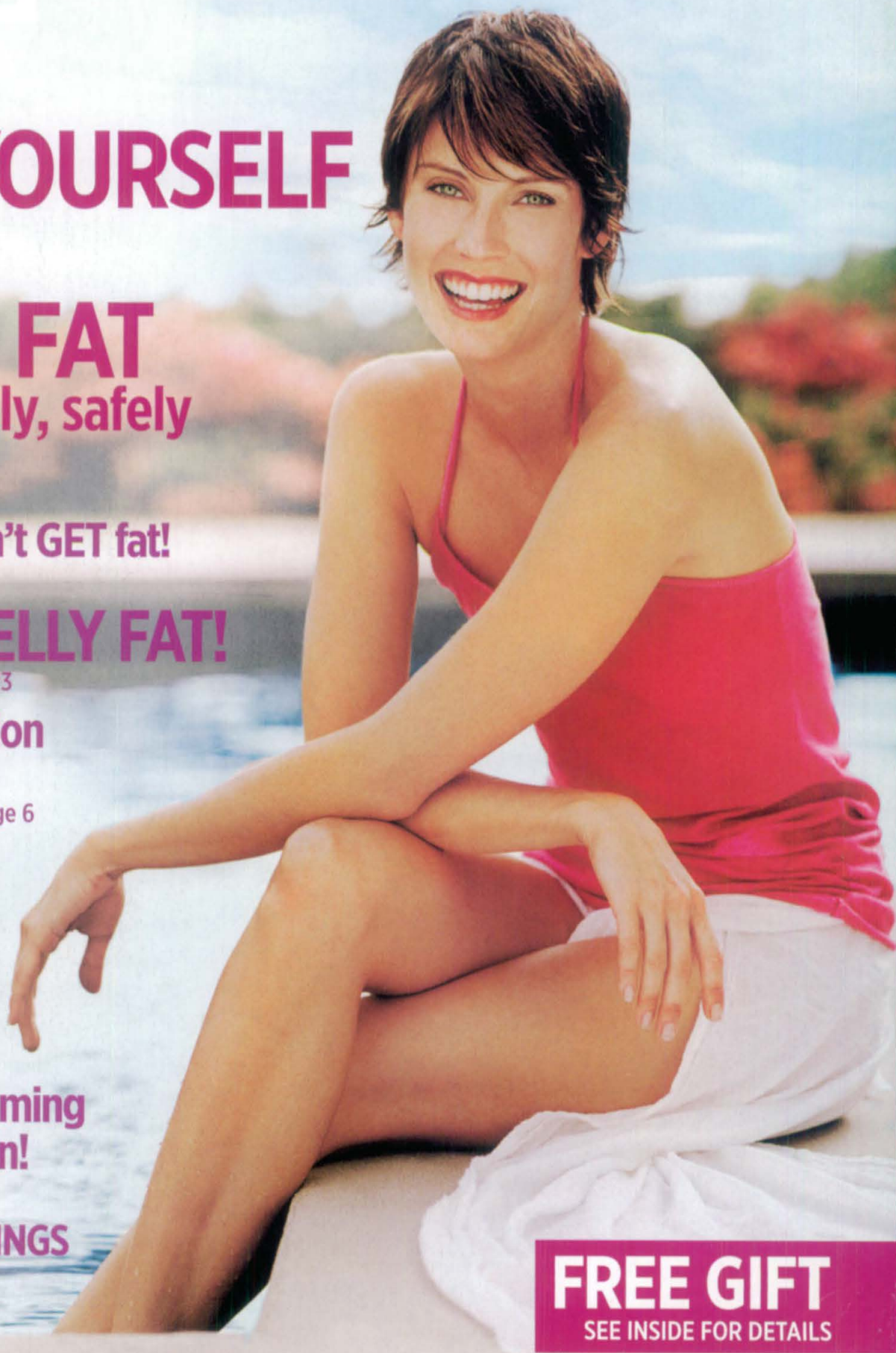
Start now. Page 6

**Stop fat from coming
back—ever again!**

Yes, you can. Page 5

**END FOOD CRAVINGS
IN 10 MINUTES!**

Page 13



FREE GIFT

SEE INSIDE FOR DETAILS



REMARKABLE weight loss! RAPID fat loss! EASILY ACHIEVED with these fat-busting vitamins, minerals, herbs, and foods.

ASTOUNDING BREAKTHROUGH IN WEIGHT LOSS!

Natural supplements can burn up, block, and banish hundreds of extra calories and dozens of fat grams—safely, easily, quickly!

**Doctor-recommended!
Science-proved!**

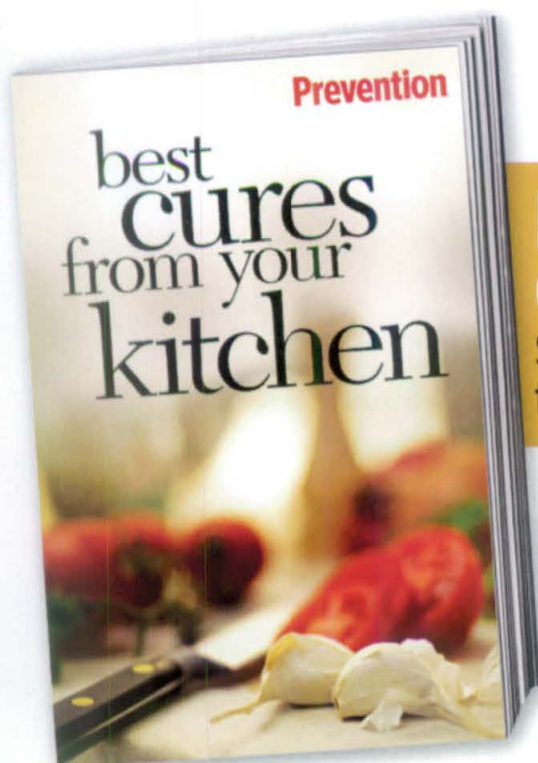
Absorb 28 fewer fat grams from your next meal (that's 250 fewer fat calories) *without even trying!* About 5 to 10 minutes before the meal, take this supplement. Page 16

Burn an average of 180 more calories a day with the herbal extract on page 5.

Effortless appetite control! You'll eat 15 to 30% less food per meal (when you use the supplement on page 13).

No more carb cravings! If carbohydrates are your weakness, you can look forward to **effortlessly** eating 700 fewer carb calories a day—the equivalent of 6 slices of white bread! (The key: the amino acid on page 6.)

The right supplement, dose, timing, and brand for you. Page 10



**FREE
GIFT!**

See page 22
for details.

* While these are true stories from real people, the photos shown do not depict these people. Results are not typical. Your results, of course, may vary. Talk to your doctor before taking any supplement or herb.

Fat-loss success— finally!

"In the past year, I advised four of my clients to take [the supplement on page 5], and all of them lost at least 25 pounds."

—ELIZABETH J., CERTIFIED CLINICAL NUTRITIONIST*

"After I 'prescribed' [the supplement on page 6], my wife's waistline got smaller, the tops of her arms lost their extra fat, and her clothes fit better."

—DR. D., ASSISTANT PROFESSOR OF MEDICINE*

"[The supplement on page 6] definitely affected my appetite...I don't have the cravings I used to...I even go out to restaurants and it's so great not feeling that I have to eat *everything* on my plate. When I'm full, I stop."

—LINDA R., 53-YEAR-OLD ACCOUNTANT*

Dear Friend,

Does it sometimes feel like extra fat is *stuck* to your body?

No matter what you do—whether it's cutting calories, exercising a couple of times a week, or changing the percentages of the carbs and protein you eat—the fat just won't budge.

And even if it does—even if you're one of the lucky few who somehow manages to shed fat and pounds—it always comes back again.

Maybe you feel desperate. Or hopeless. Or just plain mad!

Well, imagine a very different kind of feeling. A *good* feeling. About yourself. Your *slimmer* body. Your *better* health. Your *happier* future, free of extra fat!

Imagine—with science-backed confidence and in nearly perfect safety—that you start to take the correct dose and brand of one or more all-natural supplements...a *personalized* supplement program so precise, it can help quickly, easily, and safely *transform* your body's ability to shed fat.

Well, you can stop imagining.

Permanent, safe fat loss is real—with the breakthrough book ***The Natural Fat-Loss Pharmacy: Drug-Free Remedies to Help You Safely Lose Weight, Shed Fat, Firm Up, and Feel Great***, by Harry Preuss, MD, a professor of medicine at a leading U.S. university and one of the world's top experts on using all-natural supplements for weight loss and health.



Mary's secret, page 26

SHE LOST 170 POUNDS— AND IT ALL STARTED WITH EGCG!

Mary weighed 320 pounds—and wore size 56 jeans. Now she weighs 148 pounds and can fit into a size 8. But Mary didn't start to lose weight until she started to drink 32 ounces of green tea a day. Green tea contains EGCG, a super-powerful "phytochemical" that gently and safely revs up metabolism, energy, and alertness, without the dangerous circulatory side effects of many diet pills. "The tea seemed to give me the mental clarity to stick with my weight loss program—to begin eating the way I needed to eat to lose weight," she says. Want to fit into a smaller dress size? See page 36 of *The Natural Fat-Loss Pharmacy* to read more about Mary's story and find out why an EGCG supplement is more powerful than tea, and the exact doses and brands of EGCG that work best to frustrate fat.

To learn how to begin losing weight today, please request your Free-Preview copy of *The Natural Fat-Loss Pharmacy*. Just mail the certificate between pages 22 & 23 of this report.

restaurant—you can drive through. You don't have to *knead* bread—you can use a bread machine. You don't have to *roll down* your car window—just push the button!

Yes, modern life *overloads* you with calories and then provides fewer and fewer ways to burn them up—making it very difficult to lose weight and very easy to gain it.

If you're suffering the waistline-expanding results of living in the modern world, you're not alone. Nearly 70% of us...that's 2 out of every 3 adults...are overweight.

But as I said a moment ago: *It's not your fault*. You live, work, and play in a fat-making, fat-preserving

Later in this report, I'll explain how you can receive a Free-Preview copy of *The Natural Fat-Loss Pharmacy*, with no obligation to buy a thing now—or ever.

First, let me explain how this first-of-its-kind book provides the no-hype information and science-based advice that can help you get rid of extra fat safely, easily, quickly—and forever!

Why Weight Loss Needs a Helping Hand

Did you ever wonder why only 1 out of every 10 people succeeds in losing weight permanently? I mean, what's wrong with the rest of us? Do we lack willpower? Are we genetically cursed? Do we have a fat-retaining disease?

In your case, the answers to these questions are probably no, no, and no.

The real answer: You live in the 21st century!

You see, in today's world it's next to impossible to lose weight—and *it's not your fault*. Think about it for a moment.

You're constantly bombarded with images of luscious-looking food in advertisements urging you to eat, eat, and then eat some more. And everywhere you go, at every hour of the day or night, there's someplace where you can buy huge portions of fat-tening food. You'd practically have to be a hermit not to overeat!

And consider the overwhelming number of modern devices that make it oh-so-easy for you to never lift a finger or take an extra step.

You don't even have to *walk* into a fast-food res-

environment, and there's no getting away from it. What do you need to cope with this difficult situation?

A helping hand!

Yes, you need support from a few good friends—the friends you'll meet...and get to know...and learn to happily rely on—in the new, first-of-its-kind, breakthrough book *The Natural Fat-Loss Pharmacy*.

These powerful allies are special fat-burning, calorie-busting vitamins, minerals, and herbs—each one with a unique and focused (and science-proven!) ability to overcome and reverse the high-fat, low-activity results of a modern lifestyle.

Together, let's look at a few of the remarkable findings about these supplements, findings revealed in their entirety for the first time in *The Natural Fat-Loss Pharmacy*...

Metabolic Miracles You Can Believe In

BURN MORE CALORIES. People who took this safe, gentle herbal extract from green tea burned 180 more calories per day. The exact amount of the extract that worked (too much or too little isn't as effective) is on page 23 of *The Natural Fat-Loss Pharmacy*.

FAT LOSS—WITHOUT DIETING OR ADDITIONAL EXERCISE. After daily use of supplements of CLA (a nutrient found in tiny quantities in milk and meat), more than 100 men and women lost nearly 5 pounds of fat—without any dieting or additional exercise! The people who lost the most fat: overweight women. The brands that science says work best are on page 51 of *The Natural Fat-Loss Pharmacy*.

SHED POUNDS FAST. Low-calorie diets can help you quickly shed pounds—but almost nobody stays on them! People on a low-calorie diet who took the nutrient discussed on page 60 of *The Natural Fat-Loss Pharmacy* found they didn't feel hungry or deprived—and could stick with the diet. They lost 4x more weight than another low-cal group that didn't get the nutrient.

PREVENT WEIGHT REGAIN. If you're like many people, losing weight isn't your problem—you've done it over and over again! The real problem is keeping the weight off. Taking the nutrient discussed on page 72 of *The Natural Fat-Loss Pharmacy* is a smart strategy for maintaining weight, says Dr. J., a university-based nutritionist who studied the nutrient. "It can change your calorie-burning metabolism, so that your body doesn't accumulate fat."



A SAD STORY—WITH A VERY HAPPY ENDING (50 POUNDS OF WEIGHT LOSS!)

["My 65-year-old client] had gone through an enormous amount of stress," says Elizabeth J., a certified clinical nutritionist. "Her husband had a heart bypass operation and she was a caretaker for her dying parents. She started to eat a lot of comfort foods and stopped exercising. Over 5 years, she gained 50 pounds. But once she started eating right and exercising and taking [the supplement on page 32 of *The Natural Fat-Loss Pharmacy*] the pounds just dropped off and she returned to her normal weight." Elizabeth recommended the supplement to three other woman clients, ages 47, 50, and 53. Each lost 25 pounds—or more! "I give it to all of my overweight clients," she says. Read more about Elizabeth's story and her exciting results on page 32 of *The Natural Fat-Loss Pharmacy*.

LOSE FAT, NOT CALORIE-BURNING MUSCLE. Most dieters lose muscle, not fat. And that's bad news, because muscle burns 70 more calories a day than fat! When the diet is over, you're "thinner," but you're also burning fewer calories—and the pounds start to creep back on. **The secret to successful dieting** is losing fat, not muscle. Check out this remarkable scientific finding: When a group of overweight dieting women took a supplement of the mineral discussed on page 99, they lost 84% fat and 16% muscle. Another group of dieters that *didn't* take the mineral lost 92% muscle and 8% fat. **That's 10x more fat loss!** There are several varieties of this supplemental mineral on the market, but only one works best to shield muscle and foil fat. The secret supplement is on page 89 of *The Natural Fat-Loss Pharmacy*.



STOP NEW FAT CELLS FROM TAKING HOLD!

Once upon a time, scientists thought people were born with a set number of fat cells that stayed constant throughout life. Fat cells might get larger, but you couldn't grow more of them.

Scientists now understand that two things happen during weight gain: Fat cells get bigger *and* new ones are created. During weight loss, fat cells shrink *and* old ones die off. That means anything that can stop new fat cells from growing or kill old fat cells can help you lose weight!

In a university study, **fat cells exposed to the supplement ingredient on page 28 died at a faster rate.** The longer the exposure, the more fat cells died. The ingredient also stopped the creation of new fat cells.

For more details about this amazing, fat-stopping supplement, request your Free-Preview copy of *The Natural Fat-Loss Pharmacy*. Simply mail in the Free-Preview Certificate at the back of this report.

LOWER YOUR CARBS—WITHOUT A LOW-CARB DIET.

Yes, a low-carbohydrate diet can work. But many people find that sticking with it for the long haul is next to impossible. A natural supplement called a "carb blocker" reduces the absorption of fattening carbohydrates—so you get fewer carbs *without* having to go on a low-carb diet. **The trick is knowing** the *best brand* to take, *when* to take it, *how much* to take, and the *beverage* you should always wash it down with. You'll find the fat-busting facts on page 117 of *The Natural Fat-Loss Pharmacy*.

DISCOVER THE F-FACTOR. *The less fiber you eat, the more you weigh!* That's because stomach-filling fiber can improve *satiety*—the feeling that your appetite has been satisfied and you're ready to stop eating. But, on average, Americans get only *half* the recommended daily intake of fiber! "I would suggest a fiber supplement for people who are not meeting the recommended intake of fiber," says Dr. S., a nutrition professor and expert in fiber and weight loss. There are many different kinds of fiber supplements, but only *one* works best. The secret supplement is on page 136 of *The Natural Fat-Loss Pharmacy*.

SAY GOOD-BYE TO CRAVINGS FOR SWEETS AND STARCHES! There's a chemical in your brain called *serotonin* that helps maintain normal appetite. **Unfortunately, many of us are serotonin deficient** due to the stresses and strains of modern life, which drain the chemical. When serotonin levels drop, you crave sweets and starches. The amino acid supplement 5-HTP restores serotonin levels—naturally. A group of women eating an average of 2,900 calories a day (and gaining more weight day by day) started taking 5-HTP. They spontaneously *stopped* eating more than 1,000 calories a day—including 700 calories from carbs! They lost 6x more weight than a similar group of women *not* taking the supplement. **You can end food cravings in 10 minutes** if you take the right dose of 5-HTP, at the right time of day. Details on page 161 of *The Natural Fat-Loss Pharmacy*.



GOOD-MOOD MEDICINE FOR THE DIET BLUES

Taking this supplement can alleviate the fatigue, depression, and other psychological symptoms of dieting, giving dieters an increased sense of wellness and helping them stay on their diets.

—Dr. D., assistant professor of medicine

Diets can drag you down. You feel tired and depressed. Restless and irritable. And you don't want to stick with your \$%&! diet one more day!

Don't despair! There's an all-natural remedy for the "diet blues." Scientific research shows that when dieters take this supplement, they feel happier and find it easier to stay on their diet. The same remedy also helps them shed fat and lose weight!

Full details are on page 50 of *The Natural Fat-Loss Pharmacy*. To request your Free-Preview copy, please return the FREE-Preview Certificate in the back of this report.

Unbelievable Fat-Loss Success That Science Says Is Real

As I was paging through *The Natural Fat-Loss Pharmacy* for the first time, I literally couldn't believe the number of scientific studies that show these supplements *really work*.

In fact, I was a little bit shocked that I had never seen this information before. Why had it been kept a secret?

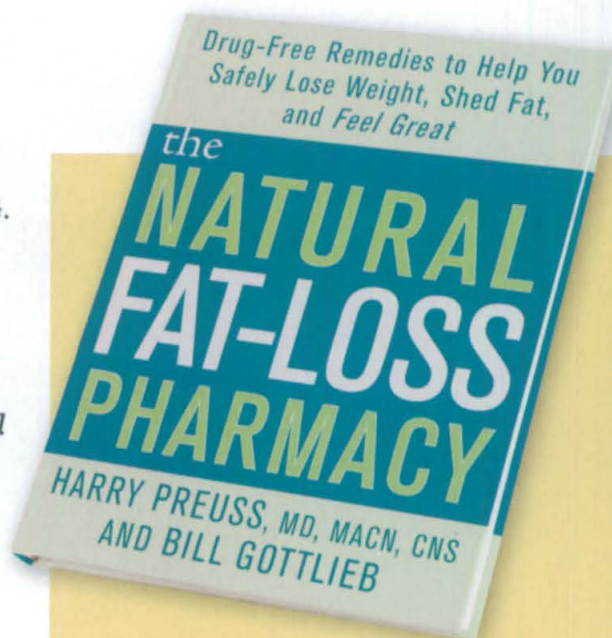
Because there hasn't been a world-class expert *capable* of writing on the topic of supplements for weight loss...until now. That expert is Harry G. Preuss, MD, a professor of medicine at a major U.S. university, a nutritionist, and a researcher.

In his long and illustrious career, Dr. Preuss has authored over 300 medical papers. As a nutritionist, he holds the coveted CNS degree—certified nutrition specialist. And—most importantly for readers of *The Natural Fat-Loss Pharmacy*—he has *personally* conducted research into natural supplements for weight loss, both in his laboratory and in clinical trials. In other words, he knows whereof he speaks.

He knows that certain natural supplements derived from nutrients, foods, and herbs are *uniquely powerful* in helping people shed fat and lose pounds—and that could include you.

He knows that you can use these weight loss supplements *safely*.

He knows that 90 to 95% of dieters gain back all the weight they've lost—and that weight loss supplements can make *all the difference* in whether you experience long-term weight loss success or failure.



FREEDOM FROM FAT—YOURS FREE FOR 21 DAYS!

See page 20 for details.



Cindy's secret, page 53

FAT LOSS AFTER PREGNANCY

Cindy D. gained extra fat during her pregnancy—fat she didn't want to keep around. How to get rid of it? She didn't have time to exercise. She was nursing, so she didn't want to go on a diet. That's when she read about and started taking the fat-loss supplement featured on page 53 of *The Natural Fat-Loss Pharmacy*. "Her waistline got smaller," says her husband, a medical doctor. "The tops of her arms lost their extra fat.... She lost size in areas that made her feel better about herself—because she looked better and her clothes fit better.... My wife has continued to take [the supplement] because she knows that when she's taking it her shape is more firm and less fat." Read page 53 for Cindy's fat loss story.

To learn more about this slimming miracle, request your Free-Preview copy of *The Natural Fat-Loss Pharmacy*. Detach and mail the FREE-Preview Certificate between pages 22 & 23 of this report.

Do you want to be among those who discover these newer medications are *not* safe—when you begin suffering from (or maybe even dying from) their now-unknown side effects?

Supplements That Are Safe

"The supplements featured in *The Natural Fat-Loss Pharmacy* are far safer than prescription drugs. They meet the safety standards established for pharmaceuticals—and more." Yes, that is the reassuring assertion on page 9 of *The Natural Fat-Loss Pharmacy*. It's not merely a claim. The book presents study after scientific

Dr. Preuss has the knowledge and experience to reveal the *truth* about all-natural weight loss supplements. He can tell you which really work and why. He can tell you the crucial, practical details necessary to maximize their effectiveness, like dosage, timing, and brand. In *The Natural Fat-Loss Pharmacy*, he presents a lifetime's worth of his practical knowledge...*for the first time!*

Yes, before the publication of *The Natural Fat-Loss Pharmacy*, the existence of these super-effective supplements has literally been kept a *secret*. Which is why I've taken to calling them the "secret supplements"—and why I'm so eager and happy to tell you about the breakthrough book that *finally* reveals *what* they are and *how* to use them to shed fat and lose weight: *The Natural Fat-Loss Pharmacy*.

A Smart Alternative to Harmful Weight Loss Drugs

Perhaps at this point you're saying to yourself, "Well, those supplements sound great. But what about prescription medications for weight loss? They're approved by the FDA. Aren't they safer than vitamins, minerals, or herbs?"

Definitely not!

Used correctly, natural supplements are typically *safer* than drugs for weight loss, says Dr. Preuss.

A prescription weight loss drug that works by speeding up metabolism has been linked to 124 hospitalizations for heart problems—and 49 deaths!

Another popular prescription drug for weight loss works by blocking the digestion of fat—and has a range of particularly unsavory digestive side effects, like uncontrollable diarrhea. (Yuck!)

Sure, there are newer weight loss drugs headed for the pharmacies and drugstores. But how safe will they be? Safer than some of the prescription pain relievers recently pulled off the market for causing heart disease? Only time will tell.

study highlighting the safety of these natural aids to weight loss.

And if the *slightest* question about safety has been raised in the past—by doctors, government officials, or the public—this breakthrough book carefully and thoroughly addresses the questions, putting your concerns to rest.

Cutting through the Hype and the Hoax

Of course, not *all* dietary supplements for weight loss are safe.

Maybe you remember the major fuss a few years back about the herbal stimulant ephedra—how it could hurt the heart and even cause fatal heart spasms. The FDA pulled it off the shelves.

Now there are weight loss supplements with ingredients touted as a “safe” alternative to ephedra. Are they *really* safe?

And what about all the *hype* surrounding weight loss supplements?

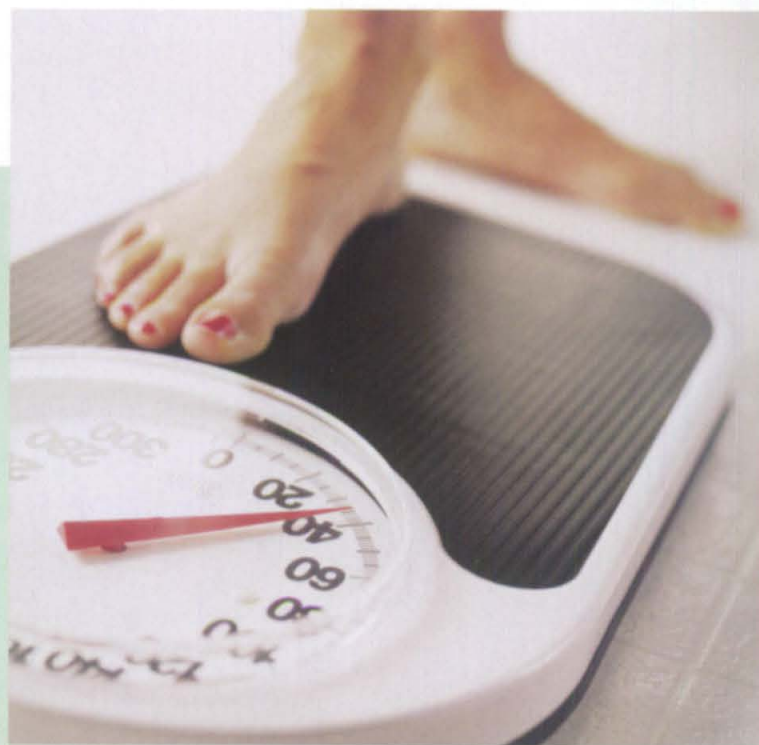
In the stores, on the Internet, in catalogs—it seems there are an endless number of supplements for weight loss, many with multiple ingredients, and all claiming to be the miracle you’ve been waiting for.

Do any of them *really* work? What does *science* have to say? That’s where ***The Natural Fat-Loss Pharmacy*** comes in.

The Natural Fat-Loss Pharmacy doesn’t only tell you all the little-known facts about safe and effective supplements for weight loss. ***The Natural Fat-Loss Pharmacy*** also tells you about supplements that *aren’t* safe and *don’t* work. In other words, it protects you—from the hype, the hoax...and the possible harm that could come to you from taking some of the questionable weight loss supplements out there.

The Natural Fat-Loss Pharmacy delivers information and ideas you can trust. It’s written by Harry Preuss, MD, a university-based physician, world-class nutritionist, and top expert in supplements for weight loss, with hundreds of scientific studies to his credit. He tells you...

ALL ABOUT CITRUS AURANTIUM (bitter orange), the so-called “safe ephedra”—and why it’s probably best



GET OFF THE DREADED WEIGHT LOSS “PLATEAU”

You cut calories. You exercise regularly. But your body refuses to shed any more pounds. You’re on the dreaded weight loss “plateau”—that frustrating place where you can’t seem to make any progress toward your weight loss goals. Many people give up at this point, resigning themselves to weight loss failure. **But there’s an easy way to get going again—the supplement featured on page 59 of *The Natural Fat-Loss Pharmacy*.** In an 8-week scientific study, it helped 30 dieters lose weight for the entire 8 weeks—while another group of unlucky dieters stopped losing weight after a couple of weeks. (More good news: The no-plateau dieters lost 3x more weight!) How does this remarkable supplement work? By slowing your body’s fat-making machinery and quieting appetite.

Discover how to start losing weight again—request your Free-Preview copy of *The Natural Fat-Loss Pharmacy*. Just detach and mail the certificate between pages 22 & 23 of this report.

if you stay away from it for now. (This important information is on page 208.)

HOW TO IDENTIFY THE DIFFERENT TYPES OF CAFFEINE-CONTAINING INGREDIENTS in everyday weight loss supplements. (Caffeine appears in many guises in these products—like *kola nut*—so spotting it isn't always easy.) If you use weight loss supplements, this information is crucial. If you're not careful, all that extra caffeine can boost your blood pressure and stress you out. Page 210

THE WHOLE TRUTH ABOUT HOODIA, the cactus derivative widely touted as effective for appetite control. Does it work? (Find out on page 165 of *The Natural Fat-Loss Pharmacy*.)

The Right Dose, the Right Time, the Right Brand

You can take all the weight loss supplements in the world and they probably won't do you much good—if you don't take the *right amount*, at the *right time*, and choose a brand scientifically proven to *really work*.



Where can you get insider information like that? Certainly your doctor doesn't know. Even most nutritionists are in the dark.

You can find those crucial, fat-busting facts in the pages of *The Natural Fat-Loss Pharmacy*. For every supplement recommended, Dr. Preuss provides the best dosage, the best time of day to take it, and the best brands to take (the ones proven by science to help people shed fat and lose weight). A few examples of what you'll find...

Use a supplement that combines EGCG (green tea extract) with a *second ingredient*, and your body will burn nearly 200 additional calories a day, every day. **Both ingredients are a must**, and so is the exact amount of each. Details are on page 36 of *The Natural Fat-Loss Pharmacy*.

Supplements of CLA—conjugated linoleic acid, a nutrient in meat and dairy—can help you shed nearly 5 pounds of fat in a year, without diet-

Michelle's secret, page 61

"THE SUPPLEMENT KEEPS ME FROM THIS CRAZY BINGE CYCLE"

By the end of her first pregnancy, Michelle had gained 60 pounds, which she never completely lost. A few years later, she broke her leg in two places, and during the long healing process added more weight. By the end of her second pregnancy, the 39-year-old stay-at-home mom weighed 326 pounds. Then a health professional told her about the supplement featured on page 119 of *The Natural Fat-Loss Pharmacy*—a supplement that can block the absorption of carbohydrates. **Over the next 2 years she took the supplement regularly and lost 156 pounds!** The supplement changed her body—and her attitude.

"I didn't feel like a failure...like I did on other diets. Before, if I ate some bread, I'd say to myself, 'Well, I've

already screwed up my diet today. I might as well go on and have...cake as well.' The [supplement] keeps me from this crazy binge cycle, because I know I can eat small amounts of bread, potatoes, or pasta and still lose weight."

In your Free-Preview copy of *The Natural Fat-Loss Pharmacy*, you'll read Michelle's full story and find a list of the most powerful carb blockers (page 120), the times of day to take them for maximum effectiveness (page 118), the exact dosage that science says works best (page 118), and the brands you *shouldn't* take if you have a wheat or gluten allergy (page 114). **Send in the no-obligation FREE-Preview Certificate today, located between pages 22 & 23 of this report.**

ing or exercise. **But there is only one specific formulation that does the job.** And many products on the market don't contain it! Plus, you've got to take *enough* CLA for it to work. The effective products and the effective dose are on page 49 of *The Natural Fat-Loss Pharmacy*.

The mineral chromium can revolutionize your metabolism, so your body burns more fat and builds more firming, calorie-burning muscle. But **three types of food can interfere with chromium**, blocking its fat-busting powers. (See page 100.)

The Secret Saboteur of the Everyday Diet—Losing Muscle, Not Fat!

Why do most dieters regain all the weight they've lost—and then some?

Why is “yo-yo” dieting—losing, gaining, losing, gaining—a way of life for tens of millions of frustrated people?

The answer is simpler than you might think. It's because...

Most dieters lose more muscle than fat!

Most people who diet lose a *little bit* of fat and a *lot* of muscle, or what scientists called “lean body tissue.” Muscle is *metabolically active*—minute by minute, hour by hour, it burns a lot more calories than fat.

You see, that's the way Mother Nature *programmed* your body to lose weight. She wants you to *retain* fat, in case of a famine or other emergency.

The dismal dieting dominoes fall like this...

- You lose weight, but it's mostly muscle...
- Your metabolism has been hobbled—you're burning *fewer* calories a day than before you started to diet....
- You return to your pre-diet level of calorie consumption—and start *gaining* weight...
- You gain that weight back—as fat...
- With less muscle and more fat, you gain back even *more* weight than you lost...

What could be more frustrating? Or more familiar to the tens of millions of Americans who've tried—and failed—to maintain weight loss?

DO YOU OVEREAT WHEN YOU'RE STRESSED?



When laboratory animals are stressed, they eat. Same holds true for us humans. Scientists at a college of pharmacy found that stressed animals **consumed 8 times less food when they were given the nutrient featured on page 146 of *The Natural Fat-Loss Pharmacy***. The impressed scientists declared: The same nutrient could help you control “excessive food intake” from stress.

Drug-Free Remedies to Help You Safely Lose Weight, Shed Fat, and Feel Great

the NATURAL FAT-LOSS PHARMACY

HARRY PREUSS, MD, MACN, CNS
AND BILL GOTTLIEB

FREE GIFT!

Prevention
best cures from your kitchen



FREEDOM FROM FAT—YOURS FREE FOR 21 DAYS!

See page 20 for details.



Well, how about a different scenario? How about a scenario of diet *success*? How about *losing* fat and *gaining* body-firming, calorie-burning muscle? How about...

- **You don't diet or exercise any more—but you lose nearly 5 pounds of fat** and gain an average of 1.5 pounds of muscle. The fat-busting details are on page 45 of *The Natural Fat-Loss Pharmacy*.
- You diet and lose weight—and then gain a little back. (Hey, nobody's perfect.) **It's all firmed, toned, good-looking muscle!** The super-toning secret is on page 43.
- **You shed pounds—84% of them from fat** and only 16% from muscle. Yes, you can turn your metabolism around! Find out how on page 89 of *The Natural Fat-Loss Pharmacy*.
- Or how about this? **After you lose weight, you maintain your new weight and never gain back a pound.** Seem like a dream come true? See page 74.

These aren't fat-loss fantasies. They're science-proven, fat-loss *facts*. And they can be your reality...when you order your Free-Preview copy of *The Natural Fat-Loss Pharmacy* and begin using the amazing advice offered in this first-of-its-kind, breakthrough book.

Put Your Appetite on Mute!

Sometimes it feels like gnawing hunger is gnawing on *you*. If you're like most people, your appetite is not exactly "under control." Maybe you eat a little bit too much at mealtimes. (Most of us can't resist the huge portions that are dished up nowadays.) Or you snack throughout the day, against your better judgment. Or you raid the refrigerator late at night.

But hunger doesn't have to be your enemy. It's possible to feel satisfied at a meal—comfortably full, relaxed, even rejuvenated. It's possible to snack happily and not overdo it. It's possible to cool down an overheated appetite. It's possible...with one or more of the appetite-muting supplements featured in *The Natural Fat-Loss Pharmacy*. Take a look at the science that *proves* appetite control is within your reach...

Linda's secret, page 61

WEIGHT LOSS AFTER MENOPAUSE— 20 POUNDS IN 4 MONTHS!

Linda, an attractive 5'6" accountant in southern California, went through menopause at age 49—and the pounds started to creep on. At 53, she weighed 170—and decided she *had* to start losing weight. "Now that I've gotten a little bit older, I realize that it's harder to lose weight," she says. "In my fantasy, I would love to go back to my 20s or 30s, when it was so easy to lose extra weight. But reality says no."

To lose weight, Linda cut back on "bad" carbohydrates from sugar, pastries, and white bread, and walked a few times a week. At the same time, she found out about and started taking the appetite-suppressing supplement featured on page 61 of *The Natural Fat-Loss Pharmacy*. "[It] definitely affected my appetite," she says. "I don't have the cravings I used to...I even go out to restaurants and it's so great not feeling that I have to eat *everything* on my plate. When I'm full, I stop."

After taking the supplement, Linda lost 20 pounds in 4 months!

"I'm looking good," she says. "People will say to me, 'How'd you do it, Linda?'...And I say, 'I've been eating healthy and exercising—and taking [my supplement].'" Read page 61 to learn more about Linda's success and how this supplement can work for you.

To find out how to overcome post-menopausal weight gain, order your Free-Preview copy of *The Natural Fat-Loss Pharmacy*. The no-obligation order card is between pages 22 & 23 of this report.

Eat 15 to 30% Less Food at Every Meal— Without Feeling Hungry or Deprived!

Twelve men and 12 women easily and effortlessly ate that much less food—after taking the supplement featured on page 62 of *The Natural Fat-Loss Pharmacy*. The nutrient that helped them do it (isolated from a plant found in Asia) works by stopping carbohydrates from turning into fat. Instead, those carbs are stored in the liver and muscles, which then send signals to your brain, saying, “We don’t need any more fuel, so tell [insert your name] to stop eating!” You eat less—but you don’t feel hungry or deprived.

Before: 2,903 calories eaten per day.
After: 1,819 calories eaten per day.

That’s 1,084 fewer calories—the equivalent of 25 teaspoons of sugar! That level of calorie-cutting could help you lose about 70 pounds in a year! What did the trick? In a scientific study, 19 very overweight women took the supplement featured on page 148 of *The Natural Fat-Loss Pharmacy*—and their food cravings literally disappeared. In fact, they said they were *more satisfied* when eating, feeling fuller—sooner—at every meal. “I would recommend [the supplement] to any overweight person who needs to lose weight and who has trouble sticking with a low-calorie diet,” says Dr. R., who conducted the study.

According to 17 Scientific Studies, There’s an Easy Way to Feel More Satisfied at Mealtime— And for Hours Afterward!

No less than 17 scientific studies show that extra fiber at mealtime can boost *satiety*—the feeling that your appetite has been satisfied and you’re ready to stop eating. Fiber also slows the digestion of food, so you feel less hungry in the hours *after* a meal. Trouble is, most of us don’t get nearly enough fiber in our diet to defeat hunger—and probably won’t, no matter how good our intentions. The simple, easy alternative: a fiber supplement. But there are *so many* different types of fiber supplements on the market. Chitosan. Pectin. Glucomannan. Psyllium. Guar gum. What’s a consumer to do? Get your Free-Preview copy of *The Natural Fat-Loss Pharmacy*, and turn to page 136 for a recommendation from two top scientists for the fiber supplement that works *best*.

Shed Unwanted Belly Fat!

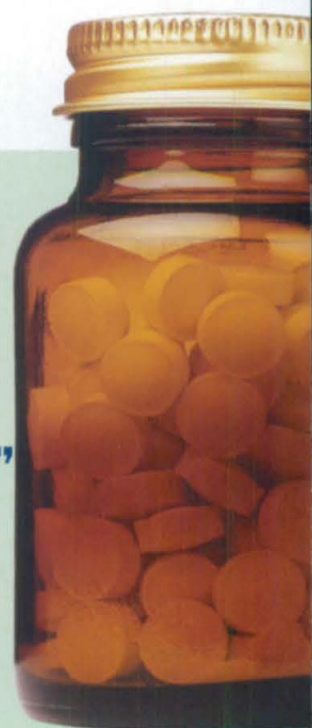
Love handle. Spare tire. Beer belly. I’m talking about extra abdominal fat, of course. (Doctors even have a name for it: *visceral fat*. And they say too much of it puts you at greater risk for heart disease and diabetes.)

But no matter what you call extra abdominal fat... it’s a problem you want to solve, *as soon as possible*.

**“THIS SUPPLEMENT IS
TERRIBLY IMPORTANT
FOR OUR OBESITY
EPIDEMIC AND OUR
DEPRESSION EPIDEMIC.”
Because it can end
food cravings and stop
emotional overeating—
in 10 minutes!!!**

Two of the biggest problems for people who are overweight: food cravings and overeating when depressed, says Julia R., a weight control specialist in California. You can solve *both* problems in 10 minutes—by taking the supplement featured on page 161 of *The Natural Fat-Loss Pharmacy*. It instantly boosts brain levels of a feel-better chemical that regulates appetite and improves mood.

Claim your Free-Preview copy of *The Natural Fat-Loss Pharmacy*. Detach and mail the FREE-Preview Certificate between pages 22 & 23 of this report.



Is there a solution to extra belly fat? Yes there is, says Dr. Preuss, the author of *The Natural Fat-Loss Pharmacy*...

GREAT NEWS FOR GUYS! When Dr. J. and his colleagues at a Canadian university gave a group of men the unique nutrient described on page 77 of *The Natural Fat-Loss Pharmacy*, the men lost 1.5 pounds *directly from their gut*. Another group of men didn't take the nutrient—and didn't lose an ounce of belly fat!



Mitch's secret, page 169

PUT THE BRAKES ON LATE-NIGHT SNACKING

"Late-night snacking is one of my weaknesses," says Mitch, a hard-driving executive from southern Florida. "I find myself pacing in the kitchen, with this overwhelming need to eat, even though I'm not hungry."

On page 169 of *The Natural Fat-Loss Pharmacy* you'll read about the herbal supplement Mitch used. "The results were amazing," he says. "I found that I wasn't even interested in food after dinner. My late-night snacking problem was solved."

Don't delay! Request your Free-Preview copy of *The Natural Fat-Loss Pharmacy*. Mail the Free-Preview Certificate at the back of this report.

LEARN HOW TO LOSE UP TO 3 INCHES FROM YOUR WAIST—IN 1 MONTH! That's what happened to some of the lucky folks who took the supplement discussed on page 168 of *The Natural Fat-Loss Pharmacy*. They also lost almost 2 inches from their hips.

GET RID OF THAT TUMMY—EVEN IF YOU CAN'T LOSE WEIGHT! Remarkable! Japanese scientists found that even those who are resistant to losing weight can lose fat from their belly—when they take the supplement featured on page 62 of *The Natural Fat-Loss Pharmacy*.

Pick the Fat-Loss Supplements That Are Right for You

When it comes to weight loss, it almost goes without saying: *You are unique.*

What works for a woman may not work for a man.

What works for someone with a little bit of weight to lose may not work for someone with a lot.

Maybe there's a disease or condition that's complicating your efforts, like a sluggish thyroid.

There is no one-size-fits-all when it comes to weight loss. The same goes for weight loss supplements.

To really shed pounds and fat, your supplement program has to be *customized*. You can't take just *any* supplement. You have to take the one (or more) that are right *for you*.

How do you get that kind of precious, personalized information? From the clerk in the health food store? From a medical doctor—who, truth be told, is unlikely to know the first thing about nutrition, let alone taking nutritional supplements for weight loss? From a well-meaning friend?

Too confusing! Too uncertain! Too unscientific!

The best way to decide on the supplements you really need: Order your Free-Preview copy of *The Natural Fat-Loss Pharmacy*!

This remarkable breakthrough book includes The Natural Fat-Loss Pharmacy Supplement Program—a guide to choosing the

weight loss supplement or supplements that are just right for you.

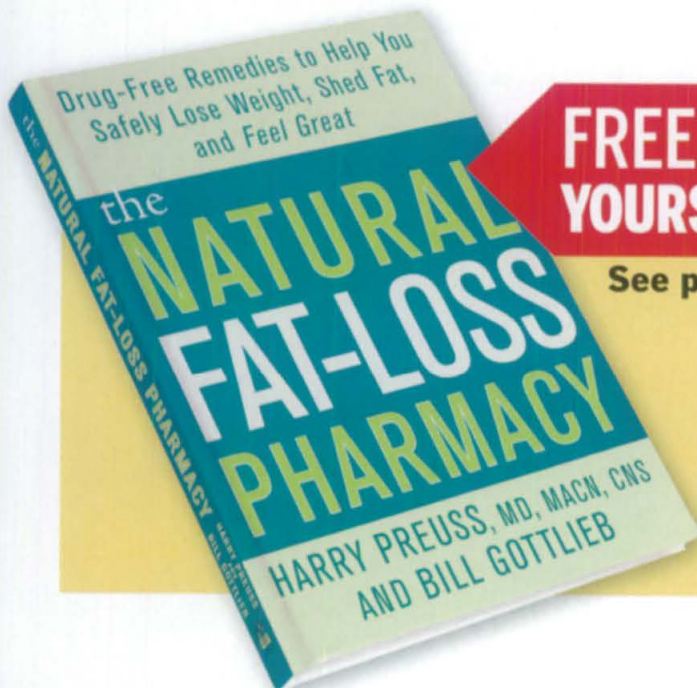
The program (like the entire book) is based on scientific studies and on the clinical experience of several top alternative MDs who have helped *thousands* of people lose weight with the assistance of all-natural supplements.

No matter *why* or *how* you want to lose weight—The Natural Fat-Loss Pharmacy Supplement Program will point you in the right direction. ***Are any of these your particular weight loss troubles?***

- ☒ You have difficulty with diet and exercise regimens but still want to lose fat and gain muscle.
- ☒ You are perimenopausal or menopausal and want to prevent fat gain or lose fat.
- ☒ You feel depressed when you diet.
- ☒ You want to lose belly fat.
- ☒ You want help controlling appetite and feeling less hungry between meals.
- ☒ You find yourself on a weight loss “plateau” and just can’t lose the last 5 or 10 pounds.
- ☒ You crave and overeat carbohydrates.
- ☒ You want to lose fat after pregnancy.
- ☒ You need help sticking with a low-calorie diet.
- ☒ You don’t want to regain the weight you lost.
- ☒ You’re not overweight but want to keep your weight stable.
- ☒ You want to boost the power of your workout to burn fat.

If any items on this list match your weight loss wants and needs, see Chapter 12 of your Free-Preview copy of ***The Natural Fat-Loss Pharmacy*** to find the supplement that can make successful weight loss a reality ...for you.

You’ll also find personal profiles of people who’ve successfully used supplements to lose weight. Compare



**FREEDOM FROM FAT—
YOURS FREE FOR 21 DAYS!**

See page 20 for details.

**FREE
GIFT!**



TRY IT FREE FOR 21 DAYS! SEE CARD AT BACK FOR DETAILS.



CUT UP TO 250 CALORIES FROM YOUR NEXT MEAL— WITHOUT EATING LESS FOOD!

Scientists asked a group of people to take a fat-blocking supplement 5 to 10 minutes before eating a fatty meal at a fast-food restaurant. After the meal, the scientists measured the amount of fat they had absorbed—and discovered it had plummeted by as much as 28 grams! That's 250 calories! Imagine—cutting 250 calories out of your diet *without* eating any less food! You can find out more about this remarkable, fat-defeating supplement on page 128 of *The Natural Fat-Loss Pharmacy*.

Let me explain...

"Calorie control can be as easy as brushing your teeth or taking a shower," says Dr. Preuss. Page 232

The Natural Fat-Loss Pharmacy doesn't tell you to eat anything you want...never get off the couch...take fat-loss supplements...and lose weight.

Dr. Preuss—like every responsible nutritional scientist—says that a sensible approach to eating and exercise must be part of any *lifelong* plan for weight control.

But that doesn't mean you have to subject yourself to dietary deprivation and long hours at the gym.

Just the opposite!

each of their lives to yours. If there's a resemblance, the supplements that worked for them could work for you. You'll read about...

Maria, a 57-year-old divorcée with a 15-year-old son—and a passion for pizza, chili cheeseburgers, and extra-large diet sodas. The supplement on page 219 of *The Natural Fat-Loss Pharmacy* helped control her appetite and reduce body fat.

Barbara, a 36-year-old high-powered attorney—single, with a bit of a sweet tooth, perimenopausal, and not overweight. The supplements featured on page 218 helped keep her weight stable.

Robert, a 46-year-old businessman who's just started a new job, stopped exercising, and feels sluggish and flabby. The supplement on page 220 helped him burn more calories.

Kim, a stay-at-home mom with hypothyroidism—at 5'2" and more than 350 pounds, she had a lot of weight to lose. The supplements on page 217 helped boost her fat-burning.

Not Just Fat-Loss Supplements— A Total Fat-Loss Program

The Natural Fat-Loss Pharmacy would be an incredible breakthrough book if it did nothing more than tell you about the secret supplements—the all-natural vitamins, minerals, and herbs that *really* help you shed fat and lose weight.

But it does more—much more!

It offers a total approach to weight loss, including programs for everyday eating and exercise that are so *easy* and so *effective*, they don't seem like programs at all.

The Natural Fat-Loss Pharmacy offers incredibly easy ways to control your intake of calories and burn a few more calories every day. For example...

- Learn how to “dilute” high-calorie foods with low-calorie foods and **include all the foods you love in every meal.** Page 234
- **When a bigger plate can help you lose weight.** Page 236
- **Stop depriving yourself!** Most dieters underestimate the amount of calories they need and starve themselves. Figure out the right amount of calories for satisfaction and weight loss success. Details on page 237.
- **Indulge yourself!** Even when you’re trying to lose weight, 25% of your diet can consist of *whatever you want to eat*. The full story is on page 239.

Exclusive Offer: a special “Expanded Edition” of *The Natural Fat-Loss Pharmacy*, including *The Natural Fat-Loss Pharmacy Food Plan*. Dr. Preuss has developed a special expanded edition of the book that includes easy-to-use day-by-day meal plans utilizing his remarkable concepts of easy calorie control...and this is the edition you are being offered today. You won’t find this expanded edition in any bookstore. It’s an exclusive offer. Don’t wait—request your Free-Preview copy now, using the Free-Preview Certificate between pages 22 and 23 of this report.

“To Keep Weight Off... Physical Activity Becomes the ABSOLUTE KEY to Success.”

Does *The Natural Fat-Loss Pharmacy* make the standard recommendation to walk 30 minutes a day, most days of the week? Surprisingly, no. Because that recommendation is a setup for weight loss *failure*! Let me explain...

In a scientific study, researchers divided sedentary, middle-aged women into two groups. Group #1 was asked to walk 30 minutes a day, most days of the week. Group #2 was asked to walk 10,000 *steps* a day, using a pedometer—a small device that clips to the belt or waistband and counts and displays the total number of steps you take. The result?

The pedometer group walked an average of 1 mile a day *more* than the 30-minute group. In fact, they



DO YOU TAKE AN ANTACID OR DIURETIC? Then you may also need to take this nondrug remedy

The Natural Fat-Loss Pharmacy shows you how to lose weight—and how to stay healthy with good nutrition and physical activity. For example...

Dr. P., the medical director of a wellness center in northern California, says that diuretic drugs—often prescribed for high blood pressure—can rob the body of potassium, vitamin B₁, and magnesium. Physicians usually prescribe potassium to those taking diuretics—but *not* the other two nutrients!

Antacids, she says, can steal vitamin B₁₂—a nutrient that’s a must for memory, mental balance, and emotional well-being, particularly in those 65 and over.

If you’re taking one or both of these drugs, you probably need to take a multivitamin-mineral supplement, she counsels.

On page 241 of *The Natural Fat-Loss Pharmacy*, she reveals five *other* everyday dietary and lifestyle factors that can rob your body of the nutrients you need for good health.

To request your Free-Preview copy of *The Natural Fat-Loss Pharmacy*, detach and mail the Free-Preview Certificate at the back of this report.



ARE YOU OVER 35? BEWARE. YOUR MUSCLES ARE VANISHING! (AND YOUR WAISTLINE IS EXPANDING!)

At the age of 35, you begin to suffer a very slow but very sure loss of muscle—1% per year, year after year. This loss of metabolically active, calorie-burning muscle plays a big role in the infamous “middle-age spread.”

The supplement featured on page 187 of *The Natural Fat-Loss Pharmacy* can protect muscle. It works by helping the body preserve protein, the main component of muscle cells.

walked enough to meet the surgeon general’s recommendation for daily and weekly exercise.

“It is incredible that the pedometer could help sedentary people meet the criteria for the surgeon general’s recommendation, because that goal is so rarely achieved,” says Dr. R., an expert in pedometers and health. A pedometer, she explains, motivates you to be more active *throughout* the day...so you *accomplish* your activity goals...and really achieve weight loss success...

Dr. Preuss loves his pedometer, walking an amazing 15,000 steps almost every day. In *The Natural Fat-Loss Pharmacy*, he tells you everything you need to know about buying and using one of these incredibly simple yet motivating devices. You’ll learn how to...

- Buy the most accurate pedometer without spending an arm and a leg. Page 251
- Set and reach a daily step goal without overdoing it. Page 255
- Choose from 30 no-exercise strategies to increase your daily steps, like walking around your living room during commercials. (That’s 1,000 steps during a 1-hour program!) Page 257
- Beat the 50% dropout rate for physical activity programs. Page 258

The Natural Fat-Loss Pharmacy “Side Effect”— A Lifetime of Better Health!

Perhaps the most marvelous advantage of the secret supplements in *The Natural Fat-Loss Pharmacy* is that they don’t only power fat off your body.

They also power up your health—preventing and reversing disease and adding extra years to your life.

Here are some of the amazing better-health possibilities offered by the secret supplements in this one-of-a-kind book...

*“Lower levels of **cholesterol**”—a “proven benefit” with this supplement.* Page 93

*“Effective prevention for **Alzheimer’s disease**.”* Yes, say researchers, this herbal extract might *prevent* the terrible brain “plaques” that cause Alzheimer’s! Page 30

*“Far superior to all types of prescription and antidepressant drugs—even the newer ones—for **depression**.”* The natural “medicine” for depression, page 155.

"Complete normalization of [the] airways" in **asthma**...after sufferers took the supplement. One doctor calls the results "profound." Page 52

"Prevented or decreased the number of **migraines**" and "decreased the frequency of **tension headaches** by 70%." The supplement that worked is on page 156 of your Free-Preview copy of *The Natural Fat-Loss Pharmacy*.

"Relieve and even reverse many of the signs and symptoms of **diabetes**" with this mineral. Page 87

"Every symptom of **fibromyalgia** improved"—tender points, severity of pain, sleep, fatigue, and anxiety. Page 156

"Their worsening **leukemia** got better..." Hearing about its potential power to kill cancer cells, patients at a world-renowned clinic started taking this supplement—and their leukemia improved! Clinical trials have begun. The remarkable story is on page 33 of *The Natural Fat-Loss Pharmacy*.

"Could help reduce **hot flashes**." See page 157.

"If [it] were a drug, everybody would have touted it as a '**wonder drug**' after the results of this study," says a top government researcher about the supplement on page 94 of *The Natural Fat-Loss Pharmacy*. The dramatic result: It can reverse a severe and common side effect of steroids.

"Higher...bone mineral density in postmenopausal women" who took this supplement. The remarkable new theory behind this finding: Overweight and osteoporosis have the same cause, as an overabundance of fat cells (adipocytes) shove aside bone-forming cells (osteoblasts). Page 52

"Nine out of 10 cases of **prostate cancer**...might be prevented." Astounding efficacy! Page 35

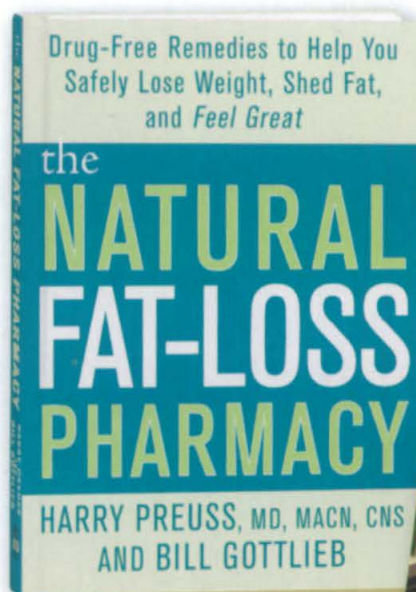
Good results in promoting normal sleep in those with **insomnia**. Sweet dreams are on page 157.

"Muscle loss was virtually halted." The condition: age-related sarcopenia, the gradual and (before this study) inevitable year-by-year loss of 1% or more of muscle mass, starting in the mid-30s. It's a major reason for middle-age weight gain. And for people in their 60s and 70s, it can result in increased frailty and falls. This remarkable nutrient stopped sarcopenia in 75-year-olds. (Which means it can also do so in anybody younger.) Details on page 188.

FREEDOM FROM FAT—FREE FOR 21 DAYS!

The other day, I sat down with my colleagues to think about how we could get this wonderful first-of-its-kind book into your hands. Because we so much want you to have it...

We want you to be able to supercharge whatever weight loss diet or program you use with the secret supplements in *The Natural Fat-Loss Pharmacy*. We want you to *really* shed fat, lose weight, and keep it off. We want you to achieve your goals for a slimmer body and a healthier life.



FREE GIFT!



**FREEDOM FROM FAT
—YOURS FREE
FOR 21 DAYS!**

See page 20 for details.

PREVENTED... SLOWED... REVERSED... CURED...

The vitamins, minerals, and herbs featured in *The Natural Fat-Loss Pharmacy* don't only help you lose weight. They also help you gain better health. At right is a list of the health conditions these powerful all-natural medicines can address. Do you see one or more of your health concerns (or those of your loved ones) on this list? If so, request your Free-Preview copy of *The Natural Fat-Loss Pharmacy* today—to learn how to have a slimmer body *and* a healthier life.

Aging	Diabetes	Lupus
Allergies	Depression	Metabolic syndrome
Alzheimer's disease	Fibromyalgia	Migraines
Anxiety	Flu	Osteoporosis
Arrhythmia	Fungal infections	Pancreatic cancer
Arthritis	Heart disease	Panic attacks
Asthma	Hepatitis	Prostate cancer
Bipolar disease	High blood pressure	Skin cancer
Bladder cancer	Hot flashes	Stomach cancer
Breast cancer	Immune weakness	Stroke
Cervical cancer	Insomnia	Tardive dyskinesia
Cholesterol problems	Leukemia	Tension headaches
Cirrhosis	Lou Gehrig's disease	Ulcers
Colon cancer	Lung cancer	

My colleagues and I tried to think up the *easiest*, the most *risk-free* way to get this invaluable book into your hands. A way where you *don't have to spend a penny now...* a way where you can examine and evaluate the book in your own home, at your own leisure, without any obligation *whatsoever*.

We thought about it...and we came up with what we're calling our Five Fat-Loss Guarantees. See what you think...

Fat-Loss Guarantee #1: Freedom from fat—yours free for 21 days. Yes, free. When you mail the FREE-PREVIEW CERTIFICATE at the back of this report, we will immediately ship you a copy of *The Natural Fat-Loss Pharmacy* for free. There's no "up-front" cost whatsoever. No charge now. No hidden fees. Don't send any money! We guarantee a no-cost 21-day examination of this wonderful book!

Fat-Loss Guarantee #2: 21-day free preview! Yes, look over *The Natural Fat-Loss Pharmacy* for 3 weeks...for free! See for yourself if the ideas and advice are as invaluable as I've been saying. Try the secret supplements. Decide—*before* ever spending a dime—if this book is for you. We guarantee a *free* 3-week preview period!

Fat-Loss Guarantee #3: We can't imagine this happening, but...if you don't like *The Natural Fat-Loss Pharmacy*...return it and owe nothing. That's right—there is no cost to you whatsoever for examining this book in your own home. **We guarantee you can return the book if you don't like it!**

Fat-Loss Guarantee #4: Lifetime guarantee! You heard right! If at *any time* you decide *The Natural Fat-Loss Pharmacy* does not live up to your expectations—today, next month, next year, or 20 years from now!—return the book, and we will refund the full price. That's how confident we are that you'll find this book useful for a *lifetime*. We guarantee the book—for as long as you own it!

Fat-Loss Guarantee #5: We guarantee you a free gift, just for taking a look. Yes, when you detach and mail the Free-Preview certificate at the back of this report, we'll send you *Best Cures from Your Kitchen*, an amazing report prepared by the editors of *Prevention* that helps turn your kitchen shelves into a cornucopia of home

remedies for everyday and serious conditions alike—using the foods, herbs, and spices that are *already* at hand. We guarantee your free gift—even if you decide to return *The Natural Fat-Loss Pharmacy*, it's yours to keep.

And there's one more thing...

The edition of *The Natural Fat-Loss Pharmacy* that we'd like to ship ASAP is *not available in any stores*. It is a special, deluxe, hardcover edition, including customized meal plans for fast weight loss.

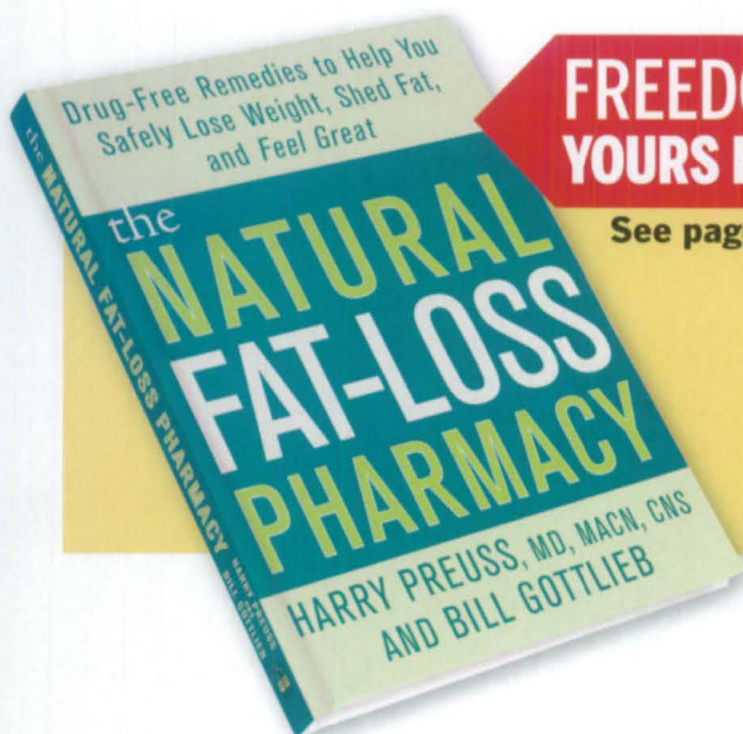
With the five Fat-Loss Guarantees in mind...please detach and mail your Free-Preview Certificate today, and we'll rush you a copy of the Deluxe Edition of *The Natural Fat-Loss Pharmacy*—so that you can begin enjoying weight loss success...today!

Sincerely,

Janine Reynolds

Janine Reynolds,
Rodale Books

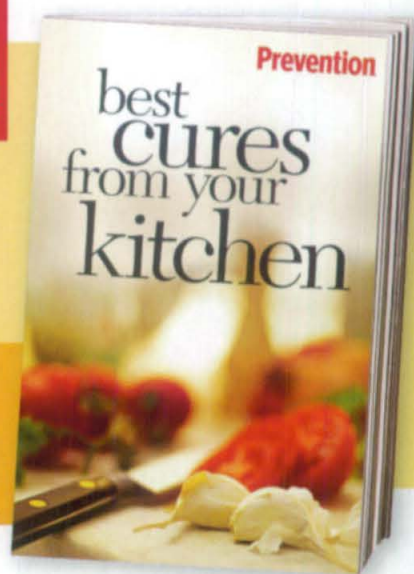
P.S. Please remember, your Free-Preview copy of *The Natural Fat-Loss Pharmacy* is just that...free for 21 days—along with your free gift, *Best Cures from Your Kitchen*. You don't pay a penny now! Why not send for it today? You have nothing to lose—and a lifetime of slimness and health to look forward to!



**FREEDOM FROM FAT—
YOURS FREE FOR 21 DAYS!**

See page 20 for details.

**FREE
GIFT!**



YOUR FREE GIFT

Just for taking a look at
The Natural Fat-Loss Pharmacy.

If you can't see a doctor today...

*If you're fed up with expensive drugs
and their side effects...*

If you prefer nature's purity to chemical concoctions...

*If you want wholesome healing for
yourself and your loved ones...*

...then let us send you this FREE GIFT—*Best Cures from Your Kitchen*—so you can discover the amazing cures within your reach right now. It's yours FREE—just for taking a look at *The Natural Fat-Loss Pharmacy* for up to 21 days. Here's a small sampling of the feel-better home remedies you'll find in this unique guide:

An end to headaches. Many lifetime headache sufferers have found permanent relief with this herb! Details on page 2.

Until you can see the dentist... rub your hand with an ice cube to numb the pain. It works! Directions, page 13.

Sinusitis solved. Easy breathing is as close as your spice rack. Page 9

Back-to-basics blood sugar control. For an evening snack, sprinkle a little cornstarch on pudding or stir it into milk, says Dr. K., a diabetes expert. Full instructions, page 14.

Perfect first aid for minor kitchen cuts. Black pepper stops the bleeding! And it doesn't burn

or sting, says Dr. L. Instructions, page 11.

Better memory. Forgetting names? A brain-stimulating concoction of this minty herb can help. Page 9

Calm a cough. Thyme is the secret. Preparation details on page 9.

Enhance romance. Add the warming spice on page 14 to a (candlelit!) dinner. "It's an ideal, safe herb to stimulate sexual activity," says Dr. H.

Soften rough elbows, heels, and hands. Blend your favorite body lotion with...table sugar! It smoothes beautifully, says an NYC dermatologist. Softening formula on page 21.



**To claim your FREE gift and your FREE-Preview copy of
The Natural Fat-Loss Pharmacy, mail this certificate today!**

If you want to free yourself from fat and shed pounds...
America's top doctors, nutritionists, and
weight loss experts agree...

The Natural Fat-Loss Pharmacy is the "must-have" book you should read today...

"If your goal is to lose body fat, maintain muscle mass, and increase energy levels, **this book is for you.**"

—Nicholas Perricone, MD, FACN, best-selling author,
The Perricone Promise

"**I highly recommend** [*The Natural Fat-Loss Pharmacy*] to anyone who has struggled with overweight."

—Stephen T. Sinatra, MD, FACC, CNS, cardiologist

"*The Natural Fat-Loss Pharmacy*...is a must-read...[if you] **want the full accurate scientific** story about the effectiveness and safety of nutritional supplements for weight loss."

—Mary G. Enig, PhD, FACN, CNS, nutritionist

"Don't fall for phony weight loss pills. For **the real truth** about which supplements really work and are safe, read [*The Natural Fat-Loss Pharmacy*]. You can trust Dr. Harry Preuss's...expertise, research, and advice on fighting fat 100%."

—Jean Carper, nutrition columnist for USA Weekend magazine, best-selling author, Miracle Cures

"*The Natural Fat-Loss Pharmacy* cuts through all the hype and outrageous diet claims...giving you the **sound medical information** you need to choose weight loss supplements that really work."

—Mary Shomon, best-selling author, The Thyroid Diet

"Follow the **invaluable, understandable, and useful** wisdom of *The Natural Fat-Loss Pharmacy*."

—Stanley J. Dudrick, MD, professor of surgery,
Yale University School of Medicine

"If you are interested in losing body fat and improving how you look and feel...*The Natural Fat-Loss Pharmacy* is **a must-read.**"

—Bert Hill, strength and conditioning coach for the
Miami Dolphins

"Dieters are constantly seeking a miracle solution, often ingesting potentially dangerous and unproven supplements out of desperation. *The Natural Fat-Loss Pharmacy* educates you about the supplements that **can actually aid weight loss.**"

—Julia Griggs Havey, author, Awaken the Diet Within

"*The Natural Fat-Loss Pharmacy*...is **a phenomenal gift** not only to consumers but to weight loss counselors and health professionals everywhere!"

—Linda Spangle, RN, MA

"*The Natural Fat-Loss Pharmacy* is a book that has been needed for a long time—a **must-have** for any person who wants to maintain a healthy weight."

—Fred Pescatore, MD, MPH

**Free yourself from fat—FREE for 21 days! Just mail this
Free-Preview Certificate to start losing weight today!**

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