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Get A Stronger Heart Without Being A Slave To Pill Pushers

Do you go to see your doctor full of questions and concerns—only to leave with most of them unanswered?

Maybe you wondered about a new drug you heard about on the news. Maybe you were puzzled about something on your blood report. Whatever it was, you were going to pin your doctor down and get some answers.

Yet somehow, by the time your visit was over and you were on your way home, you realized that you never got around to finding out what you wanted. Sound familiar?

Well, don't feel bad. You're not alone.

Even typically confident people say they're either embarrassed or downright afraid to ask a lot of questions. Many of us don't even know what the right questions are.

Doctors do have our best interests at heart, but with so many questions unasked and so little understanding of our own condition, we're at their mercy. Instead of seeing what our choices are, we end up submitting to some procedures that may be unnecessary or even dangerous.

And don't even get me started on the drug companies! Sure, they've developed a lot of good drugs—but they're putting profit ahead

A book with sane, "people friendly" ways to restore your health that your friends (and maybe even your doctors) don't know.

Wouldn't that make your life easier?

Fortunately, such a book exists.

Reap the rewards

How To Fight Heart Disease & Win is for people who want to know the unbiased facts about maintaining their heart and the wide variety of choices that they might not hear about anywhere else.

It contains up-to-date advice on everything you need to know about your ticker. Whenever you have a question, you can instantly turn to this unique guide and have it answered—on the spot.

**You'll see how to prevent, treat
and, in some cases, reverse
most heart conditions!**

How to avoid invasive surgeries or risky prescription drugs. Surprising facts and practical tips for reducing prolonged recoveries and hospital stays. How to tame and even eliminate stress factors associated with heart disease.

Unlike other resources where you need a medical degree to understand them, *How To Fight Heart Disease & Win* is written for aver-

- ✓ The perfect exercises to build a younger, stronger heart
- ✓ Erase that spare tire and feel like a 20-year-old
- ✓ Get back your youth with these stress-busters
- ✓ And much, much more.

Just one change could give you more energy and zest!

But don't take our word for it. Listen to your fellow readers:

From Annette Hakkinen:

"I really have enjoyed it. And found it so informative. It's reader friendly—so easy to look up things that pertain to my health issues."

From S.J. Miller:

"Since I am a medical rebel, chapter three was very thought-provoking...good, sound, memorable advice. Easy to understand."

How To Fight Heart Disease & Win worked for them. Couldn't it work for you, too?

Get all your money back

Nothing beats being informed, especially when it comes to your own health.

How To Fight Heart Disease & Win is not available in bookstores—only through ads like

oil promises to lower cholesterol and high blood pressure. It's tasty, satisfying and best of all—cheap.

When was the last time you heard a big drug manufacturer recommend it—or any—natural treatment? Never! Chances are, they'll try to convince you that their high-cost prescriptions are the only way to solve your problems.

Rescued after 23 years!

Some people are fighting back with the only weapon worth possessing. Knowledge.

Mrs. R. Elisabeth Montgomery of Memphis, Tennessee is one of these people. She's taken charge of her health and is no longer just a passive patient. As she wrote in her letter to us:

"I now know more about my condition which I have had for 23 years. Thanks!"

Instead of relying solely on the medical establishment, Mrs. Montgomery found new, proven ways to achieve a healthier heart ... find added vitality ... and gain greater independence.

What's Mrs. Montgomery's secret?

An amazing new book that has made a big difference in her life and the lives of thousands of other people around the country.

Suppose you had a book that cut through government double-talk and drug company baloney to give you clear answers.

A book that revealed the best mainstream, natural and alternative "heart smart" remedies that could add years to your life.

language—not medical gobbledygook.

Packed with ready-to-use information. Which natural remedies work and which don't. News about selenium, antioxidants, fish oil, garlic, alpha-lipoic acid, fiber, soy, exercise—and more.

Enjoy new vigor and vitality! Slash your risk of high blood pressure and high cholesterol! Say "no thanks" to the surgeon's knife!

Give yourself a "new" heart now!

How To Fight Heart Disease & Win more than pays for itself. Gain a stronger understanding in just minutes:

- ✓ The warning signs of arrhythmia, stroke, heart attack and angina
- ✓ The risks and rewards of aspirin therapy
- ✓ Follow this cholesterol plan and live forever—almost
- ✓ Uncle Sam's questions that every patient should ask their doctor
- ✓ Are statin drugs really the miracle cure? The surprising answer
- ✓ Eat your way to good health
- ✓ Slash heart disease risk by one-third with this nutty food
- ✓ How to really read food labels
- ✓ Only 30mg a day of this nutrient can slow the effects of bad cholesterol
- ✓ Use these herbs and kiss prescription drugs good-bye!

you're reading. Since you must be convinced that it's money well spent, you're covered by our unconditional guarantee:

Take *one whole year* to try it. If you're not completely satisfied, you can get back every penny you paid for it (minus shipping)—even on the 365th day!

I can't think of anything fairer than that.

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P.O. Box 925

Frederick, MD 21705-9838

All your life you've taken care of yourself and your family. Don't stop now when it comes to your health. With *How To Fight Heart Disease & Win*, you don't have to.

Get a stronger heart without being bossed around by the medical establishment! Please respond today.

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