

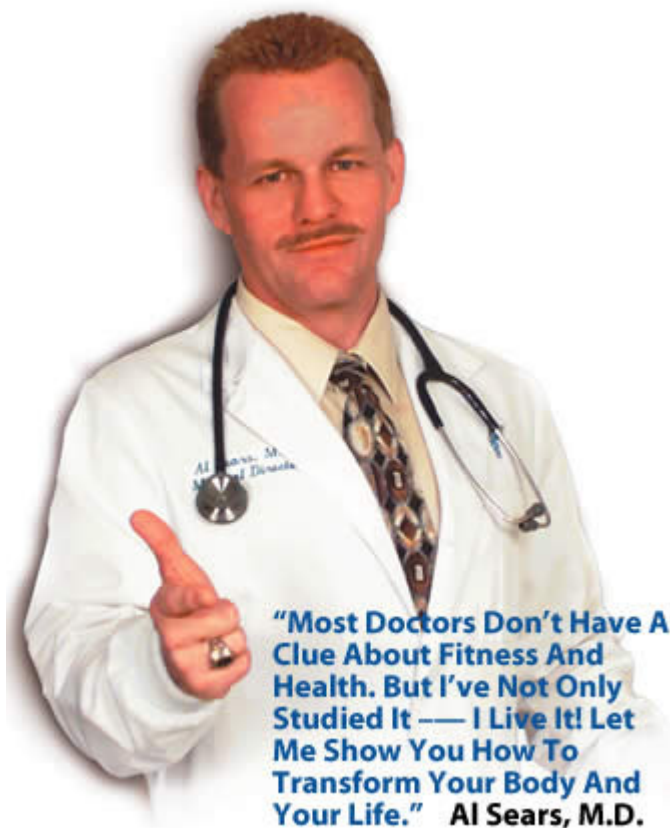
It's A Lot of Bull!

Don't Believe What You've
Been Told About Your Health...

Tired of getting health advice from fat doctors with pasty faces and big red noses?
Sick of people telling you to eat less meat? Frustrated at how your body seems to be getting softer and more feminine no matter how hard you work out?

Reclaim the masculinity you had when you were 20. This 46-year old super-fit MD will tell you...

- How to eat fat and get thin and healthy fast.
- Sculpt an athletes body in 10 minutes a day.
- Take this little-known supplement and never feel joint pain again.
- Have the vitality, energy and stamina of a 20-year-old.
- Forget Viagra! This new natural formulation will make a huge difference quickly.
- Shrink your prostate fast (with my new discovery) and sleep undisturbed at night!



"Most Doctors Don't Have A Clue About Fitness And Health. But I've Not Only Studied It — I Live It! Let Me Show You How To Transform Your Body And Your Life." Al Sears, M.D.

See below for your **10 FREE REPORTS:**
The Real Truth About Male Health And Aging...

"I was so used to getting diet advice from fat, unhealthy doctors I was shocked when I met Dr. Sears and realized this guy was already in the shape I wanted to be!"

[Dr. Al Sears Walks The Talk](#)

Who do you want in your corner? Someone who's just going to tell you what to do? Or someone

who's going to show you - from experience and success - how to achieve what you most desire?

At 46 years of age Al Sears stands 5'9" tall and weighs 175 pounds. His blood pressure is 115/65, and his body fat is about 12% (which puts him right in there with professional athletes). His cholesterol is 160 with a ratio of 2.2 (total cholesterol to HDL). On his lab results those are marked as "abnormally low." His triglycerides are 60 - most people want to be under 150.

He eats red meat at least five times a week, and some kind of meat just about daily. He drinks wine and beer. He doesn't smoke personally, but also doesn't see anything wrong with cigars or pipes.

In fact, the relaxing effect may be good for you.

He doesn't believe in beating yourself up at the gym. Even though he played football in high school and was a gymnast in college, to stay in shape now he only works out for 15 to 20 minutes. And his cardio is only six minutes a day. A few short bursts of exercise are all you need to stay fit.

(And by the way, he helped train the University of South Florida's gymnastics team and the University of Kentucky's football team.)

In medical school he realized that the four hour course they taught on nutrition was a joke. His dad was a boxer, and having grown up with an athlete who was diet and health-conscious, he knew that his professors were completely missing the boat. Nutrition is the fundamental basis of all health and is involved in all diseases, and should be as important in medical school as anatomy and physiology.



Because the medical establishment continued to play down the role of nutrition Dr. Sears began to question other "principles" they taught also, and to develop his own ideas of health and nutrition based on experience and research.

According to Dr. Sears, the biggest challenge for men seeking maximum health is getting past all the misinformation that's out there. You've been told to eat low fat, you've been told red meat is bad for you, you've been told you need to go out and exercise long and hard. Problem is, all this stuff gets in the way of what you need to do to really have good health. What Dr. Sears is recommending leads to the kind of health that he has!

If you'll take just a few minutes of your time to read this bulletin, you'll learn more than you've probably ever known before about how a man can reverse the aging process and achieve maximum health. Without pain, and without sacrifice. And without listening to all the garbage that's put out by the mainstream health media.



Prostate Miracles...

"I have always had a higher than average

PSA count. I've tried numerous products that claim to help the prostate, such as pygeum, saw palmetto, lycopene, zinc, Vitamin B, ginseng, cat's claw, acetyl L-carnitine,



Lowered Cholesterol Naturally - And Without Side Effects!

"Other doctors

had put me on a several different cholesterol medications throughout the years. On the last medication, I started to get severe muscle pain and I was tired all of the time. Dr.



Peaceful Nights...

"Before seeing Dr. Sears, I would get up 4 times a

night to use the bathroom. Now I only get up once. And my PSA levels have dropped". - H. Bishop



Lost 40 pounds...

"With the help of

HGH activator, MSM, and more. None of them had any noticeable effect.

Then, I tried your approach. I had immediate results and slept through the night without going to the toilet. I was amazed. After 2 weeks, last night was the most amazing experience of all. I slept for 10 hours without going to the toilet. I haven't done that since I was a boy. As far as I'm concerned, this is a miracle. Thank you for developing your natural alternatives to drugs and surgery".

- R. Thompson

Sears showed me literature about the dangers of the drugs I was on. He also showed me that there are natural and safe methods of lowering cholesterol. Other doctors just wrote me a prescription and sent me on my way. Now, I'm taking two all natural supplements and sticking to his diet suggestions. I don't have fatigue or aches anymore. I feel alive. And I feel like I'm doing a service for my body."

- P. Robertson

Dr. Sears, I went from about 210lbs to 170lbs... Everyone has noticed my weight loss. The program was easy. I no longer feel bloated and tired. My energy level has increased. I've tried eleven years worth of weight loss programs, but nothing has worked like Dr. Sears' program." - E. Dauner



Increased Sex Drive And Strength...

"Your methods have given me increased libido. And I feel stronger while I'm working out." - M. Pope

Dr. Al Sears

HEALTH CONFIDENTIAL FOR MEN

"For Twenty Years Fat Doctors Have Been Telling You How To Lose Weight And Get Fit. But Since 1991 Alone Obesity Is Up 61%. What Gives? "I'll Tell You..."

So much of what the medical establishment tells you is pure Bull



"Eat less meat"
"Cut out the butter and eggs"
"Aerobics 'till you drop"
"Take these drugs"
"Don't smoke, drink, or have fun?"
Modern Politically Correct Medicine Is Trying To Turn You Into A Woman!

Here's the good news...

It may sound a little strong to say it, but men are not only being "feminized," we're being subjected to a slow and potentially deadly "chemical castration."

No, it's not a conspiracy. It's ignorance. A combination of outdated conventional medical theory and modern health fads. And pollution.

And what makes it worse is that all the conventional thinking on male health is garbage. Junk medicine.

In a word, bull. And for the most part, the people who tell you this are fatter, have higher blood pressure, and die sooner.

So let other people follow the crowd and starve themselves eating bibs of lettuce, bland

vegetables and tofu. Let them avoid meat, stop beer and wine and the occasional shot of excellent Scotch and a fine cigar, let them spend an hour a day on the treadmill, avoid sunshine and everything else that makes life fun and pleasurable...

(continued...)

[*read on*](#)