

MD's Journal of NATURAL PAIN RELIEF

■ William served his country faithfully in the Vietnam War, but injuries left him wracked with joint pain for *40 long, painful years...*

■ He tried surgery, drugs, *everything*. When his doctor prescribed knee-replacement surgery, William said "Enough!!" and tried *Alleviate*.

LOOK what happened next...

40 agonizing years of **Joint Pain Vanished**

**"My braces and canes
are now officially
retired..."**

Continued on page 21 inside.

It works for
you or it's
FREE!



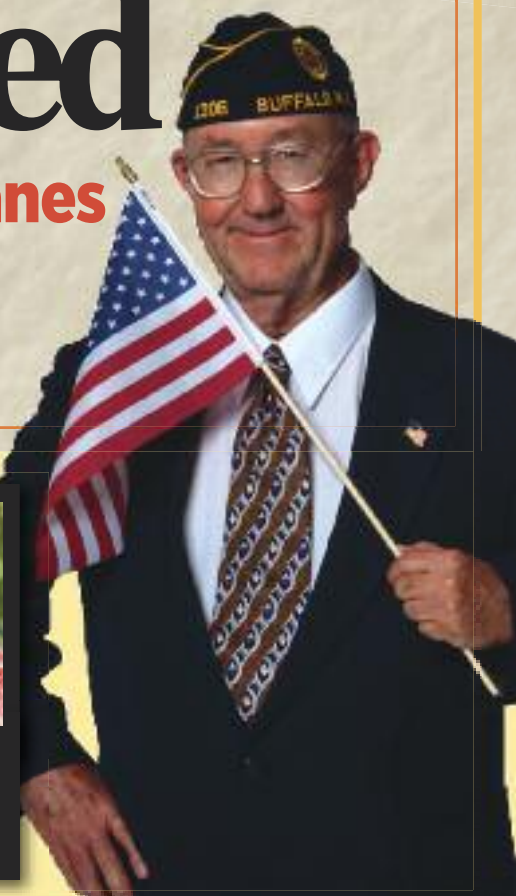
**I'm OUT of my
wheelchair!**

See page 6



**My Back Pain
Vanished!**

See page 13



ABC NEWS says: *"The results are astonishing."*

Look what the experts are saying about the all-natural *ABC News* said “The res *Prevention* magazine cal Patricia Fuller’s *bone-on-bone* pain vanish does *not need* drugs anymore. And she’s n

■ Thanks to Alleviate, over 85,000 men and women who had given up hope are now completely *pain-free* and enjoying life again. *You’re* invited to join them risk-free!

■ Bone-on-bone pain is history. Knee replacement surgery is *not needed*. Agonizing shots in your knees are now *barbaric*.

■ People who were once prisoners of their pain are now driving, golfing, hiking, sleeping, playing the piano, dancing and enjoying life again. *You’ll meet these people in the pages that follow.*

But first, let us tell you *why everything hurts so bad...* and why it *never* has to hurt again.

If you could shrink yourself down and take a *fantastic voyage* inside your joints, you’d soon encounter a *giant*, pillow-shaped structure called a *bursa sac*.

These “pillows” are filled with a cushioning liquid called *synovial fluid*.

Just like motor oil in an engine, this fluid keeps your joints *lubricated*. That way, your cartilage (if you have any left), stays moist, slippery and *pain-free*.

Even if you have no cartilage left (as many mature Americans do), *your bursa sacs are still there!* And if you keep them *filled*

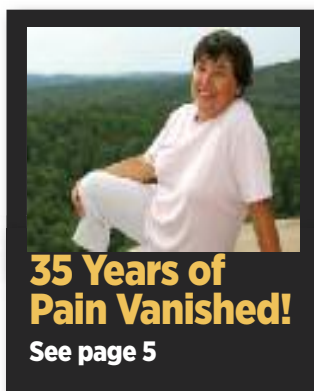
with synovial fluid, everything runs smoothly and you have *no pain*.

But as you age, your synovial fluid starts to diminish...and the friction inside your joints increases. The result? Inflammation and pain.

**“Lubricate”
your joints and
erase the pain!**

But suppose you could plump up those bursa sacs and “*top them off*” just like you do with motor oil in your car? Isn’t it reasonable to

assume that your pain would go away? *Of course it is.* That’s *exactly what Alleviate* does for you.



Before you take any supplement, please consult your physician or other licensed healthcare professional to determine if it's appropriate for you. A testimonial reflects the personal experience of one person. Individual results may vary. Your results may be even better! To protect our customer's privacy, actual likenesses were not used. This product is not intended to diagnose, treat, cure or prevent any disease. This information has not been evaluated by the Food and Drug Administration.

tural, breakthrough ingredients in Alleviate..
ults were *astounding*...”
led it a *power-healer*..
ed so fast, she canceled her surgery and
ot alone...

You see, *Alleviate* includes a healthy supply of *hyaluronic acid* or HA. It turns out that your synovial fluid is packed with HA naturally. But aging and wear and tear have *lowered* your levels to the point where your joints are now painful.

Alleviate refills the “cushions” in your joints

So when you take a capsule of *Alleviate*, you’re helping to *refill* your bursa sacs with essential HA that “plumps” them up and cushions your joints again.

**Continued
on page 4...**



It WORKS for you
or it's
FREE!



What Alleviate can do for you.

■ **Bone-on-Bone Pain: GONE**

See page 16

■ **Knee Surgery CANCELED**

See page 20

■ **Pain Shots: NO WAY!**

See page 24

■ **Back Pain: GONE**

See page 13

■ **Shoulder Pain: GONE**

See page 12

■ **Hand, Wrist Pain: GONE.**

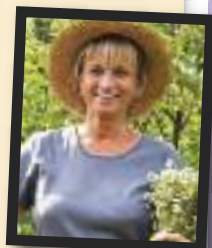
See page 34

■ **Deep Sleep: RESTORED!**

See page 26

■ **Driving, Golf, Gardening, Working, Piano, Tennis, Ballet, Travel, you name it!**

Take *back*
your life
and *turn*
the *page!*



To Try it Risk-Free, Call Toll-Free 1-800-218-1379

35 years of suffer *bone-on-bone* pain

...Continued from page 3

Say NO to needles...

Of course, there are *other* ways to get the essential HA to your joints... like *shots*. Hyaluronic acid is what orthopedic doctors put in those giant needles they jab into your knees. *And yes*, it does work...but *only* for your knees, and only for a short time.

Say yes to pain-free living...

But why would *anyone* want to get their HA in a needle? If you don't want joint pain anymore, you need to know all about HA. The stunning story behind this fantastic nutrient, and why they call it the "Rooster Remedy" begins on page 8. But that's only the beginning of what you get in *Alleviate*.

A medical miracle from the Holy Lands covered ABC News...

You also get an ancient herbal medicine that's been proven by recent research. *ABC News* covered it and reported that patients suffering from agonizing pain "showed significant improvement in 7 days..." See page 14 for the amazing story of the fantastic healer from the ancient *Holy Lands*.

Cool down the inflammation inside your joints...

But that's not all. To help soothe the underlying *inflammation in your joints*, *Alleviate's* formula includes another proven herbal antidote. When it was tested at the University of Michigan, the positive results were astounding. See page 18 for the full story...and look for the *Gingerbread Man*.

Customers report INSTANT relief...

We're *still* not done though. When you're in pain, you need *immediate* relief, so *Alleviate* also includes an herbal painkiller SO powerful, many of our customers have reported almost *instant* relief.

Glucosamine and chondroitin can't do all this for you...

Glucosamine and chondroitin are old news, dear friend. *Alleviate* is so

much better, so much faster, and so much better for erasing pain, you'll never need anything else.

Try ALLEVIATE risk-free—and NEVER risk a single penny!

Just call toll-free *today!*



My Back Pain Vanished!

See page 13

ing and red-hot n is finally gone...

“I could hardly walk a block. NOW as long as I take my ALLEVIATE every day I am OK. Get with it and order some!!!”

Elemmia Hayes suffered for 35 long years and had problems with bones scraping in her joints. The pain was unbearable and she tried everything including “rubbing with a lot of different stinking ointments.” Finally, she received this mailer and called our toll-free number (below).

“I could tell I was blessed...”

A short while later she reported “In a couple of days I could tell that I was blessed with a good product that worked...*Alleviate* keeps my tendons lubricated so that my bones do not fall apart. I will *swear* by it!” Today, Elemmia is on a mission to save others from the awful pain.

“Get with it and order some *Alleviate*...comes a time when you have to start looking out for yourself...nobody else will!”

Reminder: At the *Institute for Vibrant Living*, we don't believe you should pay for a product that does NOT deliver the results you need. That's why you don't risk a single penny when you try *Alleviate*. If you don't get the results you want...it's FREE. It's a heaping helping of old-fashioned fairness. So we hope to hear from you soon. Our operators are always standing by to chat and answer *any* questions you might have.

“You have to start looking out for yourself. Nobody else will!”



It WORKS for
you or it's

FREE!

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Sue Kirkpatrick had been a prisoner of tried Alleviate. What happened next?

**“I am OUT of my w
to Alleviate. My do**



**It WORKS for
you or it's
FREE!**

**Sue was freed
from 2 YEARS in a
wheelchair.**

It's NEVER too late for you!

But YOU don't need to wait! *Alleviate* delivers proven relief for the daily joints pain--including bone on bone pain--that makes your life miserable. See for yourself and try it completely risk-free!

her wheelchair for two years before she

heelchair thanks ctor was floored...”

Every time Sue visited her doctor for the past two years, she had to be WHEELED up the ramp, through the tight entrance and into the examination room.

After taking ALLEVIATE everything changed...

“I am OUT of my wheelchair thanks to *Alleviate*!! My doctor was floored when he saw me standing when he came in the room to see me. I told him what I was taking (*Alleviate*) and he said keep taking it!!!

“He hasn’t seen me out of my wheelchair for the last two years.”

“I also have...my friends taking *Alleviate* too, three of them are noticing how much better they feel too. I have a big mouth and I know how to use it!!! I was to have a total right knee replacement... I canceled it. I am telling everybody about *Alleviate*!!!



It works!!!”

Sue isn’t alone! Our desks are piled high with letters from people just like Sue!



Here at the *Institute for Vibrant Living*, we’re proud to help people like Sue. And we’re SO confident *Alleviate* can do the same for you, you’re invited to try it without risking a single *penny*. If it doesn’t work for you...it’s FREE.”

So go ahead. Don’t suffer anymore. Take back your pain-free life! Call the toll-free number below *right now*. You have nothing to lose—*except the pain*.

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

Why does Alleviate™ really work where glucosamine, chondroitin, and OTC pa

Discover the pain-eraser *acid* (HA) extracted

Hyaluronic acid (HA), extracted from rooster combs, is THE key nutrient that helps lubricate the spaces between your bones. And as you grow older, your body produces less and less HA.

The result? Your joint space narrows, your bones start rubbing together and you experience pain and inflammation.

There are only two ways to replenish your body's natural supply of HA.

The very painful and expensive way...

You can receive direct HA injections into your knee which are pure agony (and very expensive).

Or the easy, inexpensive way that lasts longer...

All you have to do is take 10 seconds a day and take a few capsules of *Alleviate*.

Alleviate delivers the same active ingredient (HA) used in shots for knee, pain—with one big difference:

You don't need to spend a fortune and have your knees stabbed with a giant needle.

Just take an easy-to-swallow capsule, and you get your hyaluronic acid (plus much more) in oral form. Best of all, the relief is *long-lasting*. As long as you keep taking *Alleviate*, you get relief.

Continued...

Amazing Alleviate Breakthrough

The Rooster Remedy for aching joints

HA or *hyaluronic acid* is extracted from rooster (not hen) combs and is an exact molecular match for the natural HA in your body now. It's Nature's *perfect* joint "lubricant."

*prescription drugs,
inkillers fail?*

ng miracle of *hyaluronic* from rooster combs...

**EVERY joint in your
body is nourished
from the inside out...**

The only approved method for HA shots is directly in your *knees*. So it does nothing for any of the other joints in your body. *Alleviate* nourishes every joint in your body—not just your knees. That way, you get relief in your shoulders, elbows, hands, and even your back. It just doesn't make sense to endure painful shots that



are probably NOT covered by your medical insurance...when you can get inexpensive, lasting relief from *Alleviate*.

**Try ALLEVIATE
risk-free—and
NEVER risk a penny!**

Simply call the toll-free number below, and we'll rush *Alleviate* straight to your mailbox with our old-fashioned, iron-clad guarantee: *if it doesn't work for you pay nothing.*

(Please TURN the page...)

**Want MORE PROOF that HA really works?
Please TURN the page to learn about The Village of Long Life!**

**“My Square Dance
partner and I dance for
hours at a time!”**

**To fight the stiffness and pain, J.K. tried
glucosamine with no luck. Then she tried ALLEVIATE.**

When joint pain hits, sometimes the worst part is giving up the activities you really love. *That's* when you start feeling *really* old. For J.K. and her dance partner, Square Dancing was getting more and more painful, but they couldn't *dream* of giving it up. So she tried *Alleviate* completely risk-free and reported that “my joint pain had disappeared!” —J.K. Mt. Prospect, IL



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What makes Alleviate™ so the #1, all-natural ingredie

“The results can be *astonis* the symptoms (and) impr

Discover the joint-healing miracle from The “Village of Long Life” in Japan...

ABC NEWS Primetime visited a remote, Japanese village called Yuzurihara. Why? Because the people there seem almost immune to aging...

The residents *routinely* live active, disease-free lives well past their 90s. The joint pain and soreness that plague us in the West are almost *non-existent* here. And scientists believe they know *why*.

Because of their unique climate, rice doesn't grow well in Yuzurihara, so they grow vegetables that are *bursting* with HA or hyaluronic acid—and it seems to make the residents almost *immune* to aging and joint pain. The residents are amazingly active and fit—even though they don't all have the healthiest habits. For instance, almost everyone

smokes. That just makes the benefits of HA even more remarkable. One reporter observed that...

“Western medicine is just beginning to understand the full potential of HA...

“HA enables cells to retain moisture...it keeps our joints lubricated and our skin smooth and elastic...”

HA is the #1 reason that Yuzurihara has become almost legendary as *The Village of Long Life*. HA is also the #1 reason *Alleviate* can help make a profound, lasting improvement in your joint health and flexibility.

But *please* don't take our word for it. You're invited to try *Alleviate* completely risk-free, and get 2 FREE Special Reports (a \$19.90 value) if... you call now. Remember, *Alleviate* must work for you, or it's FREE.

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*special? Just look what the press is saying about it in **Alleviate**: hyaluronic acid or HA...*

*hing in terms of reducing
oving the quality of life..."*

"Old Bill" isn't so old anymore!

He reported "THE PAIN WAS GONE EVERYWHERE," thanks to ALLEVIATE...

"I had total hip replacement. I still had some pain, plus pain in the other hip and both legs. I also had rotator cuff surgery." Despite all this, William "Old Bill" W. was still suffering. So he "...decided to try *Alleviate* and, after 28 days, the pain was gone everywhere! "I'll continue to use it because I know it works...thank you!"

—William "Ol" Bill W., Delavan, MN

Age 93 and PAIN FREE

NOTHING cured M.T. until he tried ALLEVIATE.

M.T. tried every remedy in the book but "none of them cured me," he told us. "Fortunately, I saw your *Alleviate* from your catalog. I took it...and 'lo and behold' all my pain disappeared and has not come back. I am pain-free and what a great feeling!!! Thank you, thank you for your *Alleviate*."

— M.T., Honolulu, HI



**It WORKS for you
or it's
FREE!**

The "Village of Long Life in Japan is legendary for the longevity of its residents. They routinely live into their 90s and beyond FREE of joint pain and disease. Now, we may know their secret...

Searing back pain and scia Aurora and her husband, b *Alleviate*TM without risking

Alleviate is NOT just for knees, it's for every joint in your body.

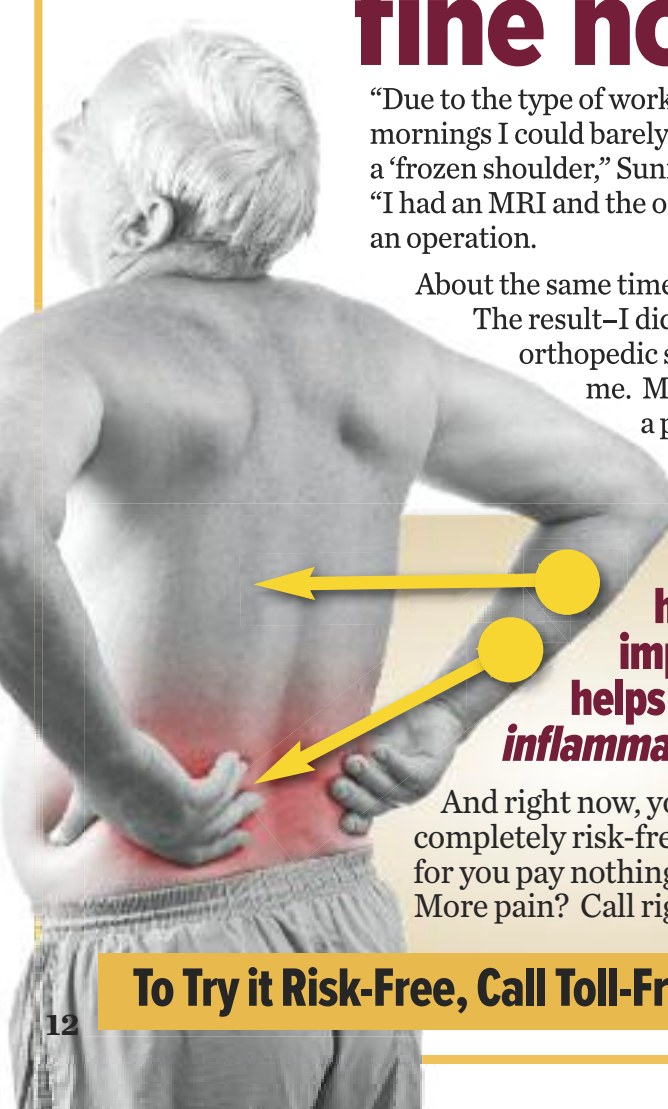
Sunny told her orthopedic surgeon NO when he recommended shoulder surgery. Then he tried ALLEVIATE and...

“My Back is just fine now!”

“Due to the type of work I do, I had back pain and some mornings I could barely get out of bed. Then I developed a ‘frozen shoulder,’ Sunny C., from Arizona reported. “I had an MRI and the orthopedic surgeon recommended an operation.

About the same time, I started to take *Alleviate*. The result—I didn’t need the surgery! The orthopedic surgeon was quite put out with me. My back is...just fine now. What a pleasure!”

—Sunny Clark, Payson, AZ



When your BACK hurts, life is almost impossible. *Alleviate* helps erase the underlying inflammation for relief at last.

And right now, you’re invited to try *Alleviate* completely risk-free. If *Alleviate* doesn’t work for you pay nothing. What are you waiting for? More pain? Call right now!

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

tica *vanished* for
ecause they tried
a single penny...



Sciatic Pain AND Back Pain Vanish...

“THANKS A MILLION!”

Aurora Elizondo found sweet relief when she started taking *Alleviate* for her sciatic pain, so she recommended it to her husband Armando for his back pain. The result? “My husband and I are very happy and satisfied with *Alleviate*...thanks a million.”

TERRIBLE Back Pain GONE...

**“I have terrible back pain.
Name it, I’ve tried it. But
in a matter of days on
ALLEVIATE, the
problem is gone...”**

-- Kenneth C., Mumford, TN



It WORKS for
you or it's
FREE!

**The boswellia serrata
tree thrives in the arid
soil of the ancient Holy
Lands, and can help
END your joint pain
FOREVER...**

Joint pain? This ancient *Wise Men*, is the miracle It's called *boswellia*. You mig



“God Bless You!”

ALLEVIATE has been a miracle for me...

Kirtie is now climbing tanks 65 feet tall, and turning heavy valves again PAIN-FREE.

“I am 61 years old and have had to climb tanks up to 65 feet high. I used to have pain in my knees and stiffness in my hand because I have to turn valves every day. What a MIRACLE *Alleviate* has done for me! My improvement can't be better! Thank you and GOD BLESS YOU!”

—Kirtie O., Kings Hill, VI

“Patients...showed SIGNIFICANT improvement in 7 days...”

ABC News reporting on boswellia study, July 31, 2012



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gift, from the *Three* you've been hoping for. ht know it as *frankincense...*

Amazing Alleviate Breakthrough

The boswellia in ALLEVIATE is more than an ancient, herbal remedy, it's now proven by modern research...

In a recent study, EVERY last patient reported LESS pain, LESS swelling. MORE flexibility and MORE mobility...

The study was published in a prestigious medical journal and made headlines worldwide. It was a double-blind, placebo-controlled, *gold-standard* study. Patients were given either a placebo or boswellia and monitored for eight weeks.

When the results came in, the researchers were amazed to learn that ALL the boswellia test subjects reported significant improvement. Not 10-percent. Not 50-percent. 100-percent of the boswellia subjects were FREED from their pain and suffering. *That's why we included boswellia in Alleviate.*

Here are the researchers own words:
"All patients receiving drug treatment reported decrease in knee pain, increased knee flexion and increased walking distance. The frequency of swelling in the knee joint was decreased."^{*1}

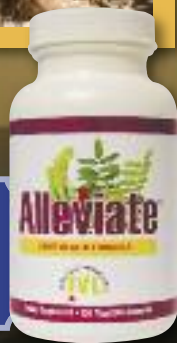
*1: Kimmatkar N, Thawani V, Hingorani L, Khiyani R. Efficacy and tolerability of Boswellia serrata extract in treatment of osteoarthritis of knee—a randomized double blind placebo controlled trial. *Phytomedicine*. 2003 Jan;10(1):3-7. PubMed PMID: 12622457.

The Frankincense Tree



The frankincense tree thrives in the arid soil of the ancient Holy Lands, and can help END your joint pain FOREVER...

It WORKS for you
or it's
FREE!



Pat's Bone-on-Bone Thanks to *Alleviate* *without* surgery, w

**“Hey Doc,
where did my
cartilage go?”**

**This is an actual
X-Ray of a knee joint
showing BONE on
BONE.**

*When your X-Ray looks like
THIS, your doctor is going to
prescribe knee-replacement
surgery.*

*BEFORE you say YES, give
ALLEVIATE a risk-free try!
We have dozens of letters from
folks who have cancelled
surgery and are now living
pain free! You can read their
stories in the pages of this
report...*

**From BONE
on BONE to
ZERO PAIN**

**NO surgery needed.
ALLEVIATE is the first natural
product that worked for
Catherine!**

**“There is no pain while I am
walking! I have tried other
herbal and natural products but
this is the first product where
I can see the change.”**

**—Catherine Magsanide,
Waimanolo, HI**



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e Pain was agony. eTM she's pain-free *without* drugs...

Before taking ALLEVIATE, Pat told us her right knee was “bone on bone and is the worst...”

Then she tried ALLEVIATE without risking a penny...

The results? No more cane. No more shots, no more drugs. Pat is living a pain-free life again!

It was SO bad for Pat, she said “I could barely walk to the car or stand.” Pat tried *rooster comb* shots which were like being *stabbed in the knee*.

Pat is DRIVING Again!



Sure, they helped with the pain, but the relief was just temporary. As a result, she was living on painkillers and felt helpless and depressed.

Then she tried *Alleviate* and reported “Now I can drive myself to...the grocery store, sit in a movie theatre three hours, go to my church, and stand up and cook at the stove for my family...*Alleviate* works!”

—Patricia Fuller, Lindenwold, NJ

Said NO to Surgery...

“My doctor wanted to do surgery that I didn’t want, so I put in my order and thanks to ALLEVIATE, my pain HAS GONE.

— Pauline S., Louisville, KY

This cookie, and *Alle* ingredient that's pur joint pain. It's *ginger*.



“In a double-blind clinical trial, ginger extract reduced knee pain caused by osteoarthritis.”

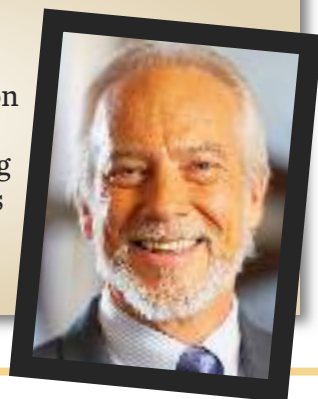
—Prevention, November 2011



My knee swelling and pain is GONE “NO surgery for me!”

“Alleviate has worked for me! I was getting an injection in right knee to tolerate the pain. The doctor said I would probably need surgery. Since I have been taking Alleviate there is no more pain and my knee continues to get better every day...No surgery for me!”

— L.S., Hemphill, TX



*Alleviate*TM, have a secret e magic for your

Amazing Alleviate Breakthrough

A recent study at the University of Miami studied the effectiveness of a ginger extract on patients with severe joint pain. The results?

Researchers reported “significant pain reduction...” and much more mobility!

And this was a *major* study with *hundreds* of patients suffering from merciless pain in their knees. They were randomly assigned to either a placebo or ginger extract group and told to take the supplement for six weeks. The results? More than 6 out of 10 test subjects reported relief from the pain and, even more significant, they were much more *mobile*. They *also* became *far less dependent* upon pain medications.^{*1}

You know you CAN'T live on pain pills forever

Why not try Mother Nature's miracle for your joints? *Alleviate* is an all-natural alternative to the prescription drugs that may help for a while—*until the side effects start to pile up*. Right now, you can try *Alleviate* without risking a penny. All you have to do is call the toll-free number below. *What could you possibly be waiting for?* More pain? More drugs?



It WORKS for
you or it's
FREE!

*1: Altman RD, Marcussen KC. Effects of a ginger extract on knee pain in patients with osteoarthritis. Arthritis Rheum. 2001 Nov;44(11):2531-8. PubMed PMID: 11710709.

**ALLEVIATE
worked where
everything
else failed...**

“I can WALK and be active...thanks to ALLEVIATE,” L.T., told us, “I have tried many natural... supplements and NONE of them relieved the pain.”

— L.T., Ligard, OR

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

Sue was scheduled to have a knee replacement, but *first* she thought about it and told us “It really

Are YOU thinking about surgery?

“Try this BEFORE you have that operation because you can always have the operation later!”



Sue got THIS brochure in the mail and decided to try *Alleviate* risk-free. “It really worked for me. I can’t believe it! It is like a miracle...”

Sue was scheduled to have a total knee replacement, then all of a sudden “I got this booklet in the mail that said on the cover ‘bone was rubbing against bone.’ It caught my eye so I was reading it...I called and canceled my operation and I ordered 6 months supply of *Alleviate*...and got started taking it. It was wonderful. I can’t believe it. It really worked

for me. It is like a miracle for me. Try this *before* you have that operation because you can always have the operation later!”

—Sue K., Massillon, OH

Editor’s note: Remember you never risk a single penny when you try *Alleviate*. If you don’t get the relief you need, you don’t pay a penny. That’s a real, old-fashioned promise from the folks you trust at the *Institute for Vibrant Living*. Don’t suffer another second, call our toll-free number right now!

**It WORKS for
you or it’s
FREE!**



to have a *total* knee
surgery, but when she tried *Alleviate*TM
it worked!”

Vietnam Vet Saved from Surgery!

**“My braces and
canes are now
officially retired...”**

**For over 40 years, I suffered
from injuries...Incurred during
the Vietnam War...**

“Treatment has included surgery, braces, canes and pharmaceuticals with horrendous side effects. When total joint replacement was prescribed, I turned to *Alleviate*. It works! My mobility has been restored for years now with no side effects. Thank you for a wonderful product. My braces and canes are now officially retired...”

—William S., Veneta, OR



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Vernon tried glucosamine/chondroitin and it FAIL was still in AGONY. He tried back surgery with Z He tried every natural product he could find and the Alleviate brochure in the mail (just like this one) an invitation. What happened next?

Joint Pain? *Phooey!* Hiked The Great Wa Completely *Pain Fre* Thanks to *Alleviate™*..

IF YOU HAVE JOINT PAIN, The Great Wall of China is the LAST place you want to go.

It's over 2,000 years old and archaeologists have estimated it's over 13,000 miles *long*. The wall is made from crumbling stone and Earth that would be a disaster if you have ankle, knee, back or *any* joint pain. Instead of a lasting memory, a hike on these paths can be an exercise in *agony*--especially if you

had back *and* knee surgeries like Vernon Guidinger!

But after Vernon decided to try *Alleviate* without risking a single penny, he was able to stroll these ancient corridors completely pain-free--and collect *precious* memories from the trip of a *lifetime*.

What will *Alleviate* let you do that you once thought was impossible?

Read this report and find out...

*ED. He tried knee surgery, but
ERO success.*

*pain just refused to go away. Then he received our
d decided to accept our "it-works-or-it's-FREE"*

Vernon Just ll of China

e

**After TWO surgeries
and constant pain,
Vern almost gave up.
Thank goodness he
tried ALLEVIATE...**

"I have been taking glu-
cosamine/chondroitin
and MSM for about three
years for back and knee
pain after having back
surgery and was STILL
having pain. So I started
to try different products
but was *not* getting the
relief I wanted.

**Then THIS brochure
arrived in the mail!**

"One day, I received your
booklet explaining about
Alleviate, so I decided to
give it a try. To my delight,
it has removed my pain
and has allowed me to



**It WORKS for
you or it's
FREE!**

do things I didn't think I
could ever do again.

Recently, I took a trip
to China and I was able
to walk The Great Wall
which was very rough and
uneven...thanks so much!
I am 68 years old and still
able to function like I did
15 years ago!"

—Vernon Guidinger, Chino, CA



To Try it Risk-Free, Call Toll-Free 1-800-218-1379



Susan tried shots for were extremely pain came roaring back. T

The BIG Problems with shots for knee pain...

- They HURT like nothing you've ever experienced.
- They cost a fortune, sometimes \$1,500.00 or more, and they're often NOT covered by health insurance. That money comes straight from your savings.
- You need multiple shots over many days.
- They don't relieve pain right away.
- They're *only* approved for use in your knees. So all your *other* joints get *zero* benefits.
- And they don't last. You need to keep repeating them at HIGHER doses as your body becomes resistant.

The BIG BENEFITS of using ALLEVIATE instead...

- You get the same active ingredient (hyaluronic acid) used in the shots, but in oral form.
- You get *fast* relief. Our loyal *Alleviate* fans have often reported same-day results.
- You get lasting relief. As long as you take *Alleviate* your pain stays away!
- *Alleviate* benefits every last joint in your body.
- *Alleviate* is all-natural and you don't need a prescription.
- *Alleviate* saves you a fortune and delivers better results. Call us today! *It must work for you or you pay nothing.*

STOP!

Why get stabbed
in the knee, when
Mother Nature has
a better solution?

her knee “which ful” and the pain hen one day...

**...I got something in the mail
that changed everything. It was
your product ALLEVIATE.**

**Susan read our brochure and decided to try it.
Her husband was SUPER skeptical. Guess
who was right? “ALLEVIATE has given me a
new life,” Susan told us. “I no longer have
the pain!” NO more shots for her!**

Susan was pain-free at last and SO glad she tried *Alleviate*.
“I have never written a company before about a product
that works as it says it will,” she explained. She was
also thrilled to avoid shots and surgery. “I have
tried everything that came along and have had
injections...both of which were extremely
painful. I was told that the only real cure was
to have the knee replaced. I have had way
too many operations in my life so I was unwilling
to go that route. Thanks to you, I no longer worry
about having yet another operation...”

—Susan Sandquist



**OUR PROMISE TO
YOU: ALLEVIATE
WORKS OR IT'S
FREE!**



**You Get 2 FREE Bonus
Reports just for trying
Alleviate Risk Free!**

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

Is joint pain *wrecking* you pain kept him awake for *Alleviate*TM and sleeps like

“To sleep through the night is a blessing!”

For 20 years, Robert suffered from so much joint pain it was impossible for him to sleep. He tried shots, but “every shot gave me less relief,” he said. His doctor even prescribed different painkillers but nothing worked.

“My wife sent away for *Alleviate*. I didn’t want to try them. She said the

worse that can happen is nothing. So I tried them and am so glad I did. To sleep through the night is a blessing. I am putting my own shoes and socks on and I am walking. The future is looking a whole lot brighter now. Thank you God and thank you *Alleviate*.”

—Robert Borek, Utica, NY



Joint pain and
soreness make it
IMPOSSIBLE to get
comfortable!
ALLEVIATE can end
all that, so you get
the deep, natural
sleep you want!

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

ur sleep? Robert's joint 20 years, then he tried a baby every night...

No more tossing and turning...

"*Alleviate* was there when I really needed it. Having overdone the Christmas Holidays, my knees were giving me a great deal of pain when I walked, but even more when I was trying to sleep. After taking *Alleviate*...I had a great deal of relief... Amazing!" – K.D. KS



Both Knees Now
**PAIN
FREE**

**"Since I've been taking
ALLEVIATE, both my
knees are pain-free..."**

— Judy Paige, White Lake, MI

**THANK
GOD!**

**I am grateful
to the Lord and
your company
for making this
product.**

— Laura B. Columbus, OH

**ALLEVIATE WILL
WORK WONDERS
FOR YOU OR IT'S
FREE!**



“I had 6 weeks of s with NO relief. A *Alleviate*TM, the pai

—Karen M., Fort Worth TX



Shots were just useless for Karen, so she replied to this mailer and tried ALLEVIATE completely risk-free.

7 days later she reported “The pain was GONE!”

“I had 6 weeks of shots in my knee with no relief,” Karen reported. “I asked the doctor ‘what now?’ His reply: ‘Knee Replacement.’ About that time, I received your advertisement in the mail. Your offer of a refund if it didn’t work is what sold me. A week after taking *Alleviate*, the pain was GONE!”

Karen was SO pleased with her results she said NO to surgery and recommended it to her brother who was also scheduled for knee replacement surgery. The results? Karen’s brother canceled *his* surgery too! “I take my *Alleviate* faithfully every day now, she told us, “Great stuff!”

hots in my knee week after taking n was GONE..."

**SAVE YOUR MONEY and get real,
long-lasting relief with ALLEVIATE...**

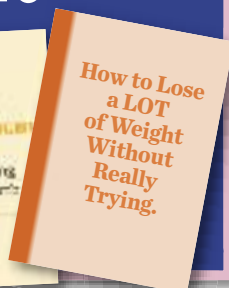
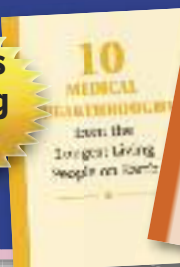
W.P. from Dallas told us "I've had rooster comb shots (that) were very expensive and *not* covered by Medicare or insurance, they helped me for a...time, but then I started having trouble again..."

W.P. tried *three* different natural cures. Which one worked? *Alleviate!* "I'm sold on *Alleviate* and I don't intend to change..."



**IF YOU DON'T GET THE
RELIEF YOU NEED IT'S
FREE!**

**You Get 2 FREE Bonus
Reports just for trying
Alleviate Risk Free!**



To Try it Risk-Free, Call Toll-Free 1-800-218-1379



Alleviate helps
bone joints
reverse the

The result? Instead of
free again. You can walk
your grand kids, travel

INSIDE your joints are tiny, fluid-filled “bursa sacs filled with synovial fluid. They’re like pillows that keep your joints comfy and pain-free.”

Synovial fluid keeps your joints lubricated, reduces friction and prevents bone-on-bone pain. It’s also filled with a nutrient called hyaluronic acid or HA — the exact same nutrient you get in *Alleviate*.

***Alleviate* helps replenish your HA levels, so your joints are flooded with pain-erasing synovial fluid.**

The result is that your “bursa” sacs plump up just like a pillow — so you get the extra cushioning you need to enjoy an active, pain-free life again. You’re invited to try *Alleviate* completely risk-free. If *Alleviate* doesn’t work for you, you pay nothing. And if you call the toll free number right now, you can get 2 FREE Special Reports just for trying it. They’re a \$19.90 value, and they’re yours to keep FREE!

Amazing Alleviate Breakthrough

ps cushion bone-on-bone like a comfy pillow, and root cause of your pain.

f being a *prisoner* of your pain, you'll be able to walk on the beach, open a jar, play with the grandkids, travel the world, or tend your garden...

Gardening AGAIN

"My garden is showing improvement, due to easier movements in my joints while cultivating, however the weeds don't appreciate (*Alleviate*) that much!

—E.S., Charlestown, WV



"I'm walking 2 miles almost every day!"

After a short time on ALLEVIATE, I could tell a difference. I've tried other things for my pain in the past... after a short time on ALLEVIATE, I could tell a difference!"

— L.F.E., Bartlesville, OK



It WORKS for you or it's FREE!

The dirty knee-replacement manufacturers don't

Please do *not* say “yes” to sur

Warning: Many Knee Replacements have NEVER been FDA Approved!

“Failure” rate is now at alarming levels...

Here's the pure, uncensored TRUTH:

Thanks to a little-known loophole in FDA rules, many surgeons are currently installing knee replacement hardware that has NOT been fully FDA approved. Some of the “latest” hardware is failing at an alarming rate.

But that's no problem for *surgeons*. They just do “knee revision” surgery and make more money. In fact, it's now so serious, lawyers are now preparing a tidal wave of lawsuits. Everybody gets rich...*except you*.

You're still in pain, and worrying about more surgery.

You need to protect yourself *now*. In the pages of this report, you'll meet a score of people who got such great results with Alleviate, they canceled surgery and are now more active and pain-free than ever. *You do have choices!*

Try Alleviate completely risk-free right now and...

PLEASE DON'T LET THIS HAPPEN YOU.

Ref: <http://www.drugwatch.com/knee-replacement/complications/>



cement secret the want you to know... gery until you read *this*...

R.M. said “No Thanks” to surgery and tried ALLEVIATE instead. LOOK what happened next...

SAVED by ALLEVIATE at the last minute!

The VERY day I called to schedule knee surgery, I received your brochure in the mail...

“About five years ago, I injured my left knee, (pain) set in and I got a steroid shot that lasted for about a week.” That’s when R.M.’s doctor prescribed surgery. She was only 60 years old but felt like there was no choice. She told us “...my walk is that of an elderly lady.” Then a *last-minute* miracle happened.

“The day I called to make an appointment for knee replacement, I received your brochure in the mail. I called and canceled the appointment and ordered *Alleviate*. I followed the directions daily and on the eighth day I COULD WALK NORMAL and not have the constant pain. I have highly recommended your product to several friends and relatives.”

—R.M., Pocahontas, AZ



It WORKS for
you or it's
FREE!

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

What would you you were 100% p

I am playing my PIANO again!

“I’ve been using *Alleviate*...and found it really helped the stiffness in my fingers. When I play the piano my joints are very supple with NO pain!” — Jeanne W. Scottsdale, AZ

IMAGINE pain-free hands and wrists...

Alleviate helps
reduce inflammation
and LUBRICATE
your joints so full,
pain-free motion is
restored at last.

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

do *first* if ain free?

I'm Golfing AGAIN

**"I can play 18 holes of golf,
three times a week without
a problem."**

**"I'm so happy I started. I highly recommend
Alleviate to people who suffer from knee pain.
It works for me!"** — A.J.C., Tucson, AZ



MOWING my lawn again.

John's pain was SO bad, he had to stop mowing the lawn...and the stairs were just agony. Then he tried *Alleviate* and reported the pain is almost gone! "I've started mowing the lawn again!" he said. "I would recommend this product to anyone, and will continue to take *Alleviate*."

— John M., Woonsocket, RI



**ALLEVIATE WILL
WORK WONDERS
FOR YOU OR IT'S
FREE!**



**How to Lose
a LOT
of Weight
Without
Really
Trying.**

**You Get 2 FREE Bonus
Reports just for trying
Alleviate Risk Free!**

Here's an old-fashioned idea: *How about we send If it doesn't work for you—you pay nothing. Zero. Zilch.*

Our Personal ZERO- From the folks you trust at the Ins

I've got this CRAZY idea that you should never pay for something if it doesn't work for you. Sure, it's old-fashioned, but our over 80,000 customers love it!

YOU will too!

When I first founded the Institute for Vibrant Living, I made a pledge to myself and our expert medical research team. Here are the exact words I wrote on our *first* day of business:

The Institute for Vibrant Living Unconditional Pledge of Quality, Excellence, and ZERO Risk...

1. *Our products must be based on the best available research on Earth.*
2. *They must include the finest available ingredients that are proven in the research lab—and the laboratory of real life.*



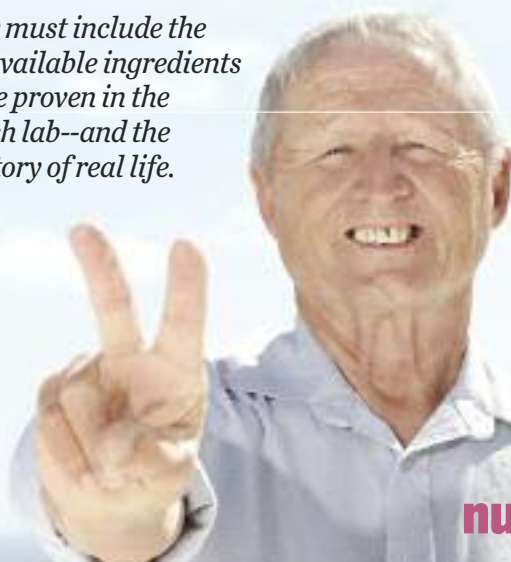
You Never Risk a Penny!

3. *Our customers will NEVER risk a single penny when they try our products. If it doesn't work for you, it's FREE. You can return the EMPTY bottles, say "no thanks" and still get a full refund. No questions asked.*

4. *We pledge to protect your privacy at all times, and at all costs. We will not harass you with phone calls, or send a salesman to your door.*

Sincerely,

Jay White, Founder



**Declare
VICTORY**
over your pain!

**Call our toll-free
number right NOW.**

To Try it Risk-Free, Call Toll-Free 1-800-218-1379

*you Alleviate and you try it without risking a penny.
h! That's NOT just hype, it's...*

RISK Promise to You titute for Vibrant Living!

You'll also receive up to 2 FREE Bonus Reports!

1. 10 Medical Breakthroughs from the Longest Living People on Earth

Science has FINALLY unlocked the REAL reasons some people seem to stay young longer than Nature intended!

Your FREE Bonus Report unlocks the simple secrets behind fantastic longevity. *And they are so much simpler than you ever imagined.*



You don't have to give up eating real food, live on an organic farm, and chant every day! You simply have to make a few changes that trigger fantastic, youth-prolonging results.

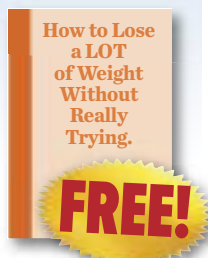
You'll discover how your *tap water* can help you live longer. Why using too much sunscreen can help *shorten* your life--instead of prolonging it. Why being a "party animal" and *dancing* prolongs life and much more!

2. How to Lose a LOT of Weight Without Really Trying.

Extra pounds are just MURDER on your knees and all joints. Even if you've failed at a dozen diets before, THIS plan is SO effective, you must be careful not to lose TOO MUCH weight..

We know you've heard a *million* weight-loss promises before, but this is the last plan, you'll ever need. Why?

Because it's a stunningly simple, no-nonsense plan that doesn't ask you to starve yourself or dance all day in an aerobics class led by a 90-pound Barbie doll. You'll discover how to program your body—using certain foods, supplements and easy exercises—so it *returns* to its natural, *much thinner* state. And you'll *never* go hungry (that's a very bad idea). And you'll stare in astonishment as the bathroom scale spins in *reverse*!



Beat your pain fast and forever! Try *Alleviate* with

ZERO RISK



Just call us toll -free **1-800-218-1379** or return your **ZERO-RISK Trial Certificate** right now! Remember, you're completely protected by our ...

Large Type, Nothing-To-Hide Money-Back GUARANTEE

When it comes to *Alleviate* and *all* our products, we still cling to the old-fashioned notion that you should never pay for something if it doesn't work wonders for you. That's why this guarantee is in large type *with nothing* to hide.

JUST GIVE IT A TRY, and if you're not 100% delighted with the results you get, just send it back for a full and prompt refund. No questions asked. You can even return the empty bottles and get a full refund! Fair enough? Good. So go ahead and take the first step to...

- Pain-FREE Knees...
- Pain-FREE Back...
- Pain-FREE Shoulders, arms and hands...
- Deep, Natural Sleep without soreness keeping you awake.



It WORKS for
you or it's
FREE!

- Renewed self-confidence...
- LESS dependence on others...
- LESS worrying about a fall or injury...
- FREEDOM from painkillers...
- FREEDOM from surgery...
- FREEDOM from that nagging feeling that your active life is over...
- FREEDOM to golf, drive, travel, play with your grandchildren, walk on the beach and squeeze every last ounce of joy from your life!

ZERO-RISK Trial Certificate

Call Toll-Free **1-800-218-1379** OR MAIL THIS FORM TODAY!

☐ **BEST VALUE – Save over 40%!**

Order a 6 month supply of **ALLEVIATE®** for the *LOWEST* price of **\$139.99** – that's less than \$24 a bottle! I will receive TWO bonus Special Reports worth \$19.90 absolutely **FREE**. Shipping* (a \$7.99 value) is also **FREE**. *That's a total value of \$267.83 for ONLY \$139.99.*



☐ **GREAT VALUE – Save 25%!**

Send me a 3-month supply of **ALLEVIATE®** for the low price of **\$89.99** – that's only \$30 a bottle! I will also receive *10 Medical Breakthroughs from the Longest Living People on Earth* worth \$9.95 absolutely **FREE**. Shipping* (a \$7.99 value) is also **FREE**. *That's a total value of \$137.91 for ONLY \$89.99.*

☐ **TRIAL OFFER**

Send me a 1-month supply of **ALLEVIATE®** for \$39.99, plus \$7.99* shipping & handling (total \$47.98). # **AV01**

ITEM #	PRODUCT DESCRIPTION	QTY.	TOTAL PRICE
AV01			

MAIL TO IVL:

P.O. Box 3840, Camp Verde, AZ 86322

SUBTOTAL:



For **FASTEST** Ordering with
Credit Card or **Check by Phone**
Call Toll-free **1-800-218-1379**

*SHIPPING & HANDLING:

VIP HANDLING:
(For \$5.99 guarantees your
product ships the next day)

Shop online anytime:

www.ivlalleivate.com/save

SALES TAX:

(AZ residents add 9.35%)

Please select method of payment:

TOTAL:

☐ Enclosed is my check or money
order for \$_____ (Please make payable to IVL)

Please charge my: ☐  ☐  ☐  ☐ 

Card #: _____

Exp: ____/____

Name: _____

Signature: _____

Phone: (____) _____

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

Email: _____

(Get shipping confirmation / IVL's e-newsletter & exclusive email promotions)

*** SHIPPING POLICY:**

Shipping prices valid
for lower 48 states only.
Please call for rates to AK,
HI and outside the US.
Refunds exclude shipping.





Scan For Exclusive Savings: 10% OFF
 Don't know what a QR Code is, but still
 want to receive 10% OFF?
 Go to: www.ivlspecialoffers.com/qrs

PRST STD
 U.S. Postage
 PAID
 NaturMed

Savings Code



INSTITUTE FOR VIBRANT LIVING®
IVL

P.O. Box 3840
 Camp Verde, AZ 86322

**WARNING: Serious problems reported
 with knee replacement surgery.**
Please do not let THIS happen to you!



See page 32

Please check your name and address to see if the information is correct. If not, please correct it. Thank you.

JOINT PAIN?

HERE'S BLESSED RELIEF!

- **Bone-on-Bone Pain: GONE**
 See page 16
- **Knee Surgery CANCELED**
 See page 20
- **Pain Shots: NO WAY!**
 See page 24
- **Back Pain: GONE**
 See page 13
- **Shoulder Pain: GONE**
 See page 12
- **Hand, Wrist Pain: GONE.**
 See page 34
- **Deep Sleep: RESTORED!**
 See page 26
- **Driving, Golf, Gardening,
 Working, Piano, Tennis,
 Ballet, Travel, you name it!**

**Now you can do
 it all PAIN-FREE!**



**It WORKS for
 you or it's
 FREE!**