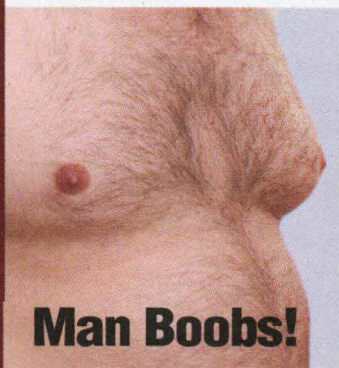


Are out-of-control hormones making you store fat in the worst places?



Man Boobs!



Back Fat!



Belly Fat!

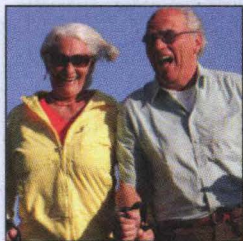
INSIDE: Discover the all-natural nutrient that helps you balance your hormones and put an end to...

- ✓ Unwanted weight gain!
- ✓ Low sex drive!
- ✓ Vaginal dryness!
- ✓ Dry skin and wrinkles!
- ✓ Mood swings!
- ✓ Female mustache!
- ✓ PMS!
- ✓ Premature aging!
- ✓ Prostate problems!
- ✓ Menopause symptoms!
- ✓ Hot flashes!

**Works for
both men and
women!**

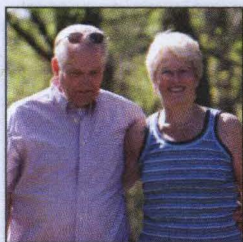
Guaranteed to work for you or it's FREE!

Hormone Health News

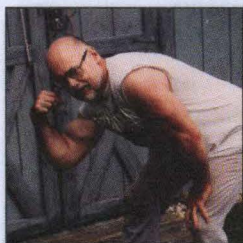


INSIDE:

- ◆ **A major health hazard for men and women over 40!** Find out how this hidden imbalance can wreak havoc with your health—and even shorten your life! Page 5



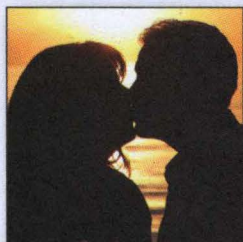
- ◆ **If you don't want to fool around with your hormones—but need some help!** Discover how to say goodbye to sleepless nights... weight gain... energy loss... and much more! Page 3



- ◆ **Real folks share their health miracles!** Amazing phytonutrient helps REVERSE common health problems! Starting on Page 18



- ◆ **Fight depression—and avoid anxiety too!** Page 9
- ◆ **Surprising cause of “Hormone Hell”—** and how to break free forever! Page 10
- ◆ **Are PMS symptoms a warning sign of a heart disaster?** Find out on Page 17



- ◆ **Secret for sizzling sex—at any age!** Page 14
- ◆ **And much more!**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This product is not intended to be a substitute or replacement for any drug, surgery, or any other medical treatment. Seek the advice of a competent health care professional for your specific health concerns. Individual results will vary.

Surprising Truth About Your Hormones...

Dear friend,

In the next three minutes you're going to discover a real jaw dropper!

In fact, not only will you be surprised—you'll probably feel relief... and even get a little bit angry...

...Because if you're over 40 and suffering from common health problems such as...

- **Memory loss and "senior moments"**
- **Headaches**
- **Sleepless nights**
- **Low sex drive**
- **Prostate problems**
- **Belly fat**
- **Hair loss**
- **Bloating and fluid retention**
- **Mood swings**
- **Irregular menstrual cycles**
- **Unwanted facial hair**
- **Dry skin and premature wrinkles**

...You're about to discover a little known cause of these health nightmares that your doctor **NEVER TOLD YOU ABOUT!**

And when you uncover the **REAL** source of these health problems, you'll be relieved to know it's **NOT...**

...Because you're "getting old!"

...All in your head!

...Something you have to "live with!"

And the news gets even better because...

...You're going to find out how a remarkable supplement can help you say goodbye to these health nightmares **WITHOUT...**

(continued on page 5)





*From the desk of Layne Lowery,
President, Health Resources™*

“I’m gaining weight but I’m not eating more”

“Enlarged prostate making me pee often”

“My muscles are turning into flab”

“My skin is saggy and dull”

“Belly looks swollen”

“No desire for sex”

“Can’t sleep”

“Why?”

Dear frustrated friend,

If you’re experiencing these annoying symptoms, you’ve probably tried crash diets... over-the-counter remedies... and even prescription drugs. But let me ask you this:

Did you get the relief you were looking for?

Chances are you didn’t. And there’s a simple reason why:

These are symptoms of hormonal imbalance called **estrogen dominance** and it affects men and women over the age of 40.

That’s why dieting alone won’t keep the weight off. And medicines will only mask the symptoms!

But the good news is, you can now say goodbye to these health problems when you eliminate estrogen dominance and help get your body back to hormonal balance.

And it’s easy to do—and won’t cost you an arm and a leg either!

Please take a moment to read this special report. You’ll discover a remarkable, all-natural solution that can help rev up your energy levels... boost your libido... shed unwanted pounds—including belly fat... and help you enjoy your life again!

I encourage you to try this solution—completely RISK-FREE. It may just be the answer to your nagging health problems!

Layne Lowery

President, Health Resources™

P.S. Giving this product a RISK-FREE try can help you avoid common health problems associated with estrogen dominance—and possibly **SAVE YOUR LIFE**. I encourage you to sample it today!

- ✓ **Dangerous prescription drugs!**
- ✓ **Costly surgeries!**
- ✓ **Long-term recuperation periods!**
- ✓ **Spending an arm and a leg!**

In fact, once you discover the hidden cause of these common health problems...

...You can take action **STARTING RIGHT NOW** to help **REVERSE** their ill effects...

...And get your health back on track so you can experience decades of vibrant living!

Are you ready to discover the silent menace that's plaguing your body and wreaking havoc with your health?

It's called estrogen dominance and it's a major health hazard for men and women over 40!

Chances are, you've never heard of "estrogen dominance."

And odds are even greater your doctor will **misdiagnose** your symptoms even if you have it!

But this hidden condition can seriously damage the health of **both men and women!** In fact...

...If you're over 40, you may already have some of the common symptoms of estrogen dominance. Here's why:

- **Aging:** As you get older, your hormone levels change. This natural process can create more estrogen in your body than you need. The results? Premature wrinkles... unwanted belly fat... soft muscles... mood swings... and even a low sex drive!
- **Environmental pollutants:** Industrial, agricultural, and chemical companies dump toxic substances in the environment. Many of these toxins mimic the effects of estrogen. They're called xenoestrogens. These synthetic substances have been proven to wreak havoc with your estrogen levels. The results? Foggy thinking... depression... skin problems... "man boobs"... unwanted facial hair... and premature aging!
- **Diet:** Massive amounts of hormones are regularly injected in beef and poultry. By eating hormone-fed animal fat, you can upset your natural estrogen levels! Even the plastics used to wrap and heat foods release dangerous xenoestrogens! The results? Headaches... prostate problems... unhealthy breasts... bloating and water retention... hair loss... and sleepless nights!



(continued on next page)

Here's how to tell if you've got estrogen dominance...



FOR A MAN: Although your estrogen levels are lower than a woman's—you still need estrogen for healthy living. However, by midlife, your estrogen levels can climb out of control. For example...

...Gaining weight increases estrogen production. Fat cells contain the aromatase enzyme that converts testosterone into estrogen. Warning signs of estrogen dominance include...

- Enlarged prostate—and a frequent need to urinate
- Prostate problems
- High PSA levels
- “Spare tire” around the belly
- Male breasts
- Muscles turning into flab
- Low sex drive

Plus, as you get older, your testosterone levels decrease. But you produce MORE of the enzyme called 5-alpha-reductase. This is the enzyme that converts existing testosterone into dihydrotestosterone (DHT).

DHT is one of the main reasons your prostate starts to swell. In fact, if you're in your 60's, you may have four times the amount of DHT as a 40 year old!

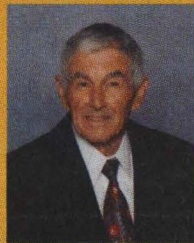
What's more, the existing testosterone in your body gets weaker and easily converts into estrogen. With more estrogen in your body—your muscles get soft... fat settles around your belly... **and you may develop curves and breasts like a woman!**

This causes a hormonal imbalance that can quickly lead to estrogen dominance!

“Got more energy!”

“I seem to have more energy and I feel confident that DIM is keeping my good and bad estrogen in balance!”

—Roy P., Fredericksburg, TX



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FOR A WOMAN: Slower hormone metabolism in midlife can throw estrogen levels out of whack. This imbalance can cause the production of a “bad estrogen” metabolite called 16-hydroxyestrone. This bad estrogen is responsible for a wide variety of troublesome health problems, including...

- Hot flashes and painful menopause symptoms
- Unwanted facial hair
- Vaginal dryness and painful intercourse
- Weight gain
- Brittle bones
- Dry skin and wrinkles
- Thinning hair and bald spots



Think about this: If you complain about these symptoms to your doctor, what do you think he's going to prescribe? If you guessed estrogen replacement therapy—you're absolutely right. However...

...More estrogen is the LAST thing you need!

These are symptoms of estrogen DOMINANCE. Taking more estrogen may only create a vicious cycle that can keep you in hormone hell for decades!

But it doesn't have to happen to you! Thanks to Mother Nature, there's a safer way for men and women to balance your hormones...

Good news for folks who don't want to fool around with their hormones!

You can safely fight off estrogen dominance and restore your normal hormonal balance with a remarkable phytonutrient called **Di-Indole Methane**—DIM for short!

(continued on next page)

Q: What is DIM and how can it help my hormones?



A: DIM is a plant nutrient found in cruciferous vegetables. These include: Cabbage, broccoli, cauliflower, kale, mustard, turnip, bok choy, Brussels sprouts, kohlrabi, and rutabaga.

DIM is not a hormone. Put simply: DIM naturally helps balance hormone levels to overcome estrogen dominance in men and women.

DIM is a remarkable plant nutrient found in cruciferous vegetables like broccoli, cauliflower, bok choy, and cabbage.

DIM doesn't fool around with your hormones—it helps your body naturally balance your hormone levels. DIM also helps safely neutralize dangerous synthetic xenoestrogens.

Over 40 studies recorded in the National Library of Medicine database confirm DIM is a superior nutrient to help maintain hormone balance! For example...

■ For prostate health:

Scientists have recently discovered the importance of healthy estrogen metabolism for middle aged men. This change in estrogen levels is called “andropause”—or “male menopause.”

German researchers have clearly documented that middle aged men can accumulate excess estrogen in the prostate and experience estrogen dominance. This can cause an enlarged prostate, a weak urine stream, and other uncomfortable symptoms. Fortunately, DIM can help you overcome estrogen dominance. Here's what the research shows...



Journal of Endocrinology and Metabolism

“Estrogen accumulates in the prostate gland starting around the age of 50. That excess estrogen can cause prostate enlargement. Men using DIM can minimize or avoid accelerating their testosterone metabolism into unwanted conversion of estrogen.”

Journal of Biological Chemistry

“DIM is a strong androgen antagonist for abnormal cells in the prostate.”

“DIM is unique among all phytonutritionals with regard to its ability to favorably modify estrogen metabolism in the direction of greater 2-hydroxy (‘good’) estrogen production.”

—Michael A. Zeligs, M.D.
Safer Estrogen with Phytonutrition

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Fight Depression and Help Reduce Anxiety!

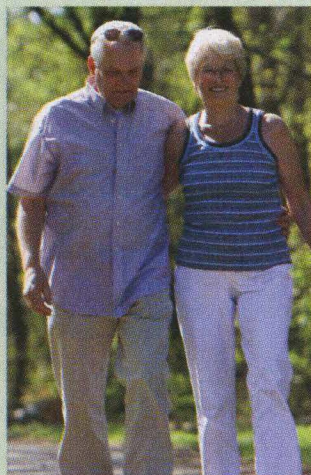
According to a study printed in *Pharmacological Research*, patients suffering from long-term depression experienced significant improvement when treated with the brain hormone called pregnenolone sulfate.

Results are so promising that researchers are also including pregnenolone sulfate to treat some severe memory problems.

The good news is: With DIM, you can get the benefits of this miraculous brain and memory boosting hormone!

DIM not only helps balance estrogen levels—it also helps metabolize pregnenolone sulfate. This is critical because low levels of pregnenolone sulfate can cause depression—and high levels can trigger anxiety attacks!

With DIM, you can help promote healthy metabolism of both estrogen and pregnenolone sulfate!



**Made
in USA**



**Send for your introductory pack of DIM today
and get up to 10 FREE Gifts!
Just call 1-800-471-4007!**

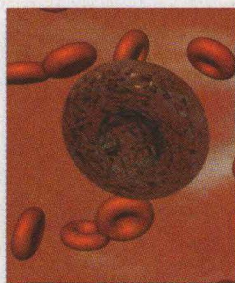
National Cancer Institute

“A recent study from the National Cancer Institute showed that men who ate three or more servings of cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts, and bok choy) can slash the risk of serious prostate problems by **HALF!**”

■ For healthy cells:

DIM has the uncanny ability to detect damaged cells and shorten their life span. It's a process called “apoptosis”—or programmed cell death.

That's important because you want to get rid of
(continued on next page)



these damaged cells as fast as possible BEFORE they multiply out of control and wreak havoc on your health!

In fact, after initiating and performing stringent human and animal testing, Leon Bradlow, Ph.D.—**the scientist who originally discovered the importance of cruciferous plant compounds for breast health**—now recommends DIM as the preferred supplement!

And he's not the only scientist praising the health benefits of DIM! Take a look at the research studies...

Biochemical and Biophysical Research Communications

"DIM supports the protective mechanism of apoptosis (programmed cell death) and promotes beneficial elimination of damaged cells."

Journal of Nutritional Cancer

"Supplemental use of a single cruciferous phytochemical can promote a dramatic and beneficial change in the metabolism of estrogen. This change in metabolism can reduce estrogen as a risk for abnormal cell growth."

Vitamin Research News

"DIM inhibits the conversion of estrone into 16-hydroxyestrone. DIM also redirects estrone into healthy 2-hydroxyestrone conversion."

A small drop in testosterone levels can put a woman in HORMONE HELL!

"Since levels of free testosterone in women are 25 times lower than in men, even small changes in testosterone levels and protein binding can produce symptoms."

"As a supplement which helps support testosterone and progesterone levels, di-indole methane (DIM) is the preferred cruciferous indole for perimenopausal nutritional support."

—Michael A. Zeligs, M.D., *Phytonutrient Supplements
for Cancer Prevention and Health Promotion*

THEN: Hormone replacement therapy:

Including estrogen, progesterone, and testosterone therapy.

NOW: Balance your hormones naturally—
with DIM! Safe... natural... and effective
for promoting estrogen balance!

According to numerous medical journals—including the *Journal of Medicinal Food*—DIM works just as well for both men and women!

**SEE and FEEL the difference DIM can
make on your health! Call 1-800-471-4007
today and get up to 10 FREE gifts!**



What's more...

DIM may also help you avoid the #1 killer of men and women: HEART problems! See for yourself...

Life Sciences

“Lipoprotein oxidation is now accepted as an early stage of hardening of the arteries. DIM has been shown to help prevent the oxidation of human lipoproteins.”

Scores of research papers and numerous clinical trials have proven DIM is a Godsend for folks over 40! This amazing nutrient promotes healthy hormonal balance so you can experience decades of vibrant and healthy living!

**What's better than the scientific proof?
How about meeting real folks—just like you—
who've experienced superior results with DIM!**

I'm talking about folks like...

Joseph M., from Windsor, SC who's glad to report...

“My PSA levels dropped!”

“I'm happy to say that DIM has helped my PSA reading to drop from 8.5 to 6.5. Thank the Lord! That's why I ordered two more bottles! I expect it to continue decreasing!”



(continued on next page)

Renee N., from San Francisco, CA
finally gets relief from menopausal symptoms...

"Fewer hot flashes!"

"Since I've been taking DIM, I've noticed a reduction in the hot flashes and night sweats I was going through. I'm sure I'm experiencing other benefits, but these are the most dramatic ones."

Joe R., from Warren, OH has more energy because he's...

"Sleeping at night again!"



"DIM has helped me to sleep without sleeping pills, which is an indication that something beneficial is taking place inside. I have tried other formulas supposedly formulated to help older folks feel better to no avail. The extra sleep that I get with DIM makes me feel better."

**Scientific
Breakthrough!**

**Studies show DIM can
INCREASE good estrogen
metabolites by a whopping 75%—
and DECREASE bad estrogen
production by 50%!**

Numerous studies printed in prestigious journals such as the *British Journal of Cancer* and *Journal of Clinical Endocrinology* show a boost of good estrogen metabolites can promote health cells in both men and women!

In fact, studies show DIM can increase good estrogen metabolites by a whopping 75%! But it gets even better...

...DIM has also been proven to decrease bad estrogen production by 50%!

Researchers report estrogen metabolism can be modified, enhanced and even changed when you add cruciferous phytochemicals to your diet.

Burton F., who hails from Gladys, VA
admits he doesn't always eat right, but...

"I know I'm getting all the veggies I need!"

"DIM helps give me some of the nutrition I miss when I don't eat the daily amount of fruits and vegetables. That not only gives me a physical edge, but also a mental edge. I know DIM is helping me live a well-balanced and general healthy lifestyle. Thank you."

Elizabeth N., from Portland, OR says...

"My mood improved!"

"I had been experiencing hormonal imbalances for several months. I had sleeplessness, fatigue, irritability, depression,

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With an abundance of these veggies, you can produce a predominance of the "good estrogens" called 2-hydroxy and 2-methoxyestrogens.

These active metabolites function as powerful antioxidants that can help promote healthy cells for your entire body!

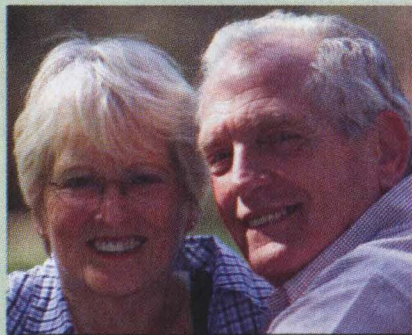
Without these phytochemicals in your diet, you may increase the production of "bad estrogens" called 16-hydroxyestrone.

These bad guys can cause serious damage to your healthy cells!

Supplemental use of DIM—the most active cruciferous indole can help promote and maintain a healthy balance of estrogen metabolites.

Take DIM daily to help maintain optimal hormonal health!

During this special introductory offer you get DIM at the LOWEST PRICE AVAILABLE and you also receive up to 10 FREE gifts—absolutely FREE! See page 31 for details!



**Made
in USA**

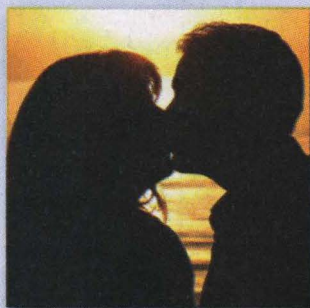


and anxiety. Within one week of starting DIM, I finally slept eight hours, my mood improved, I began feeling more energetic, and all around much healthier."

Karen V., from New Braunfels, TX finally found the solution she's been searching for. Now she's having...

"Regular periods again!"

"I am 47 years old and have been taking DIM for a little over a year now. Prior to taking DIM, I was having very



Secret for Sizzling Sex—at any age!

It's DIM! And here's why...

DIM helps promote healthy hormonal balance in men and women. That means...

- ✓ You can boost your levels of testosterone—the **"hormone of desire"**
- ✓ **You can avoid vaginal dryness** and painful intercourse!
- ✓ A boost of energy—including **sexual energy!**
- ✓ Soft muscles can become stronger! Yes, you **feel sexually fit** again!
- ✓ Easy **weight loss**—so you look and feel sexy!
- ✓ Better **sleep** and rest—you don't feel worn out at night!
- ✓ Healthy skin and breasts—you **feel "young again"** and feisty!

"A needed boost to my sex drive!"

"I've been using DIM for several months now. I've noticed an increase in my sex drive and an improvement in my sexual performance. I give credit to DIM."

—Tom R., Coral Gables, FL

WARNING: TAKING DIM MAY RELEASE THE SEXUAL TIGER IN YOU!
So send for your NO-RISK supply of DIM today! Call 1-800-471-4007

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heavy and long menstrual cycles. After just one month of taking DIM, my periods became much lighter and have been regular ever since. I am so grateful to have found this wonderful product."

Joan G., of Macedonia, OH got her hormones in balance and experienced a wonderful "side effect"...

"Weight just melted off!"

"I was surprised that I lost 13 pounds in six weeks and I did not have to be on a restricted diet."

And Louis O., from Festus, MO cuts right to the chase. When it comes to DIM, he says...

"IT WORKS!"

Here's what DIM can do for you!

Just take two capsules of DIM daily to promote healthy estrogen metabolism and help you alleviate estrogen dominance.

(continued on next page)

DIM Promotes Prostate Health!

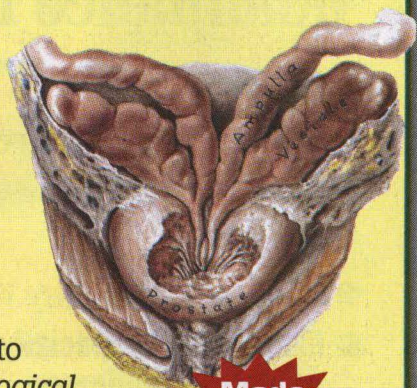
According to researchers, tissue accumulation of estrogen is a unique hallmark of andropause—also known as—"male menopause."

Studies show estradiol—the active form of estrogen provokes a rise in prostate specific antigen (PSA) production in human prostate tissue.

But there's good news: According to research printed in the *Journal of Biological Chemistry*, the good estrogen metabolite called 2-methoxyestradiol has been proven to inhibit PSA production.

What's the best way to boost your levels of this healthy estrogen metabolite? With DIM!

Send for your RISK-FREE introductory pack today! Call 1-800-471-4007!



**Made
in USA**



Remember **DIM is not hormone replacement therapy**—it's a natural hormone balancer. What's more, according to numerous medical journals, including the *Journal of Medicinal Food*, DIM works just as well for both men and women!

With DIM you can help get rid of excess estrogen. That includes synthetic estrogens you absorb from plastics... chemicals in your environment... and animal products injected with hormones!

An overload of these hormones can drain your energy... give you unwanted facial hair... rob you of your sex drive... and make you feel and look old before your time!

But with DIM—you can avoid and even possibly REVERSE these symptoms! Our customers are thrilled with their results. Here's what they want you to know...

“Building muscle mass!”

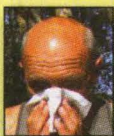
“Since I started using DIM, I have more energy building muscle mass and have more satisfying sexual energy.”

—Dave B., Michigan City, IN

(continued on page 20)

You may suffer from estrogen dominance if you experience:

- Allergies
- Anxiety/irritability
- Breast tenderness
- Depression
- Low sex drive
- Excess fat—especially around the abdomen, hips, and thighs
- Fatigue
- Fibrocystic breasts
- Foggy thinking
- Gallbladder problems
- Hair loss
- Headaches
- Low blood sugar levels
- Sleep problems
- Memory loss
- Bone loss
- PMS
- Thyroid problems
- Bloating/water retention



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What do PMS, Enlarged Prostates, and Heart Problems Have in Common?

The surprising answer is estrogen. Or more accurately, an estrogen imbalance!

Too much estrogen in your body can cause PMS symptoms that include mood swings... breast tenderness... difficulty sleeping... and water retention. What's more...

...An estrogen imbalance can trigger life-changing prostate problems. It can also increase the size of the prostate and cause frequent urination and even impotence! But the news gets even scarier...

...According to the *Women's Health Initiative* (WHI) trial, women who use estrogen may face a higher risk of heart and brain problems over women who do not use estrogen.

And the renowned *Framingham Study* in Massachusetts revealed that men with the highest estradiol level had the highest risk of early heart problems!

Fortunately, scientists have discovered phytonutrients found in cruciferous vegetables such as broccoli, cauliflower, kale, and Brussels sprouts can help naturally balance estrogen dominance.

But are you eating two to three pounds of these veggies each and every day?

That's why supplementing your diet with DIM is the smartest thing you can do! DIM promotes healthy estrogen metabolism.



"I feel great!"

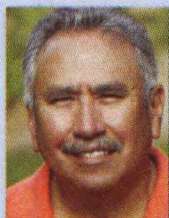
"What a great product. Been taking DIM a month now and I feel so great. I have taken a lot of products and this one is the greatest. I only hope that it keeps on working and I think that it will."

—Sophie F., Wisconsin Rapids, WI

With DIM, you can say goodbye to most of the health problems associated with "mid-life"—and start enjoying decades of healthy living!

Try DIM completely RISK-FREE during this special introductory offer. DIM will work for you or you pay nothing! See page 31 for details!

Here's why folks— just like you— rave about the benefits of DIM!



“I feel much better now!”

“I have had an enlarged prostate for many years and have had several biopsies with, thankfully, negative results.

“In July of 2002 my PSA reading was 28.3. I started taking your product, DIM, in June of 2003. By August 2003 my PSA reading was down to 19.4... and by March of 2004, it was down even more to 15.4!

“I feel much better now and am relieved that my prostate has shrunk in size. My next PSA test will be in August 2004 and I expect to see an even lower PSA reading again.”

—Harry H., Sinking Spring, PA

“Skin is glowing!”

“Where I eat lunch, everyone says to me, ‘your skin looks so nice.’ I give all the credit to DIM. Thank you.”

—Elma M., Sacramento, CA

“I’m shrinking—and it’s great!”

“Thank you for your excellent product DIM. I think it’s been a great help in my weight loss efforts. The best improvement has been in loss of extra fat inches. Also 20 pounds in weight. Now I will be going after the next 20 pounds. Thanks again.”

—Joel G., Sacramento, CA

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"Nothing else worked for my night sweats!"

"My menopause day and night sweats and flushes are gone since I started taking DIM twice a day. I cannot be without DIM. Nothing else worked so well for my menopause symptoms."

—Pia O., Wilmette, IL

"Testosterone levels are up!"

"Since I have been taking DIM, my testosterone has come back up to normal. As a result, I am feeling a little stronger. I will be 71 this next January 25th."

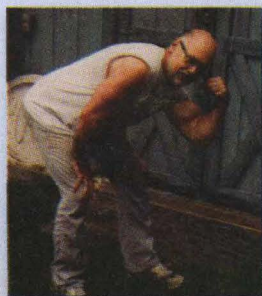
—Percy Q., Rockwell, NC

"I was in menopause hell!"

"DIM is a MIRACLE from GOD. Thank you and thank God for DIM. I am 54 years old. I am a menopausal person and was in HELL—couldn't sleep, experienced hot flashes, and sweat all the time for four years. I have tried everything and nothing worked. I ordered DIM and now I am in HEAVEN. I feel so good. I sleep better. No more hot flashes. God Bless You."

—Marie D., Saint Albans, NY

"Not even close to slowing down!"



"I'm a robust 67-year-old guy with 18" muscular upper arms and can bench press over 300 pounds. I am six feet tall and weigh 205 pounds. I run six miles a day (for the last 35 years) and still skydive occasionally after 40 years of sport parachuting.

"To guard against aromatase and DHT conversion, I take DIM daily. This has helped keep my estrogen safely in the 'Low Normal' end of the standard reference ranges, in spite of total testosterone often exceeding 200mg/dL. As you know, most men my age have estrogen higher than females of the same age. Not me. I have DIM."

—Robert C., Akron, OH

(continued from page 16)

“Reduced my ‘man boobs!’”

“I’m happy to say DIM has done what I bought it for... helping my prostate and reducing my breasts to a normal size. I plan to order more.”

—Ed B., Sulphur, OK

“Losing weight!”

“I’ve been using DIM for over 90 days and have lost some weight and my sex drive has increased. Thank you for a great product.”

—Richard F., Renville, MN

“No more sore breasts!”

“I use GLA oil (on medical advice) to treat an inflammatory condition. The side effect (for me) was sore breasts. After using DIM this problem went away. If I run out of DIM, and continue on the GLA anyway, the soreness comes back. Thank you for this product—DIM.”

—Cheryl H., Waldport, OR

Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIM—Nature’s Amazing Hormone Balancer—helps you:

- **Fight off estrogen dominance!** Naturally balance your hormones to help you live a healthy, long life!
- **Promote prostate health!** Safely blocks the formation of dangerous DHT and helps guard against estrogen buildup in your cells!
- **Rev up your energy levels!** Enjoy days and nights full of activity and fun!



“You’ve got a customer for life!”

“I’ve used DIM for approximately one year. It is such a comfort to know I’m getting the essence of the cruciferous veggies. (I feel great at 88!) Buying and consuming all of the vegetables I should is not possible in my stage of life. I read in your Health News™ that there are added benefits of using DIM! Glory Be!!”

—Estella C., Arcadia, CA

"I recommend it for anyone with prostate problems!"

"I'm 80 years old and have had serious prostate problems for 11 years. I have been taking DIM for about seven months and take two to three capsules every day. So far it is helping maintain my PSA level at about 28. I would recommend it for anyone who has prostate problems. In other words, I like the DIM very much."

—Ernest L., Lone Grove, OK

"A dress size smaller!"

"I'm a 60 year old female and have used your DIM product for about two months now. I believe it has already helped to shrink my stomach a dress size. I will continue to use it. I also sent a bottle to my 37 year old daughter to try."

—Brigitte G., Saint Robert, MO

"I can do yard work again!"

"I've been taking DIM for about four to five weeks. I can already see an improvement in my skin and I'm also sleeping better. But best of all I have lots more energy. I can work in my yard

(continued on next page)

- **Avoid and even reduce "man boobs!"** Helps keep estrogen dominance from turning you into a woman!

- **Get the equivalent of two pounds of raw cabbage in every serving!**

That's mega natural support!

- **Boost memory power!**

Say goodbye to annoying "senior moments!"

- **Help ease perimenopausal symptoms!** Bloating...

irregular periods...

mood swings—RELIEVED!



- **Enjoy deep restful sleep again!** You don't have to live with hot flashes, night sweats, or frequent trips to the bathroom!

- **Help improve PSA levels!** PSA levels naturally increase with age—but yours don't have to!

- **Enjoy a healthy sex life!**

With hormonal balance you can help promote potency... desire... and performance!

- **Keep skin soft and youthful looking!** Wrinkles perform a disappearing act!

- **And much more!**

without feeling washed out for two days. I am ordering another month's supply."

—Elizabeth S., Woodland, AL

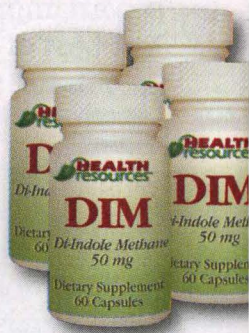
Special Introductory Offer
I want you to SEE and FEEL the remarkable power of
DIM—and you won't have to risk a dime!
PLUS, you'll also receive up to 10 valuable gifts, FREE!

Here are eight excellent reasons why this may be the best time to get your hormones in balance and experience healthy living with DIM...

■ **REASON #1:** During this special introductory offer, you can save up to \$120 on DIM.

Hormone replacement therapy would cost you hundreds—even thousands of dollars. And it does not guarantee to make you feel better. With DIM you can naturally help balance your hormones and overcome estrogen dominance. And DIM is **GUARANTEED** to work for you or it's **FREE!** What's more, DIM costs just pennies per serving! It doesn't take a rocket scientist to know this **ROCK-BOTTOM** price on DIM is the best value for your money!

■ **REASON #2:** You receive up to four **FREE** bottles of DIM—a \$119.90 value! Since DIM works for both men and women, why not share your **FREE** bottles with your loved ones! With the concentrated nutrients from cruciferous vegetables you get in DIM, you can help...



- **Balance your hormones!** Help regulate menstrual cycles... ease menopausal symptoms including hot flashes, and night sweats!
- **Sleep soundly AGAIN!** Are you tossing and turning at night? You can experience deep, restful, healing sleep again!
- **Improve your mood!** Stay calm and collected even in chaotic situations!
- **Increase sexual desire!** Ignite your libido and desire!

"I can keep my body in balance!"

"So many of the foods we eat have so many bad chemicals that it throws our estrogen balance off. By taking DIM daily, I can help keep my body's estrogen (good vs. bad) in balance."

—Bob R., Boca Raton, FL

Individual results may vary.

- **Keep skin soft and supple!** Look and feel decades younger!
- **Increase muscle tone!** Increase muscle definition and strengthen your entire body!
- **Support your prostate!** Help maintain a healthy urine stream and help maintain prostate health!
- **And much more!**

■ **REASON #3:** You get the special healing report, *Estrogen Dominance & Hormone Balance*!—a \$19.95 value, yours FREE!

This is the ultimate guide to helping you manage estrogen-related health problems!

In this special report, you'll discover how elevated levels of estrogen can cause fluid retention... blood clots... heart problems... weight gain... mood swings... food cravings... and even depression!

You'll also discover a simple program designed by Dr. John R. Lee—the undisputed authority of estrogen and progesterone therapy—to help you avoid bone loss... a mastectomy... and even a hysterectomy!

Plus you'll uncover how to slash your risk of heart and brain problems by adding an amazing nutrient to your diet!

In other words, this is a MUST-HAVE report for folks over 40!

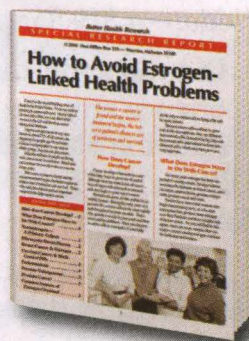
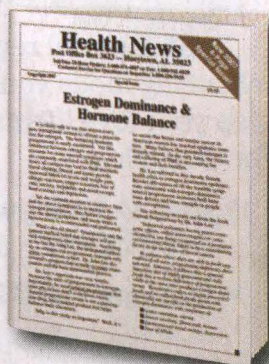
■ **REASON #4:** You get the special healing report, *How to Avoid Estrogen-Linked Health Problems*!—a \$19.95 value, yours FREE!

With all the toxins and chemicals in our environment, can you really avoid estrogen-linked health problems?

According to scientists: **Yes, you can!**

In this special report, you'll discover:

- The surprising link between **estrogen and unhealthy cells!**
- The little known chemicals that **mimic estrogen**—and wreak havoc with your body!
- The safest way to **help keep your prostate healthy!**
- Common sources of **estrogen overload**—and how to avoid them!
- What endometriosis... birth control pills... and **cervical problems** have in common!
- **And much more!**



(continued on next page)

■ **REASON #5:** You get the special healing report *10 Foods and Herbs That Stimulate Your Sex Drive and 10 That Don't!*—a \$19.95 value, yours **FREE!**

Now, you'll know exactly what to eat—and what to AVOID—for an evening of romance!

In this special report, you'll discover sex-enhancing foods you can eat starting today—to help keep your love life in high gear for decades to come! For example...

- **How to turn your partner on!** Miracle herb works for men and women!
- **Conquer the #1 libido robber!** Page 8 identifies and shows you how to clobber it for good!
- **Nature's sex drive stimulators!** Ten foods and herbs that keep you going longer than the Energizer Bunny®!
- **Worried about soft erections?** You won't be when you discover the foods that turbo charge your hormones!
- **Casanova's secret revealed!** Now you can deliver and receive EXTRA pleasure in bed!
- **And much more!**

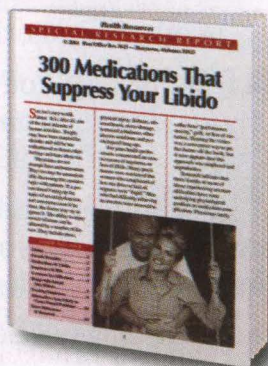
■ **REASON #6:** You get the special healing report *300 Medications That Suppress Your Libido!*—a \$19.95 value, yours **FREE!**

Did you know that three out four men will experience erection difficulties while taking prescription medicines? And the sad fact is **NOBODY IS TELLING THEM ABOUT THE REAL CULPRIT!**

In this frank and honest special report, you'll discover a surprising cause of:

- **Low sex drive—in men and women!**
- **Vaginal dryness!**
- **Impotence!**
- **Emotional detachment!**
- **High blood pressure!**
- **And inability to experience an orgasm!**

Plus, you'll also uncover how hundreds of popular prescription drugs can ruin and even shut down your love life! If you're taking medications, check this list immediately!



■ **REASON #7:** Health Resources™ pays for shipping and handling!—a \$6.95 value!

Shipping and handling will cost you absolutely nothing! That's right—it's FREE when you order six or more bottles at a time! Your order ships within 24 hours without any additional cost to you! But there's more...



When I hear from you within the next 10 days you also get...

■ **REASON #8:** The life enhancing breakthrough special report, *The Secrets of Maximum Life Extension Made Easy!*—a \$19.95 value, yours FREE!

If you got the short end of the gene pool—don't worry! Scientists have discovered the secrets of “youthful aging!” And taking just a few of the simple steps outlined in your special report can add decades of healthy living to your life! For example...



- **How to make it nearly impossible to get sick!** What your doctor will never tell you!
- **The #1 cause of aging!** Surprising discovery now helps you TURN BACK the age clock!
- **The secret to beauty... strength... and youthfulness!** Discover the simple plan for pep, vigor, and good looks!
- **Foods that rob you of energy and years off your life!** Discover how NOT to eat yourself to death!
- **How to overcome a bad gene pool!** Secrets to beating the odds and living longer and healthier!
- **How to keep that “schoolgirl complexion” even at the age of 96!** Discover Nature's beauty artist for healthy skin!
- **The surprising enemy of youth and beauty!** This often overlooked problem can rob you of the health you deserve!
- **And much more!**

Add this is all up for yourself. **That's \$346.50 in discounts and FREE gifts**, just for giving DIM a try!

But I must ask you this one favor...

Please, DON'T take my word for it—I want you to experience the youth-enhancing effects of DIM for yourself! You must be convinced

(continued on next page)

DIM works or you pay nothing!

There's no doubt about it: DIM is a breakthrough nutritional discovery! Now you can naturally help restore your hormonal balance to feel years younger and promote your good health!

With the scientific evidence you've just read...

...And the real life stories of folks—just like you—who've experienced near-miraculous reversals of health...

...It's easy to offer the strongest guarantee available anywhere!

That's exactly what Health Resources™ does! So here it is...

Call TOLL-FREE 1-800-471-4007 right now and ask for your introductory order of DIM. Now, here's where you risk absolutely NOTHING...

Use DIM for as long as you like. You must SEE and FEEL real, significant, and dramatic improvements in your health.

If you are EVER dissatisfied with your results—just return the unused portion—even if you're down to your very LAST capsule!

Health Resources™ will promptly refund your entire purchase price—that's a 100% refund at any time!

Quite honestly, my company would go out of business making that kind of promise if I wasn't 100% positive you will SEE and FEEL the difference DIM will make in your life!

And, if you ever decide to return DIM, you can still keep all the valuable gifts and discounts you received. That's a value of \$346.50—absolutely FREE!

Can I be any fairer than that?

“Easy to swallow!”

“I have been pleased taking DIM. It seems research supports its value. I take it every day with my other vitamins, and will continue. It is very easy to swallow also.”

—Carole W., Pasadena, CA

“I take it every day!”

“I have had very good results with DIM and I take it every day. It is a remarkable product no one should be without. It hits the spot!”

—E.A.R., Albuquerque, NM

Individual results may vary.

There's no doubt about it—DIM is Nature's answer to keeping your body in hormonal balance.

That means you can feel better... look better... help fight off the ravages of aging... enjoy a healthy sex life... and maintain high energy levels well past your 90's!

You've seen the scientific studies and clinical trials reported in prominent and prestigious medical journals...

...You've met real folks whose health has been restored with DIM...

...Now it's time for you to decide the kind of health you want to experience for the rest of your life.

The truth is, drug companies are trying to mimic the hormone restoring powers of DIM. But their "solution" is pricey... ineffective... and loaded with dangerous side effects!

With DIM, you get Mother Nature's solution for natural hormone balance—and it cost you less than a cup of cheap coffee!

For just pennies a day—you can restore your hormonal balance and say goodbye to a host of health problems! I think you'll agree that's a screaming bargain!

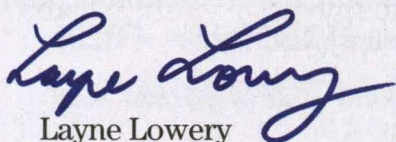
Please remember: You have absolutely nothing to lose by accepting this no-strings attached offer. That's why I urge you to act now during this limited time opportunity.

Call TOLL-FREE 1-800-471-4007 now and Health Resources™ will rush your order of DIM and all your FREE gifts to you.

Or, if you prefer, you can mail in your order form located on page 31 and send it in the postage-paid envelope included.

Either way, you'll promptly receive DIM and be well on your way to a slimmer body full of energy and gusto!

Yours for a healthy and balanced body that's full of life and energy!



Layne Lowery
President, Health Resources™

P.S. Remember you've got an Unconditional Lifetime, 100% Money-Back Guarantee of Satisfaction when you purchase DIM during this special offer. So, why not stock up and save BIG! Try the 12-month introductory pack and get DIM for as low as 25 cents per serving. Plus you get a boatload of FREE gifts too! But you must hurry, so you don't miss out on your gifts during this limited-time offer. Call TOLL-FREE 1-800-471-4007 today!

Special Introductory Offer!

Claim your \$346.50 in Discounts and FREE Gifts Today!



- ✓ 4 additional bottles of DIM absolutely FREE—a \$119.80 value!
- ✓ Special report #1: *Estrogen Dominance & Hormone Balance!*—a \$19.95 value—FREE!
- ✓ Special report #2: *How to Avoid Estrogen-Linked Health Problems!*—a \$19.95 value—FREE!
- ✓ Special report #3: *10 Foods and Herbs That Stimulate Your Sex Drive and 10 That Don't!*—a \$19.95 value—FREE!
- ✓ Special report #4: *300 Medications That Suppress Your Libido*—a \$19.95 value—FREE!
- ✓ Free shipping & handling—valued at \$6.95!

FAST RESPONSE BONUS!

Yours FREE when you respond within 10 days!

- ✓ Special report #5: *Secrets of Maximum Life Extension Made Easy.* A \$19.95 value—FREE!

IRONCLAD 100% Unconditional Lifetime Money-Back Guarantee

SEE and FEEL the Difference DIM will make in your life!

DIM can help you:

- **Promote healthy hormonal balance!**
- **Avoid estrogen dominance!**
- **Ease menopause and PMS symptoms!**
- **Support prostate health!**
- **Keep your youthful appearance!**
- **Boost your sexual vitality!**
- **Lose fat—especially belly fat—and build lean muscles!**
- **Enhance memory function!**
- **Boost your energy levels!**

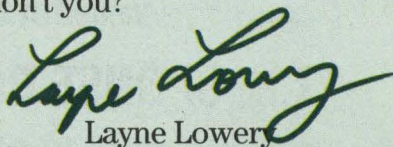
Or you pay nothing!

Just call TOLL-FREE 1-800-471-4007 right now and send for your introductory pack of DIM. Use it for as long as you like.

You must continue to see and feel dramatic improvements in your health. If you are ever dissatisfied, just return the unused portion and Health Resources™ will promptly send you a 100% refund. No ifs, ands, or buts! You have absolutely NO-RISK and NOTHING to lose! No time limits!

And you can keep all the FREE gifts you received as a thank you for giving DIM a try!

I think that's fair, don't you?



Layne Lowery
President, Health Resources™

**If phone lines
are busy—please
keep calling!**

Ordering is Easy!



■ **By Phone:** Save time and get your introductory starter pack and all your FREE gifts faster! Just dial **Toll-FREE 1-800-471-4007**. Customer service assistance is available 24 hours a day, 7 days a week! Please have your credit card handy.

■ **By Mail:** Just fill out the order form to the right and mail it back in the enclosed postage-paid envelope to: Health Resources™, P.O. Box 3623, Hueytown, AL 35023.



■ **By FAX:** Fill out the order form to the right and fax BOTH sides to 1-800-941-6920. Our fax never sleeps—available, 24 hours a day!



■ **Online:** Go to www.HR-DIM.com
Internet offer may vary.

FRESHNESS & QUALITY CERTIFICATION

Every serving of DIM contains optimum levels of Di-Indole Methane—the phytonutrient scientifically proven to help you overcome estrogen dominance... and help restore hormonal balance in men and women.

Our unique processing ensures it's free of any impurities and maintains the nutrients in optimum freshness condition. You can feel free to order several bottles of DIM to save money. The special processing is designed to give you a quality supplement without ever sacrificing freshness or effectiveness.

DIM Quality Control Team

MADE IN USA

Save Time! Call TOLL FREE 1-800-471-4007!

"I've got more stamina."

"I'm 74 years old and since taking DIM, I've received many comments on how young my skin looks. I also have more stamina on my daily speed walks. You'll always have me as a customer!"

—Louis M., Savannah, GA

Individual results may vary.

DIM Gift Reservation Certificate

\$346.50 in Discounts and FREE Gifts • 100% Risk-FREE • Free Shipping & Handling!

☒ **YES!** Help me restore healthy hormonal levels so I can say goodbye to pesky health problems such as menopause symptoms... prostate problems... PMS... low sex drive... and more! Rush me my order of DIM! I know that I am fully protected by your 100% satisfaction guarantee. If I'm not happy with my results, I can cancel and receive a full refund at any time! All the FREE gifts are mine to keep—no matter what I decide!

Please accept my order as follows:

RECOMMENDED!

☐ **BEST VALUE: I SAVE \$326.65 in DISCOUNTS and FREE Gifts!**

12-month supply of DIM for only \$239.40 (I save \$120 off the regular price!)

Plus, I also receive:

■ 4 additional bottles of DIM absolutely FREE—a \$119.80 value!

■ All 4 FREE Special Reports—a \$79.80 value! (See page 28).

■ Free shipping & handling—valued at \$6.95!

FREE Shipping!

☐ **GREAT VALUE: I SAVE \$136.75 in DISCOUNTS and FREE Gifts!**

6-month supply of DIM for only \$149.70 (I save \$30 off the regular price!)

Plus, I also receive:

■ 2 additional bottles of DIM absolutely FREE—a \$59.90 value!

■ FREE Special Reports #1 & #2—a \$39.90 value!

■ Free shipping & handling—valued at \$6.95!

FREE Shipping!

☐ **GOOD VALUE: I SAVE \$49.90 in DISCOUNTS and FREE Gifts!** 3-month supply of DIM for only \$89.85,

plus \$6.95 shipping and handling. I also receive:

■ One additional bottle of DIM absolutely FREE—a \$29.95 value!

■ FREE Special Report #1—a \$19.95 value!

☐ **TRIAL OFFER:** One-month supply of DIM for only \$29.95, plus \$6.95 shipping and handling.

☐ **Yes, I am responding within 10 days!** Send me my FREE

fast response gift: *Secrets of Maximum Life Extension Made Easy*—a \$19.95 value—FREE!



I wish to pay as follows:

Enclosed is a check for \$_____ (payable to Health Resources™.)

[AL residents please add 4% sales tax.]

I prefer to use my: ☐ ☐ ☐ ☐

Card #: _____ Exp: ____/____

Signature: _____

Phone: (_____) _____ (In case we have a question about your order.)

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There's no need to write your name and address. Please check the back cover to make sure your address is correct. If not, please make any necessary corrections. Thank you.

Hormone Health News

Special Bulletin!

Surprising cause of male breasts and facial hair in women!

A hormone imbalance can wreak havoc with your appearance and rob years off your life.

For a man, it can cause you to develop "man boobs"... unwanted curves... and soft muscles.

For a woman, it can trigger menopause symptoms... hair loss... painful sex... and unwanted facial hair!

That's why if you're over 40, you must TAKE ACTION NOW!

First step: READ THIS SPECIAL REPORT IMMEDIATELY!

©2010 Health Resources™

Inside:

Discover the all-natural nutrient that can help you restore your hormone balance and help...

- Shed unwanted pounds—especially belly fat!
- Promote a healthy prostate!
- Boost your libido!
- Soothe hot flashes!
- Manage PSA levels!
- Balance your mood!
- Soften dry skin and fade wrinkles!
- Lose the "man boobs!"
- And much more!

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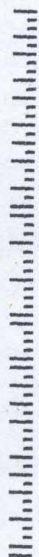
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