

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!

**MODERN MEDICINE WANTS TO TURN YOU INTO
A WOMAN - AND YOU DON'T EVEN KNOW IT!**

Discover the true facts of male aging, health and virility from
America's only Alternative Medicine Specialist for Mature Men.

'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.

'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...

Let them. God bless 'em. But you can forget all that nonsense.

Today, I'm going to show you that you can live the life your body naturally tells you to follow. Eat the foods you love, exercise just ten to twenty minutes a day two or three times a week, drink your favorite beer, wine, or Scotch, smoke your cigars, have a nice cup of coffee in the morning...

And turn yourself into a lean, muscle-packed man with the energy and sexual vitality of a 20-year old.

How can I promise you this? Contrary to what most doctors and 'health experts' say? Because none of these doctors and 'health experts' have tackled the real questions:

What are the primary factors of male aging? What can be done to correct age-related deterioration, deficiencies, and disease?

The truth may startle you. The current treatments, theories and medicines may outrage you. But - and this I promise - the alternatives will astound and delight you.

Right here...right now...I'm going to tackle the myths, misconceptions and lies. And I'll tell you exactly what you can do to reverse the aging process in your body, and restore your health to what it was when you were young.

- **I'm going to show you the single biggest factor in male aging, and how it can be reversed to make you thinner, stronger, smarter, less susceptible to heart disease, Diabetes, stroke, depression and arthritis, plus make you more muscular, quicker, incredibly virile, and supercharge your drive to succeed.**
- **I'm going to show you how to avoid or remedy America's #1 health problem for men: prostate problems.**
- **I'm going to reveal how you can end chronic pain and rebuild joints. No more backache, leg cramps, stiffness, aching and swollen feet, neck pain, and sore joints.**
- **I'll tell you how to supercharge your energy, boost your immune system, restore crystal clear mental functions and memory, knock inches and pounds off your body, and supercharge your sex drive and stamina.**

In fact, it's very possible that with the information you're going to get today, you may now enjoy better health, conditioning, energy, and sexual vitality than you've ever had in your life.

But first, let me explain how I came to be a champion of men's health...

Why Am I Challenging The Medical Establishment?

I'm Al Sears, M.D.

I took all the same courses my fellow doctors took in their training. In fact, I studied harder than most, which is why I received my MD **with honors** in Internal Medicine, Neurology, Psychiatry and Physical Medicine.

But over the years, I grew tired of hypocrisy and ignorance in my profession. I got tired of seeing doctors routinely prescribe drug after drug - often to find out later they were dangerous. I got tired of watching overweight and unhealthy doctors tell patients that diet and nutrition couldn't do anything for them - and that their only choice was surgery and drugs.

And I got tired of the resistance in my profession to things which might benefit the patients in a simple, cost-effective manner that completely avoided the medical establishment.

But most of all, being a man and being concerned about my health and aging, I got tired of the lack of good information - and the abundance of misinformation - about male health. And I worked hard to discover the real and uncensored truth about male health...

- I've seen over 10,000 patients in my clinic in south Florida, focusing completely on integrative medicine...
- I've studied nutritional supplementation extensively, including researching herbs in the field in Macchu Piccu...
- Researched numerous articles and books, including co-authoring The 21st Century Man's Guide To Prostate Health and my recent book, The T-Factor, detailing nutritional and herbal strategies for increasing testosterone naturally...

- Founded YouthQuest; an organization devoted to cutting edge technology in the race to advance treatments for the diseases of aging...
- I'm a member of The American Academy of Anti-Aging Medicine and a diplomate of the American Board of Anti-Aging Medicine.
- Served as medical director of The McCormick-Green Center for Integrative Therapies, a nonprofit charity devoted to research and education to the public and other physicians...
- Been appointed to the international panel of experts for Health Sciences Institute, a world wide information service for integrative healthcare...
- And I do ongoing teaching in anatomy, human physiology and nutrition at Barry University...

Over and over again, through all my work and all my research, one thing has become abundantly clear...

Most Modern Health Advice Is BAD For Men!

If you'll give me just ten minutes of your time, you're going to discover that most of what you've been told about what's good for you is **WRONG**. You're not a lab rat for health fads or politically correct flag wavers. You're a man, genetically created and programmed, and most of your natural instincts are the best thing for you.

And instead of killing yourself trying to keep up with an ever-changing theory of what's 'good' for men, you can discover that **MAXIMUM HEALTH** can be easy, fun - and almost exactly what you always want to do.

**If you'll let me, I'd like to send you
10 FREE GIFTS that will tell you
everything you need to know to**

**transform your body and turbo
charge your energy and sex drive.
You'll be amazed how EATING WHAT
YOU NATURALLY DESIRE, taking a
few simple and inexpensive
supplements, exercising only a few
minutes a day, and doing the things
you naturally want to do can
transform your life.**

But first, let's take a look at some of the misinformation that's out there ...

Forget The FOOD NAZIS...

Almost everything you hear these days, with a couple of notable exceptions, is completely backward...

- **FORGET OVERDOING VEGETABLES!** There's very little evidence that a vegetarian diet is actually healthy. And neglecting important protein sources is downright unhealthy...
- **FORGET SOYBURGERS AND TOFU - THEY'RE DANGEROUS!** Soy-based products are high in estrogen - not only feminizing but dangerous for men. And women, too. Soy has been associated with accelerated aging of the brain. High estrogen has been associated with prostate disease in men, breast and uterine cancer in women, and weight gain...
- **FORGET THE HIGH CARBOHYDRATE DIET - IT'S DANGEROUS!** Carbohydrates are converted to sugar by the body, and can cause a high level of insulin. Especially the processed, refined carbohydrates found in pasta, bread and cereal. This can lead to a host of related diseases, including high estrogen production (feminizing again) and diabetes (a leading cause of blindness, impotence and amputations...just what most men want...)...
- **ENJOY YOUR MEAT - IT'S GOOD FOR YOU!** Lean protein increases the production of growth hormones, which tell your body to make muscle and stimulate testosterone. It also moderates the

production of fat-producing insulin. So eat your steak, pork, chicken, turkey, eggs, and all the fish you want. Enjoy your steak and eggs whenever you want...

And forget the anti-smoking, anti-drinking Puritans, too...

- **ENJOY YOUR BEER AND WINE!** Alcohol in moderation actually has health benefits...
- **ENJOY YOUR CIGARS!** Obviously, excessive cigarette smoking is bad for your health. But smoking the occasional cigar or pipe can have a very relaxing, beneficial effect with virtually no harmful effects...
- **SAVOR THAT COFFEE!** French researchers have shown that moderate doses of caffeine increase alertness and energy, and at up to three cups a day have no addictive effect. It's also been shown that a cup of coffee can help in the performance of tasks that require sustained attention.
- **EVEN CHOCOLATE IS OKAY!** Studies show chocolate is a good source of antioxidants, containing as much as four times the antioxidants found in kidney beans...

And forget all that blarney about water, water, water...

Finally, The Water Myth EXPOSED!

After years of people lugging around water jugs, forcing themselves to put down glass after glass of water, we've finally learned the truth...

NOBODY KNOWS WHY WE'RE DOING IT!

Not only is there no evidence that you need all that water, but there's evidence that too much water can be bad for you.

According to the University of Florida's College of Health and Human Performance, there's a condition that's called 'water intoxication,' or hyponatremia. Mostly seen in marathoners or triathletes, consuming

large amounts of water over a race increases blood plasma and dilutes the salt content of the blood. While this is happening, the athlete is also losing salt by sweating. Over time, the loss interferes with brain, heart and muscle function.

Consumption of large amounts of water is often associated with obsessive-compulsive behaviors, also. And when a person consumes too much water, essential electrolytes in the blood stream become diluted and affect control of the heartbeat.

So when it comes to water, common sense will do. Get thirsty? Drink some water. Got dry mouth? Drink some water. Getting a headache? Drink some water.

This is also a perfect example of how absolutely unfounded health theories become 'gospel.' Someone thinks it's a good idea, they start recommending it, and pretty soon it's accepted as a truth.

This is the biggest challenge facing men's health. So much of what we've been told is totally unfounded and often completely wrong. Let me give you the inside scoop on men's health... starting with the most important factor of all...

The Magic Bullet For Male Health

There is growing medical evidence that male aging - with all its sagging consequences - can be stalled or even reversed by correcting one natural thing. That one natural thing is the production of testosterone.

Testosterone is a man's primary masculine hormone. It is what makes you strong, smart, quick and aggressive. It's what makes you a virile lover. It's what gives you the drive to succeed...to win at sports, profit at business, shock the world with your art, and romance the ladies with your poetry.

Testosterone is what makes you feel - and almost be - invulnerable in your twenties and thirties. And the reduction of natural testosterone in your body is what makes you feel weaker, slower and more breakable as you age.

Science shows that by getting his body to produce youthful levels of testosterone, an older man can enjoy

the following benefits:

- a thin, lean abdomen
- spontaneous erections
- impressive muscularity
- remarkable stamina
- mental alertness
- a stronger heart
- an iron-clad immune system
- and much more....

Testosterone Is The Basis Of Manhood...

Most of the virtues we think of when we think of manly virtues -- bravery, assertiveness, certitude and leadership - are present when the body is flushed with testosterone.

An essay by Andrew Sullivan in the April, 2000 issue of The New York Times Magazine explains this:

- Bosses have more testosterone than their workers.
- Trial lawyers have more than tax lawyers.
- Commodity traders have higher levels than the back-office crew.
- Actors have more than ministers.
- It's even true about women. Working women have higher T than 'stay-at-home moms.'

But what's happened to our testosterone... besides just plain aging?

The Truth Is, We Are Slowly

Being Chemically Castrated!

They say that the loss of testosterone is natural, and some of it is. But in the 25 years that I have been studying the process of aging in men, I've discovered that a great deal of what some medical people accept as natural is, in fact, entirely unnatural. Take prostate cancer, for example.

If you listened only to the AMA, you'd think that every man in every nation on earth gets prostate cancer at one time or another. The truth is shockingly different.

Prostate cancer is entirely absent in parts of Asia and some Third World countries. Prostate disease, in fact, appears to be largely the result of modern technology - the toxins we take into our bodies from processed foods, polluted air and contaminated water.

The same is true of many other forms of cancer. Heart disease too. And adult-onset diabetes. Male aging...and the reduction of testosterone related to it...is caused to a great degree by modern, artificial factors.

Low Testosterone Does More Than Just Cause Impotence...

Most American men - and men from other modern, industrialized countries - suffer from unhealthy, low levels of testosterone. And because of the increase in toxins, things are getting worse.

In my 25 years of clinical experience with men's health, I've seen the trend worsen. It's getting tougher for an aging man to stay manly...and that's an unnecessary shame.

- **As a man ages, his testosterone decreases while his estrogen increases, partly due to a conversion of testosterone to estrogen. One recent study found that estrogen levels in an average 54-year-old man are higher than those of an average 59-year-old woman!**

And the problem compounds itself. Lower levels of testosterone make it more likely that you'll be fat. And studies show that fat cells generate the aromatase enzyme that converts T to E.

It's a vicious cycle of decreasing testosterone and increasing estrogen. You start to look and feel more like a woman but your mind, and your culture, still expect you to be a man!

And it's not just how you look and feel. When a man's T/E ratio declines, it also increases the risk of heart attack and stroke. And high levels of estrogen in men are implicated in benign prostatic hypertrophy (BPH). That's the enlargement of the prostate gland at the base of the penis that makes it difficult to begin urinating... and even harder to stop.

The DANGER of The Low-Fat Diet

Besides all the artificial toxins we are exposed to, there is some well-intentioned medical 'help' that is lowering our testosterone too.

The most common MEDICAL MALPRACTICE is advocating the low-fat (read high-carb) diet. Since most practitioners know

little or nothing about nutrition, it only makes sense that they would tend to recommend the diet mainstream medical organizations such as the AMA and the American Heart Association recommend.

These diets are low-fat, high-carb KILLERS. In seeking to cut out 'fatty' meats and cholesterol, they substitute man-made poisons such as pastas and breads. And there are, literally, scads of studies that demonstrate the dangers of high-carb, low-fat diets. A recent example of importance is a Swedish study that showed that 'switching from a high-fat to a low-fat diet lowered blood testosterone levels by 10 percent.'

POW! THERE GOES YOUR MANHOOD.

If you want to be sure, get your testosterone measured by your doctor. On your lab report, you will see a

'normal range' for testosterone. It's usually from about 250 to 850 ng/ml.

But, here's the catch. Many patients in my practice who have testosterone in the lower third of 'normal' will have the symptoms of testosterone deficiency. When I boost their testosterone levels to the upper one third of normal these symptoms quickly resolve.

It's also very important for men to have their estrogen levels measured. But your doctor probably won't measure that unless you ask.

For masculine health, testosterone is often the only solution. And since testosterone does such terrific things for men, the solution to declining testosterone appears simple: Get testosterone injections.

But there is danger in running down to the corner store for a bottle of testosterone. Testosterone injections are:

- painful
- expensive
- and potentially harmful if not carefully monitored

But worse than that is the fact that your doctor probably won't tell you the truth...

Testosterone Injections Lose Their Punch

Your body is smart. If I inject you with a synthetic testosterone, your body identifies it as a foreign substance and gears up liver enzymes to remove it from your blood. If I continue to inject you, your body also will decrease its production of testosterone by the testes.

If I then increase the dose to try to overcome these defenses, your body will respond by decreasing the sensitivity of its testosterone receptors. Result? The same blood level of testosterone has less effect on

testosterone's target tissues...your sex organs and muscles.

If I increase the dose yet again to try to get back those initial benefits, your body can simply turn off the gene that produces testosterone receptors. Then all the testosterone in the world will do no good.

Boost Your Testosterone Safely - and With Fantastic Results!

You can boost your testosterone levels right back to where they were when you were young - naturally and safely. I'd like to send you a report that tells you virtually everything you need to know about testosterone. It's called Testosterone: The Key to Maximum Male Health, and in just a minute I'll tell you how to get your FREE copy.

In it, you'll learn why your testosterone starts plummeting after age 30. By age 40 it's dropping 1% a year or more. Your energy drops, your libido drops, your sexual functioning drops, it gets harder to produce muscle, and fat naturally starts to accumulate around your middle.

But with what you'll learn in this report, you can turn back the clock.

Burn off fat faster than you ever thought possible...build muscle without lifting a finger in exercise...boost your memory, verbal skills, and cognitive functions... protect your heart and fight off stroke, heart attack, and angina...fight osteoporosis and help keep your bone density strong...

And find out how elevated estrogen is turning you into a woman, and what you can do about it...

Plus you'll learn how elevated estrogen affects your prostate, that other major health concern for men. In fact, let me tell you a little bit about that right now...

Saving Your Prostate - How to Avoid and/or Remedy America's #1 Health Problem for Men

Every man has a hidden health problem waiting to happen.

If you are over 40, yours may have already begun. The problem involves a dangerous little saboteur that lies between your bladder and your penis - a place where you don't want problems. I'm talking, of course, about the prostate gland - a potential cause of disturbed sleep, incontinence, impotence, disease and even death!

The earliest sign of trouble - nocturia - begins as a nagging ache that nudges you from your dreams.

You look at the clock (3 a.m.), roll over and cross your legs. It's no use. Pressure turns to pain. And you make another trip to the bathroom, wondering whether you'll be able to get back to sleep.

Most of my patients tell me they don't mind waking up once. Even twice. But when you have to get up three or more times, it's ridiculous. What's more ridiculous is how common a problem it is.

Benign prostatic hyperplasia (BPH) is the number one diagnosis made in American men over the age of 55. The common name for this condition is a swollen or enlarged prostate. The longer you live, the greater your chances of being afflicted by it. Eighty percent of American men will get it at some point. If you make it to 80 years of age, your probability reaches 90%.

These shocking statistics beg for an explanation. Are men born with a design flaw? Or is it something we're doing? In the following pages, I'll give you the answer to these questions and tell you how to eliminate your prostate problems. But you must begin with an open mind because I'm about to show you that most of what you've been told about prostate problems - by the medical mainstream - is seriously flawed.

Stop Listening to the Medical
Establishment, Stop Listening
to Popular Alternative
Theories, and Learn the Truth
About Your Prostate Health...

Popular misconceptions about the prostate begin with a mistaken notion of the cause of enlargement. The condition is NOT caused by natural testosterone. Quite the contrary, it is caused by unnatural environmental pollutants that overwhelm testosterone metabolism.

And guess what? When you have a flawed understanding of causation, you get flawed treatments.

The most popular mainstream treatment strategies for the prostate are cutting (surgery), burning (radiation) and poison (drugs). They do not address the cause, and they can cause serious complications and side effects. Most alternative treatments also come up short, and tend to show an inadequate understanding of the cause. Although they are much safer than mainstream interventions, they are equally ineffective.

The real cause comes from the environment. We are doing things to tell our prostates to grow, and the prostate is doing nothing but following orders. These orders are given at the cellular level by a deluge of hormonal pollutants - including the growth-stimulating hormones dihydrotestosterone (DHT), estradiol, and a host of 'mimickers' (chemicals that disrupt endocrine glands).

On the Trail of the Real Cause of Prostatic Disease

In the early 90s studies appeared showing lower than average testosterone levels in men with both benign enlargement of the prostate and prostatic cancer.

This shattered the conventional wisdom that prostate disease was caused by testosterone and was an inevitable consequence of being a man. Now that this theory is disproved, there is hope that a man can beat prostate disease without giving up his manhood.

I began to suspect environmental causes when population studies began showing a mass of evidence that prostatic disease is a curse of industrialized nations. It is rare in third-world countries, very common in developed countries and rising rapidly in emerging countries.

One study really stood out. In 1993, a European report revealed that prostatic disease rates in American

blacks were the highest of any group on earth. But rates for the same diseases in African blacks were among the lowest.

Another group with very low rates of prostatic problems is Asian men, with the Chinese fairing the best. But what happens if that Chinese man moves to America? You guessed it. His risk rapidly catches up to the average American-born man. In other words, for African-Americans and Asian-Americans, living in the US is a bigger risk factor for prostatic disease than genetic make-up.

And yet another clue came from the study of men born with a rare deficiency of the enzyme 5-alpha-reductase. It converts testosterone to dihydrotestosterone (DHT). Men without it have very low levels of DHT but normal or high testosterones. Prostatic disease in this group is extremely low.

'Why Didn't My Prostate Doctor Tell Me About DHT?'

Later studies found DHT to be much more powerful than testosterone at stimulating prostate growth. It binds to growth receptors on prostatic cells. When DHT binds to these receptors it signals the prostatic cells to grow and proliferate. It's concentrated in prostatic tissue, and is even more concentrated in diseased prostates. And while testosterone declines with age, concentrations of DHT in the prostate increase with age.

DHT can now be measured in your blood. It's not routinely done but your doctor can order the lab to perform a DHT test on your blood sample if you ask. I have found it to be quite valuable. In my patients who have a DHT in the upper half of normal, I usually recommend that they take action to lower it.

In short, the evidence shows that the testosterone derivative DHT is the principal enlarger of the prostate, and the good news is that DHT can be blocked by natural plant derivatives like saw palmetto extract and beta-sitosterol.

The evils of environmental pollutants have been well documented. But the key question is, what can be done about it? Well, you can't change the entire industrialized world. But you can protect yourself from a world gone awry.

Lower Your DHT, But Do It Naturally

I'd like to send you another FREE gift, a report that will tell you all about how to relieve any prostate symptoms you may have now, and help prevent prostate disease - even prostate cancer - in the future.

It's called Eleven Secrets for a Healthy Prostate. In it you'll learn why the prostate is such a trouble spot for men, and the very best and safest natural remedies that can stop prostate problems in their tracks.

Find out why surgery is NOT SAFE...learn natural treatments for prostate problems that date back 3,500 years, including a plant extract that can inhibit as much as 90 percent of the transformation of testosterone into DHT, the powerful hormone believed to be responsible for prostate enlargement...

Learn about a special 'combo' supplement that's been shown to achieve a 29 percent increase in urinary flow, a 44.7 percent reduction in residual urine, and a 50.4 percent reduction in the need to get up in the night to urinate, and the vegetable that the Journal of the National Cancer Institute reports can decrease the risk of prostate cancer by 33 percent...plus more!

There's so much more to tell you about your health - but so precious little space here. It's vitally important that you realize most of what you've been told about your health is wrong. And there is so much information you need. Let me give you just a few examples...

- **THE CHOLESTEROL MYTH EXPOSED!** Low cholesterol is actually dangerous for you. It's been associated with depression, anxiety, violent behavior, suicide, hemorrhagic stroke, low DHEA levels, chronic inflammation, and low hormone levels, including low Progesterone (or Estrogen dominance).
- **HOW TO CLEAN OUT YOUR ARTERIES!** Long before you get to needing angioplasty, there are safe, natural ways to flush your arteries and restore healthy circulation throughout your body.
- **THROW OUT THOSE EYEGLASSES!** You can restore your vision naturally. Certain supplements will improve your vision within minutes!

- **EXERCISE AS LITTLE AS 5 MINUTES A DAY AND SHED FAT WHILE PACKING ON MUSCLE!** Almost everything you've heard about exercise is wrong. In fact, much of it is bad for you. I'll show you how to exercise the right way and triple the benefits you get.
- **REBUILD DAMAGED JOINTS AND BANISH BACK PAIN FOREVER!** You can reverse the damage that's been done to joints and rid yourself of chronic pain quicker than you think.
- **BOOST YOUR BRAIN POWER!** You can - almost immediately - increase your brain power and improve virtually all your mental functioning.
- **TURBOCHARGE YOUR LOVE LIFE!** Forget Viagra - there are safe, natural ways to increase your desire and stamina. I'll even show you the very best positions for incredible lovemaking.

And there's still so much more. That's why I'd like to send you the TEN FREE REPORTS I mentioned earlier - showing you how to change nearly every aspect of your health. It's not a dream to be slim, strong, healthy and full of vim and vigor. It's an easily attained reality.

I'd like you to try a subscription to my men's health letter. It's called Health Confidential For Men, and every issue is loaded with proven research and findings to help you perform your best as a man in every area... from the boardroom to the bedroom.

CAUTION! Don't even peek at it if you're sold on the popular medical theories about male health. If that's the case, then Health Confidential For Men is not for you. We refuse to surrender to surgery and drugs. And we don't waste any time trying to be politically correct.

Our issues are written to inform you of the truth about male health...and to help you live life to the fullest. We provide you with only the best, scientifically proven natural methods to help you enjoy maximum health without suggesting you live like a monk, turn into a rabbit-food-eating, pill popping hypochondriac and without having you give up all the good things that make life worth living in the first place!

With Health Confidential For Men, you'll never be at a loss for up-to-date natural cures and treatments for what ails you - from back pain to hypertension, sexual potency issues to preventing cancer, heart disease and more. You'll know the best ways to stay in shape, the supplements that truly work (and those that don't), and how you can still enjoy good food and drink while staying at the top of your game at all times.

So let me make my offer to you right now...

**An Unprecedented Value
and Vital Source of Health
Answers for Men**

If you'll simply try a one-year subscription to Health Confidential For Men (and by the way, your satisfaction is guaranteed), you'll get all these benefits:

- **FREE REPORT #1:** Testosterone:
The Key to Maximum Male Health
(A \$49.00 value)
- **FREE REPORT #2:** The Health
Confidential For Men Guide to Super
Sex: Little Known Techniques to Boost
Your Drive and Staying Power (A \$29.00 value)
- **FREE REPORT #3:** Have Your Steak
and Eat It Too: The Man's Guide to
Better Nutrition (A \$29.00 value)
- **FREE REPORT #4:** Eleven Secrets
for a Healthy Prostate (A \$29.00 value)
- **FREE REPORT #5:** Heart of a Lion:

How to Beat Heart Disease (A \$29.00 value)

- **Plus 12 Monthly Issues of Health Confidential For Men** , the health, nutrition and fitness letter strictly for men (A \$59.00 value)
- **Plus a \$20 savings off the regular subscription price**
- **Plus our 100% Money-back Satisfaction Guarantee** (you even get to keep the reports if you should cancel)...

TOTAL VALUE: \$244.00
YOUR PRICE: Just \$39.00,
for a savings of \$205.00!

But the savings get even better. If you'll try a guaranteed two-year subscription, you'll get all five reports mentioned above, plus...

- **FREE REPORT #6:** Sharp as a Tack:
Natural Ways to Boost Your Brain Power
(A \$29.00 value)
- **FREE REPORT #7:** Killing Cancer
Before It Kills You (A \$29.00 value)
- **FREE REPORT #8:** Rejuvenating Joints:
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Al Sears, M.D.

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