

Once **FORBIDDEN** Remedy for **Poor Circulation** Now Available in America!



▲ Scientists in Japan have revealed exciting news about the amazing health benefits of "Natto". Details inside...

Now approved by leading medical experts, it's drawing attention because of its ability to help dissolve dangerous blood clots starting in two hours and improve circulation without drugs or doctors!

Used by the Japanese for 1,000 years... proven effective in 17 clinical studies... safe and natural.

Could this be the answer for you to help relieve or avoid...

☒ clogged arteries

- ☒ heart complications
- ☒ brain injury
- ☒ dangerous blood clots
- ☒ leg pain and cramps
- ☒ chest pains
- ☒ brain "fog"
- ☒ cold hands and feet
- ☒ high blood pressure
- ☒ endless fatigue
- ☒ blood sugar imbalances
- ☒ low libido
- ☒ varicose veins
- ☒ sleepless nights?

**Find out,
inside...**

ONCE-FORBIDDEN “clot buster” proves so miraculous, it’s turning skeptics into believers!

It’s 1946, and during the U.S. occupation of Japan, American soldiers come upon a fermented cheese-like food made from soy that the Japanese crave.

But due to its strange smell and what was perceived as unsanitary preparation, the U.S. Army *forbids* the Japanese to eat it.

Skip ahead to 1980. Dr. Hiroyuki Sumi is testing 173 foods to see if any contain compounds that will dissolve blood clots that cause heart, brain, or lung disasters—and he finds one: This same cheese-like food.



Now 61 years after it was forbidden and 27 years after it was rediscovered, here’s a wonder that can help you:

- (1) Safely blast away dangerous blood clots,
- (2) Improve circulation, and
- (3) May help keep you OUT of a hospital, nursing home, or wheelchair!

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Chapter 1

How to blast away dangerous blood clots starting in two hours and improve your circulation without drugs or doctors!

Dear Health-Smart Friend,

If you want to DODGE THE BULLET of a dangerous blood clot and a serious heart, brain, or lung problem...



- ✓ If you want to help EASE, IMPROVE—even help REVERSE many of your health problems...
- ✓ If you want to help IMPROVE POOR CIRCULATION and feel stronger, healthier, and younger from head to toe...
- ✓ And if you want to help KEEP YOURSELF OUT of the emergency room, operating room, nursing home, or wheelchair...

...Then I have some important and surprising NEWS for you from the frontiers of nutritional medicine.

You see, for decades the so-called medical “experts” have claimed that the major culprit behind many of our biggest health problems are blood vessels clogged with cholesterol and plaque.

Is it any wonder then, that millions of Americans are taking prescription medications by the handful and going under the knife to solve these blood vessel problems?

But the truth is, many of them are...

(continued on next page...)

Leaving themselves vulnerable to a big health crisis! Are you unknowingly at risk, too?

New research now reveals that a hidden culprit behind clogged arteries is often **blood clots** triggered by inflammation or by injury to your arterial walls—and this problem may be much worse than cholesterol and plaque alone.

For example, inflammation in your blood vessels...

1. Activates clotting in your blood that uses cholesterol-like brick and mortar WHICH IN TURN...
2. Promotes blood clotting that act like rebar framework.

The result? Blood clots can clog or block tiny veins and arteries throughout your body, causing you problems ranging from cold hands and feet to varicose veins, from cramping in your legs to vision problems, from a weak heart to high blood pressure, from lagging libido to low energy.

In the worse case, your larger arteries are not just clogged, they're completely **BLOCKED!** And when that happens, bingo, blood flow is cut off to your heart, brain, or lungs—and you could have a catastrophe!

In this special issue:

- Suffering from poor circulation? Find out in this two-minute self test... page 7
- Slash your risk of a heart catastrophe 44% without aspirin... page 10
- Help prevent hardening of your arteries, naturally... page 23
- Get the ultimate compliment: You look great for your age... page 24
- Regulate high blood pressure, Nature's way... page 32
- Help lower high cholesterol without drugs... page 41
- Enjoy thinner blood for life... page 42

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As a medical doctor, I can tell you there's nothing more heartbreaking...

...Than seeing the devastating effects of blood clotting in the brain or lung, or a major vessel in the heart.

In just seconds, you could die. And *if* you recover, you may end up a mere shell of yourself—suffering in a nursing home or in a wheelchair.

For years, this bothered me: Millions of Americans are at risk because of poor circulation... thick, sluggish blood... clogged arteries... and harmful blood clots.

So I threw myself into the research on aspirin and prescription blood thinners—and as you'll read in a moment, the latest findings are not good. These so-called “solutions” often put you at **MORE** risk!

What about natural blood thinners such as fish oil, ginger, MSM, and protease enzymes such as wobenzym and vitalzym? Safe, but they still may not be potent enough.

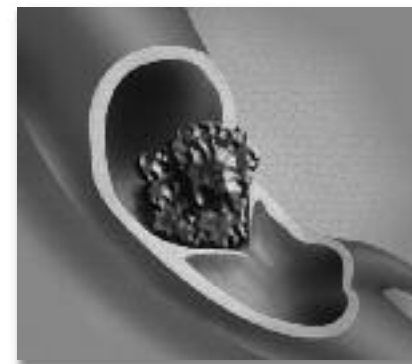
The fact is, most people are doing little or nothing to truly protect themselves from dangerous blood clots, clogged arteries, and circulation problems! **WELL, THAT'S NOT GOOD ENOUGH FOR MY PATIENTS AND ME!**

So I went the extra mile, and...

My search paid off, at last!

I set out to find a natural secret that would help...

(continued on next page...)



▲ In the worse case, if your arteries get completely blocked, blood flow is cut off and you could have a heart, brain, or lung catastrophe!

- ✓ Avoid a heart, brain, or lung problem.
- ✓ Safely dissolve blood clots better and faster than traditional remedies.
- ✓ Sweep your blood clear of harmful toxins.
- ✓ Thin your blood for improved circulation.
- ✓ Relieve the biggest health concerns you face.
- ✓ Boost your overall energy, vitality, and longevity.
- ✓ All safely, naturally, and affordably.

A tall order, right? But by a stroke of good fortune, I'm happy to report I've discovered...

The ultimate natural circulation booster and "clot buster."

In this Special Issue, you'll be among the first to read what may well be my MOST IMPORTANT natural health secret to date.

It's a 1,000 year-old Japanese secret derived from soy beans called Nattokinase—and it's now available in the U.S. in an exciting new natural breakthrough: **Ultimate Blood Flow Formula™**.

As you'll see, it's a new breakthrough that's the most powerful way I've ever found to help improve poor circulation and break up, dissolve, and safely sweep dangerous blood clots out of your body. One that works in the most natural way *with* your body, not against it.

You'll also read that its origins are based on more than 1,000 years of traditional medicine, now confirmed by 17 modern scientific and clinical studies.

Plus, you'll read enthusiastic comments by **people already taking this breakthrough** who say things such as...

■ "No more clogged arteries!"

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IMPORTANT! Take this two-minute self test

Are you suffering from poor circulation?

As a medical doctor, I've seen thousands of patients over the years, and here are common symptoms of those suffering from poor circulation.

Check off how many you have—then try the new one-per-day supplement, **Ultimate Blood Flow Formula™**.



- | | |
|---|---|
| ☐ High blood pressure | ☐ Shortness of breath |
| ☐ Leg cramps | ☐ Brain fog |
| ☐ Cold hands and feet | ☐ Memory loss |
| ☐ Prematurely aging skin | ☐ Poor vision |
| ☐ Skin problems | ☐ Swelling |
| ☐ Constant tiredness | ☐ Fatigue |
| ☐ Poor sleep | ☐ Cholesterol concerns |
| ☐ Headaches | ☐ Weak heart |
| ☐ Low libido | ☐ Blood sugar imbalances |
| ☐ Varicose veins | ☐ Digestive discomfort |
| ☐ Muscle and joint pain | ☐ Nighttime pain |

REVEALED: True Life Stories

Health miracles galore!

GREAT RESULTS AND NO MORE RISK OF BLEEDING!

"I am 80 years old and after studying about Nattokinase I decided to use it. It was great, no more monthly blood tests, no more chance of bleeding or being poisoned. It works."

—Betty K., Arizona



SOLUTION FOR SWELLING!

"I intend to continue using *Ultimate Blood Flow Formula*™ for my entire six months supply that I have on hand. For edema of the lower extremities it shows promise."

—Gerald S., Florida



(continued from page 6...)

- "Far less numbness in my joints, hands, and feet!"
- "Lowered my blood pressure!"
- "Like insurance against blood clots!"
- "Leg cramps all gone!"
- "No more chest pains!"...

...And by **medical experts** who praise this natural powerhouse and say things such as...

- "It's life-changing!"
- "Most exciting development in the prevention of heart problems!"
- "Remarkable results in just days!"
- "Magical!"

Even better, you'll read why this new breakthrough is completely safe, all-natural, and remarkably affordable.

But first, let me warn you of the real risks you face from poor circulation, thick blood, and blood clots.

Chapter 2

Poor circulation, thick blood, and blood clots: A disaster on the American Horizon

Did you know that if you're over age 55 you have...

... A 1-in-4 chance of being struck down by a heart disaster?

... A 1-in-6 chance of being felled by a brain catastrophe?

... And a 1-in-2 chance of suffering from poor circulation?

If you think I'm exaggerating, just consider that during *the next 12 months* in America alone...

- ✓ 725,000 folks will die of heart-related calamities—that's nearly 2,000 a day!
- ✓ 167,000 people will meet their maker due to blood clots in the brain! (FACT: 80% of all strokes are caused by blood clots.)
- ✓ More than 200,000 people will die due to blood clots in their legs!



▲ A heart, brain, or circulation disaster can put you in a wheelchair or rest home.

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Individual results may vary. *Ultimate Blood Flow Formula*™ is also sold under the trade name *The Circulation Solution*™.

REVEALED: Super Heart Insurance



Slash your risk of a heart “catastrophe” by up to 44%... *without* aspirin.

You’ve probably read or heard about the Harvard University research of 20,000 American doctors. They revealed that taking one aspirin a day reduces your risk of a heart “catastrophe” due to blood clotting by 44%.

Sounds good, right? That is, until you understand the big risks of taking an aspirin every day, such as an increase in major bleeding episodes and a breaking of blood veins. This is why, as an M.D., I don’t recommend you take aspirin to prevent dangerous blood clots.

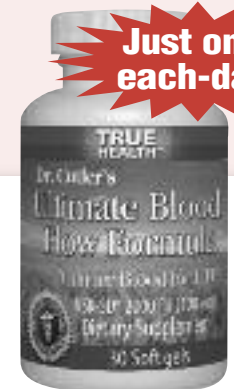
There’s a better way. Recent research reveals that eating soybean products every day has the same

heart-protecting, clot-busting effects of aspirin—but without the risks.

Eating soybeans every day may be tough for you. That’s why I recommend you take **Ultimate Blood Flow Formula™** with Nattokinase, derived from soybeans, for the ultimate clot-busting, artery-clearing benefits.



**Just one-
each-day!**



Enjoy Thinner Blood for LIFE!

Call 1-800-746-4513!

See page 53 for special savings and Free Gifts valued up to \$446.90!

So here’s my **CRITICAL, LIFE-SAVING POINT...**

If your circulation is poor... if your blood is slow and thick... and if your arteries are choked up with blood clots, you can be doing all the right things, and *you’ll still be vulnerable to a health disaster!*

That’s right. You can be eating healthy foods, taking your vitamins religiously, and even exercising like a champ. *But if you have poor circulation, it may all be for nothing!*

The truth is, virtually everything about your health—your heart, brain, lungs, legs, energy, blood pressure, blood sugar, skin, vision, pain, even sex life—are in some form or fashion linked to your circulation.

But what’s even worse is most of the popular “solutions” for poor circulation and blood clots can fail miserably at protecting you from these health disasters... cost you an arm and a leg... and can even put you at **MORE** risk.

Let me start with...

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The shocking case against aspirin and other popular blood thinners

If you've been following the news, then you know that aspirin has been THE recommended solution to thin your blood, prevent blood clots, and protect your brain, lungs, and heart.

Why? Because aspirin blocks the function of platelets so your blood cannot clot well.

But now, new research is shooting holes through the aspirin story—and you deserve to know the whole truth.

I recently came across five studies—The Primary Prevention Project... The Physician's Health Study... The Thrombosis Prevention Trial... The Hypertension Optimal Treatment Study... and the British Doctors' Trial—that all came to the same startling conclusions:

Taking aspirin results in a miniscule reduction of heart attack risk (*less than 1%* in those with a low baseline of risk)... can increase major bleeding episodes... and may even cause blood veins to break leaving you bruised.

The Hypertension Optimal Treatment (HOT) study confirms this dangerous flaw of aspirin. In this study, 18,790 hypertensive patients took 75 mg of aspirin or a placebo daily for 3.8 years—and the aspirin group had



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more risk than benefit.

The aspirin group reduced cardiovascular events by 15% and heart attacks by 36%, BUT increased major internal bleeding by 65%!

And a study reported in the *American Heart Journal* concludes that aspirin is dangerous and ineffective for people with heart failure. In this study, 279 patients with heart failure took on average 300 mg of aspirin... a popular blood thinning prescription drug... or nothing.

The results were appalling!

- ✓ Those taking aspirin got ZERO health benefits...
- ✓ There was NO difference in incidences of death, nonfatal heart attacks, or nonfatal strokes between the aspirin group and those taking nothing...
- ✓ Those taking aspirin INCREASED their risk of serious G.I. bleeding...
- ✓ And those taking aspirin were TWICE as likely to be hospitalized for heart complications compared to the blood thinning drug group.

As a medical doctor, I used to recommend aspirin universally to my patients—but NOT ANYMORE!!!!

And the news about popular prescription blood thinners isn't much better

What about prescription blood thinners? Millions of Americans are taking them every single day, so they must be okay, right? WRONG! They're built on a foundation that's about as solid as a house of cards.

For example, one popular prescription blood thinner [REDACTED] is used to keep your blood thin where stroke risk is high or where deep clots in veins

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have developed. It's a best-seller, racking up \$212 million in sales in 2005 alone.

██████ does help prevent strokes, but it has this **BIG SIDE EFFECT:** *Spontaneous bleeding anywhere in your body.*

What's more, did you know it contains the same active ingredient found in **RAT POISON**? This is an outrage!

If that's not bad enough, the FDA recently requested that the company which manufactures ████████ to slap a "Black Box" warning label on it—the **HIGHEST WARNING RED ALERT** on any drug.

And why not, considering its side effects include...

- ✓ Major or fatal bleeding.
- ✓ An allergic reaction (difficulty breathing, closing of throat, and swelling of lips).
- ✓ Black, bloody, or tarry stools.
- ✓ Blood in urine or vomiting.
- ✓ Coughing up blood.
- ✓ Bleeding gums or sores in the mouth.
- ✓ Etc., etc., etc.—you get the picture.

Another multi-million dollar flop!

And still another best-selling prescription blood thinner ████████ is used for anti-clotting purposes. It blocks the function of platelets so your blood cannot clot, but it does *nothing* to break up existing clots.

Worse, in a recent study reported in *The New England Journal of Medicine*, 15,603 patients with known serious cardiovascular problems or multiple risk factors took ████████ (75 mg a day) plus low dose aspirin (75 to 162 mg a day) or a placebo plus low dose aspirin daily for 28 months.

The results? Those taking ████████ with aspirin saw bleeding *increase by 25%* and were *not* significantly better

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MEDICAL FACTS

How do dangerous blood clots form?

■ **STAGE ONE:** Your body's natural clot-dissolving enzyme, plasmin, declines with age.

■ **STAGE TWO:** Bacteria, viruses, and fungi create fibrin.

■ **STAGE THREE:** Fibrin strands stick to blood vessel walls like Velcro®.

■ **STAGE FOUR:** You end up with thick, sluggish blood.

■ **STAGE FIVE:** Your organs become starved of oxygen and nutrients.

■ **STAGE SIX:** Waste products and inflammation build up.

■ **STAGE SEVEN:** Blood clots form.

■ **STAGE EIGHT:** Blood is cut off to your heart or brain—and disaster strikes!

Don't let dangerous blood clots and poor circulation rob



you of good health and great living. Safely dissolve those clots and boost your circulation with **Ultimate Blood Flow Formula™**.

"Taking this has lowered my blood pressure from 149/94 to 128/83."

—John L., Florida

"I used to have varicose veins but my legs look so much better now. I can wear dresses again."

—Joy G., Illinois

"For weeks, leg aches interrupted my early morning sleep. After one week of taking *Ultimate Blood Flow Formula™*, I'm sleeping just fine." —Clair B., Massachusetts

than those taking aspirin alone in reducing rates of heart attack, stroke, or death.

When I was in medical school, I learned all about the use of aspirin and prescription blood thinning drugs to prevent blood clots and heart, brain, and lung disasters. **BUT NOBODY TOLD ME THE REAL STORY ABOUT THEIR FLAWS, THEIR LIMITATIONS, AND THEIR SIDE EFFECTS!** So that's why I turned to Nature for something better and safer. It's...

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The once-forbidden circulation miracle and “clot buster” that’s turning skeptics into believers

As I noted, I first looked at typical natural solutions for poor circulation and harmful blood clots. These included fish oil, ginger, MSM, and protease enzymes such as wobenzym and vitalzym.

These are safe and helpful, but none get to the root cause of the problem and none work fast enough, last long enough, or are potent enough to do the trick.

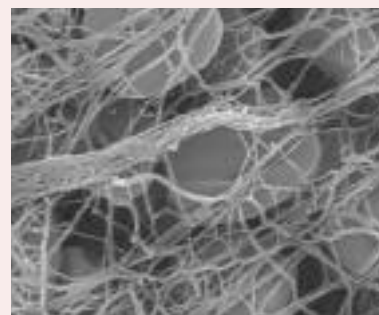
That’s why I want to introduce you to a powerful clot-busting, artery-sweeping, circulation-boosting breakthrough called **Nattokinase**.

Nattokinase is derived from the fermented Japanese cheese-like food I mentioned earlier, Natto.

Natto is made by adding the beneficial bacteria *Natto Bacillus* to boiled soybeans. The result is an enzyme called Nattokinase that: (1) Helps keep blood clots from forming and (2) helps safely dissolve existing blood clots.



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BEFORE Nattokinase—Fibrin strands that stick to your blood vessels and form clots.



AFTER Nattokinase—18 hours later, fibrin strands have all but dissolved, and dangerous blood clots can’t form.

Even more exciting, Nattokinase is the main ingredient in a new, even more powerful natural health supplement called **Ultimate Blood Flow Formula™**, helping give you thinner blood for life!

Believe me, there’s nothing like Nattokinase anywhere else on the face of the Earth.

Here’s the scientific evidence that this may be Nature’s most potent “clot buster.”

Seventeen studies and clinical trials prove that Nattokinase is a natural health breakthrough that’s...

✓ **Clinically-proven to safely help thin, dissolve, and can even eliminate dangerous blood clots in your arteries, starting in as little as two hours.**

In one study, healthy male and female volunteers between the ages of 21 and 55 ate 200 grams of Natto before breakfast.

Their blood plasma was measured, and within two hours, their ELT (measure of time it takes to dissolve a blood clot) was slashed by 48%! And this improved ability to dissolve clots lasted for a full eight hours!

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- ✓ Clinically-proven to help safely blast away the root cause of dangerous blood clotting in your arteries called fibrin.

Fibrin, a mesh-like material, is created in response to injury along your blood vessel walls and is the fundamental trigger of inflammation in your blood.

Fibrin strands stick to your blood vessel walls like Velcro®, and as those strands build up, they turn into clots.

The good news is, Nattokinase directly dissolves the fibrin of clots forming or those already formed.

- ✓ Clinically-proven to help safely dissolve blood clots in your arteries, more powerfully than the natural human clot buster, plasmin.

Your body has several enzymes to make clots in your blood—you need them to stop bleeding. But your body has only one enzyme for dissolving clots called *plasmin*.

The problem is, as you age, your body's ability to produce enough plasmin to dissolve clots weakens.

But research (Sumi, H. et al.) documents show that Nattokinase not only digests fibrin, but does so more powerfully than plasmin!

In fact, in a laboratory study⁽¹⁾, Nattokinase was shown to be 292% more effective than plasmin in regaining blood flow!

In this study, scientists induced blood clots in the carotid arteries of rats and compared the effects of Nattokinase and plasmin.

The results? Stunningly, the Nattokinase-treated rats regained 62% of blood flow, far better than the plasmin treated rats who regained only 15.8% blood flow. That's 292% better results with Nattokinase!

No wonder Nattokinase in the new **Ultimate Blood Flow Formula™** could soon make blood-thinning aspirin obsolete!

(1) Biotechnology Research Labs and JCR Pharmaceuticals of Kobe Japan.

Chapter 5

The medical experts agree: Nattokinase is a lifesaver!

But don't just take my word for the wonders of Nattokinase. Here's what some leading medical experts are saying...

Remarkable results in just days!

Patricia Kane, Ph.D., in *Focus Nutricology Newsletter* says, "I started 25 patients on Nattokinase... and patients are reporting more energy, less pain, and a clearing of mental confusion in the first few days of use. We've already added Nattokinase into our protocol for detoxification of neurotoxins."

Most exciting development in the prevention of heart problems!

Martin Milner, M.D., Center for Natural Medicine in Portland, Oregon put it this way, "In all my years of research as a professor of cardiology and pulmonary medicine, Natto and Nattokinase represent the most exciting development in the prevention and treatment of cardiovascular related problems. We've finally found a potent natural agent that can help thin and dissolve clots effectively, with relative safety and without side effects."

Nattokinase is life-changing!

Dr. Ralph Holsworth, D.O., leading researcher for clinical studies documenting the efficacy of Nattokinase, is so impressed by what he's found, he says, "I have dedicated the rest of my life to the research of Nattokinase. I've never seen

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MEDICAL FACTS:

Q—Which parts of your body are most at risk to blood clots and poor circulation?

A: Your key organs, extremities, and arteries

These include...

- | | | |
|---------|-----------|----------|
| ✓ Brain | ✓ Legs | ✓ Neck |
| ✓ Heart | ✓ Toes | ✓ Thighs |
| ✓ Lungs | ✓ Fingers | ✓ Arms |

Help protect your *whole* body—organs, extremities, and arteries—from dangerous blood clots and the problems of poor circulation with the once-per-day **Ultimate Blood Flow Formula™** with Nattokinase.



Help banish these blood clots:

Thrombus—A blood clot that partially blocks one of your veins or arteries.

Embolus—A blood clot that breaks off, travels through your blood and lodges in an organ.



Protect All of Your Key Blood Vessels:

CAROTID artery—Major artery that moves blood up to your brain. If blood is blocked to your brain, you could have a major brain problem.

PULMONARY artery—Strategic artery that moves blood from your heart to your lungs. A clot that breaks from here or lands here is known as a pulmonary embolism—the result can be damage to the lungs and even death. Pulmonary embolism is the third leading cause of death to hospitalized patients in America.

CORONARY artery—Key artery that moves blood to the powerful muscles of your heart. Blood clots are formed by plaque rupture. If a blood clot stops the flow of blood, you have a serious heart problem.

FEMORAL artery—Key artery that moves blood to your legs. A clot here or below leads to claudication and pain, lack of color, and/or weakness and numbness.

an enzyme that has allowed me to assist my patients this significantly. [Taking Nattokinase] is, literally, a life-changing event for them. I feel honored to have that piece of information and I just want to spread the word.”

A true breakthrough!

Jonathan Wright, M.D., adds, “The literature about Natto and Nattokinase is very impressive... the first patient I asked to try it had a rapid and dramatic response. While this was likely an unusually good result, Nattokinase appears to be a true breakthrough.”

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Magical—results swift and dramatic!

Betty Kamen, Ph.D., put it this way: “I am aware of the long list of helpful, natural, and safe modalities for recovering from illness... Many of these substances worked well for my husband’s recent problem, but nothing appeared as magical as Nattokinase! In terms of his energy and well being, it was as though a switch was suddenly turned on... The positive effects of Nattokinase are swift and dramatic.”

But what can Nattokinase do for you?

(continued on next page...)

Get ready for your own health miracle

Once you start dissolving and blasting away dangerous blood clots, your circulation will dramatically improve. Why is this important?

Because healthy circulation can do miracles for your health—but that only occurs when your blood flows smoothly and easily.

And that's where **Ultimate Blood Flow Formula™** helps you come through like a Gold Medal winner.

It helps by...

✓ Safely dissolving dangerous blood clots in your arteries...

The truth about blood thinning

Most people think that thinning their blood alone will prevent and remove blood clots. NOT TRUE!

You must address blood clots at their root—fibrin accumulation. The fact is, this fibrin must be dissolved and removed to protect you from dangerous blood clots. And Nattokinase in **Ultimate Blood Flow Formula™** has the best natural agent to do just that.

✓ Sweeping harmful toxins out of your circulatory system...

✓ Thinning your blood...

✓ Giving your *whole* circulation system a healthy boost.

When I say *whole* circulation system, I mean it. In fact, did you know your body's circulation system is made up of roughly 75,000 miles of arteries, blood vessels, and capillaries—filled with six liters of blood?

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ARTERY ALERT:

Help prevent hardening of your arteries... *naturally!*

It's a medical fact: By the time you've had a serious heart or brain problem, your arteries may be hardened beyond a point where you can be helped with a clot-dissolving agent. It's too late.



The good news is, according to Dr. Martin Milner from the Center for Natural Medicine in Portland, OR, "Nattokinase can help prevent the hardening of arteries with an oral dose of as little as 100 mg a day."

He adds, "In some ways, Nattokinase is actually superior to conventional clot-busting drugs... like Urokinase, which is only effective when taken by I.V..."

The best news is, a daily serving of **Ultimate Blood Flow Formula™** gives you 100 mg of Nattokinase—so you can help protect your arteries *naturally*.

▲ Help keep your arteries free-flowing with **Ultimate Blood Flow Formula™**



Enjoy Thinner Blood for LIFE!

Now picture thin, healthy, toxin-free blood coursing through *all* of your arteries, blood vessels, and capillaries. Picture health-boosting nutrients, life-giving oxygen, and immune-boosting cells flowing through your entire circulatory system—going directly to your organs, limbs, and tissues.

The result? It starts with...

A miracle for your heart!

As a medical doctor, I've seen with my own eyes the damage blood clots can do to a person's heart.

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Want the best kind of compliment?

“You look great for your age!”



A special “side” benefit of improved circulation is your skin may look better and you may even look younger. That’s because as your blood thins... oxygen and nutrients smoothly flow throughout your whole body... *and your skin is rewarded.*

Here’s what a few folks say about how **Ultimate Blood Flow Formula™** has helped them turn back the clock and look younger...

BAD SKIN CLEARING UP!

“I’ve used the *Ultimate Blood Flow Formula™* for about three months now and have seen results... My joint pain is

(continued from page 23...)

Left unchecked, these clots can block blood flow in the major arteries leading to your heart and in your heart muscle tissue. What’s more, we now know blood clots can form even in your tiniest arteries and veins surrounding your heart.

Worse, if blood flow is blocked, even partially, your heart gets little or no oxygen and heart tissue begins to die, leading to a heart crisis.

This buildup of blood clots is like forgetting to do maintenance on your car—for ten years! Open up the hood—and it’s a mess. Dirty, filthy, and gunked up. Oh your car may run, but one day it’ll just sputter and die.

much better. Also, I am sleeping from four to seven hours sometimes straight, and I am so happy that my bad skin is clearing up. I would recommend it to everyone over 50 to take this supplement—it’s great.”

—Doret M., Delaware

LOOK YOUNGER!

“I like the *Ultimate Blood Flow Formula™* very much. My circulation is better. I look younger. I like your products. I’ll be ordering from you again.”

—Sherrill B., Texas



COMPLIMENTS GALORE!

“My wife and I take *Ultimate Blood Flow Formula™* religiously. We feel great. We’re both over 50 and people comment how young we look. We think that circulation is one of the most important aspects in good health and this helps our circulation.”

—Scott O., Hawaii



Individual results may vary. *Ultimate Blood Flow Formula™* is also sold under the trade name *The Circulation Solution™*.

That’s why you need Nattokinase in the **Ultimate Blood Flow Formula™**. It helps safely and gently dissolve blood clots around your heart, helps prevent new clots from forming, and helps keep your blood flowing smoothly in and around your heart.

And when your heart is pumping strongly and your circulation is moving freely,

(continued on next page...)

Enjoy Thinner Blood for LIFE!
Call 1-800-746-4513

See page 53 for special savings and Free Gifts valued up to \$446.90!



you'll feel stronger all over. You'll have more energy. You can outrun and outwork your peers. You'll likely feel like you've just had a tune up. You may feel years younger. How great will that be?

Plus, this breakthrough helps avoid...

A scary, growing health problem for those over 50—a fading mind and memory

The new Ultimate Blood Flow Formula™ can also be...

The Medical Doctor with the Midas Touch!

Dr. Michael Cutler counts himself blessed. He's trained in a field he loves—medicine—and over the years, he's helped thousands of patients, even those deemed "hopeless," get well and heal themselves.

What's more, it seems like everything he touches has turned to gold.

After graduating from Tulane Medical School as an M.D., Dr. Cutler has...

- ☐ Been founder and director of the Total Health Institute Medical Clinic...
- ☐ Practiced integrative medicine at the Modern Health Clinic for Advanced Medicine...
- ☐ Been a pioneer in discovering and developing new, natural health remedies and safe alternatives from the cutting edge of natural science...
- ☐ Editor of *Easy Health Options*™, a natural health newsletter dedicated to teaching safe, natural therapies, principles of self-healing, and mind/body empowerment tools.

Now, in this Special Issue, Dr. Cutler reveals what may well be his most important natural health breakthrough to date: Nattokinase!

Michael Cutler, M.D., Medical Advisor, True Health™

Natural Health **CONFIDENTIAL**

A miracle for your brain!

Blood clots can also mobilize in and around your brain, blocking blood and oxygen your brain needs to think, remember, reason, and function.

At first, poor circulation to your brain might cause a little brain fog, forgetfulness, confusion, or occasional memory loss.

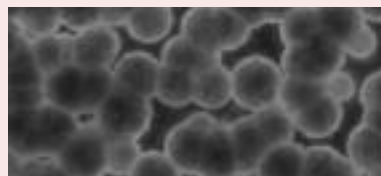
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Documented proof Nattokinase thins the blood in one week!

When I first heard that a substance derived from food, nattokinase, could thin blood and improve circulation, I was skeptical. Then I saw the proof and was convinced without a doubt!

Just take a look at these two examples of blood cells, BEFORE and AFTER Nattokinase...

Proof example No. 1: 42-year old female, non smoker, test period 1 week



BEFORE Nattokinase. Notice how many of the red blood cells stick together and have awkward shapes.



AFTER 2,000 FU/day Nattokinase soft gel. Notice how the red blood cells have separated from each other. They are elastic and round shaped, indicating a healthier condition.

Proof example No. 2: 35-year old male, smoker, test period 1 week



BEFORE Nattokinase. Notice how the red blood cells stick to each other so the shape cannot be identified. His blood is sticky.



AFTER 2,000 FU/day Nattokinase soft gel. Notice how the red blood cells have separated from each other. Each cell is nearly completely round indicating smooth, free flowing blood.

A superior product of Japan!

Now imagine these positive effects happening in your blood, even as soon as one week!



Call TOLL-FREE 1-800-746-4513

You may think, no big deal, just signs of getting older.

But if the problem gets worse, and blood flow is slowed down to a trickle in your cerebral blood vessels, age-related memory problems may occur.

In fact, in Japan it's estimated that 60% of age-related memory problem cases are caused by blood clots.

And is it any wonder that here in America, cases of age-related memory loss are spreading like wildfire?

Then, if your cerebral blood vessels get completely blocked, you could end up having a brain catastrophe!

The good news is, the new **Ultimate Blood Flow Formula™** can help safely dissolve blood clots near your brain and helps keep thin, healthy blood flowing to your brain.

You can think clearer, have a better memory, and even surprise yourself at your mental recall or problem-solving abilities.

When your friends are complaining about memory loss and forgetfulness, you'll impress them with a razor sharp mind and memory. Those are the benefits of thin, clear, abundant blood flowing freely to your brain. You'll also enjoy...

A miracle for your legs, feet, and hands!

Over the years, I've treated many people with poor circulation, and one of their most common symptoms was pain in their legs. These folks had poor blood flow that caused varicose veins and inadequate circulation, so their legs hurt.

This made walking difficult for them. Even doing simple things like getting out of bed, going to the bathroom, and moving around the house was painful.

Others complained to me that their hands and feet were always cold—and they didn't "work" like they used too. Again—symptoms of poor circulation.

But the new **Ultimate Blood Flow Formula™** helps solve these poor circulation problems.

(continued on page 30...)

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REVEALED: Traditional Healing

The lifesaving secret of Samurai warriors.

Natto was first discovered during the Heian era of Japan (794–1192 A.D.) by a famous Samurai warrior, Yoshiie Minamoto.

The Samurai warriors typically fed their horses boiled soybeans. The soybeans were boiled, cooled, and dried—then put into straw bags.

But on one occasion, Minamoto had his troops on the move, so the boiled soybeans were hastily packed in straw bags with a harmless and naturally-occurring bacteria. This fermented the soybeans into Natto.

At first, Minamoto was going to throw away the fermented soybeans, but then he found out that his horses loved it. Then Minamoto tried it—and he too loved its distinctive taste and sticky consistency—and how it gave his



warriors and him a healthy boost.

Over the years, Natto became a folk remedy for poor circulation, weak hearts, fatigue, and other health problems.

Then, starting in the 1980s, Natto was proven to be a natural clot-buster, artery-sweeper, and circulation-booster in 17 clinical and research studies.

Now, you can use the secret of Samurai warriors to give your circulation a healthy boost and help avoid dangerous blood clots.

(continued from page 28...)

Having smooth, abundant blood flow to your extremities is vital for mobility and flexibility.

With this new formula, your circulation can improve significantly, and your legs, hands, and feet can feel much better and much warmer.

You'll likely find it easier to bend, flex, and move your legs. And you should find your hands and feet feeling normal again—not cold or stiff.

But that's not all. The new **Ultimate Blood Flow Formula™** can...

Works like magic for your whole body—head-to-toe!

I'm even more excited about the discovery of Nattokinase

and the creation of the new **Ultimate Blood Flow Formula™**. Why? Because you can also enjoy...

A miracle for your total health!

You'll be amazed at the dozens of health benefits you can enjoy by dramatically boosting your circulation with the Nattokinase in **Ultimate Blood Flow Formula™**, such as...

- ✓ Reduced muscle pain and stiffness...
- ✓ Healthy blood pressure...
- ✓ Improved breathing...
- ✓ Stronger immunity...
- ✓ Regulated cholesterol...
- ✓ Better digestion...

(continued on next page...)

Enjoy Thinner Blood for LIFE!
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REVEALED: Longevity News



Want to live longer and healthier?

Let's take a clue from the Japanese...

Do you know that the Japanese live longer than any people on earth, according to the World Health Organization? And, they have *fewer* cases of major health problems that plague us here in America.

These facts intrigued me, so I started investigating their lifestyle, especially what they eat.

Compared to Americans, Japanese typically...

- ✓ Eat less meat...
- ✓ Eat more fish...
- ✓ Eat less simple sugar...
- ✓ And eat more fermented soybeans!

In fact, Japanese eat *20 to 30 times* more soybeans than Americans. And when it comes to Natto, Japanese on average eat 4.5 pounds a year.

To be honest, I'm not crazy about eating that many soybeans or Natto, and neither are most folks I know.

That's why I make sure I take **Ultimate Blood Flow Formula™**, with Nattokinase, every day. It's odorless, tasteless, and works like magic for many people suffering from poor circulation and blood clot problems.

- ✓ Healthier blood sugar levels...
- ✓ Increased energy...
- ✓ Healthy vision...
- ✓ Fewer headaches...
- ✓ Less swelling and edema...
- ✓ Better sleep each night...
- ✓ Smoother skin...
- ✓ Improved libido and erections for men.

With widespread benefits like these, is it any wonder that

ANNOUNCED: Blood Pressure News

Regulate high blood pressure, Nature's way

Do you know what's one of the main causes of high blood pressure?

It's when an enzyme found in your body—angiotensin converting enzyme (ACE)—runs rampant. ACE causes your blood vessels to narrow and your blood pressure to skyrocket.

But what most people don't know is Nattokinase is a natural ACE inhibitor. This means it blocks the creation and function of ACE.

The result? With Nattokinase, you can help regulate your blood pressure, the natural way.

This is documented in a study⁽²⁾ where 30 grams of Natto extract (equivalent to 200 grams of Natto food) was given to patients with high blood pressure.



(2) Natto-Traditional Japanese Fermented Soy Beans with Recently Discovered Health Benefits and Novel Industrial Applications, *Enzyme Wave*, Vol 3, June 2002. Amano Enzyme, Inc. pages 2-4.

Nattokinase in **Ultimate Blood Flow Formula™** is one of the biggest natural breakthroughs we've seen in decades!

Need more proof?

Here are some eye-opening comments by folks all across America

A select number of people were among the first to try the new **Ultimate Blood Flow Formula™** featuring Nattokinase—and already, their comments are pouring in. Just take a look...

(continued on next page...)

The result? Four out of five volunteers had an average of 10.3% drop in blood pressure—all without drugs or side effects.

LOWERED MY BLOOD PRESSURE!

"I am taking *Ultimate Blood Flow Formula™* which has lowered my blood pressure from 140/80 to 120/70."

—*Thelma H., Wisconsin*

GREAT FOR MY BLOOD PRESSURE!

"...With *Ultimate Blood Flow Formula™*, my blood pressure is slightly lower than it's been which isn't bad for a 76 year old... it works."

—*Rodney B., Minnesota*

BLOOD PRESSURE LOWER!

"I have just started my second bottle of *Ultimate Blood Flow Formula™*. I feel better, my blood pressure and pulse rate are lower. I will definitely re-order."

—*Walter T., Texas*

Individual results may vary. Ultimate Blood Flow Formula™ is also sold under the trade name The Circulation Solution™.

Enjoy Thinner Blood for LIFE!
Call 1-800-746-4513!

See page 53 for special savings and Free Gifts valued up to \$446.90!



THINS MY BLOOD WITH NO SIDE EFFECTS!

"I have used *Ultimate Blood Flow Formula*™ and find it very effective for thinning my blood without any side effects. Plus, there's no need to avoid certain foods as is necessary with using other products. I recommend it because it is natural and safe."



—Ted S., Florida

PAINFUL CRAMPS ARE HISTORY!

"I have had heart surgery three times. I have serious blood sugar problems and joint pain. It's very important that I walk a lot and try to get a mile a day for good circulation. I was having very painful leg cramps until I started *Ultimate Blood Flow Formula*™. It has been a big help. Thank you so much."

—Freda S., Ohio

NO MORE HEART OR BLOOD PRESSURE PROBLEMS!

"I have used *Ultimate Blood Flow Formula*™ for more than a year. I have had no problem with my heart and my blood pressure remains within the normal range. I think this is a very good product."

—Edgar V., Wisconsin

MY EYES ARE BETTER!

"My eyes don't bother me as much, yet, I've only been on *Ultimate Blood Flow Formula*™ for one and a half months."

—Shirley P., Tennessee



CIRCULATION IMPROVED!

"I'm 81 years old. I had poor circulation in both legs from

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REVEALED: True Life Stories

More health miracles!

WONDERFUL—LESS NUMBNESS IN JOINTS, HANDS, AND FEET!

"Since using *Ultimate Blood Flow Formula*™ I have far less numbness in my joints and hands and feet. It's wonderful! Thank you."

—Cal H., Georgia

SLEEPING BETTER, LESS PAIN!

"After taking *Ultimate Blood Flow Formula*™, I have more energy and I sleep better. I feel that my legs are lighter and I have less pain. I plan to keep taking this product."



—Hosea H., Louisiana

the bottom of my feet through my knees. Since using *Ultimate Blood Flow Formula*™, the poor circulation has gone down to above my ankles. I'm fighting two problems. I've had nerve problems in both legs clear through my thighs. I'm happy for the *Ultimate Blood Flow Formula*™. It has helped rid me of poor circulation in both legs from above my knees down to my ankles... Thank you very much."

—Lois B., California

BLOOD CLOT VANISHED IN TWO WEEKS!

"I have blood clots in my legs. Also I had one in my finger. After two weeks on *Ultimate Blood Flow Formula*™, the blood clot in my finger is gone. I now know this product works for blood clots, and I will continue to take it. Thanks and keep up the good work!"



—Rose S., Iowa

(continued on next page...)

NO MORE COLD HANDS AND FEET!

“Since taking *Ultimate Blood Flow Formula™*, I have more feeling in my feet and hands. My feet and hands are much warmer especially at night. When watching TV in the living room, I always had to cover my feet with a blanket. Now I do not have to do this.”

—Mary L., California

BEST INSURANCE AGAINST A HEART OR BRAIN PROBLEM!

“The reason I started taking *Ultimate Blood Flow Formula™* is I think it’s like insurance against blood clots that will keep me from having a brain or heart problem.”

—Gerald S., Ohio

HEADACHES GONE!

“Around 2003 I started having headaches. The doctor said I had high blood pressure. He showed me a large cabinet full of various types of medicines for controlling my blood pressure. He said, ‘Pick one and see if it works. If there is no help, pick another.’ I refused and departed.



“Some time later I came across *Ultimate Blood Flow Formula™*. Within six days after starting to use the product, the pain in my head went away and only returns if I forget to take it. I take no drugs from an M.D. but I use several other products, from the natural side. I’m 67 years old and work every day in the insurance industry. Thanks.”

—Daniel K., Colorado

But these folks are not alone. I have a stackful of letters and emails from people just like this who swear by **Ultimate Blood Flow Formula™**.

When I first tell people about it, some are skeptical. But then I show them the proof—from traditional use to clinical studies, from doctor endorsements to testimonials like these—and they’re sold on it.

Individual results may vary.

Chapter 7

Nature’s Healing Pantry: Your best source of clot-busting, artery-clearing, health- stimulating power

When I first describe the benefits of Nattokinase to people, a great majority of them figure I’m talking about a potent prescription blood thinner. They think, “So what, another expensive blood-thinning drug that may work, but with what side effects?”

Still others think I’m describing some new nutritional supplement concocted in the laboratory.

But they’re all shocked when I tell them that Nattokinase is derived from a *food*—Natto.

(continued on next page...)

The inside story on blood clots

You need your blood to clot so you don’t bleed to death. Thrombin in your body forms fibrin, the mesh-like material that forms clots.

But too much thrombin due to bacteria, fungi, and viruses can create too much fibrin. This causes a problem called hypercoagulation—and that means the formation of dangerous blood clots. That’s why you need to take the **Ultimate Blood Flow Formula™**, every day!

What really gets their attention is when I tell them that foods like Natto can give them the clot-busting, artery-clearing, health-boosting benefits they want *only in the way nature intended!*

That's right. Foods like Natto deliver the most powerful Natural Medicines as they are intended. No chemical alterations. No additives. No compounds.

The result? You get Nature's most potent breakthrough for helping to...

- ✓ Safely dissolve blood clots...
- ✓ Improve circulation throughout your whole body...
- ✓ Safeguard your heart, brain, lungs, and legs from a "disaster"...
- ✓ Thin your blood so it flows smoothly and easily...
- ✓ Relieve cramps and painful legs and feet...
- ✓ Energize your body from head to toe...
- ✓ Keep you feeling and looking younger...

...All in a completely *safe, gentle, natural* way!

Case studies prove Nattokinase works time and time again!

Because I'm a stickler in only recommending natural supplements with LOADS OF PROOF behind them, I dug deeper in the research on Nattokinase.

And what I found was simply astounding! For example, here are some case studies that prove Nattokinase's remarkable benefits...

CASE STUDY No. 1: Five years of severe leg pain... gone!



This woman suffered from blood clots in her legs, which led to severe calf and thigh pain—and cramps and pain which made sleeping very difficult.

She had a long, unsuccessful history of intravenous EDTA "chelation" therapy and had taken many

NEWS FLASH: Don't be fooled by falsely labeled "Nattokinase!"

Superior in the industry, this new source of Nattokinase makes Ultimate Blood Flow Formula™ even more potent!

Because Nattokinase has been clinically proven to exhibit strong clot-busting and blood thinning abilities, savvy supplement companies have jumped on the bandwagon selling their own Nattokinase.

But beware! Not all products claiming to contain Nattokinase are legitimate. For example, I was shocked to learn that some companies sell Nattokinase products that actually contain none of this circulation wonder.

Genuine Nattokinase, such as the acclaimed NSK-SD® found in Ultimate Blood Flow Formula™, is produced by *bacillus subtilis natto*. This is the standard source of Nattokinase adopted by the Japan Health and Nutrition Food Authorization.

But some companies use *bacillus subtilis var. natto* which produces a completely different enzyme and is inaccurately called Nattokinase. This form of natto will not give you the clinically proven benefits of NSK-SD®.

Just as shocking, I learned that some so-called Nattokinase products don't meet their claimed Fibrin Degradation

Unit potency (despite certificates of analysis) and an alarming number contain vitamin K2, which counteracts the benefits of Coumadin® (Warfarin).

In fact, in one study, the enzyme activity of genuine NSK-SD® Nattokinase was tested vs. a product claiming to be Nattokinase. The results? NSK-SD® contained 59.6% more enzyme activity than the so-called Nattokinase product, exposing that product's flaws.

You can be assured that the Nattokinase used in the Ultimate Blood Flow Formula™ is genuine and the most potent form I've found anywhere. In fact, NSK-SD® Nattokinase...

- Is the world's leading Nattokinase product
- Offers you the highest demonstrated potency available—2,000 FU/gram
- Is non-GMO, non-irradiated and vegetarian
- Is covered by three U.S. patents

It's the only genuine Nattokinase I know and recommend, and that's why it's the key ingredient in Ultimate Blood Flow Formula™.

supplements—but still, nothing improved her pain.

Then she began taking Nattokinase—and, presto, the clots began to dissolve. *Within two weeks*, the pain in her left leg improved 50% to 70%... muscles in her calves were soothed... and she was sleeping through the night, pain free!

(continued on next page...)

CASE STUDY No. 2: Headache misery... ancient history!

A 64-year-old woman suffered from blood clots that started in her legs and moved to her lungs. The result? Severe headaches that clobbered her two to three times weekly.

But after taking Nattokinase once in the morning and once in the evening, she had ZERO migraine headaches for 30 days!



CASE STUDY No. 3: Fatigue and varicose veins... a thing of the past!

This patient had a long history of health problems: Fatigue, severe headaches, leg cramps, varicose veins, digestive discomfort, aluminum toxicity, and other problems.

But after taking Nattokinase, her energy improved, there was complete resolution of headaches and her varicose veins improved.



CASE STUDY No. 4: Shortness of breath... a distant memory!

One more case study comes to mind. This 49-year-old patient had blood clots in the lungs leading to shortness of breath, chronic fatigue, and stress-related illness, to name a few of the health problems.

But after being on Nattokinase for only two-and-a-half weeks, this patient experienced a complete turn-around! Breathing was dramatically improved, as was the fatigue. And walking around the block was a piece of cake.



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REVEALED: Medical Breakthrough

Help knock out high cholesterol... without drugs.

Over the years, my patients have bemoaned the fact that to beat high cholesterol, they'd have to take prescription drugs—for life.

But one of the wonderful extra benefits of taking Nattokinase in **Ultimate Blood Flow Formula™** is it helps keep your cholesterol within the healthy range—and can even help reduce those levels.

Natto is high in protein but contains zero cholesterol. What's more, Natto contains lecithin, which helps sweep bad cholesterol out of your body.

In a laboratory study⁽³⁾ Nattokinase given to rats was shown to inhibit LDL oxidation, prevent hardening of arteries, reduce lipid peroxidation, and improve lipid metabolism. All good news if you're worried about high cholesterol and your heart.



(3) Iwai, K. et al. Antioxidative function of Natto, effect on LDL oxidation and lipid metabolism in cholesterol-fed rats. *J. Agric Food Chem.* 59(12):3597-3601, 2002.

These are the type of improvements people experience—even after all else fails—with Nattokinase. And these are the type of improvements you can enjoy when you help dissolve dangerous blood clots and improve your circulation with Nattokinase in **Ultimate Blood Flow Formula™**.

(continued on next page...)

Enjoy thinner blood for LIFE!

I mentioned earlier that I've seen the devastation of blood clots, thick, slow-moving blood, and poor circulation—and it's not a pretty sight.

I've seen what a heart looks like with arteries choked with blood clots, with oxygen supply cut off, and with tissue destroyed.

I've seen what a brain looks like with insufficient blood flow and oxygen transport—and how the delicate membranes and tissues in and around the brain are dried up.

I've seen what legs look like with poor circulation—and can only imagine the swelling, the discomfort, and the pain.

And I'm very familiar with the risks of prescription blood thinners and the limitations of natural blood thinners.

The good news is you can help avoid dangerous blood clots... thin out thick, slow-moving blood... and improve poor circulation just by taking one, easy, safe, affordable step: Take the new **Ultimate Blood Flow Formula™** with Nattokinase every day!

In fact, if you take **Ultimate Blood Flow Formula™** every day as directed, it will help guarantee you "thinner blood for life"—or it's FREE!

But the news is even better...

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You can now try Ultimate Blood Flow Formula™—without risk—plus lock in up to \$446.90 in savings and FREE Gifts, including six FREE bottles!

Because **Ultimate Blood Flow Formula™** with Nattokinase is so powerful, potent, and effective, I want as many people as possible to try it.

That's why I insisted that True Health™, make special arrangements for you to try it without risking one cent and to receive some valuable FREE Gifts to boot.

In fact, here are six good reasons why NOW is the best time for you to try **Ultimate Blood Flow Formula™**...

REASON No. 1: With your order of **Ultimate Blood Flow Formula™**, you'll save up to \$140.40 and lock-in the lowest price-per-bottle. Plus, you won't have to worry about running out of this remarkable blood-thinning, clot-busting formula anytime soon.

REASON No. 2: You'll also receive up to six FREE bottles of **Ultimate Blood Flow Formula™**, a \$239.70 value. No other natural formula I know helps...

- ✓ Improve poor circulation and boost your health...
- ✓ Dissolve dangerous blood clots safely and naturally...
- ✓ Clear your arteries of harmful toxins and sludge...
- ✓ Thin your blood without prescription medications...
- ✓ Speed oxygen and nutrient delivery throughout your body...



Save up to \$140.40!



Six FREE bottles!

(continued on next page...)

8 hidden causes of poor circulation

Why is it that one out of every two Americans suffers from poor circulation? It's due to one or more of these hidden causes...



1. Inadequate exercise: Lack of exercise means lack of collateral blood vessels which circumvent blood clots and weaken muscle contractions which slow down speed and volume of blood.



2. Poor diet: Eating the wrong kinds of foods reduces the levels of enzymes you need for healthy blood flow.



3. Aging: As we age, blood vessels get stiffer and less elastic, so blood flows slowly, increasing the risk of clots.

4. Genetic clot repair defects: These may hamper the production of plasmin and other clot-busting enzymes.

5. The bad fat factor: Too many trans fats and too many fried or processed foods wreaks havoc on your

arterial walls. Damage to these walls unleashes a barrage of blood-clotting enzymes.

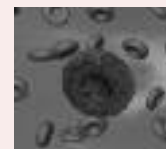
6. Low levels of antioxidants: Without enough antioxidants, free radicals run amok in your blood vessels, triggering the release of clot-promoting enzymes. And you won't get the antioxidants you need from food, as antioxidants in U.S. foods have dropped by 50% since 1982.



7. Toxic pollution: Too many chemicals, pesticides, heavy metals, and other pollutants bind to fatty tissues in your body, harm cell membranes, trigger inflammation, and worsen your circulation.



8. Hard-to-kill bacteria: These resistant strains of bacteria attack the cells that line your entire circulatory system... cause more fibrin to form... and trigger abnormal clotting.



To combat these hidden causes of poor circulation, I recommend **Ultimate Blood Flow Formula™**.

- ✓ Promote healthy, smooth-flowing blood in your body...
- ✓ Ease many common health conditions...
- ✓ Give you thinner blood for life!

REASON No. 3: FREE Special Report: *New Secrets for Conquering Arthritis* (a \$19.95 value).

In this exclusive must-read Special Report, I'll reveal my latest natural secrets for banishing arthritis. You'll discover...



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- ✓ **The No. 1 most effective weapon against pain.** Surprise—it costs you next to nothing.
- ✓ **The truth about NSAID arthritis drugs.** Why their toxic effects remain a “silent epidemic.”
- ✓ **Shocker:** Why women suffering from chronic joint pain have twice the risk of a heart problem than women without it.
- ✓ **Delicious foods that ease inflammation and joint pain—** and common foods that trigger these problems.
- ✓ **The pennies-a-day amino acid that reduces joint pain as**

(continued on next page...)

effectively as NSAIDs, yet without side effects.

- ✓ The anti-inflammatory herb that works like gangbusters. Registered in Germany for treatment of arthritis.
- ✓ And many more safe, inexpensive yet potent natural remedies for joint pain.

REASON No. 4: FREE Special Report: *How to Lower Your Blood Pressure—Safely, Naturally, and Quickly* (a \$19.95 value).

High blood pressure is a killer that creeps up on its victims silently. This problem develops slowly and for years without a person knowing it. That's why I wrote this Special Report. In it, you'll read...

- ✓ Why 90% of all blood pressure problems are reversible, including genetic ones.
- ✓ Drug cover-up. Did you know that medication for hypertension is absolutely required by only 11% of patients with the problem?
- ✓ Are you at risk from the K-factor—too much salt causing your blood pressure to soar?
- ✓ Nature's "Teflon®"—special natural oil that makes your arterial walls more slippery and pliable, which lowers your blood pressure.
- ✓ Slash high blood pressure by 57% with this natural "roughage." Proven in a study of 30,000 men.
- ✓ The spicy secret that knocks out unhealthy blood pressure just like medications, only safely.
- ✓ The amazing amino acid that regulates both your unhealthy blood pressure and cholesterol!
- ✓ Plus, a dozen more of nature's best blood pressure breakthroughs.

(continued on page 48...)



ANNOUNCED: Great Results

How will you know it's working? You'll FEEL the difference!

- ✓ Your **heart** will feel energized, as dangerous blood clots are liquefied.
- ✓ Your **muscles** will feel soothed, as your overall circulation improves.
- ✓ Your **breathing** will feel easier, as blood flows smoothly to your lungs.
- ✓ Your **sleep** will feel effortless, as you boost circulation all night long.
- ✓ Your **legs** will feel comforted, as cramps and discomfort improve.
- ✓ Your **energy** will feel supercharged, as your blood safely thins.
- ✓ Your **brain** will feel revitalized, as you strengthen your mind and memory.
- ✓ Your **mind** will feel at ease, as you take a safe, all-natural supplement.
- ✓ Your **veins** will feel healthier, as blood more easily circulates.
- ✓ Your **head** will feel better, as headaches disappear.
- ✓ Your **hands and feet** will feel warmer, as you promote healthy circulation throughout your entire body.
- ✓ Your **libido** will feel re-ignited, as your blood flows as it should.
- ✓ Your **skin** will feel healthier, as blood flow is enhanced.



Bottom line: You'll FEEL better all over!

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REASON No. 5: FREE Special Report: *How to Alzheimer-Proof Your Brain* (a \$19.95 value).

In the past five years, I've been flooded with questions and concerns about memory loss, so I know many people are worried. This exclusive Special Report was written to ease your fears and to reveal practical secrets for protecting your brain and improving your memory at the same time. Discover...



- ✓ The startling vitamin/Alzheimer's link. Many people with memory problems have low levels of this vitamin.
- ✓ The mineral you must take every day to avoid memory-robbing plaque in your brain.
- ✓ The 2,800 year-old Chinese secret for improving mental function in patients with mental decline.
- ✓ A naturally-occurring substance from pine bark that's 50 times more effective than vitamin E and 20 times more powerful than vitamin C as a brain-protecting antioxidant.
- ✓ Could typical drinking water be a hidden cause of memory loss? Read this for a real shock!
- ✓ And many more little-known secrets for senior-proofing your mind and memory.

REASON No. 6: FREE Shipping and Handling.

This is a \$6.95 value, yours when you order six or more bottles—with our compliments.

When you add it all up, that's up to \$446.90 in savings and FREE Gifts with your order.

If that's not enough, you'll also risk nothing thanks to...

An Unconditional Lifetime Money-Back Guarantee!

Even better, you don't risk one cent trying out the new

(continued on page 50...)



REVEALED: True life stories

A better, safer solution for poor circulation and harmful blood clots!

Already *Ultimate Blood Flow Formula™* has been a smash hit among those taking it. Here are a few more of their comments...

LIKES IT BETTER THAN COUMADIN®! "My mom is 82; her doctor prescribed Coumadin®—she took it for a week and ended up in the hospital. After that she refused to take Coumadin®. She started taking *Ultimate Blood Flow Formula™* and her blood work has been good. She now takes it regularly with good blood work results and no dangerous side effects."
—Patricia B., Pennsylvania



LESS LEG PAIN! "I just finished my first bottle of *Ultimate Blood Flow Formula™*. I had occasion to walk to the top of our hill, and seemed to have much less leg pain than I have had on less strenuous walks."
—James W., California

TRUSTED SOLUTION FOR SUPER HEART HEALTH!

"...I must say that *Ultimate Blood Flow Formula™* has been my trusted supplement for the excellent cardiovascular health I enjoy. I have my daughter Lydia using it when her doctor told her that she has two small blockages."

—Angel A., Puerto Rico

A REAL LIFESAVER! "This is the first thing that has helped me with my heart. Call me, I want to order more *Ultimate Blood Flow Formula™*."

—Phil I., Texas



*Individual results may vary.



Ultimate Blood Flow Formula™. That's because your order is protected by a four-way, 100% Unconditional Lifetime Money-Back, no-questions-asked Guarantee.

Taken as directed, you can have "thinner blood for life"—or it's FREE!

Don't suffer from poor circulation, thick blood, or blood clots one more day.

As a medical doctor, I'm shocked and saddened by how many people with poor circulation... thick, slow-moving blood... and dangerous blood clots "just live with it."

They think it's "normal" to have low energy, cold hands, and feet, leg, and calf pain, fuzzy thinking, muscle pain, poor vision, varicose veins, headaches, swelling, skin problems, shortness of breath, and high blood pressure—and put themselves at risk for a serious heart, brain, or lung problem.

But this is not normal, and you don't have to suffer one more day.

Ultimate Blood Flow Formula™ can help you AVOID, EASE, IMPROVE, and even REVERSE these health problems and more.

Even better, it can help you avoid heart, brain, or lung problems and help keep you out of the ER, a nursing

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.

home, or a wheelchair.

You CAN do something about poor circulation... dangerous blood clotting... and thick, sluggish blood.

You CAN enjoy thinner blood for life—and all for less than \$1 a day.

Don't suffer one more minute. Don't believe it's "normal" to have poor circulation. Order the new **Ultimate Blood Flow Formula™** with Nattokinase today—at special savings... with FREE Gifts... and with zero risk.

Sincerely,

Michael Cutler M.D.
Michael Cutler, M.D.

P.S. There's even more. Order within 7 days, and you'll receive an extra FREE Gift: *101 Astonishing Health Secrets*. In this \$19.95 value extra Special Report, you'll discover...

- ✓ **SECRET #4:** The magic therapy that helps your body get rid of toxic byproducts and unwanted hormones. Increases your metabolism by 17% and your circulation by nearly 100%.
- ✓ **SECRET #22:** Nature's ancient secret for relieving constipation—rediscovered!
- ✓ **SECRET #30:** Men, slash your risk of abnormal prostate cells by 300% just by doing one simple thing.
- ✓ **SECRET #72:** The herb that eases allergies and asthma like a champ.
- ✓ **SECRET #80:** Can a tea treat canker sores and inflamed tonsils? It can if it's steeped with this delicious herb.
- ✓ **SECRET #84:** Hot flashes? Night sweats? Depression? Not anymore with this natural menopause antidote.



Plus many more of nature's simple healing secrets, all yours FREE with your fast reply. So order now!

**BONUS
REPORT**
For Your
Quick Reply!

Yours FREE: 101 Astonishing Health Secrets

Just order within 7 days!

► SLOW METABOLISM AND UNWANTED FAT:

The no-brainer therapy that helps increase your metabolism by 17% and your circulation by nearly 100% so you get thinner and healthier.

► MEMORY LOSS:

The 1,000-year-old secret that ignites mental function and keeps your memory razor sharp.

► **CHRONIC PAIN:** Relieve pain and stiffness with this soothing seed.



► **CATARACTS:** The five cent vitamin that can help you avoid cataracts and keeps your vision healthy.

► **HIGH CHOLESTEROL:** The little-known nutrient that regulates cholesterol and produces an enzyme that mobilizes cholesterol.

► **WRINKLES:** The amazing antioxidant that replenishes dry skin and diminishes age-telling wrinkles.

► **G.I. SPASMS AND INDIGESTION:** This is nature's sedative for digestive distress.

FRESHNESS & QUALITY CERTIFICATION

Every serving of Ultimate Blood Flow Formula™ contains optimum levels of Nattokinase to help promote healthy circulation, and safely and gently dissolve dangerous blood clots.

Our unique processing removes any impurities and maintains the nutrients in optimum freshness condition. The special processing is designed to give you a quality circulation-boosting, blood-thinning supplement without sacrificing freshness or effectiveness.

WARNING: Consult your physician before taking this product if you take Coumadin® (Warfarin) or other blood thinners.

Special BONUS for new customers!

Get up-to-date health news—delivered right to your computer!

FREE subscription to *True Health Weekly*™!

Get breaking news on health discoveries! Plus, you'll save hundreds of dollars on health products!

To sign up, just give us your e-mail address when you call 1-800-746-4513 or put it on the order form if you place your order by mail!



**Claim
Your 6 FREE
Bottles!**

Your "Super Offer" of **Ultimate Blood Flow Formula™** includes \$446.90 in **FREE Gifts and Special Savings!**

**10 FREE
Gifts!**

Your "Super Offer" includes...

✓ 12 bottles of the Ultimate Blood Flow Formula™ at a savings of \$140.40 and the lowest price per bottle!

✓ Six **FREE** bottles of Ultimate Blood Flow Formula™, a value of \$239.70!

✓ **FREE** Shipping, valued at \$6.95!

Three **FREE** Special Reports, valued at \$59.85.

✓ #1. *New Secrets for Conquering Arthritis* (a \$19.95 value).

✓ #2. *How to Lower Your Blood Pressure—Safely, Naturally, and Quickly* (a \$19.95 value).

✓ #3. *How to Alzheimer-Proof Your Brain* (a \$19.95 value).

All in all, that's \$446.90 in **FREE** Gifts and Savings.

It's a Super Deal that'll mean you won't run out of this amazing formula anytime soon. So hurry, order now!



**YOU
GET ALL
THIS!**



**3 SPECIAL
REPORTS
FREE!**

**PLUS
6 FREE
Bottles!**



Fast and easy to order!



By Phone: For fastest ordering and delivery, call

TOLL-FREE 1-800-746-4513 anytime, 24 hours a day, 7-days-a-week. Please have your credit card ready.

For fastest service, call TOLL-FREE

1-800-746-4513

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

By Mail: Just fill out the certificate on page 55 and mail in the postage-paid envelope to: True Health™ P.O. Box 3703, Hueytown, AL 35023.

By Fax: Fill out the certificate on page 55 and fax BOTH sides to 1-800-941-7027, anytime, 24/7.

Online: Go to www.UltimateBloodFlow.com



Unconditional Lifetime Money-Back Guarantee: "Enjoy Thinner Blood for LIFE!"

I've seen the result of Nattokinase in the new **Ultimate Blood Flow Formula™** so I know it works like gang-busters. But why take my word on it... try it yourself, without risking one cent.

In fact, your order is protected by this Four-Way, 100% Money-Back Lifetime Guarantee:

GUARANTEE No. 1: The new **Ultimate Blood Flow Formula™** with Nattokinase is guaranteed to help you thin your blood for life—or it's FREE!

GUARANTEE No. 2: The new **Ultimate Blood Flow Formula™** with Nattokinase is guaranteed to help you keep blood clots from forming in your arteries and to help safely dissolve existing blood clots—or it's FREE!

GUARANTEE No. 3: The new **Ultimate Blood Flow Formula™** with Nattokinase is guaranteed to help improve poor circulation—or it's FREE!

GUARANTEE No. 4: The new **Ultimate Blood Flow Formula™** with Nattokinase is guaranteed to use true Nattokinase, the superior form from the world leader in the industry!

In fact, if you are in any way dissatisfied with **Ultimate Blood Flow Formula™** with Nattokinase—just return it for a full, 100% refund—no questions asked. What's more, should you ask for a refund, all FREE gifts are yours to keep. Please remember, there are NO TIME LIMITS and NO RESTRICTIONS on this guarantee. You must be 100% satisfied or you will get ALL your money back!

So why not order today, at no risk?

Michael Cutler M.D.
Michael Cutler, M.D.

Ultimate Blood Flow Formula™ FREE Gift Certificate

• \$446.90 in FREE Gifts and Savings • 100% Risk-FREE • FREE Shipping

☐ **YES!** I want to improve my circulation, safely dissolve dangerous blood clots, and have thinner blood for life. Please rush me my money-back guaranteed order below.

RECOMMENDED

☐ **SUPER DEAL:** Save \$140.40 plus get \$306.50 in FREE Gifts! Send me 12 bottles of **Ultimate Blood Flow Formula™** for **only \$339** (a savings of \$140.40!)

FREE shipping!

- ✓ I also get 6 FREE bottles of the **Ultimate Blood Flow Formula™**, a \$239.70 value!
- ✓ Special Reports #1, #2, and #3 (listed on page 53), a \$59.85 value!
- ✓ FREE Shipping and Handling, a \$6.95 value!

This SUPER DEAL includes savings and FREE Gifts valued at \$446.90!

☐ **GREAT DEAL:** Save \$50.70 plus get \$166.70 in FREE Gifts! Send me 6 bottles of **Ultimate Blood Flow Formula™** for **only \$189** (a savings of \$50.70!)

FREE shipping!

- ✓ I also get 3 FREE bottles of the **Ultimate Blood Flow Formula™**, a \$119.85 value!
- ✓ Special Reports #1 and #2 (listed on page 53), a \$39.90 value!
- ✓ FREE Shipping and Handling, a \$6.95 value!

This GREAT DEAL includes savings and FREE Gifts valued at \$217.40!

☐ **GOOD DEAL:** Save \$20.10 plus get \$59.90 in FREE Gifts! Send me 3 bottles of **Ultimate Blood Flow Formula™** for **only \$99.75 + \$6.95** Shipping & Handling (a savings of \$20.10!)

- ✓ I also get one FREE bottle of the **Ultimate Blood Flow Formula™**, a \$39.95 value!
- ✓ Special Report #1 (listed on page 53), a \$19.95 value!

This GOOD DEAL includes savings and FREE Gifts valued at \$80!

☐ **TRIAL OFFER:** Send me 1 bottle of **Ultimate Blood Flow Formula™** for **only \$39.95 + \$6.95** Shipping and Handling.

I wish to pay as follows:

Enclosed is a check or money order for \$ _____
(Payable to True Health™. AL residents please add 4% sales tax.)

Please charge my: ☐ ☐ ☐ ☐

Card # _____

Exp _____

Signature _____

() _____

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

E-mail (optional, to receive FREE updates and health news.) _____

☐ **Yes, I'm ordering within 7 days.** Please rush me my extra FREE Report, *101 Astonishing Health Secrets*, a \$19.95 value, mine FREE.

**For fastest service,
call TOLL-FREE
1-800-746-4513**

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▲ Detach order form along perforation and mail in attached postage-paid envelope.

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Nature's new powerhouse for *poor* *circulation!*

INSIDE: The true story of a medical breakthrough so powerful, so effective, and so lifesaving, that if it were a drug, it would make headline news (and put billions of dollars in the coffers of big drug companies).

But it's not a drug, so the medical establishment has all but ignored it.

And, it's not a vitamin, mineral, or herb, so big vitamin companies have overlooked it.

It's a new discovery from Mother Nature's Healing Pantry that's, "the most exciting development for boosting heart health" according to a leading medical expert.

And wait till you see what it can do for your circulation, your brain, your energy, and your whole body!

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REVEALED INSIDE:
**The lifesaving secret
of Samurai warriors.**