

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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