

**The best guarantee you've ever seen!  
Completely, and I mean completely, risk free.  
(If you don't believe me, read on...)**

## **Discover the doctor's secrets that have helped his patients:**

- *Cleanse* arteries
- *Overcome* cancer
- *Relieve* joints
- *Restore* natural energy
- *Erase* aches, pains, and other health worries forever...

**Dr. Martin Milner, President and Medical Director of The Center for Natural Medicine, unveils the result of a decade-long project...**

***in a program so revolutionary we've taken all the risk to give you all the benefit.***

### **Dr. Milner's Health System: A Personal Program for Health and Well-being**

A simple, seven-step program that guides you to optimal health, increases your longevity, and reverses disease.

Dear HSI e-Alert Reader:

For nearly 10 years and over 5,000 patients, I've been working with my

research team at The Center for Natural Medicine to develop a revolutionary new program that truly accomplishes all the above...and much more.

- *One program* that integrates *all* the breakthroughs I've reported to you through HSI...
- *One program* that combines *dozens* of natural healing disciplines...
- *One program* that helps prevent or *reverse* cancer, arthritis, heart disease, and more...
- *One program* that moves you toward your optimal health, complete with the surveys and tests you need to monitor your individual progress

Yet it's a program so simple, you can follow it at home!

And now this program is complete. My own patients at the Center are experiencing its transforming results. And I'd like to invite you, as an HSI e-Alert reader, to experience it absolutely risk free--and witness its astonishing healing power in your own life.

In fact, I believe so fervently in this program I've convinced the team at HSI to offer it to you with an incredible guarantee...more generous than any they've ever made.

Normally, you get 30 days to preview a product. After that, if you're not satisfied, you can send it back for a refund of the purchase price. Well, not only are they extending the guarantee to a full 60 days, but *if you decide this program isn't for you--that it doesn't show you how to improve your health in the multiple ways I promised--not only will you get a refund of the purchase price, but you DON'T EVEN NEED TO RETURN THE PRODUCT.*

That's right, if you don't think this system lives up to its promise, we'll give you a refund and you can keep the product.

I--and my publishers--believe *so strongly* that this program will have a profound impact on your life, we're willing to take the full risk. Yes, we may take

a loss from those who will take advantage of HSI and ask for a refund, even though they've benefited from the program. But I know you--and most readers like you--will be grateful for the *amazing effect* this product will have on your life. And it's important to us that everyone has the opportunity to try this program and see how they can achieve optimum health.

This is the best program available that combines so many of today's most advanced healing protocols. And in this limited space, I can't possibly describe all the ways it'll renew your body. But let me briefly outline what you can expect...

### **Protect your body from disease and aging with today's most powerful healers**

Nutritional science has proven you can literally give yourself the body of a much younger person--one cell at a time.

You know about *antioxidants*--those nutrients that help your body repair damaged arteries...stop cells from becoming cancerous...reverse the deterioration of joints...even smooth facial wrinkles.

In fact, you're probably taking a few antioxidants right now. Vitamin C and E, for example. But what about the powerful new discoveries? Are you taking the right antioxidants for *you*? Are you taking too much or too little? Do you know how to use them to target your specific health concerns?

In your risk-free preview, you'll learn:

- How to tell exactly which antioxidants you need to slow down aging, illness, and disease...
- How to take aim at special problems like vision loss, cancer, senility, and hardening of the arteries with newly identified antioxidants that work like 'magic bullets'...

- The exciting nutrient breakthrough from Japan that can eliminate eczema, rheumatoid arthritis, lupus, and other immune diseases...

That's just the beginning. Now, let's explore how to...

### **Get rid of that pain in your gut--for good!**

Whether you suffer from diarrhea, constipation, cramps, heartburn, gas, bloating, food allergies, colitis, or even Crohn's disease...

Now there's a simple way to heal *your entire digestive system*. And feel these problems disappear in a matter of weeks, or even days.

Your risk-free preview will show you:

- How to unblock your intestines *without* harmful laxatives and relieve problems *without* antibiotics...
- How to test for *parasites and yeasts* that may be secretly wreaking havoc in your body--and banish them for good...
- How to detect and eliminate *food allergies* that may be the cause of your 'mysterious' intestinal pain, fatigue, joint pain, or other chronic complaints...

Then you'll learn how to:

### **Cleanse your body of harmful toxins and reclaim your natural energy**

Nutritional scientists call this process *detoxification*. And it's one of the most powerful new healing tools of all.

In fact, if you suffer from pounding headaches, 'incurable' allergies, insomnia, fatigue or even excess weight--very likely it's because of some nasty pesticide, additive or chemical that's hiding in your food, your water, or even the air you

breathe...and has caused a toxic build-up in your body.

But the good news is, now you can make your body *poison-free*. In your risk-free preview, you'll find out:

- All the many different ways to detoxify your body, including fasting, juicing, hot and cold compresses, exercise, massage, chelation, and more...
- How to identify which technique is best for your specific condition...
- How they can even improve your mood and mental sharpness...

In very short order, you'll feel an astonishing improvement! Now, let's talk about how to...

### Restore your hormonal balance---naturally

Whether your concern is with prostate health and performance...breast cancer, hot flashes, weight gain, or osteoporosis...or if you just want to put some extra oomph into your sex life...

The answer is in your *hormones*. You knew that. But did you know the easy, *natural* way to get your hormones flowing again without the dangerous side-effects of HRT (Hormone Replacement Therapy)?

You'll learn how to do it--with near-miraculous results. And discover:

- How the newest breakthroughs in natural estrogen therapy can actually slash your breast cancer risk...
- How to eliminate frequent and painful urination...
- Plus many special techniques to boost your energy levels and greatly enhance your sexual pleasure and performance...

In your risk-free preview, you'll also discover how to:

## Learn how you can prevent--and even reverse--cancer and heart disease

More than any other nutrient in the world, your cells need one *simple molecule* to live...

It's called *oxygen*. We take it for granted that our cells get all the oxygen they need to stay healthy--but in fact, as we get older, our cells slowly suffocate!

And this is often the secret trigger that makes cells turn cancerous--and sickens our cardiovascular system.

But now you'll learn how *to flood your body with the life-giving oxygen* your cells so desperately need. And find out:

- How fresh oxygen at the cellular level can also eliminate the bacteria and parasites that cause serious infections...
- How this same remarkable breakthrough can renew cells and tissues throughout your body...
- How it can help cure 'incurable' conditions like multiple sclerosis and more...

## Wake up free of arthritis pain...and breath free of allergies or asthma

*Inflammation* is the key to all three conditions. It's often caused by auto-immune reactions when your body tries to fight off toxins, microbes, or stress.

But now you'll learn how to cleanse your body of the *root causes* of inflammation and rid your body of pain. You'll learn about:

- The remarkable plant extract that can eliminate runny nose, watery eyes, sneezing, and hay fever with no drowsiness or side effects...

- The cancer-fighting nutrient that's also healing osteoarthritis sufferers by regrowing the tissue between their joints...
- How to give your knees, hips, and back permanent relief from pain, without drugs that can tear apart your stomach...

Finally, your risk-free preview will reveal how you can...

### **Live trim, healthy, and stress-free!**

*'I'm constantly dieting but never losing weight...'*

*'I'm just too tired to work out...'*

*'I've tried, but I can't help feeling stressed...'*

Sound familiar? Well what if everything got a lot easier? What if you could just wake up one day and do it?

Now you can. And I promise, it won't be painful. In fact, it will be easier than you ever dreamed. You'll learn:

- How to feast your way slim, eating the foods best suited for you...
- How to create a modest, non-strenuous exercise routine - and get healthier results than people who sweat and strain...
- An incredible, 30-second trick that snaps you instantly into a state of calm. Use it any time, anywhere to manage stress!

Now you're probably asking yourself--OK , how am I going to learn all this? Well, the great news is that it couldn't be easier.

### **Here's how the program works...**

First, just relax and listen to the three audio tapes. Next, open your health system *Companion Book*. It vividly illustrates the tapes, with the exact same charts and pictures I show my patients.

Then, if you want to learn even more, check out your *Reference Book*, containing past HSI articles about certain healing breakthroughs that are featured in my program.

Finally, in your kit, you'll find the *Workbook and Treatment Guide*, which will help you get started on your own personal 7-step health program.

You'll also find useful information in here like how to identify and where to buy the right supplements for your body's needs, where different tests are offered, which medications are prescription only, and which products you can purchase at your local health food store.

This book also contains three charts called the '*Treatment Guides*,' that contain information on specific recommended supplements and dosage instructions. I'll ask you to refer to these charts throughout the program, and they'll help you when you're working on your own.

### **My promise to you**

*Try it risk-free!* Just send for *Dr. Milner's Health System: A Personal Program for Health and Well-being*. and use it to target your health concerns for the next 60 days. From extensive experience with my patients, I know you'll feel an incredible difference. And I promise that you'll feel dramatic relief from whatever illness, pain, or chronic condition you suffer from. If not, HSI will refund your money - no questions asked.

Give your body the benefits of the *ultimate* healing program. And discover a new you!

Here's to your good health!  
Martin Milner, ND  
HSI Medical Advisor  
Director, Center for Natural Medicine

P.S. From the Publisher: Remember, we believe so strongly in this product,



and want everyone to have the opportunity to benefit from this program, that we are willing to take all the risk. If you don't experience an amazing change in your overall health, not only will you get a refund of your purchase price, but you can **keep the program...no need to send it back**. We are that confident this program will have a profound impact on your health and well-being. And you have 60 days to decide.

Martin Milner,  
Naturopathic Physician and Medical Editor

- Medical Advisory Board Member of HSI.
- President and Medical Director of The Center for Natural Medicine in Portland, Oregon - one of the largest integrated healthcare facilities in the world.
- Professor of Cardiology, Pulmonology and Oncology, at National College of Naturopathic Medicine and at Bastyr University.
- Published studies in cardiovascular, pulmonary, oncology, endocrinology, and environmental medicine.
- Created breakthrough treatments for thyroid disease, menopause, cancer, and heart disease.

An easy way to remember the seven essential components of my program...just remember this easy acronym:

### **A.D.D.S.O.I.L**

- A - Antioxidants**
- D - Digestion**
- D - Detoxification**
- S - Sex Hormones**
- O - Oxygen**
- I - Inflammation**

**L - Lifestyle**

**Order Now**