

healthy anti aging



AGING: on your horizon

*It's predicted that over the age of 85,
20- 40% of us will have dementia
– but, by then, it's too late.*

*In normal aging, you can preserve
90% of your cerebral function.
BUT – you have to start NOW!*

*There are effective, preventive strategies
to keep your brain and heart young.
Degenerative changes begin
**30 to 40 years before
the onset of symptoms.***

*And, once the symptoms appear,
there has been substantial
death of brain cells.*

*The medical community admits
that Rx medications are ineffective.
**So, take steps now to be
a healthy, functional elder.***

healthy menopause



Hormone Replacement Therapy

– Is it Dangerous?

*Does it cause cancer?
Can it cause strokes
and heart attacks?*

Does it prevent osteoporosis?

**But, the symptoms
are driving you crazy**

*Are bioidentical
hormones any safer?*

What can you do?

*Are there any safe,
natural alternatives?*

The Good News is: YES!

Say Goodby to:

*Hot Flashes
Sleepless Nights
Vaginal Dryness
Mood Swings*

healthy heart



**Everything you have been told
about Heart Disease is Wrong!**

*Get the Facts
About Heart Disease
and Heart Health*

You don't have to eat like a hamster!

We'll explode the diet myths.

Heart medications are toxic

*There are natural, effective, and non-
toxic alternatives to these medications.*

You don't have to die from it

*Learn how to avoid
"Monday Morning" heart attacks.*

**There are sure-fire solutions
to many common cardiovascular
conditions, including:**

*high blood pressure,
irregular heart beats,
hardening of the arteries,
and heart failure.*

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[you will receive lecture notes and an audio seminar CD]

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