



Dr. Robert J. Rowen's  
**SECOND OPINION**

Special Edition

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# Powerful natural compound dissolves blood clots and lowers blood pressure **BETTER THAN NATTO!**

BY ROBERT J. ROWEN, MD

Until now, if you had high blood pressure, my top recommendation would be to take the enzyme nattokinase ("natto" for short). Nothing I've seen since has come close to beating natto for lowering your blood pressure and preventing a heart attack or stroke.

Nothing, that is, until I heard about a powerful new natural compound that doesn't just dissolve blood clots, it makes it nearly *impossible* for them to form in the first place!

Research shows this new natural compound drops blood pressure 40 points in just 12 days. That's not only better than natto—that's better than most drugs!

What's more, it activates your body's own blood-thinning mechanism—without the danger of thinning your blood too much.

This makes your blood pressure drop to normal, and dramatically reduces your odds of suffering a deadly heart attack or crippling stroke.

## Why you get high blood pressure in the first place

There's a good reason you want your blood to be thin. That's because thick blood

*Below...*

- **Reverse decades of cholesterol-build-up** in just weeks *without* giving up the foods you love.
- **The *only* way to stop cancer.** Knocks out hidden disease trigger inside your cells.
- **Restore memory loss** and make your brain work *faster* with this 5-cent-a-day nutrient.
- **Arthritis vanishes** when you do this! (NO pills required).
- **Ordinary houseplant defeats diabetes.** Study proves blood sugar levels normalized in just 4 weeks!
- **92% of impotence cases CURED** with this cheap nutrient combo (*much* safer than Viagra®!).

is the #1 enemy of your heart!

When your blood is too thick, it raises your blood pressure and makes your circulation sluggish, causing your heart to pump even harder.

Eventually, your blood can become so thick it forms a clot. This potentially deadly clot cuts off blood flow to your heart or brain, triggering a heart attack or stroke.

But your body already has a safeguard in place to make sure your blood doesn't get too thick in the first place. This safeguard is a substance called *plasmin*.

## The “superhero” protein that can save your life

Plasmin is a special “superhero” protein in your blood that breaks down unwanted clots so your blood flows smoothly through your arteries. By doing so, it prevents a deadly heart attack or stroke. That's why plasmin is nature's ultimate blood-thinner!

There's only one problem. If you don't get enough essential fatty acids in your diet—or are exposed to toxins and heavy metals—your body produces a substance called antiplasmin that inhibits this blood-thinning protein and keeps it from doing its job.

Your body is constantly producing antiplasmins. That's because it's almost impossible to avoid exposure to pesticides, mercury, aluminum, lead, and other toxins. These everyday toxins are in the food you eat, the air you breathe, the water you drink, and in hundreds of products from toothpaste to shampoo and cosmetics.

It's also difficult to eat an ideal diet, especially when much of the food you find at the grocery store is processed and stripped of essential fatty acids. The effects of this dietary deficiency and repeated exposure to toxins build up in your body over time, causing your body to produce *more* antiplasmins as you age.

This build-up of antiplasmins completely derails your body's built-in mechanism for keeping your blood thin. Your blood gets thicker, your blood pressure goes up, and your risk of heart attack and stroke increases significantly.

You can see how this relentless barrage of pollutants and poor diet load your body up with antiplasmins that cancel out the blood-thinning effects of plasmin. But now there's something you can do to prevent this from happening.

## Nature's ultimate free radical-trapping machine unleashes your body's natural blood-thinning mechanism

Now you can avoid the dangers of thick blood simply by helping your body's own built-in blood-thinning mechanism work the way it should. *How?*

By taking a potent, newly-discovered antioxidant that has as much as *100* times the free radical scavenging power of any other antioxidant!

You already know how important antioxidants are to your health. And you know some are much more powerful than others. What most people don't realize is the power of an antioxidant depends on its structure, which is made up of rings.

***Real healing breakthroughs from the doctor known as “the Father of Medical Freedom”...***

Antioxidants use these rings to capture disease-causing electrons from free radicals. The more rings they have, the better they work—since you're setting more traps for these toxic invaders.

Most plant-derived antioxidants—also known as flavonoids—have three interconnected rings to trap free radicals. The catechins found in green tea have four interconnected rings, making green tea an even more powerful free radical scavenger.

But a new antioxidant—extracted from a unique type of brown seaweed called *Ecklonia cava*—has as many as *eight* interconnected rings. That means it has *DOUBLE* the free radical fighting power of green tea and as much as 100 times that of any other antioxidant!

Imagine how giving your body this enormous boost of antioxidant support helps fend off free radicals that damage your artery lining and raises your blood pressure!

But this super-powerful extract of *Ecklonia cava*—which I call “EC” for short—does something that's even more important. Remember those antiplasmins I told you about earlier, which cause your blood to get thick in the first place?

“EC” has the power to block these harmful antiplasmins, unleashing your body's natural blood-thinning mechanism. This action alone keeps your blood flowing smoothly through your veins so you avoid forming a deadly clot!

## **Blood pressure drops 40 points in just 12 days!**

This incredible, natural compound has been the subject of enormous scrutiny and research by a team of PhDs and MDs for more than 14 years. And I'm amazed at the stunning results they've found!

They've discovered “EC” actually dissolves blood clots and lowers blood pressure better than drugs. In fact, it can drop your blood pressure to normal in a matter of days! In a controlled scientific study, it cut blood pressure levels by 40 points in just 12 days—from 200 mmHg to 160.

Robert J. Rowen, M.D. has helped more than 5,000 patients heal themselves without drugs or surgery from heart disease, cancer, diabetes, arthritis, and other health problems. For more than 30 years, they've flocked to his clinic to conquer their toughest health challenges.

- **Maybe it's because Dr. Rowen has top-notch medical credentials and superior training many “alternative” doctors lack.** He's a Phi Beta Kappa graduate of Johns Hopkins University and the top-ranked University of California at San Francisco School of Medicine. In fact, hundreds of physicians around the world have sought training from Dr. Rowen because of his leadership in researching, evaluating, and using the latest breakthrough treatments.
- **Maybe it's because he's board certified in emergency medicine.** He's also trained in Chelation and Oxidative Medicine, and is a member of the American College of Advancement in Medicine and the American Academy of Family Practice. Dr. Rowen was also appointed to serve on the Alaska State Medical Board—after saving the lieutenant governor's wife from back surgery!
- **Maybe it's because he stands up for your right to know about natural, breakthrough cures.** Dr. Rowen is known as “The Father of Medical Freedom” because he pioneered the nation's first statutory protection for alternative medicine in 1990—years

“EC” is also incredibly safe, since it’s a food—not a pharmaceutical or other synthetic product. It’s so safe, people in Asia have eaten the seaweed from which it’s extracted for centuries.

What’s more, supplements containing “EC” have been sold in Asia for more than five years. People have taken tens of thousands of dosages over this period with no known negative effects.

And there are NO known drug-nutrient interactions, so you can take “EC” without worry if you’re taking medications or other supplements. It’s practically as safe as a placebo—a far cry from the toxic drugs most doctors prescribe to control your blood pressure!

Yes, “EC” is simply the best blood pressure solution I’ve seen. If all it did was lower your blood pressure and cut your risk of heart attack and stroke, it would be one of the greatest discoveries of all mankind. But take a look at what else “EC” does...

## **This incredible blood pressure breakthrough also improves memory, lowers cholesterol, boosts sexual performance, and *more!***

“EC” is not only nature’s ultimate blood-thinner, it’s nature’s ultimate free radical-trapping machine. As I mentioned earlier, it has as much as *100 times* the free radical-scavenging ability of any other antioxidant.

So it makes sense this exciting breakthrough does more than lower your blood pressure and keep deadly clots from forming. Take a look at what else “EC” does...

- **Improves memory.** Because this powerful antioxidant contains compounds that are fat-soluble, it has a greater ability to get into your brain and protect it. It increases the activity of neurotransmitters responsible for learning and memory. Even better, it scours out amyloid plaques linked to Alzheimer’s, which build up even in healthy brains as you age.
- **Cuts your cholesterol.** Because it’s such a potent antioxidant, “EC” also inhibits the oxidation of LDL “bad” cholesterol that leads to plaque build-up. In fact, it does an even better job of blocking plaque formation than green tea. It can actually scrub cholesterol plaque off your artery linings that’s built up for decades!
- **Enhances sexual performance.** Because it disables antiplasmins, “EC” optimizes your body’s production of nitric oxide—a real boost in treating erectile dysfunction. In fact, in one study, it scored much higher than Viagra<sup>®</sup> in improving orgasmic function, intercourse satisfaction, and overall

before most other doctors even knew what it was.

- **Maybe it’s because his hands-on success using these cutting-edge treatments is proof they really work.** Read this Special Report and you’ll understand why tens of thousands of smart, health-conscious people like you refuse to consider a treatment until they get a second opinion from Dr. Rowen. It could be your last chance to hear about these exciting new cures for years to come!

[See for yourself why patients flock to Dr. Rowen. Sign up for your no-risk trial subscription to \*SECOND OPINION\* today!](#)

satisfaction—with NO side effects reported!

- **Promotes better circulation.** A human study showed this powerhouse antioxidant actually regenerates the cells that make up the critical inner lining of your blood vessels, which keep the arterial wall relaxed and dilated. This dramatically improves your circulation!
- **Helps you get off diabetes meds for good.** One of my patients eliminated two diabetic drugs just by taking "EC" and continuing with his morning blood sugars. In just two weeks, he cut his blood sugar levels by a whopping two-thirds!
- **Turns your body into a fat-burning machine!** As if it didn't do enough already, this unique extract from brown seaweed also blocks an enzyme in your body that triggers fat creation. What's more, studies show "EC" stimulates your body to burn *more* fat—especially abdominal fat—by increasing muscle mass!

There's so much more I want to tell you about this incredible healing breakthrough. That's why I've put together a brand new Special Report, called *Nature's Amazing Healer from the Sea*, which I want to rush to you FREE right away.

## Supercharge your body's built-in disease-fighting mechanisms



In your FREE Special Report, I reveal how you can use "EC" to lower your blood pressure and fend off a potentially deadly blood clot. I also explain how you can use "EC" to enjoy all the other health benefits this powerhouse antioxidant can bring you—from improved cholesterol control to easier weight loss.

In your Special Report, you'll find the exact dosages used in studies so you know how much to take to see results. Plus—**VERY IMPORTANT**—I share with you my top recommended brand of this unique seaweed extract and where you can get it.

You see, a number of companies are just starting to offer this supplement. But unfortunately, not all of them guarantee it contains the same potent compounds found in brown seaweed that have been proven to work in studies. In your FREE Special Report, I tell you what to look for and what to steer clear of, so you can get the best results.

I know this incredible healing discovery can supercharge your body's natural blood-thinning mechanism and help you get off costly, dangerous medications. It can even cut your risk of sudden death from heart attack or stroke.

What's more, it can help you lower your cholesterol, prevent or reverse diabetes, banish arthritis pain, speed up weight loss, and keep you mentally sharp and sexually potent for life. It can even fend off skin

### Improved "heart numbers" dramatically!

"I have shared much of your information with friends and relatives. They have benefited greatly. My brother-in-law has lowered his 'heart numbers' (as he calls them) dramatically."

—Terry Neal, Madison, Alabama



cancer and fight stubborn conditions like fibromyalgia and allergies. Yet almost no one else is writing about this exciting new breakthrough!

That's why I want to get this FREE Special Report into your hands right away. I don't know if I've ever seen one nutrient that could do more for you than this amazingly powerful supplement. In all my years of practicing medicine, I've yet to see any other natural or manmade compound work in such harmony with your body to supercharge its built-in disease-fighting mechanisms.

You'll find out everything you need to know in your FREE copy of *Nature's Amazing Healer from the Sea*. It's part of your FREE 18-volume *Library of 21st Century Cures* that's available to you now with your no-risk trial subscription to *SECOND OPINION*.

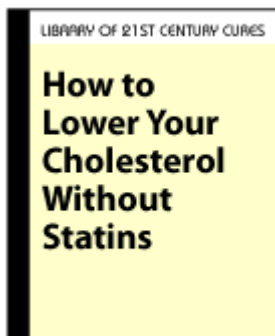
I'll tell you more about *SECOND OPINION* and how you can get your no-risk trial subscription — along with your FREE Special Reports — in a moment.

But first I'd like to share with you another amazing new health discovery....

## **BREAKTHROUGH #2:**

### **Stunning new discovery flushes cholesterol deposits out of your arteries**

*...Completely reverses the atherosclerosis process in just weeks!*



In a small village in northern Italy, people dine regularly on pasta loaded with creamy sauces. They gorge themselves with cheese-laden pizza. And they indulge in a dish of gelato—the Italian version of ice cream—every chance they get.

Yet atherosclerosis—also known as hardening of the arteries—is practically non-existent in these villagers. That's true even in those residents with low levels of HDL "good" cholesterol.

That's surprising since "good" cholesterol is needed to clear away excess LDL "bad" cholesterol. So those villagers with low HDL levels should have arteries so choked up with "bad" cholesterol, they're dropping like flies from heart attack or stroke.

But they're not. *Why?* Because they have a natural protection in their bodies against heart disease. They've inherited a special type of protein in their blood that flushes out cholesterol deposits before they can clog up their arteries.

If you're one of the 99.9% of people who weren't lucky enough to be born with this protective gene, don't worry. There's a new breakthrough that can help you keep your arteries clear of cholesterol build-up anyway.

### **Clears out cholesterol sludge so your arteries stay clean as a whistle**

As you may have heard, lecithin is one of the best nutrients for lowering your cholesterol. Well, now there's a supercharged, highly-concentrated extract of lecithin that's up to five times more effective at keeping your arteries clean as a whistle!

This natural, yet little-known, nutrient is called essential phospholipids (EPL). It contains *four to five times* as many of the active ingredients that break down and flush out cholesterol as ordinary lecithin.

EPL works by activating a substance in your body that acts as a cholesterol “clean-up” crew. This substance pulls cholesterol and other fatty deposits out of your artery walls like a magnet. Then it hauls this artery-clogging gunk away to your liver, where it’s eliminated as bile.

Not only does this stop plaque from accumulating in your arteries, it allows you to reverse years, even decades of cholesterol build-up—even if you make NO changes in your diet! That’s why supplementing with EPL is a simple, effective way to bring your LDL “bad” cholesterol numbers down to where they should be...naturally.

What’s more, multiple studies show EPL stops and even reverses hardening of the arteries, and reduces platelet aggregation (blood clotting) by up to 60 percent. But there’s even more good news for your heart....

## **Halts angina attacks and even eliminates leg pain**

Studies show EPL halts angina attacks in more than half of patients in just one week, and reduces the severity of attacks in others by up to 90 percent. It’s also been shown to eliminate circulatory leg pain in 87 percent of patients in just six weeks.

This makes EPL more effective than many prescription drugs. Yet no serious reactions have ever been reported!

If you’re one of the 90 million Americans at risk of dying prematurely of “cholesterol-related” disease, this news is a Godsend. Thanks to EPL, you can beat the odds against this killer threat no matter what your lifestyle or family history.

I give you all the details on this stunning breakthrough in your 2nd FREE Special Report, *How to Lower Your Cholesterol Without Statins*, part of your FREE 18-volume *Library of 21st Century Cures* I want to send you right away. I tell you exactly what to look for in an EPL supplement.

I also warn you about an additional ingredient in some EPL formulas you should avoid. Some unscrupulous promoters include this “bonus” ingredient so they can hike up their prices and make unjustified health claims. You’ll get all the details in your FREE report.

Plus I reveal these other new, natural ways to keep your heart healthy and drastically cut your risk of heart attack or stroke.

*For example...*

- **The “harmless” fat that can kill you instantly.** Why a build-up of *this*

### **Respiratory therapist applauds courage!**

“I am a Respiratory Therapist and work at a hospital. I have been receiving your newsletter for about 6 months now, and I want to applaud your courage. I have long thought many of the same things you have said in your newsletter. I wish more doctors were like you.”

—Linda Sussi, Modesto, California

fatty acid can trigger a rhythm disturbance in your heart that leads to sudden death. Plus an easy way to neutralize this deadly threat.

- **The inexpensive vitamin every meat lover should take.** Destroys artery-hardening toxin found in cooked meat and prevents it from damaging your blood vessels.
- **How to eliminate bacteria in your mouth that causes coronary artery disease.** Research shows it's just as dangerous to your heart as eating a high-fat diet!
- **The one test you should always get before you lower your cholesterol.** Helps you avoid problems with sex hormone production that can raise your risk of cancer.
- **Plus much more!**

If you want a better way to keep your heart healthy and your arteries clear of cholesterol—without resorting to costly, dangerous drugs—you'll want to get your hands on this FREE Special Report right away!

You can sign up for your copy right now by clicking below to begin your risk-free trial subscription to my newsletter, *SECOND OPINION*, where you'll read about the latest life-saving and life-changing health discoveries each month.

[Keep your heart strong and healthy! Click here to get your copy of the FREE Special Report, \*How to Lower Your Cholesterol Without Statins\*.](#)

Of course, heart disease isn't the only serious health issue that can threaten your life. I'm sure we've all known someone who has fought cancer — and lost.

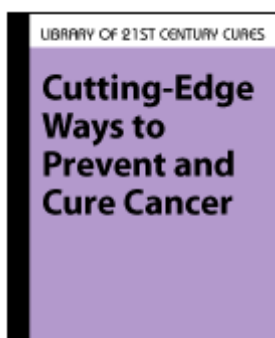
But thanks to a new medical discovery by a Nobel Prize winner, you can now keep cancer from invading your body — or stop it in its tracks if you already have it.

Read on to find out more...

### **BREAKTHROUGH #3:**

*Nobel Prize winner's extraordinary discovery:*

### **The ticking time bomb in your cells that causes cancer —and the only way to stop it**



You've been told your whole life that cancer is the biggest medical mystery of our time...that "someday" we might discover what *really* causes this terrible disease so we can stop it.

That's why you may be surprised to learn we already know the real cause of cancer. It's been all but ignored by big drug companies, since they prefer treatments they can patent and earn big profits from. In fact, this breakthrough discovery was uncovered by a Nobel Prize-winning scientist back in

1925!

What is this breakthrough discovery? It's a very simple thread that connects



every cancer—and exposes its hidden weakness.

The simple thread Dr. Otto Warburg discovered is a biochemical time bomb all cancer cells and malignant tumors have in common. By neutralizing it, you can actually halt the progression of cancer...even if it's already developed!

## The common link in ALL cancers that's amazingly easy to reverse

Dr. Warburg was the first to discover that malignant cancer tumors always lack oxygen. This *lack of oxygen*, which damages DNA and creates abnormal cells, is the underlying cause of cancer.

It's amazing how a reduced level of oxygen in your body's cells can make you more prone to cancer—and how easily your oxygen levels can decline. In fact, if you reduce a cell's oxygen content by about one-third, you'll automatically induce cancer.

It doesn't take much to reduce your oxygen levels by one-third. Substances you're exposed to each day—such as chemicals, pesticides, radiation, food dyes, preservatives, or other common carcinogens—prevent your cells from getting or using oxygen. This is why so many people develop cancer and are shocked because, aside from having low energy, they didn't feel sick.

So how do you keep your cells from losing oxygen in the first place? Ingesting supplements or so-called "oxygenated water" won't solve the problem of not having enough oxygen in your cells.

Neither will exercise. While exercise does increase oxygenation to your blood, it doesn't guarantee this oxygen is transferred to each cell in your body. All that exercise didn't prevent world-champion cyclist Lance Armstrong from getting cancer!

What's more, it's practically impossible to avoid exposure to everyday toxins, radiation, and other carcinogens. But there's another everyday threat that's causing your cells to lose oxygen you *can* avoid.

## The everyday threat that sets the stage for cancer—and how to avoid it

This everyday threat that's starving your body's cells of oxygen is glucose. Glucose is produced in your body by the breakdown of carbohydrates. These carbohydrates are broken down at different rates depending on the type of carbohydrate.

Simple carbohydrates—found mostly in refined foods—are broken down almost immediately and absorbed rapidly into your system. Complex carbohydrates—found mostly in whole foods—take much longer to break down.

### Cured skin cancer without surgery!

"Your advice on new treatments in lieu of what other doctors still recommend has helped me control my small skin cancers (without additional surgery) and decrease skin problems caused by shingles. Thanks for having the guts to say it like it is!"

—Arthur Kuyatt, Stratford, Washington

**3-in-4 adults develop high blood pressure by the time they're 80...but YOU don't have to be one**

Because simple carbohydrates are digested almost immediately, they flood your cells with glucose. This glucose overload deprives cells of oxygen and creates the ideal conditions for cancer to develop.

That's why cutting back on refined foods—such as those containing white sugar, white flour, and white rice—can dramatically lower your odds of getting cancer. This simple diet change is one of my top recommendations for anyone who wants to prevent cancer—as well as avoid diabetes, lose weight, and dramatically improve their overall health.

But what if you've already started to develop cancer...what can you do then?

Dr. Warburg found you can disarm the ticking time bombs that fuel cancer simply by getting more oxygen into your cells. Increased oxygen in your cells halts cell damage almost immediately. What's more, you can actually repair damaged cells and—if you act early enough—return them to normal.

### **The amazing therapy that halts cancer and slows aging**

There are a number of other simple ways you can increase the amount of oxygen in your body—and make your cells virtually cancer-proof. I tell you all about them in your 3rd FREE Special Report, *Cutting-Edge Ways to Prevent and Cure Cancer*.

For example, I share with you a cutting-edge oxygen therapy I use frequently with patients that makes your cells more resistant to cancer. It does this by slowing the effects of aging.

This therapy slows aging since it helps you avoid the reduced oxygen pressure that often occurs in your capillaries as you get older. When this pressure is reduced, it hinders your body's ability to transfer oxygen to your cells and makes you more susceptible to illness.

By performing this simple, natural therapy, you can restore oxygen pressure in your capillaries to youthful levels, and get significantly more oxygen into your body's cells. This not only prevents or halts cancer, it reverses stroke damage and senility and increases your resistance to all degenerative disease and premature aging.

In your FREE report, I explain what this highly beneficial therapy is and how you can do it on your own in the privacy of your home, at very little expense. You'll

### **of them!**

The older you get, the more likely you are to develop high blood pressure, even if it's never been a problem for you before. According to a study published in the *Journal of the American Medical Association* (JAMA), 74 percent of people age 80 and up are hypertensive—that's nearly 3-in-4 adults!

What's more, a whopping 63 percent of adults between the ages of 60 and 70 have high blood pressure. Compare that to just 27 percent of those under age 60 diagnosed with high blood pressure. But what's really scary is, less than two-thirds of hypertensive patients in these two older age groups receive any kind of treatment.

If you're walking around with untreated high blood pressure, you're like a ticking time bomb for a deadly heart attack or stroke. But please—don't get scared into taking risky blood pressure drugs when there's such a safe, effective alternative like this natural blood pressure breakthrough. You'll get all the details in your FREE Special Report, *Nature's Amazing Healer from the Sea*.

[Click here now to claim your FREE copy!](#)

also discover these other surprisingly simple ways to drastically reduce your odds of ever getting cancer.

For example...

- **The great-tasting soup that cuts breast cancer risk by *HALF*.** Study of 21,852 women shows those who ate it daily were half as likely to get breast cancer.
- **The hidden carcinogen in your kitchen.** Contains a toxic chemical linked to cancer, yet many of us use it every day! Plus a 100% safe alternative.
- **At-home treatment cures skin cancer in just days!** Also relieves pain and heals skin wounds. I've even seen it eradicate breast cancer tumors!
- **The popular fruit that prevents pancreatic cancer.** Research shows eating it regularly can slash your risk of this deadly cancer by nearly one-third!
- **Plus much more!**

I share all of these exciting cancer-fighting discoveries with you in your FREE Special Report, *Cutting-Edge Ways to Prevent and Cure Cancer*.

It's the kind of life-saving information you'll discover each month as a SECOND OPINION subscriber.

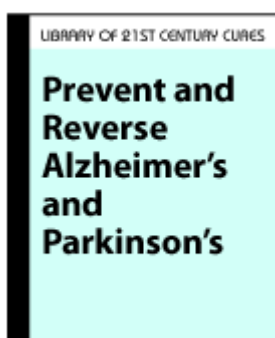
This Special Report, part of your 18-volume *Library of 21st Century Cures*, is available to you now absolutely FREE with your no-risk trial subscription to *SECOND OPINION*.

[Click here to get your FREE report on how to keep your body cancer-free by signing up for your no-risk trial subscription to \*SECOND OPINION\*.](#)

If you start your no-risk subscription now, I'll send you the 3 Special Reports I already mentioned...PLUS the following:

#### **BREAKTHROUGH #4**

### **The most common cause of memory loss as you age —and the 5-cent-a-day nutrient that *reverses* it!**



If you're sick and tired of not being able to find your car keys...recall people's names...or remember everything you need to pick up at the grocery store, you're probably getting fed up. You might even be a little worried your occasional forgetfulness is the early stages of Alzheimer's.

But while Alzheimer's is a truly devastating disease—and also difficult to treat—you can relax. It's probably *not* what's causing your memory problems.

That's because the most common cause of memory loss for people over 50 is cognitive decline that's due simply to age. But the good news is, you don't have to put up with it. Now there's evidence you can *reverse* this common mental decline by taking an ordinary supplement that costs less than 5 cents a day!

## Sharpens memory and reflexes so you perform like you did decades ago

You've probably heard about homocysteine, an amino acid in your blood. Studies link high homocysteine levels to an increased risk of coronary artery disease and stroke. They also show you can reduce homocysteine levels simply by correcting a common nutrient deficiency in older adults: folic acid deficiency.

You may already know folic acid is important to take in order to keep your homocysteine levels in check. But Dutch researchers recently discovered something else.

What they discovered was adults over 50 who suffer from memory loss are much more likely to have elevated homocysteine levels than those who don't. So is it possible that by simply taking folic acid—at a cost of less than 5 cents a day—and reducing their homocysteine levels, they could improve their memory and reverse cognitive decline?

In a 3-year study published not long ago in *The Lancet*, researchers found taking folic acid was indeed the answer. Study participants between the ages of 50 and 70 who took this supplement daily enjoyed significantly improved memory compared to those who took a placebo. Their brains actually worked faster, and even their reflexes became more responsive.

This is exciting news anyone can use. Not only can it save you the aggravation and embarrassment of memory loss, this inexpensive supplement helps you stay mentally sharp and independent as you age. With your memory, mental faculties, and reflexes fully intact, you can think, drive, play chess, maintain your own home, and enjoy your favorite activities for years to come.

In your 4th FREE Special Report, *Prevent and Reverse Alzheimer's and Parkinson's*—part of your FREE 18-volume *Library of 21st Century Cures*—I tell you how much folic acid participants used in this study to dramatically improve their brain function.

You'll also learn how to get this nutrient from food if you prefer. But that's not all.

In your FREE report, I warn you about a common mineral deficiency that can

### The popular medication that can stop your heart

You may already know statin drugs deplete your body of Coenzyme Q10, a deficiency that can lead to congestive heart failure. Now researchers have found that taking a common painkiller can also stop your heart.

What is this common painkiller? NSAIDs. You heard me right, NSAIDs—those everyday prescription and over-the-counter drugs millions of people take, including ibuprofen and other anti-inflammatory drugs.

Taken on their own, NSAIDs can cause heart attacks, bleeding, erectile dysfunction, and joint destruction. Even worse, a new study shows if you take statins and NSAIDs at the same time, you dramatically increase your risk of heart failure!

One NSAID is particularly dangerous to your heart when taken with statin drugs. Commonly used to treat osteoarthritis pain, gout and other conditions, it makes you three times more likely to suffer heart failure! I reveal what it is in your FREE Special Report, *How to Lower Your Cholesterol Without Statins*.

You might think taking both drugs might simply double your risk. But it's much worse than that, since two or more factors often work together to multiply the effect. That's why your best line of defense is to avoid taking statin drugs in the first place.

In your FREE Special Report, *How to Lower Your Cholesterol Without*

actually ruin your brainpower. A French study recently uncovered that as your levels of this mineral fall over time, your risk of memory loss and cognitive decline rises.

That's why if you want to stay mentally sharp for life, you'll want to make sure you don't suffer this mineral deficiency in the first place. In your FREE Special Report, I'll reveal what this mineral is and how much I recommend you take every day.

Here's what else you'll discover...

*Statins*—part of your FREE 18-volume *Library of 21st Century Cures*—you'll get all the details on how to use EPL to lower your cholesterol naturally. Plus I share with you more new ways to keep your heart healthy and prevent or reverse coronary artery disease.

[Click here now to get all the details on how to lower your cholesterol without drugs!](#)

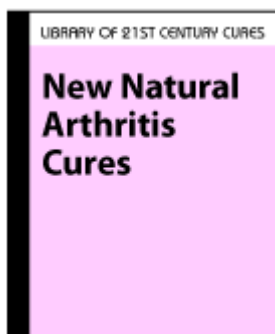
- **How snoring destroys your brain—and how to stop it.** Snoring is more than just a nuisance. It can kill off neurons and nerve cells due to reduced oxygen intake. But this little-known device can keep your airway open and save your brain from aging.
- **The most overlooked cause of memory loss (and the easiest to treat!)** This common problem significantly impairs your concentration, memory, and reaction time. Yet it costs almost nothing to reverse!
- **How a common mistake could land you needlessly in a nursing home.** Why *this* easily-treated disease is often misdiagnosed as Alzheimer's—and the simple test you can do at home that detects it.
- **The super-antioxidant that slows memory loss and even stops Alzheimer's.** Energizes brain cells, removes heavy metals, improves blood flow, and protects against a toxin linked to Alzheimer's. Amazing results seen, even in Alzheimer's patients!
- **Plus much more!**

[Yes, I want to remain sharp as a tack by finding out how to avoid—or reverse—memory loss. Send me my copy of \*Prevent and Reverse Alzheimer's and Parkinson's\* today!](#)

And this next health breakthrough is almost too simple to believe...

## BREAKTHROUGH #5:

### Surprising *no-pill* solution shuts down pain triggers and **STOPS** arthritis pain!



When your joints ache to the high heavens, you want to do anything to make it stop. You may even be tempted to reach for drugs like Vioxx<sup>®</sup>, Celebrex<sup>®</sup>, and others.

These drugs will stop your pain—at least temporarily. But they do it at a steep price. They can *DOUBLE* your risk of heart attack and pose other serious health risks!

Fortunately, there's a no-pill solution that really works to stop arthritis pain. That's right, you don't have to put your health at risk by living on pain pills. Nor do you have to take costly joint supplements



by the truckload that may or may not work for you.

What is this pain-stopping miracle? Green tea. That's right, *green tea!*

Green tea literally shuts down your body's pain triggers so your joints no longer become achy or swollen. Plus you'll love what else it does for you. Green tea cuts your risk of cancer, lowers your cholesterol, and even helps you lose weight more easily.

## Works better than NSAIDs to banish swelling and protect your joints

New research shows green tea works better than the most popular anti-inflammatory drugs on the market. That's because it contains a phytochemical that does a better job of shutting down pain triggers...so your arthritis pain disappears!

Researchers recently discovered this phytochemical found only in green tea blocks the activity of a cytokine (or protein) that destroys the joints in arthritis sufferers. They also found it stops two other inflammation triggers cold: COX-2 and prostaglandin E2.

Drugs like Vioxx<sup>®</sup> and Celebrex<sup>®</sup> only block COX-2. They do nothing to block prostaglandin E2. So compared to green tea, these drugs only get half the job done!

But that's not all green tea does to fend off arthritis pain. It also blocks the activity of a protein that destroys the joints in rheumatoid arthritis sufferers, something drugs don't do. So it helps protect your joint cartilage from wearing down and brings you lasting relief—*without* doubling your heart attack risk and putting your health in jeopardy!

In your 5th FREE Special Report, *New Natural Arthritis Cures*, I tell you how much green tea I recommend you drink or get from supplements each day to make your arthritis pain vanish—and the active, pain-stopping ingredient you should always check for on the label.

Even though this crucial ingredient is naturally present in green tea, many commercial products don't contain it since it often gets lost in processing. Unless the green tea is standardized to contain this ingredient, there's no guarantee it's in there.

In your FREE Special Report, I also share with you another nutrient that works wonders to relieve everyday back and muscle pain. This sea vegetable extract contains potent bioflavonoids that dramatically reduce COX-2 and other inflammatory enzymes. They not only stop your pain, they keep these inflammatory enzymes from attacking your joints and

### Patient case studies prove EPL really works!

**CASE #1:** 60-year-old man with claudication (he could barely walk 60 feet!)

**RESULTS:** After 6 months of taking EPL, he is walking three miles per day and lifting weights (even though patient refuses to quit smoking!)

**CASE #2:** 76-year-old woman with hypertension, one artery closed, the other 90% blocked, high LDL "bad" cholesterol and homocysteine, and severe shortness of breath (she had already suffered one heart attack and was on the fast track to another).

**RESULTS:** Having wisely refused a bypass recommended by another doctor, the woman started taking

damaging cartilage.

Before you suffer from arthritis pain a moment longer or reach for another NSAID, you'll want to give this powerful natural remedy a try. You'll find all the details in your FREE Special Report! But that's not all...

## Do-it-yourself technique wipes out pain almost instantly!

You'll also discover the most effective *do-it-yourself* pain relief treatment I've ever seen in my 29 years of practicing medicine. If you're suffering from pain in your neck, shoulders, lower back, pelvis, or extremities, you can use this simple technique to become pain-free and experience a full range of motion almost instantly!

Please act now to get rid of your miserable pain once and for all. Click below to request your FREE copy of *New Natural Arthritis Cures*—part of your FREE 18-volume *Library of 21st Century Cures*—along with two more FREE gifts I want to get into your hands right away. You'll be glad you did!

[Yes, I want to get rid of the aches and pains that keep me from enjoying life. Send me my copy of \*New Natural Arthritis Cures\* today!](#)

And if you or anyone you love currently takes antacids, you need to read the next medical breakthrough I'm about to tell you...

## BREAKTHROUGH #6:

### The coming antacid scandal— and why it could land you in a nursing home



I'm proud to say people who read *SECOND OPINION* were among the first in this country to know about the link between Vioxx<sup>®</sup> and increased heart attack risk. My readers were also among the first to know about the dangers of statin drugs due to their depletion of Coenzyme Q10.

Now there's another big drug story that's yet to hit the mainstream media. It's an even bigger story than Vioxx<sup>®</sup> and statin drugs. That's because it's about the most widely prescribed drugs on the market: *antacids*.

Thanks to a new study, researchers now know that these drugs—which doctors dole out like candy for heartburn, acid reflux, and indigestion—significantly increase your risk of osteoporotic hip fractures.

EPL. In just 15 weeks, her blood pressure dropped from 180 to 120. Her shortness of breath vanished. Now she's mowing her lawn with a push mower!

**CASE #3:** 45-year-old diabetic male smoker, blood sugar 400, triglycerides 299-875

**RESULTS:** After taking EPL, his blood sugar has fallen under 200, triglycerides are now 155, and his insulin dose was cut in half!

**ACTION TO TAKE:** If you or a loved one are concerned about high cholesterol, coronary artery disease, or any other type of heart disease, you need to know more about EPL. But don't wait for your doctor to tell you about it! Send for your FREE Special Report, *How to Lower Your Cholesterol Without Statins*.

[Yes, I want to be the first to learn about health breakthroughs that can save my life. Send me my FREE 18-volume \*Library of 21st Century Cures\* and your two FREE gifts!](#)

That's right—by taking antacids regularly, you could be putting yourself at far greater risk of a debilitating hip fracture...the #1 cause of landing in a nursing home!

Even worse, these antacid medications make your bones more prone to fracture much faster than you may think. Researchers at the University of Pennsylvania School of Medicine studied nearly 150,000 patients, and found that just one year of using these drugs increases your risk of hip fracture by nearly half! And long-term users given higher doses had almost *two-and-a-half times* the risk.

But don't think only women need to avoid taking antacids. While it's estimated that at least 15% of women will suffer a hip fracture by the time they reach age 85, guess who's at even more risk once you bring antacids into the equation? Men!

### Why men are **TWICE** as likely to fracture a hip as women...

The study found men who used antacids were twice as likely to suffer a hip fracture as women who used them. That's because most men don't worry about osteoporosis, so they're less likely to take calcium and other minerals to slow bone loss.

This nonchalance can be a double whammy if you're also taking antacids. Antacids and acid blockers suppress your body's ability to produce acid in your stomach. But you require stomach acid to absorb calcium and other minerals that your body needs to build bone from food and supplements.

And now there's a popular class of antacids called proton pump inhibitors. These drugs turn off all your body's cells that have proton (acid) pumps—not just those in your stomach. That means they also block the action of osteoclasts.

Osteoclasts are cells that secrete acid to dissolve old, inflexible bone to make way for healthy, new bone. When osteoclasts aren't able to remove this old bone, your bones become brittle and more prone to fracture.

Now, I know you don't want to suffer through another bout of indigestion or acid reflux that keeps you up all night in agony. But you don't have to ruin the health of your bones and risk landing in a nursing home just to get relief!

In your 6th FREE Special Report, *Stop Heartburn, Gas, and Digestive Problems Forever*, I tell you how to get rid of heartburn and acid reflux permanently. That's right—you'll never have to choose between the immediate discomfort of an acid attack or a possible hip fracture in your future that leads to disability and even death.

When you take the inexpensive supplement combination I reveal in your FREE report, you'll actually *heal* your stomach so you can eat your favorite foods without worry. Sleep through the night with no regrets about what you dined on earlier. And get off dangerous antacids and proton pump inhibitors for good!

I also tell you what you should never drink with a meal if you want to avoid gas... the best foods to eat if you're suffering from diarrhea...and the easiest way to clear up constipation.

#### **"I won!" — No more fear of cancer**

"I won, I won! Thanks for taking the fear of cancer out of my life!"

—Millie Rafert, Horse Shoe, North Carolina

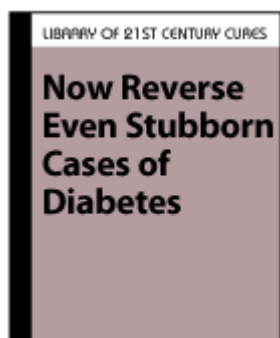
You'll find all the details in your FREE Special Report, *Stop Heartburn, Gas, and Digestive Problems Forever*—part of your FREE 18-volume *Library of 21st Century Cures*. Click below to request your complete set today along with two more FREE gifts!

[I don't want to end up in a nursing home! Send me my FREE Special Report on dangerous antacids today!](#)

And if your blood sugar levels—or the blood sugar levels of someone you love—have ever tested high, then be sure to read what I'm about to tell you next...

## **BREAKTHROUGH #7:**

### **The ordinary houseplant cure for diabetes**



Tom first came to see me five years ago with a blood sugar level of 400. I like to see blood sugar levels under 90, so you can see how bad off he was. His endocrinologist told him he would be on diabetes drugs for the rest of his life.

But I could tell a few things that were odd about Tom's case. He wasn't overweight, and he wasn't eating foods that normally produce diabetes. So I couldn't change much about his diet.

That meant I had to look elsewhere. Fortunately, I had just read of an Indian study on 5,000 diabetic patients that showed amazing results. The treatment that was used in the study significantly reduced blood sugar. But it also decreased angina pain, lowered total cholesterol and triglyceride levels, and raised HDL "good" cholesterol to boot.

### **Drops blood sugar levels to normal in just 4 weeks!**

I decided to give this treatment a try on Tom. In just four weeks, his blood sugar dropped to normal and has remained so for the past five years. And that's with NO diabetic drugs or diet changes! Needless to say, the endocrinologist who said Tom would be on diabetes drugs for life was speechless.

What was this treatment? The same ordinary houseplant that also works wonders for burn and wound healing...*aloe vera*! Yes, that same plant you may have in your home.

In your 7th FREE Special Report, *Now Reverse Even Stubborn Cases of Diabetes*, you'll find out exactly how much aloe vera produced these astounding results for Tom...and can do the same for you. Plus I tell you how to choose an aloe vera supplement and which key ingredient you should always look for on the label.

You can't take just any kind of aloe vera to get these results. Most brands on the market are practically worthless. They use an extraction process that kills off all the active compounds, including the key ingredient in aloe vera that brings down blood sugar. There are only three brands I trust, and you'll discover which ones they are and how to get them in your FREE Special Report.

I also share with you the latest findings about an antioxidant nutrient that can dramatically improve insulin sensitivity in just weeks. What's more, this nutrient can actually reduce the pain and infirmity of diabetic neuropathy. If you or a loved one suffer from diabetes, you'll want to add this crucial nutrient to your

daily arsenal.

And if you haven't been diagnosed with diabetes, but worry about family history or other risk factors, you'll be glad you learned about the two new predictors of future diabetes revealed in your FREE Special Report. This crucial new information can keep you from developing diabetes in the first place!

This must-have report is available to you now along with the rest of your FREE 18-volume *Library of 21st Century Cures* and two more FREE gifts.

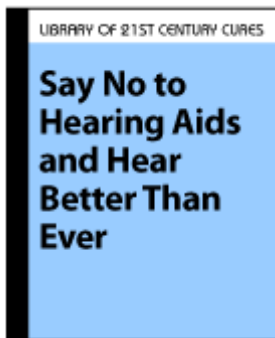
[Click here to get this must-have report, \*Now Reverse Even Stubborn Cases of Diabetes, today!\*](#)

It's yours ABSOLUTELY FREE when you sign up for a trial subscription to my *SECOND OPINION* health newsletter.

You'll also get...

## **BREAKTHROUGH #8:**

### **Yes! Hearing loss can be restored... just take these two common nutrients!**



Aging often takes a toll on your ability to hear clearly. As a result, you have to put up with lots of hassles, like asking people to repeat what they said...searching for the TV remote to turn up the volume...or feeling left out of the conversation at parties and family get-togethers.

Most of us don't want to wear a hearing aid. And in the past there haven't been too many treatments that work—traditional or alternative.

So how else can age-related hearing loss be restored? Researchers have now discovered that taking two common nutrients can tremendously improve your hearing.

In your 8th FREE Special Report, *Say No to Hearing Aids and Hear Better Than Ever*, I tell you how one nutrient used in a recent double-blind, placebo-controlled study was found to actually restore age-related hearing loss. Not only that, as a "bonus" benefit, it helps improve your memory!

I also reveal a second nutrient that combats tinnitus (ringing in the ears). Tinnitus is another common hearing condition that can be difficult to treat. But this new study found that people who took this nutrient dramatically eased their symptoms after just 12 weeks!

Most people don't get enough of either one of these nutrients from our diets, so you'll want to make sure you're getting the amount used in these studies each day from supplements. I give you all the details in your FREE report!

Click below to request your copy now along with the rest of your FREE 18-volume *Library of 21st Century Cures* and two more FREE gifts.

[Find out how to get back your hearing in \*Say No to Hearing Aids and Hear Better Than Ever\*. It's yours FREE today – plus much, much more!](#)

And both males *and* females are likely to read about the next medical breakthrough with interest...



## BREAKTHROUGH #9:

### Great news for men! Cheap nutrient combo CURES 92% OF IMPOTENCE CASES



If you're a normal red-blooded American man, you don't want to lose your ability to make love. While potency can decrease slowly with age, you should still be able to enjoy an active, satisfying sex life as you hit your 60s, 70s, and beyond.

Unfortunately, erectile dysfunction (ED) is becoming more and more common. For proof of this, look no further than the popularity of Viagra<sup>®</sup>, Cialis<sup>®</sup>, and other drugs. But as I've been warning my readers for years, these drugs can have disastrous side effects. One can even make you go blind!

Not long ago, *CBS Evening News* analyzed four years of Viagra<sup>®</sup> adverse events reported to the FDA. In one evening newscast, a man who had taken Viagra<sup>®</sup> just *twice* said, "I'm completely blind in one eye and have about 60 percent vision in the other."

Over this four-year period, there were more than 140 reported cases of partial or total blindness. Now the maker of Viagra<sup>®</sup> has put a vision warning on the label.

The drug is also linked to sudden hearing loss. Just recently, the Food and Drug Administration (FDA) added a warning about this risk after counting 29 cases where hearing loss occurred within hours to two days of taking Viagra<sup>®</sup> or similar impotence drugs.

### Is sex worth going blind or losing your hearing? Now you don't have to choose...

If you're looking for alternatives, there are numerous supplements on the market that claim they can increase the strength of your erections or help you last longer in bed. They also may cost you a king's ransom. But all too often, they don't deliver on their promises and you simply end up wasting your money.

The best way I know to treat ED is to maximize your body's ability to improve blood flow to the penis. That means you need to increase your body's production of nitric oxide, a substance needed to dilate blood vessels so you can form and maintain an erection.

But you need to do so while getting rid of any excess amount that can cause damage to your brain and retina. (That's part of the problem with Viagra<sup>®</sup>—it blocks ALL nitric oxide from being destroyed, even the excess.)

### The potency breakthrough that lets you perform whenever you want—naturally!

Now there's a cheap nutrient combo that gives your performance the boost you're looking for—without risky side effects. The first nutrient in this combo is one you may have already heard of: arginine. Arginine is an amino acid that provides the raw material your body needs to make nitric oxide.

But you probably haven't heard of the second nutrient in this combo, named in your 9th FREE Special Report, *Latest Potency Breakthroughs for Men*. When you take this natural plant compound together with arginine, you get a safe, powerful

nitric oxide boost you won't get from taking arginine on its own.

So when you want to make love to your wife, you won't have to pop a little blue pill first. Your body will naturally get more blood flow to your penis so you enjoy firm, long-lasting erections whenever you want them!

In fact, according to a recent study, men taking this little-known nutrient along with arginine enjoyed normal erections 92.5% of the time. What's more, this nutrient combo works quickly. Most men noticed a total reversal of ED in just two months!

In your FREE Special Report, I tell you what this nutrient is and how much to take with arginine to get the results shown in the study. You can easily put this nutrient combo together yourself for a fraction of what those fancy supplement formulas cost. Plus you'll be much more likely to see the improvement in the bedroom you've been looking for!

[Click here to request your FREE report today, part of your FREE 18-volume Library of 21st Century Cures—along with two other FREE gifts I've reserved in your name!](#)

## Cutting-edge cures that really work to conquer disease and aging

You've already seen a sampling of the kind of cutting-edge therapies I write about in *SECOND OPINION* and how they can cut your risk of heart attack and stroke... cancer-proof your body's cells...lower your cholesterol and blood pressure...reverse memory loss...relieve arthritis pain...defeat diabetes...end acid reflux...and much more.

Unlike some of the promising therapies you may read about elsewhere, I know first-hand these treatments work. I've extensively researched the science behind them...used them successfully with patients...and in some cases even used them myself!

Yet you may have to wait years, even decades to hear about these revolutionary breakthroughs anywhere else! That's why I invite you to try a no-risk trial subscription to *SECOND OPINION*—so you can hear about these new cures NOW and put them to work for you and your loved ones.

Of course, by now, you're probably wondering what a subscription to *SECOND OPINION* costs. Actually, it's a lot less than you'd think...especially when you consider the money it can save you on health bills.

Even if your insurance covers most of the bill, a round of doctor's visits and prescription medications can cost you plenty. And if you end up in the hospital, it can mean hundreds—even thousands—of dollars out of your pocket.

### How to trigger cancer cells to self-destruct—using a common spice in your kitchen pantry!

If you or a loved one is fighting cancer, your doctor has likely recommended chemotherapy or radiation. For years, doctors and medical science believed these treatments were the only way to effectively burn cancer out of your body.

Of course, most doctors still hang onto that dogma. But you don't have to. That's because there's a better way to kill off cancer cells—and it won't destroy the tissues surrounding the cancer or the rest of your body.

In your FREE Special Report, *Cutting-Edge Ways to Prevent and Cure Cancer*, I tell you about an extract of a common spice that triggers abnormal cells to self-

The cover price of *SECOND OPINION* is just \$96. But if you subscribe as part of this special introductory offer, you don't even have to pay HALF that amount.

You can receive a full year (12 issues) of life-saving advice for just \$39! That's \$57 off the regular price of \$96. Plus you get the 9 Special Reports I've told you about absolutely FREE.

But that's not all. If you subscribe to *SECOND OPINION* for two years instead of one, I'll give you even greater savings. You'll get two full years (24 issues) for only \$77. That's \$115 off the regular price of \$192.

Plus, when you sign up for a 2-year no-risk trial subscription to *SECOND OPINION*, you also get 9 ADDITIONAL Special Reports that I'm about to tell you about...

[Yes, I want to hear about revolutionary medical breakthroughs before anyone else! Sign me up for my no-risk trial subscription to \*SECOND OPINION\* today and rush me my FREE gifts!](#)

**Get 9 more reports FREE with your 2-year risk-free trial subscription. That's a total of 18 FREE reports!**

Now it's worth it to sign up for two years of *SECOND OPINION* just for the savings alone.

That's because you save more than HALF off the regular price—it's like getting an extra year of *SECOND OPINION* FREE!

But there's another reason to sign up for your 2-year subscription right now. And that's because you won't want to miss out on the exciting healing breakthroughs I've pulled together in these 9 new Special Reports.

They're available to you FREE when you request a 2-year risk-free trial subscription to *SECOND OPINION*. *Best yet, this 18-volume Library of 21st Century Cures is yours to keep no matter what...even if you request a refund!*

And I can't wait to share with you some of the ground-breaking health discoveries inside its pages. Like this breakthrough, non-surgical glaucoma treatment....

**Prevent and reverse the biggest threats to your eyes**

destruct. This potent, natural extract is so effective, in one study it killed off a whopping 80% of prostate cancer cells.

What's more, this extract dramatically slowed the development of tumors from the remaining 20% of cancer cells. So not only does it eliminate cancerous cells (without damaging any nearby healthy tissue), it shuts down their ability to multiply and spread.

But the news gets even better. A British study found this powerful healing extract eliminates even the most hard-to-treat cancers, such as lung and pancreatic cancer. That's because research shows it directly attacks the energy furnaces of cancer cells, causing them to self-destruct almost immediately!

I give you all the details about this powerful healing extract in your FREE Special Report. When you read this report, you'll discover how much to take and how often, so you can easily boost your body's resistance to cancer. Request your FREE copy below, along with your entire 18-volume *Library of 21st Century Cures*. It could take years before you hear about this safe, natural treatment anywhere else, so act today!

[Yes, I want to boost my body's resistance to cancer. Send me my copy of \*Cutting-Edge Ways to Prevent and Cure Cancer\* immediately!](#)

LIBRARY OF 21ST CENTURY CURES

**Under-the-Radar Cures for Cataracts, Glaucoma, and Macular Degeneration**

If you or a loved one is dealing with a degenerative eye condition, you need to get your hands on this Special Report right away. Losing your eyesight is a catastrophe no one wants to experience. Even if you're not worried about your eyes now, it's crucial you take steps to ward off these age-related threats to your vision.

For starters, an estimated 10 million Americans have high intraocular pressure that leads to glaucoma, and another 3 million already suffer from this vision-robbing disease.

Glaucoma decreases your ability to see at the edges of your vision, and can eventually cause blindness.

Doctors often recommend surgery or medications for treating glaucoma. But studies prove you can prevent and even reverse glaucoma by taking a popular antioxidant vitamin instead. In your FREE Special Report, I tell you what it is, along with five other nutrients that can protect you from glaucoma. I also reveal a common yet little-known cause of glaucoma that, once corrected, leads to an immediate cure.

Plus I share with you an exciting new treatment for an even worse threat to your eyes, macular degeneration, that actually restores vision loss. It worked for Robert, a 78-year-old patient with macular degeneration. He was able to read two additional lines on the eye chart after just one-and-a-half weeks of treatment!

You'll also learn about an easy home treatment I developed that cures cataracts. An 89-year-old patient, Olga, used it to clear up cataracts that blinded her in her right eye and reverse lens deterioration in her left. Now she can read again with her right eye and enjoys perfect vision in her left.

It's all in my Special Report, *Under-the-Radar Cures for Cataracts, Glaucoma, and Macular Degeneration*.

You won't hear about this breakthrough anywhere else! And you won't hear about this revolutionary bone-strengthening treatment anywhere else either...

**You can enjoy strong, fracture-resistant bones without Fosamax® or estrogen!**

LIBRARY OF 21ST CENTURY CURES

**New Natural Breakthroughs That Cure Osteoporosis**

When you're younger and your body is making plenty of estrogen on its own, your bones are in fine shape. But as you age, estrogen levels plummet. As a result, bones become weaker and you're more likely to develop osteoporosis.

In this FREE Special Report, *New Natural Breakthroughs that Cure Osteoporosis*, I tell you about a little-known yet proven nutrient combo that provides the same bone-strengthening effects of the natural estrogen made in your body—*without* the side effects of synthetic hormones.

This nutrient combo actually restores protective antioxidants in your cells that

**Allergies practically gone!**

"At your recommendation, I tried the Xylitol nasal wash. Lo and behold, my allergies are at the lowest level in twenty years. Thanks for the great article. I never would have believed it without trying it myself."

—Ronald Stachura, Buffalo, New York



prevent bone loss. These antioxidants also block the overproduction of osteoclasts—cells that break down bone—without harming them like chemical drugs do.

I also reveal an overlooked mineral that works better than calcium to keep your bones strong. According to a study published in the *New England Journal of Medicine*, this “miracle” mineral cuts your risk of fracture by a whopping 49% in the first year alone! Plus it can even reverse osteoporosis. Research shows continued use dramatically increases bone density in your spine and hip by as much as 14.4%.

You'll also get the scoop on the bone-building breakthrough astronauts take to maintain bone mass in space—and how you can use it to prevent or reverse osteoporosis. All the details are in this FREE, must-have report!

[Yes, I want to keep my bones strong so that I can stay active until I'm 90...or older! Send me my Special Report today!](#)

### Information always right on!

“For many years I have subscribed to Second Opinion. The information I receive from your newsletters and booklets is always right on. Being a nurse, I applaud your alternative medicine.”

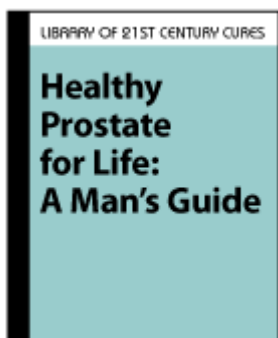
—Diane Wheeler, Vacaville, California

## Vietnamese herb saves prostate in 97% of cases

Colin was diagnosed with prostate cancer at the age of 52. His doctor recommended surgery, anti-hormone therapy, and radiation. Had Colin followed his doctor's advice, he would have risked losing his sexual function at a young age and possibly suffered from urinary incontinence the rest of his life.

Instead, Colin tried a newly-discovered Vietnamese herb I tell you about in this FREE Special Report. This herb appears to reverse prostate problems in 97% of cases. Colin took it for five days, and his symptoms vanished!

He suffered no more frequent nighttime urination, or difficult, painful urination during the day. Best of all, three years later, there's not a single trace of cancer in Colin's prostate!



In this FREE Special Report, *Healthy Prostate for Life: A Man's Guide*, I reveal this powerful healing breakthrough that's still practically unheard-of here in the U.S., and name a few reliable and convenient suppliers. I also warn you about why relying solely on PSA tests can cause you to miss the earliest signs of prostate cancer...and tell you about a better way to detect it sooner!

These are far more effective treatments and diagnostic tools than conventional medicine can offer you. But they won't do you any good if you don't know about them. That's why if you're a man (or you care about one), you must get your hands on this FREE report right away!

[Yes, please rush me a copy of my FREE report right now!](#)

## Cut your risk of breast cancer by *HALF* or more

What if you could cut your risk of breast cancer in *half* simply by taking a supplement? Now you can when you take high enough amounts of the common vitamin revealed in this FREE Special Report.





A new study found that women with higher levels of this vitamin in their blood were 50% less likely to develop breast cancer than those with less. That's regardless of family history, diet, or other risk factors. What's more, they sliced their risk of colon cancer by up to two-thirds!

This stunning discovery has yet to hit the mainstream press, but you'll read all about it in this FREE report, *Healthy Breasts for Life: A Woman's Guide*. I also tell you about a new and completely painless diagnostic tool that's not only more accurate than mammograms, but can help you avoid a needless biopsy or other disfiguring surgery.

Plus, I warn you about the type of food everyone thinks is good for you—but often contain ingredients linked to breast, colon, and lung cancers. Get the real scoop in this FREE must-have report!

You'll also discover...

### Hidden cause of weight gain—and how to avoid it

What if I told you your struggle with excess weight isn't your fault? What if the real villain is actually a hidden food ingredient you've been unknowingly ingesting for decades? And what if I told you that simply avoiding this ingredient could help you drop most, if not all, of your unwanted pounds?

Well, believe it or not, it's true. We now know that millions of people around the world are overweight and obese because of a common food ingredient that stimulates your appetite.

Because this hidden ingredient shuts off your body's appetite-suppressing signals that tell you when you're full, it practically turns your stomach into a bottomless pit! In fact, rats given this ingredient almost *doubled* their food intake to the point of becoming obese.



In this FREE Special Report, *Healthiest, Easiest Weight Loss Secrets Ever*, I reveal what this common food ingredient is and how you can avoid it. Food companies have many clever ways to hide it on their labels, but I'll show you how you can avoid it anyway.

Plus I tell you the one failsafe way to make sure you're not getting this common ingredient in your food. Simply avoiding this hidden weight gain trigger could be the easiest way ever to slim down and drop those excess pounds!

You'll also discover a stunning new vegetable extract that stimulates a protein in your body that breaks down body fat. It's especially helpful if you're trying to lose a "pot belly," since this protein that breaks down body fat is abundant in the abdominal area. You'll get all the details on this zero-willpower weight loss breakthrough and more in your FREE report!

[Yes, I want to lose weight—or learn how to keep it off for good! Send me my copy of \*Healthiest, Easiest Weight Loss Secrets Ever\* right now!](#)

### Beat fatigue and "mystery pains" once and for all

Over the past two generations, we've seen a startling rise in all kinds of chronic

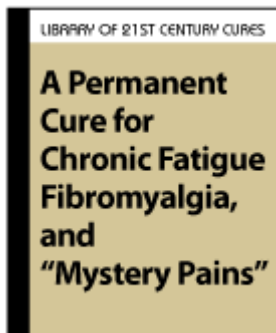
health problems, including chronic fatigue, fibromyalgia, arthritis, autoimmune disease, infertility and more. These problems are so rampant, they're the number one reason people visit the doctor.

But all too often, doctors can't do anything to help. I, too, used to become frustrated by my inability to treat patients with these "mystery pains." But now I'm seeing patient after patient completely cured—simply by fixing a problem in the way their blood clots.

New research shows some people carry a genetic trait that affects the way their blood clots. This genetic trait causes molecules in their blood to become very sticky and coat the inner lining of their blood vessels.

While this doesn't exactly form a clot, it sludges up the smaller blood vessels. This slows blood flow and starves your tissues of oxygen, leading to fatigue, headaches, reduced production of thyroid and adrenal hormones, and other problems.

Even if you don't inherit this tendency, an infection or minor injury can trigger the same clotting disorder within your blood vessels. A host of unseen microscopic pathogens can activate this abnormal clotting tendency and lead to bigger problems.



In this FREE Special Report, *A Permanent Cure for Chronic Fatigue, Fibromyalgia, and "Mystery Pains"*, I tell you about a new test that lets you identify if you have one of these hard-to-detect infections—so you can treat it and eliminate "mystery pains" once and for all!

I also share with you a time-proven therapy that normalizes your body's blood-clotting mechanism, even if you've inherited this problem. One doctor I know who's using it reports an incredible 80 percent cure rate, even in very difficult-to-treat cases like fibromyalgia and chronic fatigue syndrome.

You'll find out all about it and more ways to combat these chronic ailments in this FREE report!

But that's not all...

## **Pioneering therapy knocks out killer bugs in hours**

If you think the flu vaccine will protect you or save your life, think again. A new study shows the flu vaccine not only does little to protect you from the flu, it does nothing to save lives in the elderly. And that's the group that's most vulnerable to the flu!

In the past I've recommended intravenous hydrogen peroxide, a safe, nontoxic therapy that's been in use for decades. Peroxide cut the death rate from viral pneumonia in half during the devastating Spanish flu outbreak of 1917–18.

The problem is, most people can't find a doctor in their area that performs hydrogen peroxide therapy today, in spite of its long history of healing.

But now there's an alternative therapy many doctors are willing to perform. This

### **Avoided triple bypass**

"Two very respected doctors said, 'We want to do a triple bypass.' But thanks to you, my health is now better than average!"

—Virgil Matlack, Denver, Colorado

pioneering “oxygen” therapy can knock out any virus—even the flu—in just hours.



In fact, this therapy often works even when other oxidative therapies have failed. That’s because it gives your body high doses of a powerful but completely safe antioxidant that dramatically boosts your immune system. I tell you all about this safe, natural treatment in your FREE Special Report, *Natural Flu Fighters That Work Better Than Shots*.

You’ll also learn the real reason flu hits in winter, and how you can fend it off naturally. Plus you’ll discover how a common trace mineral can make you practically “immune” to the flu and other bugs. Protect yourself and your loved ones from these killer viruses...get your hands on this FREE report right now!

[Yes, I want to avoid getting the flu this year — or any year! Send me my copy of \*Natural Flu Fighters That Work Better Than Shots\* today!](#)

## Build muscle...without even getting off the couch!

One of the biggest signs of aging is loss of muscle mass. It affects how you feel, how you move, and how you look. It’s also the third leading cause of falling and breaking a hip (after poor eyesight and osteoporosis).

Problem is, you may not always have time to exercise. Or you’re worried about hurting yourself. But there’s good news. A new discovery makes it possible to get the benefits of exercise—such as increased muscle strength, greater mobility, fewer injuries, and even the reversal of disease and illness—*without* exercising!



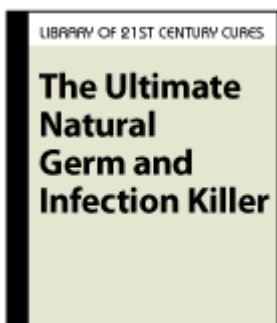
In this FREE Special Report, *The Work-Free Workout—Get the Benefits of Exercise Without Lifting a Finger!*, you’ll discover the same no-exercise secret athletes use to build muscle and boost peak performance. Studies show this natural supplement quickly increases muscle mass and strength, and can greatly improve your mobility.

For example, men who took this supplement gained 7–15% in the strength of large muscles of the hip, chest, and shoulders. Those who used it also took 6–9% less time to get up from a chair or walk heel-to-toe.

What’s more, this muscle-building breakthrough works no matter what your age. Researchers found the percentage gains in strength are in line with what younger people get using the same supplement. You’ll get all the details on this exciting anti-aging discovery in your FREE report!

And there’s still more...

## Life-saving therapy eradicates toxic bacteria



In this age of antibiotic-resistant hospital diseases and the growing threat of bioterrorism, a well-researched technology holds tremendous promise. In this FREE Special Report, *The Ultimate Natural Germ and Infection Killer*, you’ll discover an extremely potent, yet 100% natural germ and infection killer that’s been used and studied since the beginning of the 20th century.

This powerful therapy deactivates deadly bacterial toxins such as diphtheria, tetanus, botulism, and snake venom and rids them from your body. It can also be used to treat drug overdoses, radiation sickness, and chemical exposure, and offers enormous potential in warding off the threat of anthrax and other germ warfare.


If you or a loved one is exposed to one of these toxic germs or infections, there's a short window of time in which to get treated. That's why you'll want to have this FREE report at the ready.

In this potentially life-saving report, I explain how this powerful therapy works to eradicate killer bacteria from your body. I even include a complete list of doctors in 28 states and abroad who perform this treatment. Call now to request your copy today!

Get all 9 of these FREE Special Reports along with 9 others—the complete 18-volume *Library of 21st Century Cures*—with your no-risk 2-year trial subscription to *SECOND OPINION*.

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- **Monthly mailed issues of *SECOND OPINION***, bringing you my latest health findings and cutting-edge therapies to help heal your body naturally. I always give you as much background information as possible along with clinical proof. Plus, I explain why these new treatments work in a way you'll find useful—without talking down to you. You can even submit questions regarding your own health concerns. In each monthly issue, I try to respond to as many letters from my readers as possible.
- **FREE health alerts**, sent straight to your e-mail inbox every week or as often as needed. I'm always coming across new discoveries or important health news in-between monthly issues. This way I keep you posted on new developments as quickly as possible! They're short, to-the-point, and packed with valuable health information you can use right away.
- **FREE searchable archives** of everything I've written in *SECOND OPINION* and in my health alerts for the past six years or longer. It's a snap to look up your biggest health concerns or conventional and alternative treatments you're using now. This enormous archive of valuable health information is worth at least \$576 on its own!
- **FREE library of Special Reports**, included as part of your no-risk trial subscription and yours to keep no matter what. Sign up for one year and get 9 FREE Special Reports. Or sign up for two years risk-free and get the

### Chiropractor cures own osteoarthritis!

"After 25 years as a Chiropractor I had a lot of osteoarthritis in my hands, wrists, elbows and my neck and shoulders. I learned, from Second Opinion, about the anti-inflammatory effects of flax and cod liver oils. The osteoarthritis is minimal now!"

—Dr. Robert Burr, Mt. Shasta, California

entire 18-volume *Library of 21st Century Cures* absolutely FREE. ([Click here for all the details on these valuable gifts.](#))

- **FREE Bonus Reports to encourage you to act quickly**, so you don't miss out on any healing breakthroughs that can dramatically improve your life. Simply respond by midnight on **Friday, January 23rd** and you'll get two extra bonus reports FREE—for a total of 20 FREE reports when you act quickly to request a 2-year no-risk trial subscription!
- **Friendly, toll-free customer service** to help you with any questions you may have about your subscription. We're just a phone call away 24 hours a day, 7 days a week!

[Yes, I want to get the latest health breakthroughs and ensure I live a long, healthy life. Sign me up for my no-risk trial subscription to \*SECOND OPINION\* today!](#)

Plus you get all this and the peace of mind of our 100% "feel better" guarantee...

### **100% GUARANTEED. You'll feel better or your money back!**

There's a reason why *SECOND OPINION* boasts one of the highest renewal rates in the health letter industry. It's because week after week, month after month, we bring people like you important health news along with healing breakthroughs that really work!

I've spent the past 29 years making sure my patients and readers have access to the most advanced and most effective treatments—even if they're outside the realm of conventional medicine. And I'm proud to say I've helped thousands of them beat cancer, heart disease, arthritis, diabetes, osteoporosis and other diseases of aging—and finally get healthy again.

I've given you just a sampling of the cutting-edge cures I write about in each monthly issue of *SECOND OPINION*...from controlling your blood pressure naturally to reversing memory and hearing loss. And there are many more ways I can help you improve your health—and your life—for the better that I'm eager to share with you.

That's why I feel confident offering you this **100% "feel better" guarantee**:

If *SECOND OPINION* doesn't help you dramatically improve your health...relieve you of pain, fatigue, and other conditions that steal your joy of living...and ease or reverse your most stubborn health concerns, simply tell me within 90 days and you will not pay a single penny for your subscription.

But this "feel better" guarantee doesn't stop there. If at anytime after the first 90 days you decide *SECOND OPINION* isn't helping you feel better than you have in years, you can cancel and receive a prompt, full refund on all your unmailed issues. Either way, you

#### **Hearing better already!**

"My father-in-law, who lives in England, has suffered from terrible tinnitus since WWII. When I read your article about helping this problem, I sent it to him along with what you recommended. He called after he had only been taking it for 3 days and says he can hear better already. Thanks so much for the information!"

—Gail Mackenzie-Smith, Los Angeles, California

#### **Dentist calls Dr. Rowen "brilliant" and "provocative"!**

"You are indeed a 'second



get to keep all your FREE gifts, plus every issue you've received with my compliments.

It's my way of thanking you for giving *SECOND OPINION* a try.

Best yet, the same 100% money-back guarantee applies whether you sign up for one year or two. So why not join us for two years and get ALL these healing reports FREE?

[Click here to find out how to keep yourself healthier starting today. There's NO RISK FOR YOU — so why not give it a try right now?](#)

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I don't want you to put off requesting your no-risk trial subscription to *SECOND OPINION* a moment longer. I'm betting at least one of the breakthroughs I've shared with you so far can make a dramatic difference in your health or in the health of a loved one.

And I'm currently working on some exciting new findings which I'm eager to share with you in upcoming issues.

That's why I want to give you an extra incentive to act right away so you don't miss out. If you're quick on your feet and reply within the next 8 days (by midnight Friday, January 23rd) I'll send you two more FREE Special Reports with your 1- or 2-year no-risk trial subscription.

If you're thinking of responding anyway, why not do it now—while you're thinking of it? Even if you're not completely sure, you can claim this extra reward without risk. If you change your mind later, you won't pay a single penny for your subscription—but you can keep all your FREE reports, including these bonus gifts...

## How to keep toxins from destroying your health

You're constantly exposed to heavy metals and pesticides in the air you breathe, the food you eat, and the water you drink. According to the U.S. Centers for Disease Control (CDC), Americans are carrying at least 275 toxic compounds in varying levels in their bodies.

These toxins include mercury, lead, arsenic, pesticides, insecticides, and volatile organic compounds—many of which are linked to cancer, Alzheimer's, and other killer diseases. They're also the hidden cause of everyday health problems like memory loss, joint pain, poor digestion, fatigue, and impotence.

In this FREE bonus report, *Toxin-Free and Healthier Than Ever*, I reveal an easy way

opinion'. You are brilliant and provocative."

—Thomas M. DeStefano, D.D.S.,  
Leonia, New Jersey

### Thanks for spreading the word!

"I have a medical practice and subscribe to your *SECOND OPINION* newsletter, as do many of my patients. Your newsletter has had a definite impact on the growth of alternative medicine in South Dakota. Thanks and keep up the good work."

—T.M., MD, Chamberlain, South Dakota

### Breaking news! Yet another reason to get off antacids...

An Indiana University researcher has just uncovered another dangerous side effect from the long-term use of acid blockers that can rob you of your independence.

you can eliminate heavy metals, pesticides, and chemicals from your body and keep them from destroying your health. Clinical studies on humans prove this revolutionary approach increases your body's excretion of these toxic substances by as much as 130% in just 24 hours. I tell you all about it and how you can get started in your FREE Special Report.

I also tell you how to detoxify your body of heavy metals while you bathe. Just add the natural ingredient named in this FREE bonus report to your bath water. When you bathe in it, the chelating compounds in the bath water cross into your system and pull out metals through your skin.

As an extra bonus, you'll soak up minerals that rejuvenate your skin, improve circulation, and stimulate your immune system. It's the most invigorating way to get thoroughly clean I've seen yet! Details in your FREE report.

[Yes, I want to keep toxins from destroying my health. Send me my free Special Report today!](#)

## **Get more healing power from the supplements you take**

If you're like most health-conscious Americans over 40, you're probably taking one or more nutritional supplements. And if you're like many, you may be wondering if you're getting results as good as you should be getting.

If that describes you, then you'll love this FREE bonus report, *How to Make Any Vitamin, Supplement, or Remedy Work up to 5 Times Better*. It reveals why most people don't get the full nutritional power of the supplements they take. Some people simply take the wrong products. Others make common mistakes no one's ever warned them about.

In this FREE report, you'll discover how to maximize the healing power of all the supplements you take. Plus you'll find out three simple steps that can make any herbal remedy or nutritional supplement work up to 500 percent better.

For example, I tell you about an easy way to increase your body's ability to absorb nutrients. (Simply eat more foods that contain the digestion-enhancing substance named in this report.) I give you a complete list of foods that fit the bill. This step alone can make any supplement or natural remedy you take work significantly better!

People who take these prescription and over-the-counter medications for more than two years are *two-and-a-half times* more likely to suffer from mild to potentially severe dementia similar to Alzheimer's disease.

Researchers believe these drugs may suppress a neurotransmitter involved in memory and thinking. But more research needs to be done to figure out why these drugs destroy your brain.

Until then, play it safe and use the nutrient combination named in your FREE Special Report, *Stop Heartburn, Gas, and Digestive Problems Forever*. Click below to request your free copy along with the rest of your FREE 18-volume *Library of 21st Century Cures*. Safe, permanent relief can be yours at last!

[Find out all the breaking health news by clicking here to sign up for your no-risk, 2-year trial subscription to \*SECOND OPINION\*. You'll get my 18-volume \*Library of 21st Century Cures\* absolutely FREE!](#)

## **Normalized blood pressure!**

"A year after chelation and taking CoQ10 and assorted vitamins and minerals, my blood pressure is more normal than in the past ten years. No shortness


I also explain when tablets are better than capsules and vice versa. While the best choice varies by nutrient and brand, I give you a simple way to figure out which to take in your FREE report. Once you know these secrets, you'll be amazed how much more healing power you're getting from the supplements you take. You may even be able to take less and get better results (and save money, too!)

of breath, etc. Thanks again!"

—Russell Williams, Chase City, Virginia

It's yours FREE when you request your 1- or 2-year no-risk trial subscription to *SECOND OPINION* in the next 8 days.

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I hope you agree that's a fair deal. If so, please let me hear from you today. I'd hate for you to miss out on a new discovery that could turn around a health condition you've struggled with for years...prevent a life-threatening disease or cardiac event...or get you off toxic medicines so you can avoid their terrible side effects.


Tens of thousands of satisfied *SECOND OPINION* subscribers can't be wrong. I hope to count YOU among them soon!

Yours for vibrant health,



Robert J. Rowen, MD

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P.P.S. Don't forget—when you respond by midnight Friday, January 23rd, I'll send you two FREE Bonus Reports with your 1- or 2-year no-risk trial subscription. So don't set this Special Bulletin aside. Call toll-free at  1-800-728-2288 or [click here](#), while you're thinking about it! You'll be glad you did.