

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.

3 Seminar CDs | 3 health opportunities

Each Seminar only \$29 [or All 3 Seminars for only \$75]

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

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call 626 963 1678

fax 626 963 9869

email frontoffice@RichardsFamilyHealth.com

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