

Which Kitchen Spice Healed a Deadly Wound in Just 40 Minutes?



See page 38 for an amazing true story that's eye-opening proof of the incredible healing power of herbs. And don't miss...

➤ **The herb combo that beats 80% of hard-to-treat cancers**—without chemo, radiation or surgery. Inside on page 4.

➤ **The Bible cure for arthritis that relieves and rebuilds degenerated joints.** Page 17



➤ The delicious tea that **cured Sally's mom's diabetes.** Page 27

➤ **Amazing blood pressure mushroom works even when drugs don't.** Page 7



➤ **Natural pain killer is 100 times stronger than a steroid.** And 100% safer. Page 20

➤ **Kill bacteria without antibiotics**—even deadly drug-resistant ones. Page 37



The Patient's Guide to the New Science of Herbal Medicine

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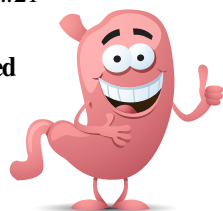
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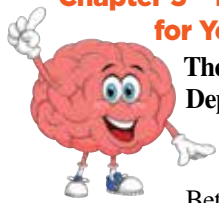


The information published in this magazine is not intended as a substitute for personal medical advice. Before making any decision regarding your health, please consult a physician or other qualified health care practitioner.

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All FREE to Keep! See page 43

Medical Clinic Reports...

Herb Combo Beats 80% of Hard-to-Treat Cancers—*without* Chemo, Radiation or Surgery



Thousands who have triumphed over cancer owe their lives to an ex-coal miner who never finished high school.

Because for many years, he quietly shared an herbal formula passed down through his family for generations.

Scientists heard the stories and wondered: *Could this really be a miraculous treatment for cancer?* And so a long-term study was undertaken by the University of Texas School of Public Health to research long-term cancer

survivors who used his healing formula and went into remission.

These included a patient with advanced lung cancer, a level-5 melanoma patient, a patient with recurrent bladder cancer, and a patient with labial (lip) cancer.

These are all very difficult cancers to treat. Yet the study confirmed that every one of them went into remission.

An All-Natural Success: 8 times out of 10

A medical clinic that has used this formulation for many years claims an unprecedented 80% success rate—*without* resorting to chemo, radiation or surgery. *How is this possible?*

Many of the herbs used in this miracle herb formula are card-carrying cancer fighters such as barberry root.

Others, such as licorice and burdock root, are known to inhibit various cancers, protect against cancer-causing toxins, prevent tumor formation or block estrogen from stimulating breast cancer cells.

For complete details on this amazing healing formula, see page 172 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING**.

Then check out the other heavy artillery in herbal medicine's cancer-fighting arsenal...

• **Grape extract stops cancer from spreading.**

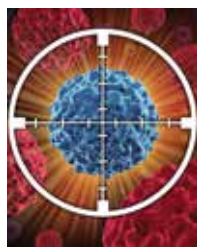
An extract from a special part of the grape prevents the cancer from traveling through your blood. More than 1,300 studies have confirmed the effectiveness of this cancer killer. Page 121



• **Starve cancer to death.**

A component in aloe actually chokes off cancer by cutting off its blood supply. When used as

described on page 18, aloe was 11 times more effective than a placebo.



• **Activate your body's own cancer killers.** Find out how this mushroom is used

successfully around the world to treat a wide range of cancers. More than *doubles* the activity of three of your body's cancer-killing cells. Page 97

• **Leukemia locked up!**

Woodland plant keeps leukemia cells from invading normal tissue. See page 114.

• **Force cancer cells to commit suicide.** Researchers at New York Medical College found a supplement that triggers "cellular suicide" in cancer cells. Page 121



6 FREE Gifts Yours to Keep! See page 43

How Drug Company Fat Cats Stopped Doctors From Prescribing Herbs

Not long ago, doctors prescribed herbs as readily as they now prescribe drugs.

Businesses wanted in on the action.

But they couldn't patent herbs.

Instead, they isolated a single compound from a given herb, patented it and sold it as a "drug." (Most drugs are *still* based on a single compound from an herb.)

Over the years, they've spent billions of dollars on advertising, lobbying and PR to make sure doctors prescribe *only* drugs. (Ever get an herb from a doctor?)

This has been great for the drug companies, which became some of the largest and most profitable companies in the world.

But lousy for patients. Because isolating a single compound means you miss out on all the other compounds in the whole herb—which all work together to help you heal more effectively and safely.

So, you often pay more for something that's less effective—and possibly dangerous. What a racket!

And that's just one reason herbs are so often



better than drugs.

Herbs are also:

✓ **All-natural**—

It just makes sense: Nature made you and herbs to work together.

✓ **Better for you**—Drugs can wreck havoc on your body. In fact, they send hundreds of thousands of patients to the hospital every year.

Herbs, on the other hand, can actually *strengthen* your body and restore your health.

✓ **Less expensive**—Drugs can cost many dollars per dose. Herbs: pennies. And no worries about Obamacare, Medicare or deductibles.

✓ **More convenient**—No prescription necessary. Some of these remedies are sitting in your kitchen right now. The rest can easily be obtained online, at your local health food store, or in many drugstores and supermarkets in easy-to-use capsules, teas and extracts.

And now you can find out exactly how they can help you heal your most pressing health challenges—in **PRESCRIPTION FOR HERBAL HEALING**.

Turn to page 51 and to get your FREE-Preview copy—and your 6 FREE gifts—today!



Mushroom Extract Makes Radiation Therapy Work Up to 5 Times Better

Supercharges chemo, too! Used for generations in Japan to prevent recurrence and eliminate miserable side effects

In Japan, one-quarter of the money spent on cancer treatment goes to an herbal extract that enhances the effects of both radiation and chemotherapy.

Is that money well spent? Let's look at the facts...

In one study of patients with endometrial and cervical cancer, those who were given this extract after radiation treatment had three times less observable cancer cells.

In another study of 185 patients with advanced lung cancer, the five-year survival rate for those receiving this extract with radiation was 400% better than that of those receiving only radiation.

It also increases the effectiveness of chemotherapy treatment, because it keeps cancer from spreading while enhancing the body's own ability to fight cancer.



See page 114 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING** for complete details, including where to get this amazing mushroom extract as an easy-to-take tablet.

Reduce or Eliminate the Awful Side Effects of Cancer Treatment

The side effects of modern cancer treatment can be horrible—a real nightmare for many.

Worse still, these side effects can be so bad that they keep many from completing their

(Continued on next page...)

treatment regimen which in turn keeps patients from getting better.

Here's how herbal medicine comes to your rescue...

- **Completely reverse chemo's negative effects on your immune system.**

Chemo can decimate your immune system. But on page 17, you'll find an amazing extract from a common grain that can completely revive it.

- **Herbal combo minimizes nausea, vomiting and loss of appetite.**

A supplement containing 10 herbs, including astragalus, cinnamon and

ginseng, not only relieves some of the worst side effects of chemo, it also reduces drug-induced chemo damage. Page 180

- **Avoid dreaded radiation burn.** This succulent plant protects against skin damage by absorbing the harmful free radicals caused by radiation. Page 18

All remedies available as capsules, teas, tinctures or extracts at:

- Vitamin Shops
- Health food stores
- Online
- Drugstores & Supermarkets



If Cancer Runs in Your Family... Here's How to **KNOCK IT OUT!**

Don't let your genes be your downfall!

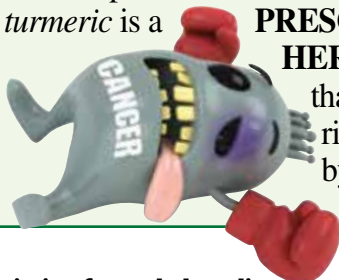
Combat deadly cancer *before* it rears its ugly head.

For example, you may already know that the spice *turmeric* is a

cancer fighter.

But did you know that it can actually suppress the genes responsible for both the start and the spread of colon cancer?

And if that's not enough, there's a drink on page 262 of **PRESCRIPTION FOR HERBAL HEALING** that cuts your overall risk of getting cancer by a whopping 92%.



Cancer Patient Walks Out of Hospice After Drinking Nurse's Cancer-Killing Tea

Beginning in the 1920s, a tea promoted by a Canadian nurse began healing cancer patients around the world.



Her name was Rene Caisse, and she called her special

tea Essiac (Caisse spelled backwards).

Sadly, rather than recognizing the herbal miracle taking place before their very eyes, the traditional medical establishment was (and remains) up in arms.

But it's hard to argue with the steady stream of well-documented remissions of so many different kinds of cancer—including prostate, and advanced bladder and breast cancers.

How My Husband Cheated Death

“My husband was fighting esophageal cancer. Weeks after starting Essiac Tea, he was no longer in hospice. It has been one year, and his scan shows a clear esophagus. He gained over 30 lbs., still drinks it and is feeling great.”

—A.D.

Surprisingly, this formula is not complicated. It consists of 4 common herbs, including rhubarb root.

And it costs as little as just 5 cents a day!

How does this simple, four-herb tea work, what does it include and where can you get it? Find out on page 165 of **PRESCRIPTION FOR HERBAL HEALING**.



Will Drugs Land You in a Nursing Home?

Here's some shocking news if you take *any* drug...

You now pay *more* money for drugs that are *less* effective and more likely to kill you. Or could land you in a nursing home. Just look...



hook for hundreds, possibly thousands, of dollars every year.

Nature to the Rescue

No wonder millions now turn to safe, inexpensive herbal medicines—

remedies proven by modern science and by thousands of years of healing.

For example, a recent study found good-old natural healer ginger isn't just safer and tastier than dangerous pain meds—it actually works *better*:

Because while both ginger and NSAIDs like Tylenol® or Advil® block future inflammation, ginger *also* breaks down the inflammation causing you pain right now!

So if you're looking for alternatives, *Bottom Line's* newest release, **PRESCRIPTION FOR HERBAL HEALING**, could change or even save your life—and be just what the doctor *neglected* to order.

It's the most comprehensive, easy-to-understand guide to healing with herbs available today.

It reveals how to heal 148 of today's most pressing health problems—and how to use powerful healing herbs to improve everything from your health and vitality to your sex life.

See for yourself (and get your 6 FREE gifts), without spending a penny, on page 51.

- A shocking new study in the prestigious journal *Health Affairs*, reveals drugs are actually becoming **less effective**. And many newer ones are barely more effective than a sugar pill.
- **Dangerous new side effects** are uncovered every day, adding to the thousands we already know about. It is now believed some common drugs can **cause cancer, dementia**, and other *serious* health problems.
- Many drugs **become less effective eventually**, such as those for pain or blood pressure.
- For many patients, some drugs don't work at all. In fact, a top drug company executive has confessed that **most of their drugs don't work at all for most patients!**
- **Antibiotics are now useless against some types of bacteria**—leaving you defenseless against potentially deadly infections.
- **Drug costs are soaring**, rising at the steepest rate of the decade. And many won't be covered by Obamacare—leaving you on the

Cardio Cure-All Conquers Angina ...Arrhythmia...High Blood Pressure...High Cholesterol... and Even Deadly Artery Plaque

If you or someone you love has any sort of heart problem, there's an all-purpose heart-healing herb you should meet.

Because this berry-bearing herb is a regular Cardio Cure-All for your heart—loaded with special compounds that strengthen your heart and its pumping action and support your entire circulatory system.

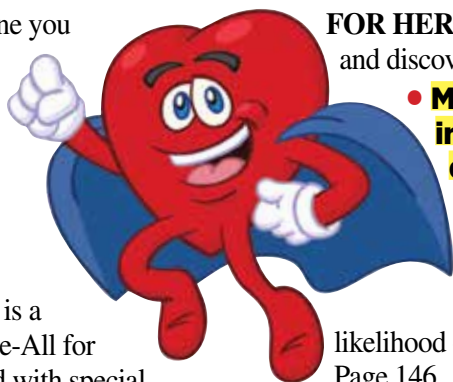
So it's no surprise that it has been shown to eliminate arrhythmias... open up coronary blood vessels... relieve the pressure, tightness and pain of angina...and even dissolve deadly artery plaque.

Then, for good measure, it lowers blood pressure and cholesterol.

It's called *hawthorn*. And as you'll see on page 83, there's a specific type that is best for heart conditions.

Why live in fear that a heart attack will cut your life short one day—or that you'll be sentenced to a lifetime of drug side effects?

Request your FREE 30-day-preview copy of **PRESCRIPTION**



FOR HERBAL HEALING and discover how to...

- **Make yourself immune to heart disease.** Delicious herb drastically lowers a crucial blood marker that foretells your likelihood of heart disease. Page 146

- **Send deadly plaque packing.** Heart-rejuvenating herb keeps plaque from sticking to your artery walls, where it can block blood flow and cause a heart attack. Page 17



- **Get new hope for congestive heart failure.** CHF patients who took the root derivative on page 24 had better heart function, better breathing, and more energy. Regular use can strengthen the heart to its best possible condition.
- **Better than a leading angina drug.** The herb on page 28 offers more effective angina relief than *nifedipine*—without the drug's possible side effects such as dizziness, heartburn and headache. Page 28

Already had a heart attack?

You're Now at Much Greater Risk for a Second One—That's Potentially Much *Deadlier*

Here's how to stop it from happening...



If you've had a heart attack, you're now much more likely to have a heart attack than someone who has never had one.

And, compared to a first one, a second can be far deadlier. (And the survival odds are *even worse* for women than for men.)

But now you can protect yourself (or your loved ones) with the power of

herbal medicine.

For example...

- **Speed up recovery from a heart attack.**

Want to heal more quickly and get back to the activities you love? See how the herb on page 83 of **PRESCRIPTION FOR HERBAL HEALING** helps you do just that by strengthening and toning your heart.

- **Cut your risk of dying from a second heart attack in half.**

Victims who took this delicious, pungent herb cut their risk of death from a second attack *by 50%*. It also prevents potentially deadly blood clots by forcing your body to dissolve them. Page 70

- **Protect heart tissue from damage after a heart attack or bypass.** One study showed that just 36 hours after a heart attack, this herb had already improved a vital indicator of cardiovascular health and function. Page 28



Herb Stops Cholesterol from Turning into Artery-Clogging Plaque

Plus...it sends your “bad cholesterol” levels plunging by up to 25 percent!

Want to lower your cholesterol?

Guggul it!

No, don't “Google” it on the Internet.

Guggul it!

This amazing herb with the funny name actually redirects cholesterol to the lining of your cells, where it is necessary, and can't turn into deadly artery plaque.

Plus, it stimulates your body to excrete excess cholesterol as waste.

Studies confirm it sends bad cholesterol levels plunging by 20 to 25%, while it actually *raises* good cholesterol (HDL).

Like Google, Guggul is easy to find on the Internet (and in health foods). But see page 83 for the specific dosage that works best.

Of course, you can choose to

Dropped by nearly 100

“My total cholesterol had dropped nearly 100 points. I'm a believer.”

— A.J. Durango



take cholesterol drugs instead—and risk side effects such as headaches, nausea, constipation, diarrhea, rashes, weakness, muscle pain and damage, and kidney or liver failure.

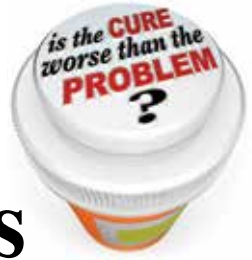
You can try to give up the foods you love and try to learn to enjoy “healthy” foods you don't.

Or you can consider the power of herbal medicine...

• **Better than statins—especially if you hate muscle pain.** Up to half of those prescribed statins stop taking them because of side effects such as muscle pain and weakness. But there's a supplement that works just like statins and is just as effective. And because it contains a mix of natural statin compounds, it's far less likely to cause side effects. Page 344

• **Eat butter? Better take this!** In an eye-opening study, participants added nearly 4 ounces of butter to their diet. Sure enough, their cholesterol numbers shot up. But when they took the delicious herb on page 72, the negative effects were *completely reversed!*

Blood Pressure Drugs a Bust for 1 Out of 5 Patients



For years the big drug companies have been cramming blood pressure lowering drugs down our throats.

To help them out, government guidelines for what constitutes “high” blood pressure keep getting lower and lower!

But the truth is, while drugs help some people, they’re full of side effects and are very dangerous.

Diuretics can cause weakness, cramps, fatigue and erection problems.

Beta-blockers weaken your heart and can cause asthma-like symptoms, depression, sleep problems and erection problems.

And with ACE inhibitors, you risk a chronic cough, rashes, dizziness, weakness, loss of taste and, although rare, kidney failure.

But the irony of it all is...

Blood Pressure Drugs Fail 20% of the Time

Blood pressure drugs *don't work at all* for one person in five! And even if they start out working, they can



stop working after you’ve taken them for a while.

Fortunately, a simple Japanese remedy, available at any health food store, works more sensibly:

It simply prevents stress from raising your blood pressure.

Because of this unique mechanism, it *works even when drugs don't*. And with no side effects.

You'll discover what the Japanese have known for centuries on page 122 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING**.

When it comes to high blood pressure, there are *many* natural alternatives...



• Relax your heart to lower your pressure.

The root of this flowering perennial lowers blood pressure by increasing the rest period between heartbeats and opening up your blood vessels. Best of all, it prevents deadly clots and inflammation. Page 59

• **Lower your blood pressure and your blood sugar.** Blood pressure patients who took this Mediterranean leaf enjoyed “significant” blood pressure drops—whether or not they also took drugs. *Bonus:* Blood sugar levels dropped as well! Page 108



• **1-2 punch that K.O.'s high blood pressure.** First, this powerful root lowers blood pressure by regulating potassium levels. Then it generates heart-healthy nitric oxide to relax the walls of your blood vessels. Page 20



Pressure Down 20 Points in Just 2 Days!

“I took the herb (on page 20), waited two days, tested again and my blood pressure is already down to 126/90 (from 146/100).”

—Blood Pressure Patient

Lower with Every Use

“Honest, I tried this herb (on page 122) in tablet form and my blood pressure is lower at every use.”

—Bert

No More Doctor Meds

“I take two tablets a day (of the herb on page 122) and my blood pressure has lowered :). No doctor meds anymore!”

—Courtney



6 FREE Gifts Yours to Keep! See page 43

Super-Mint Restores Expression and Mobility After a Stroke

It's time to dance and smile again!

This miraculous mint from the Far East can put a smile on your face and a spring in your step after a stroke.

Researchers report improvements in people taking it for a stroke, including the restoration of all-important expression and mobility.

See page 57 of **PRESCRIPTION FOR HERBAL HEALING** for complete details, including the simplest and most effective ways to use it.

And be sure you know how to avoid a stroke in the first place...

- **Delicious drink slashes stroke risk almost in half.**

Lowers cholesterol levels as well. Just drink the amount on page 81.

- **Reduce stroke damage—and lower your risk of another one.** The natural remedy on page 105 improves blood vessel strength and flexibility. It can make a stroke *much* less damaging if it does happen... *and* reduce the risk of a second one.



6 Valuable **FREE** Gifts Are Yours!



The Bible Cure for Arthritis

Relieves and rebuilds painful, degenerated joints

Those Three Wise Men were pretty smart indeed.

Because one of their gifts was a fragrant healing herb from India that has been miraculously relieving and even reversing arthritis for centuries.

Modern research confirms what wise men and women knew long before drugs muscled out Mother Nature: this precious gift not only relieves arthritis pain, swelling and inflammation, it can actually repair damaged joints.

Lab studies show it deactivates the hormones that trigger inflammation and pain, shrinks inflamed tissue and stimulates all-important cartilage growth.

What is it? The Wise Men called it *Frankincense*. But you may know it by its modern name: *boswellia*.



And you can get it at your neighborhood health food store or online.

In one study, patients with knee pain who took *Boswellia* reported

less pain, less swelling, and improved function in just eight weeks.

Other studies show dramatic results for both osteoarthritis and rheumatoid arthritis in as little as *two weeks*. With *none* of the long list of side effects common with anti-inflammatory and anti-arthritic drugs.

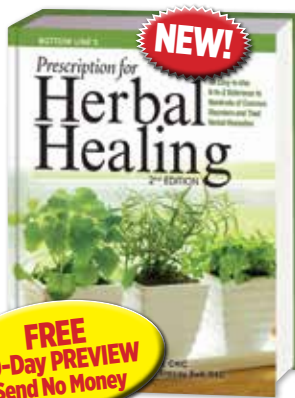
On page 35, you'll find out more about the wonders of *boswellia*, plus the exact dosage used in one of the most successful studies.

PRESCRIPTION

FOR HERBAL HEALING is packed with dozens more wise and precious cures to ease pain, inflammation and swelling...

● **As effective as the strongest arthritis**

(Continued on next page...)



drugs. Clinical studies confirm that the remedy on page 146 eases arthritis pain as well as a powerful prescription drug—but without the harmful side effects.



• **Bathe away arthritis pain and inflammation.**

Just small amounts of this soothing herb added to your bath goes directly

to the problem areas to relieve pain and inflammation. Page 47

• **Better than NSAIDs for osteoarthritis.** In a study that measured pain and mobility, this fruit enzyme worked as well as a leading

NSAID—without raising your risk of a heart attack as NSAIDs do (some by up to 71%!). Page 37

• **Kitchen cabinet cure for arthritis pain and inflammation.**

This tasty household spice is packed with compounds that keep arthritis from causing inflammation and pain. Millions rely on—and enjoy its delicious taste. Page 72



• **Kick out gout.** Relieve swollen gout joints with the soothing herbal tea on page 38.

4 Headache Cures That Are Better Than Drugs!

People have relieved headaches with herbs since the first caveman found his head stopped throbbing when he happened to chew willow bark (which became the basis for aspirin).

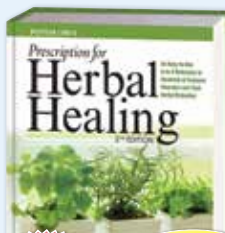
But you don't need trial and error. All you need is your copy of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING...**



• **Better than migraine drugs!** Daisy-like plant blocks migraine-causing compounds that reduce brain blood flow and cause migraine pain. But unlike migraine drugs, it doesn't cause constipation or stomach upset. Page 68

• **Rub it on, rub headache out.** Simply rubbing on this herbal ointment starts reducing headache pain in minutes. Works even faster than a leading pain reliever. Page 50

• **As effective as Tylenol® for headaches—and lots safer.** This oil was found to be just as effective at relieving pain as acetaminophen (Tylenol®). But without the liver damage Tylenol is known to cause. Page 112



NEW!

FREE 30-Day PREVIEW Send No Money

Can You Really Eat Away Pain?

The answer is a resounding and delicious “yes!”

Did you know there’s a type of food that stops pain signals from getting to your brain?

Since it’s your mind that tells you you’re hurting, no *signal* to the brain means: No pain!

On page 428 of **PRESCRIPTION FOR HERBAL HEALING**, you’ll discover exactly what to eat to say goodbye to pain—especially certain types of chronic pain.

And it’s not only easy—these foods are *delicious!*

Stock up on these natural pain relievers—without a prescription...

- **The worse your back pain, the better this works.** Double-blind studies show this herb really works for back pain—and is *more* effective on the severest pain. Page 59
- **Psoriasis pain gone!** This fragrant herb stops the pain caused by skin conditions such as acne, psoriasis, eczema, rosacea and sores. Page 93



- **Better pain relief than aspirin.** Pain-relieving compounds in this herb remain in your blood longer than those in aspirin—and without the risk of bleeding. Page 154
- **Ear pain today ... gone tomorrow.** Oil from this edible herb stops the bacteria that cause earaches. Page 70
- **9 in 10 patients report relief from knee pain and stiffness.** This all-natural preparation has an unheard-of 90% success rate at relieving knee pain and stiffness. Page 25

(Continued on next page...)

All remedies available as capsules, teas, tinctures or extracts at:

- Vitamin Shops
- Health food stores • Online
- Drugstores & Supermarkets



100 Times Stronger Than a Steroid—and 100% Safer



There's an all-natural pain killer that's so effective, it produces *immediate* relief and remission—even from *severe* pain.

The secret is an anti-inflammatory compound that's 100 times more potent



than the side effect-laden steroid hydrocortisone.

It's made by bees—but it's *not* honey.

Not many people know about it. But you will, thanks to **PRESCRIPTION FOR HERBAL HEALING**. Just see page 235.



Pain Is Gone

“I have had arthritis in my hands for so long. I found oral drops of [the bee-produced compound on page 235] and my pain is gone.”

— 50-year-old female

Worked Every Time

“I have arthritis in my fingers. After [the treatment on page 235], the pain disappeared for at least two years. I used this three times and it worked all three times.”

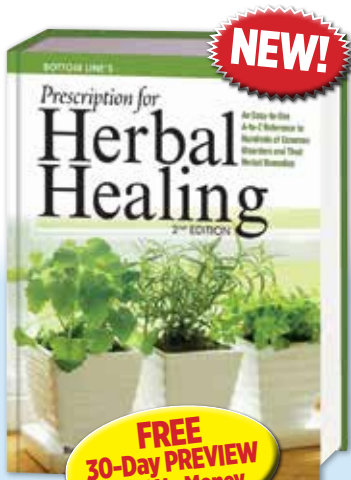
—Joe R.

Helps More Than Anything

“This herb (on page 146) helps my arthritis more than anything else. If I forget to take it, I really feel it.” —Arthritis Patient



6 FREE Gifts Yours to Keep! See page 43



What your doctor isn't telling you...

Why Your Antacids May Be Slowly Killing You!

Herbs don't just put a band-aid on your symptoms.

They heal them. They build up the strength and health of your organs and your body.

So you get better. And *stay* better.

Perhaps nowhere is this more important than for your digestion problems.

How Antacids Rob Your Body of the Nutrients It Desperately Needs

Many so-called “solutions” for stomach pain and upset, such as antacids and proton pump inhibitors (think Prilosec® and Nexium®, the “little purple pill”), work by stopping your stomach from making acid.

Good short-term fix.

Lousy long-term one.

Because you *need* stomach acid to digest your food!

Too little can mean incomplete digestion, which causes all sorts of problems—including stomach pain and diarrhea (the very problems you



may have been trying to fix in the first place), vitamin and mineral deficiencies, infections, and even life-threatening diseases.

And incomplete digestion can leave you literally starved for nutrients. Which can leave you vulnerable to some serious and even life-threatening health problems.

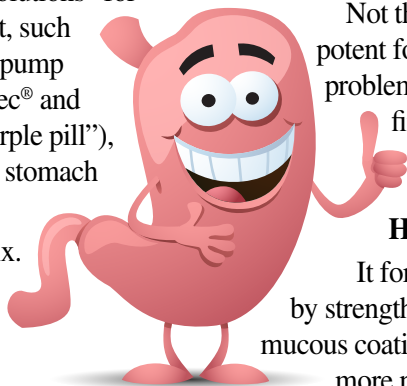
Make Your Stomach Stronger Instead of Weaker

Instead, why not *strengthen* your stomach with licorice?

Not the candy but the potent form for digestive problems that you'll find on page 95 of **PRESCRIPTION FOR HERBAL HEALING.**

It fortifies your stomach by strengthening its protective mucous coating and by getting more nutrients to your entire digestive system.

When you have a “super-stomach,” acid won't bother it. You'll
(Continued on next page...)



digest your food better. You'll feel better and be healthier.

But why stop there? Herbs can heal and fortify your entire digestive system...

• **Better than Tagamet®.**

Studies show that this traditional Brazilian stomach soother works as well as the popular drug Tagamet—but *doesn't interfere with digestion*. Helps heal gastritis and ulcers. Page 65

• **Kills the germ that causes**

ulcers. This aromatic herb kills *h-pylori* bugs dead. Also reduces stomach inflammation, swelling and pain. Page 40

• **Indigestion eliminated—in 9 out of 10 patients.**

People with indigestion took a combination of peppermint and one other oil. In two weeks, 40% were completely pain-free. Just two weeks later, 90% were pain-free. Page 112



• **Nervous**

stomach? If you have indigestion due to nerves, this is the herb for you. Because it calms anxiety and relaxes stressed digestive muscles. Page 148

• **No more stomach upset!**

Because the tea on page 98 contains complex polysaccharides that completely coat and protect your stomach.

• **Keep aspirin from**

upsetting your stomach. Just use the spice on page 44 to protect your stomach's sensitive lining.

• **Got gas?**

This sweet herb gets rid of it by killing gas-producing bacteria and fungus, and by getting things moving again. Page 49

Why 7 Out of 10 Gallstone Patients Cancelled Surgery



Before you go under the knife, why not give flavorful *peppermint* a try?

Not only can it relieve the mild bile duct spasms of gallstones, it helps dissolve them and increases bile flow.

In one study, 70% of those who used it eventually passed their stones—making surgery unnecessary.

But you can't just munch on peppermint. You must get the specific form on page 112 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING.**

New Hope for IBS, Gastritis, Crohn's and Colitis

If you suffer with one of these more serious stomach problems, you know how miserable it can make your life.

You're either running for the bathroom. Or wishing you could go.



And your bowels often feel like there's a wild animal on the loose.

Unfortunately, modern medicine has little to offer except drugs that don't really fix the problem—and that often make it worse with horrible side effects.

But these herbal remedies can stop the pain, and actually rebuild your entire gastrointestinal system.

So don't just slap on a band-aid—heal yourself from the inside out...

• **A cure for IBS?** This almost magical oil blocks the contractions caused by irritable bowel syndrome and relieves the abdominal pain, bloating, constipation, diarrhea, gas and mucus. Page 112

• **Double-barrel gastritis remedy.** You wouldn't think

it was so potent just by looking at this pretty perennial, but it kills the bacteria that can cause gastritis. Then it prevents the reactions that produce the characteristic swelling and inflammation. Page 40

• **Real relief for Crohn's.** This remedy made from a tree bark creates a soothing coating that stops Crohn's

inflammation and irritation. Also works for chronic diarrhea, esophagitis, gastritis, ulcers and even food poisoning. See page 133 for the easy-to-take forms that work best.



• **Ulcerative colitis...gone in 30 days.**

The gel from this succulent plant was shown to reverse the inflammation

of ulcerative colitis in less than a month. Page 18

• **Divert diverticulitis!** Something you do every day could lead to diverticulitis—which can lead to colon-destroying ulcerative colitis. What to STOP doing immediately—and what you can do to help heal—on page 267 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING.**

The Oxygen Cure for Depression



All-natural supplement floods your brain with uplifting, happiness-inducing oxygen

Talk about the cure being worse than the problem!

Drugs for anxiety and depression can put a damper on your sex life ... drain you of emotion and energy ... even *cause* anxiety and depression.

And if you've ever known anyone addicted to drugs like Klonopin®, Xanax®, or Valium®, you know how devastating that can be.

Thanks a lot, drug companies!

Why take chances like that when Mother Nature's alternatives have been relieving anxiety and depression for thousands of years?

Like the "oxygen cure" for depression—a simple supplement that literally floods your brain with life-giving, feel-good oxygen.

And it works *particularly* well for older folks who don't respond to antidepressant drugs.

Get the facts on page 76 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING.**

Then check out these brain-boosters...



- **"Mother Nature's Prozac."**

For mild to moderate depression, studies find the herb on page 139 is often as effective as prescription drugs—but without the side effects.

- **The natural anxiety relief that *improves* your thinking!**

Multiple studies show this amazing South Pacific herb relieves generalized anxiety and phobias *better* than drugs such as Klonopin and Xanax, which can *worsen* memory and depression. Instead, this herb actually *improves* both mood and mental function. Page 89

- **Exercise works great to reduce anxiety.** But there's one thing you must do *after* you exercise. And one thing you must never do *during* it. Page 204

• **How the Chinese treat ADD—in kids and adults.** In

China, they forgo drugs for an herbal formula that maintains all-important



brain-chemical function. It also reduces the inflammation that can cause anxiety, memory loss and even seizures. Now available here in the U.S. Just see page 180.

• **Omega 3 oils can prevent panic attacks.** And page 205 reveals how to tell if they will work for *you*.

Just Smelling Lavender Enables You to Sleep Better Than Addictive Insomnia Drugs

Would you rather avoid potentially addictive sleeping pills—whose *many* side effects can include, ironically, insomnia?

Wouldn't you rather just breathe in a delicious scent?

A scientific study recently confirmed that merely perfuming the air with lavender enabled participants to sleep just as long as when they took dangerous sleeping pills. And even more soundly!

No wonder people have used it to scent their pillows for centuries.

So instead of spending a fortune on harmful drugs, pick a bunch of lavender and sleep like a baby tonight.

It also works for



anxiety and depression, as you'll see on page 93.

If you're having trouble getting—or staying—*asleep*, try these other herbal lullabies...

• **South African insomnia secret.**

Physicians in South Africa swear by this

insomnia-banishing tea that calms “wakefulness neurons.” Page 123

• **Better than benzodiazepines.**

The herb made from this root induces sleep as effectively as

powerful anti-anxiety drugs like Klonopin and Xanax. But while drugs can cause morning sleepiness and addiction, taken as a tea or tincture, this herb is non-addictive and actually *reduces* morning sleepiness. Page 148



The Brain Boosting Herb So Powerful, the World's Leading Medical Journal Says It Can Treat Alzheimer's

You may have heard that the herb *ginkgo biloba* is good for your brain.

But did you know that it's so effective that it can prevent and even treat Alzheimer's?

The prestigious *Journal of the American Medical Association* (not the most herb-loving group on the planet) has found that it improves Alzheimer's symptoms, reduces cognitive decline and lessens signs of dementia.

How does it work? By keeping white blood cells from harming your brain, keeping the fat in your brain from going rancid, and by increasing blood flow.

No wonder it's the world's most-used treatment for memory loss and degenerative diseases of the brain and central nervous system.

Just be sure to take it as prescribed on page 75.

And be sure to check out the brain-healthy diet that can slow Alzheimer's. The key is the specific blend of brain-building nutrients you'll find on page 198.

Here's how **Bottom Line's PRESCRIPTION FOR HERBAL HEALING** can keep your brain in tip-top shape for as long as you live...



- **Restore memory loss.**

This little-known herb corrects memory loss by protecting the chemicals that transport messages across your brain. So effective it can even

reverse dementia. Page 27

- **Avoid brain decay.** The herbal blend on page 182 protects brain tissue from toxic-free radicals that oxidize brain cells and cause your brain to literally decay.

- **Reverse the toxin damage that can lead to Parkinson's.**

German doctors use the herb on page 74 to reverse brain damage caused by exposure to toxic chemicals. Because such exposure is often connected to Parkinson's, it could be a useful treatment.

- **Get new help for older brains.** This unique blend of herbs keeps your brain young and sharp by getting brain-clogging minerals moving again. Page 164



- **Get smart!**

This herb combination was shown to actually raise IQ scores by between four and 10 points! Page 128

The doctor had a puzzled look on his face. My mom was so happy...

“This Delicious Drink Cured My Mom’s Diabetes!”

Sally was the caregiver for her diabetic mom.

One day, she read about a tea that was good for lowering blood sugar. So, she picked some up at the local health food store.

Before dinner one day, she checked her mom’s blood sugar. It was 125.

After drinking just half a cup of the tea, she was shocked to find her mom’s blood sugar had plunged to 91—well into the normal range.

She then began giving her mom the tea regularly.

Her mother had been having serious circulation problems. And her doctor had begun to discuss surgery.

But soon her mom started walking regularly again.

And at a recent doctor’s visit to discuss the surgery, her doctor was puzzled to find *strong* pulses in her groin and feet.

No surgery would be needed!

Sally’s mother was elated—and



relieved.

The herb is *fenugreek*, which Sally calls a “miracle cure” for diabetes.

And here’s why...

This flowering herb controls blood sugar in two ways.

First, it keeps glucose from getting

into your bloodstream too quickly.

Then it enables you to better utilize insulin to process glucose—just like some of today’s most popular diabetes drugs.

Get the full story on page 67 of **PRESCRIPTION FOR HERBAL HEALING**, including the exact amount found to be most effective for blood sugar control.

Then see which of these diabetes remedies could help you—or

someone you love...

• **Revive your pancreas!** The herb on page 281 can restore your pancreas’ ability to produce insulin.

(Continued on next page...)



Bonus: It suppresses your cravings for sweets. Page 281

• **Knock 40-50 mg/dL off your blood sugar.** Diabetics were astonished at results they got from taking this supplement—in just 2 weeks. Page 77

• **Don't take insulin without it!** Herbal combination smoothes out the effects of insulin, giving you tighter control over blood sugar levels. Page 164

• **Rub diabetic nerve pain away!** By rubbing on a cream that contains a common kitchen spice, half of all patients experienced significant pain reduction—or were completely cured. Page 44

• **Put the brakes on diabetic neuropathy.** This herbal combo—one of the most popular diabetes treatments in Japan—actually slows the progress of diabetic neuropathy.

Page 164 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING.**

• **For type 1 diabetes...**

Although type 1 diabetes is much harder to reverse than type 2, this herb showed “dramatic” results—cutting blood sugar levels after a glucose challenge *in half!* Page 67

• **Herb works like the latest diabetes drugs.** The tropical herb on page 40 contains substances similar to the active ingredients in the latest diabetes drugs—but without their potential for liver damage and weight gain. Also protects against kidney and other diabetes damage.

• **Don't let your meds make you fat.** One troubling side effect of some diabetes drugs is weight gain. This spicy herb prevents those unwanted pounds by moving sugar into your muscles, where you need it and burn it. Page 152



Don't Let Diabetes Rob You of Your Eyesight

As you may know, one of the most common problems with diabetes is that it can cause vision-destroying cataracts.

But here's the good news: On page 164, you'll find the combination of herbs (available as a single supplement, of course) long recognized for its ability to prevent diabetic cataracts.

It works by maintaining the balance of minerals in the lens, which is so important in keeping the lens transparent.

Lab tests suggest it can delay cataracts by up to 15 years.

Plus on page 31, you'll find an herb that dramatically improves diabetic retinopathy symptoms. Shocked doctors saw their patient's retinas becoming healthier and *normal*, while retinal hemorrhaging decreased or, in some cases, disappeared entirely.

Bag the Botox and Put the Plastic Surgeon on Hold For a Few Decades!

“Facelift in a Bottle” erases wrinkles and gives your skin that youthful glow—without needles, scalpels or a hefty price tag

Plastic surgery? Just say “no.”

Because a bottle of the herb on page 14 is packed with the vitamin you need to support collagen—the protein that holds skin together and gives it that youthful smoothness.

It also contains mineral salts that re-mineralize tired and stressed skin as well as and proteins that prevent drying.

Nature is beautiful! Let her help *you* look more beautiful...

- **Better than drugs for varicose veins.** Seed extract erases varicose veins by strengthening capillary walls. One double-blind study found it worked faster and longer than a commonly used drug, improving all symptoms improved in just 30 days. See page 105.



- **Heal acne from inside and out!** The soothing gel from this succulent desert plant douses inflammation when applied externally AND when you take it internally in a delicious drink. Page 18

- **Herbal sunscreen!** A supplement made from a pigment that gives color to many plants protects your skin from damage by sunburn or exposure to UV rays. Page 119

- **Fill in those wrinkles.** Use the sweet Mediterranean beauty on page 40 to fill in wrinkles and hydrate winter-dried skin.

- **Reverse gray hair and hair loss.** This seven-herb supplement, including exotic *Solomon's Seal*, is

(Continued on next page...)

Varicose Veins Vanish

“After taking [the extract on page 105], my varicose veins are beginning to disappear.”

— COV, Quezon City, Philippines

said to reverse graying hair and hair loss. Works by bringing revitalizing energy to your hair through your hair follicles. Page 179



- **How Chinese food can make you look younger (and live longer).**

A common ingredient in many delicious Chinese dishes can slow the aging process. But you won't just *look* younger—you'll *live* longer as well,

because it also fights inflammation, protects your liver, lowers cholesterol and fights tumors. Page 135

- **The all-natural cream that dissolves cellulite.** Can trigger more than an inch of thigh fat loss in just six weeks. Smooths out that “cottage cheese” appearance. Page 252

- **Mother Nature's Rogaine.** The combination of South American herbs on page 325 produces visible improvement in male pattern baldness—even if you've had it for decades.

The Herb That Won the 1994 Winter Olympics

After Russia's unexpected capture of 11 gold medals in Lillehammer, the team's nutritionist made a startling admission.

Some suspected drugging.

But he admitted: It was *herbing!*

That's right—their secret weapon, it turned out, was a specific type of ginseng you'll find on page 132 of **PRESCRIPTION FOR HERBAL HEALING**.

But you don't have to be an Olympic athlete to benefit from it.

Scientists confirm it gives you more stamina, a higher maximum heart rate, and lets you consume more oxygen—while it reduces post-workout fatigue and soreness.

If you're looking to get in shape,



look at what else herbs can do...

- **More gain, less pain!**

Double-blind studies found that applying this herbal ointment to the skin before exercise reduces pain and stiffness afterward. Page 25

- **The no-exercise way to rebuild muscle mass.**

After age 35, things start to sag as you lose 5% of your muscle mass every 10 years. But this strength-building herb rebuilds that lost muscle. Works so well that *bodybuilders* swear by it. (Lifting weights is not required.) Page 125

Excess Pounds Vanish When You Ignite These Newly Discovered Fat-Burning Cells

Want to really lose weight?

Get really cold.

Because when you're very cold, special "brown fat cells" start burning fat like crazy to keep you warm.

Don't want to move to Antarctica? Or resort to dangerous diet pills?

Then head for page 173.

Because that's where you'll find a special all-natural supplement that contains 17 fat-burning herbs.

Laboratory tests confirm that it turns your brown fat cells into a fat-burning furnace, reducing both your body fat percentage and your total body weight.

And the many physicians who use it also attest to its effectiveness.

If you're looking to finally lose that extra weight, don't miss...

• **Flush away excess weight.**

This super-healthy, slightly sweet juice improves your digestion and cleans out your digestive tract—forcing fat to flow right out of you. PLUS, it's great for your skin! Page 426

• **Be careful not to lose too much!** This herb is widely prescribed



in Europe for weight loss. But be careful! In one laboratory study, a month of daily doses caused a loss of up to 30% of body mass. Keep that up for too long and just might disappear! Page 58

• **How spicing up speeds up weight loss.** See page 44 for a popular spice that decreases appetite. The more you use, the less you eat!

• **Lose while you snooze.** This extract from an unripened fruit increases your resting

metabolic rate. So you literally lose weight while you sleep. Page 33

• **Say "no-no" to yo-yo!** Tired of losing weight only to see it bounce right back up again? See page 81 and discover the drink that keeps you from regaining lost weight. So delicious and good for you, you'll want to drink it all day long.

• **Is your artificial sweetener making you fat?** Some actually trigger fat storage and weight gain. Better see page 427 to see which ones do and which ones don't.



For women only...

Menopause Reversed—Just by Picking This Rejuvenating Herb

According to folklore, elderly women who worked harvesting this herb seemed to age in reverse.

They began to look and feel younger.

Menopause symptoms vanished.

Some even experienced a return of their cycles!

Modern studies confirm this amazing herb reduces menopause complaints—especially hot flashes and insomnia.

Part of its magic is that it contains a soothing compound very similar to Valium®.

Why not pick some yourself—as a supplement from the shelves of your nearest health food store?

Find out all about this age-defying herb for women on page 85 of **PRESCRIPTION FOR HERBAL HEALING**.

Then discover more herbs every woman needs to know...

• **The bone builder.** In **PRESCRIPTION FOR HERBAL HEALING** you'll find many herbs that *prevent* bone loss. But only the



one on page 64 also *grows new bone!*

• **Why Asian women get less cancer.** They eat lots of this delicious “seafood” that stops the negative effects of estrogen, which leads to fewer estrogen-related breast, uterine and endometrial cancers. See page 90.

• **The English solution for menopause irritability and breast tenderness.**

Widely used in England, this herb has been shown to improve mood problems, irritability, anger and breast tenderness, as well as hot flashes. Page 150

• **The one herb for PMS.** For the herb that relieves the full spectrum of PMS symptoms—from pain to depression—see page 440.

• **Revive your sex drive.** Oatmeal lowers your cholesterol. But eat a particular part of the oat to dramatically increase your sexual desire and sensation! Page 30

• **Be fruitful and multiply.** Herb mentioned in Homer’s *Iliad* reverses female infertility by stimulating the growth of the uterine lining. Page 150

For men only...

Play It Again, Sam

Announcing a natural potency cure so powerful, it enables men to have *repeated* sexual intercourse

When an herb has been used for male potency since the days of the Mayans, you know something's up.

And modern science agrees. When it was tested on 1,000 men, it proved so effective that the men could have sex repeatedly in a single night.

And when combined with one other ED herb, it resulted in more frequent intercourse, more morning erections, and harder, firmer erections during intercourse.

Get all the details on page 57 of **PRESCRIPTION FOR HERBAL HEALING**.

Then rejuvenate your manhood by discovering...

• **How to reduce prostate enlargement faster than drugs.** This extract reduces prostate enlargement naturally—and does it much more quickly than drugs. Page 126

• **Hard-to-treat prostatitis disappears.** Multiple studies confirm that a special part of the rye plant can vanquish even hard-to-treat



chronic prostatitis. Page 114

• **Peel like a teenage boy again!** Low-growing “catheter” herb frees up blocked urine passage by strengthening age-weakened bladders. One study found it increased urine flow an astonishing 16 times over. Page 126

• **How to last longer.** Reduce the frequency of premature ejaculation and increase your sexual stamina with this herb that's bursting with sexually stimulating compounds. Page 27

• **Drugs got you down?** See page 74 for a proven natural way to reverse drug-related impotency.

• **Slash prostate cancer risk.** Men who enjoy red wine cut their risk of prostate cancer in half and reduce their chances of more aggressive types by 60%. See page 121 for the exact amount you need!

• **Natural testosterone boost!** This little green herb raises your testosterone, your sex drive, and your potency. And unlike risky and expensive medical treatments for “low T,” there's no increased risk of prostate enlargement. In fact, it prevents it. Page 142



Portuguese “Stone Crusher” Herb Dissolves Excruciating Kidney Stones—without Drugs or Surgery

9 out of 10 patients pass their stones within two weeks! Doctor calls it “a permanent cure for kidney stones”

Before you let a doctor drug, zap or cut a kidney stone out of you...

You might want to look into the herb *chanca piedra* or “stone crusher” herb, which gently dissolves kidney stones.

When a German doctor tested it on 100 patients, 94%—more than 9 out of 10—passed their stones within just two weeks. With no side effects other than a few cramps. What’s more, by keeping crystals from entering kidney cells, it can keep



stones from growing in the first place.

Get the story on page 47 of **Bottom Line’s PRESCRIPTION FOR HERBAL HEALING**, including where to find it here in the U.S.

By healing the underlying root cause of disease like this, herbs can be a godsend even for serious health problems.

And since they’re far safer than drugs or surgery, don’t you owe it to yourself and your family to see how they can help?

For example...

- **Heal a damaged liver.** The carrot-like plant on page 28 not only reverses liver damage, it also protects

Gone in 20 Minutes

“My pain disappeared in 20 minutes! I could not believe it. About 10 years later I used it again for one day and it again did the job. This is... the best medicine few people know about. If you have stones, you won’t be disappointed.”

—Tom

it from further injury.

• **Reverse chronic kidney disease.** Many patients see improved renal function with the “emperor’s” herb on page 54.

• **Gallbladder problems?** This bitter herb is so effective that in China, it’s known as the “dragon gallbladder herb” for its ability to treat painful gallbladder inflammations. Take it before you eat to increase your appetite, stimulate digestive juices, increase pancreatic activity, stimulate bile, and better digest fats and proteins. See page 72.



• **Multiple sclerosis relapses stopped.** An extract of the herb on page 74 not only helped prevent relapses of MS,

it also improved fatigue, lessened the severity of symptoms and improved overall functioning.

All remedies available as capsules, teas, tinctures or extracts at:



- Vitamin Shops
- Health food stores
- Online
- Drugstores & Supermarkets

• **“My liver symptoms are gone!”** When 2,637 people took this common herb for liver problems, including hepatitis, cirrhosis and mushroom poisoning, most said their symptoms *completely disappeared*. Prevents viruses and other toxic compounds from getting through the membranes of liver cells. Page 99

• **Better than the leading drug for herpes and shingles.** A German study found that this tropical fruit extract relieved the pain of herpes and shingles as well as Zovirax®—but with far fewer side effects. Page 110

(Continued on next page...)

6 FREE Gifts Yours to Keep Forever!
See page 43



How to Prevent... Stop and Even Reverse... Vision and Hearing Problems



Good news if you're worried about glaucoma, cataracts, macular degeneration, and hearing problems. Plus... some big new news about bilberry!

As you may have heard, in World War II, British fighter pilots reportedly swore by bilberry jam to sharpen their night vision.



Today, millions take bilberry to keep their eyesight healthy.

But here's the big news...

New research shows that, in combination with another supplement, it can actually stop the progression of certain types of cataracts in 97% of cases.

See page 31 for details, including the name of this bilberry-supercharging supplement.

And use **Bottom Line's PRESCRIPTION FOR HERBAL HEALING** to keep your eyesight and hearing as sharp as possible...

• **The “kidney cure” for hearing loss.** Chinese medicine says: “Weak kidneys, weak hearing. Strong kidneys, strong hearing.” That's why the remedy on page 177 that

boosts the energy of the kidney has been shown to support hearing—and, in some cases, actually restore it.

• **Turn off the ringing.** Five separate studies confirm the

effectiveness of the herb on page 74 for tinnitus. But you must begin taking it quickly for best results.

• **Professor discovers how to fight off macular degeneration!**

A seed extract prevents high blood pressure or diabetes from damaging the delicate microscopic blood vessels in the eye. Two studies confirm improvements in both night vision and glare recovery at the dosage on page 105.

• **Glaucoma lowered.** This herb from high in the Himalayas has been proven to lower eye pressure. Page 51

• **Cancel that cataract surgery?** Good-old vitamin C has been shown to reduce the need for cataract surgery—but only if taken at the dosage on page 249.

Better than antibiotics...

Germs Can't Resist Mother Nature

Antibiotics do kill bacteria. But they cause stomach upset, allergic reactions and other problems that send over 140,000 people to the emergency room every year.

Worse still, bacteria are developing resistance to many of the most commonly used antibiotics.

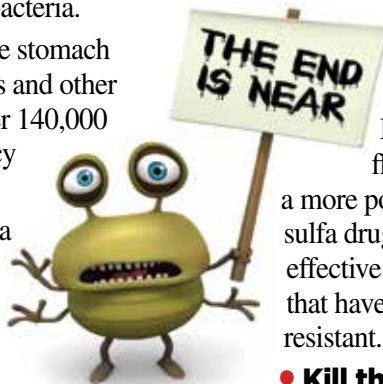
For certain deadly germs, doctors no longer have an antibiotic that will work.

But the good news is, nature has been helping us kill germs for thousands of years.

And bacteria can't develop a resistance to these natural germ-killers.

So shouldn't you have this formidable arsenal of bacteria fighters at the ready...

• **Antibiotics can't do *this*.** Antibiotics are helpless against viruses. But this herb, prescribed by Hippocrates over 2,500 years ago, not only kills bacteria, yeast, fungi and parasites, it also wreaks havoc on viruses. Page 108



• **Works against antibiotic-resistant bacteria.**

In some cases, this flowering herb may be a more potent antibiotic than sulfa drugs. What's more, it's effective against some bacteria that have become antibiotic-resistant. Page 30

• **Kill the bacteria that causes ulcers—without antibiotics.** Doctors usually prescribe *two* simultaneous antibiotics to kill *H. pylori*. But the herb on page 31 can do it all by itself.

• **Antibiotics failing against strep bacteria.** In 20% of cases, antibiotics fail to kill the dangerous strep bacteria. Why? Those wily bacteria send out a secondary infection that shields the strep bacteria. But gargling with the herb on page 466 breaks down that shield!

• **Better than tetracycline for acne!** The tree extract on page 82 clears up acne as well as the antibiotic tetracycline, but without the side effects—and with much less chance of recurrence.



Farmer Shocks Docs by Healing His Son's Gunshot Wound... with a Kitchen Spice

The young son of a Midwest farmer was accidentally shot in the stomach by a friend—a very dangerous type of wound that can result in rapid blood loss and death.

Unfortunately, the nearest hospital was 40 minutes away.

So the quick-thinking (and herb-savvy) farmer ran into the kitchen, grabbed some cayenne pepper and applied it as deeply into the wound as he could in order to stop the deadly bleeding.

When father and son arrived at the emergency room, there was so little blood loss, and the boy was in such stable condition, that the physicians refused to believe he had been shot. They asked if he had perhaps fallen on a stick.

“Extraordinary and amazing,” they called it.

Of course, we recommend you leave life-threatening emergencies to

the experts whenever possible.

But it does give you an idea of just how powerful herbs can be.

Herbs for first aid in **PRESCRIPTION FOR HERBAL HEALING**

aren't always this life-saving. But they are generally safer,

less expensive, and often much handier than drugstore alternatives...

- **Heal wounds faster.** Injuries treated with this natural gel heal up to 6 days faster. Repairs damaged cells, fights bacteria, stimulates circulation and oxygenates cells. Also relieves the pain, itching, redness and swelling. What more could you ask for? See page 18.
- **Better than aloe for painful burns and sunburns.** Aloe is great for burns. But when it really hurts, you want an oil made from the fragrant herb on page 93. Because it stops both the swelling that causes painful constriction and prevents infection.



• **Relieve carpal tunnel with corn.** Just use the special part of the plant described on page 55.

• **Nature's instant band-aid.** This rain forest tree resin immediately dries into a protective "second skin" when applied to wounds and eczema. Speeds healing, stops bleeding and allows underlying skin to regenerate. Easy to find and use—just see page 124.

• **Hemorrhoids, swollen ankles and leg cramps—all relieved by the "toning herb."** Its active ingredient keeps capillaries from leaking and swelling and improves underlying tone. Use for all types of vein-related problems. Page 87



• **Pain-free walking.** The stimulating bark of this tree, which improves circulation, is proven to let you walk farther without pain. Bonus: Keeps feet and toes toasty warm. Page 115

• **Much better than benzoyl peroxide for acne.** This natural oil was found to be just as effective as benzoyl peroxide for acne—without

possible side effects such as skin damage, redness and irritation and cancer. Page 143

• **Give athlete's foot the boot!** A mere 1% solution of this fragrant herb cures even stubborn athlete's foot in a week. Page 65



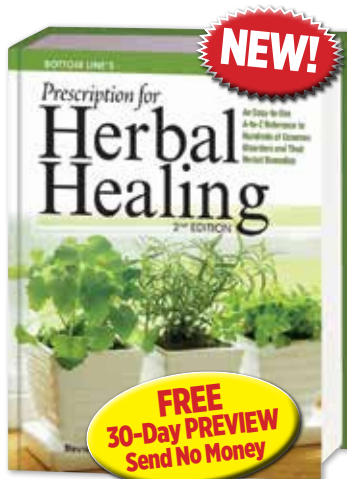
• **Erase gum disease!** This popular North American herb destroys the bacteria that cause periodontal disease. If you value your teeth, better see page 79.

• **Natural cure knocks out urinary tract infections.** Doctors in Japan report a 90% success rate for UTI's—with no side effects—thanks to this combination of Chinese herbs. See page 178 to get them in a single supplement.

• **Itchy skin or eczema?** This herb attacks the root of the problem by keeping your immune system from attacking your skin. Page 38



6 FREE Gifts Yours to Keep! See page 43



Vaccine not as effective as you've been told!

Big Pharma Caught Fudging Flu Shot Figures!

Instead, you can naturally disarm the virus. Plus, if you're already infected, knock up to four days off your suffering

Before you get stuck with a needle full of weakened viruses and toxins...

You should know that flu shots really don't work all that well.

In fact, a recent study found they only prevent the flu in less than 2 out of 100 cases. (Turns out Big Pharma has been fudging the data to make it seem more effective.)

And it gets worse. Flu shots are teeming with toxins, including mercury and the embalming agent formaldehyde.

Common side effects include pain, redness, headache, fatigue, muscle aches and malaise. Less common: potentially fatal allergic reactions



and seizures.

But there's an herb the English call "nature's medicine chest" that goes back to the ancient Druids.

It literally disarms the flu virus—rendering it unable to penetrate healthy cells.

It has been shown to be effective against *eight* different strains of flu (vaccines usually work against only three).

And if you're already infected, it can knock up to four days off your suffering.



The herb is *elderberry*, from the berries, bark, roots and leaves of the elder tree.

But before you run to your local drugstore, there's

something you should know. Not all elderberry is created equal.

You'll want to use a special version from Israel that is particularly effective against many flu strains. See page 63 of **Bottom Line's PRESCRIPTION FOR HERBAL HEALING** for the name and optimum dosage.

When it comes to breathing easier, Mother Nature really has you covered...

• **What really works for colds.**

This herb is scientifically proven to ease cold symptoms and shorten their duration. So powerful, it enables patients hospitalized with bronchitis to recover faster. Forget echinacea—see page 14!

• **Make yourself immune to the flu.**

A study of tens of thousands of patients found that taking this type of ginseng before cold and flu season reduced colds and the flu by an astonishing 95%. That's huge! Page 132



All remedies available as capsules, teas, tinctures or extracts at:



- Vitamin Shops
- Health food stores
- Online
- Drugstores & Supermarkets

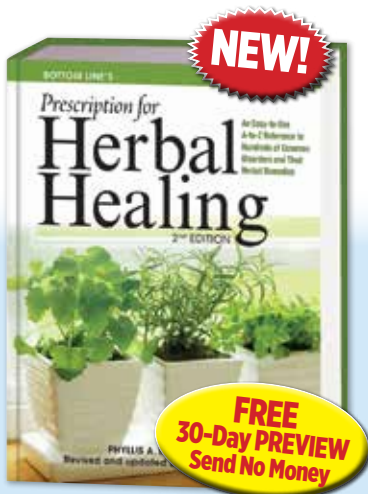
• **Clear clogged lungs!** This herb from the mint family gets rid of phlegm and calms lung spasms. Works by activating the cilia that sweep up your bronchial passages, so you can breathe freely. Page 144

• **Stop colds from spreading.**

This herbal combination not only treats a cold's symptoms—it keeps it from spreading. Before you quarantine, see page 165.

• **Mistake virtually everyone makes that triggers a longer-lasting cold.** Doing this makes you feel better at first but can lengthen the time it takes your body to get rid of the virus. Page 264

6 FREE Gifts Yours to Keep Forever!
See page 43



Why Allergy Sufferers Are Throwing Away Their Antihistamines and Inhalers

Nobody likes depending on an inhaler for life-giving breath.

But many asthma sufferers are *tossing* them because, according to an Austrian study, a potent herbal bronchodilator that opens up your airways is *better* than prescription inhalers at preventing asthma attacks.

You can read all about it on page 51.

Don't let allergies cramp your style—or sentence you to a lifetime of drug dependency.

Because now you can discover...



• **No hay fever next season.**

Just a few drops of this all-natural substance

reduces hay fever symptoms significantly. Page 114

• **Root fixes the root cause of allergies.** The root of this prickly plant can banish both food and hay fever allergies by getting your immune system under control. Page 142



• **Nature's non-drowsy antihistamine.** This plant pigment quiets allergies by stopping the reproduction of cells that secrete histamine (which causes runny noses and swelling). And unlike most drugs, it won't put you to sleep! Page 119



PLUS GET 6 FREE GIFTS



—Yours to Keep No Matter What!

**Just for Taking a FREE, No-Obligation,
Send-No-Money Look at Bottom Line's
PRESCRIPTION FOR HERBAL HEALING**

We would like to send you 6 FREE, potentially life-changing gifts just to say, “Thanks for taking a free look at **PRESCRIPTION FOR HERBAL HEALING.**”



**Turn the page to
find out about your
first free gift...**

YOUR FREE GIFT #1

Your first FREE gift is jam-packed with page after page of recipes and advice for using healing herbs in delicious foods and drinks.

So eat, drink and be *healthy*...

• **Easy do-it-yourself ketchup** is far healthier than store-bought—and combines 4 top healing herbs.

• **The big mistake people make when brewing tea with herbs.**

You'll get much more benefit if you do this.

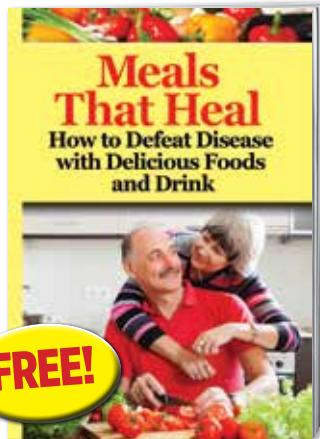
• **When getting your herbs in your meals is *much better*** for you than getting them in supplements.

• The delicious, energizing, easy-to-digest Chinese porridge that has been called “the ideal way to deliver medicinal herbs.”

• **How hot chocolate can prevent clogged arteries,** improve circulation, reduce blood pressure, fight inflammation and keep your mind and memory sharp. But you must use this type of cocoa.

• **Yummy smoothies that nix nausea,** lower blood pressure, boost immunity, improve memory, stabilize blood sugar, and more.

• **Turbocharge chicken soup** to



make it even more powerful for fighting colds.

• **Lower blood sugar** by adding this to coffee, cereal or yogurt.

• **Keep your eyes super-healthy.** Just add this to virtually any cooked dish.

• **What to put on meats before grilling** that can prevent cancer-

causing toxins from forming.

• **Some people have a much lower rate of Alzheimer's than others.** Discover the herb that's responsible—and how to use it in *your* cooking.

• **Foods that calm allergies** because they're natural decongestants.

• **Eat this to relieve sore muscles.**

PLUS...

• **Recipes for tastier and healthier hummus ... frittatas ... Thanksgiving stuffing ... quesadillas ... quiches ... chicken dishes ... and much more.**

• **Dozens of soothing teas** that break fevers ... lower cholesterol ... calm anxiety ... soothe joint inflammation ... calm upset stomachs ... kill viruses ... boost brainpower ... and more!

YOURS FREE! Simply return the card on page 51...

YOUR FREE GIFT #2

Why needlessly subject yourself to the dangers, expense and inconvenience of drugs...

When herbal medicine offers so many safe, inexpensive yet powerful alternatives?

That's why we packed your second FREE gift, *Better Than Drugs*, with some of the most dramatic instances of herbs trumping drugs that we have ever encountered here at *Bottom Line Publications*.

Get the real scoop on the drugs usually prescribed for dozens of today's leading health concerns, and discover the best natural alternatives.

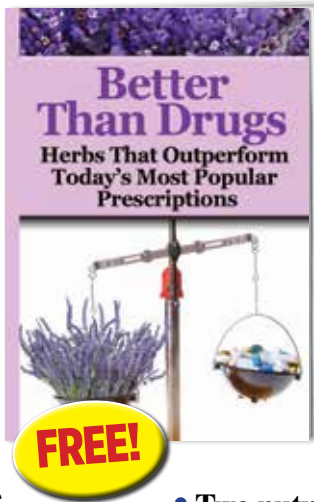
For example...

- **This herbal anti-anxiety blend works within 30 minutes.**

And unlike drugs, its beneficial effects increase over time and you can take *less*.

- **Get rid of a UTI without antibiotics** (which destroy much-needed good bacteria as well as bad).

- Echinacea is great for preventing colds and flu. **But did you know**



it also relieves anxiety if used as described here in this report?

- **Stomach flu again?** Discover why the drugs doctors usually prescribe can prevent you from *ever* fully recovering. Fortunately, nature has a better way.

- **Two nutrients that relieve mild to moderate depression**—without triggering the dreaded “zombie effect” of SSRI drugs.

- **Pain-killing drugs can muddle your thinking and actually make the pain worse.** Instead, this unique nutrient relieves pain by increasing blood flow (low flow causes pain) and softening painful scar tissue.

- **Osteoporosis drugs like Fosamax® actually increase your risk of fractures after 5 years.** Instead, discover the vitamin–mineral combination that helps you absorb and retain calcium to build bone density.

YOURS FREE! Simply return the card on page 51...

(Continued on next page...)

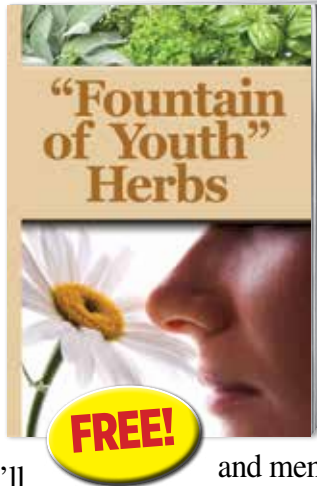
YOUR FREE GIFT #3

When Ponce de León searched for the “Fountain of Youth,” he was looking for a spring.

Poor Ponce... He should have been looking for herbs!

And in this Special Report, you’ll find the six herbs that should have been at the top of his list.

- **Anti-Aging Herb #1— Kills cancer cells** and can relieve arthritis, anxiety, depression, insomnia and dementia.
- **Anti-Aging Herb #2— “Balancing herb” normalizes high or low blood pressure** and cholesterol and neutralizes the negative effects of stress.
- **Anti-Aging Herb #3— Known for fighting both fatigue and aging.** Improves muscle strength, endurance and reaction time. Strengthens the immune system. Improves learning and memory.
- **Anti-Aging Herb #4— The best herb for building muscles, stamina and strength.**



Normalizes the nervous system to improve sleep, appetite and mood. *A must when recovering from injury, trauma or surgery.*

- **Anti-Aging Herb #5— Increases blood supply to the brain** to enhance mental performance

and memory. Normalizes the cardiovascular system and protects the heart.

- **Anti-Aging Herb #6— Protects and detoxifies the liver.**

Treats insomnia, depression and vision problems. In fact, one study showed it improved adaptation to darkness by 90%.

Use these six herbs to help keep virtually every system in your body healthy and functioning at its best for decades to come.



YOURS FREE! Simply return the card on page 51...

YOUR FREE GIFT #4

These “forgotten” herbs are popular in Europe—which is way ahead of the U.S. when it comes to using herbs to stay healthy.

Here in the U.S. they are largely overlooked, thanks to Big Pharma’s big influence. Nevertheless, you should probably be taking at least one of them...

- **This circulation-enhancing herb** is a must for any sort of vein-related problem—including varicose veins, atherosclerosis, weak vein pumping, and diabetic retinopathy in your eyes.

- **If you have heartburn, gas, or aren’t absorbing nutrients** (a leading cause of anemia), do what they do in Europe: Take this all-natural appetite-stimulating digestive aid before eating.

- **Run down? Sleeping poorly? Mentally foggy?** In Russia, they swear by this herb from the Arctic regions of Europe and Asia that increases your ability to handle physical and mental stress.



- **You’re probably already cooking with this herb.** Next time you have a headache or indigestion, you’ll want to really pour it on for a big burst of healing *and* flavor!

- **Since the Middle Ages, Europeans have relied on this tree** to provide a

product that **safely relieves pain and inflammation.** It can be found in the moist soil of temperate regions of North America. Convenient capsules, however, can be found at your local health food store.

(Continued on next page...)



YOURS FREE! Simply return the card on page 51...

YOUR FREE GIFT #5

Herbs are powerful medicine.

That's why it's important to choose the right brand—and be sure you're getting the purest and highest quality supplements available.

No worries. Because in this FREE Special Report you'll discover...

- **The easy, sure-fire way to ensure your supplements are pure** and of the highest quality, and that what you're swallowing is what it claims to be.



FREE!

- **Supplement makers' dirty tricks.** Find out how they try to pull the wool over your eyes.

- **Why you should never use Google or any search engine to research supplements** (and two dependable public databases you should search instead).

- **When you should stop using an herbal product immediately.**

YOURS FREE! Simply return the card on page 51...



YOUR FREE GIFT #6

As a very special thanks for previewing **PRESCRIPTION FOR HERBAL HEALING**, we want to send you this incredible collection of our best-ever cures of all time.

Over the years, we've published dozens of books and literally thousands of cures.

And we've packed the best of the best into your 6th FREE gift, including...

- **The wheat germ breakthrough for cancer.**

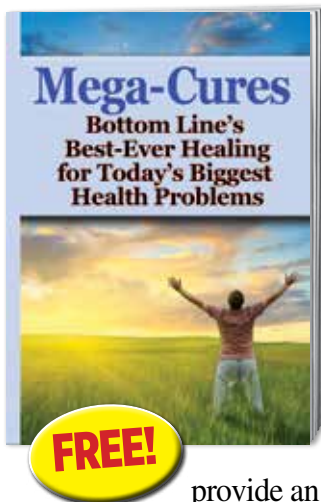
- Just take this to **lower cholesterol 24% in a month.**

- **How making this one purchase prevents heart attacks.** Nothing to take or eat. Just enjoy.

- **Regenerate damaged brain and nerve cells** and improve brain and motor function—up to 10 years after a stroke.

- **The cookie cure for high blood pressure.**

- **How thought and belief trigger spontaneous cancer remissions.**



- **The vitamin C cure for cancer**

(but only in this special form).

- This simple procedure tricks your body into **healing painful, degenerated joints.**

- **How a jellyfish can make you smarter**—and may

provide an effective treatment for Parkinson's and Alzheimer's.

- **A plant compound so effective against the flu**, it beat a leading anti-viral drug against the swine flu virus. (Swine flu is on the rise again!)

- The sweet, delicious snack that can **save your bones** by protecting and *rebuilding* them.

- **New hair loss breakthroughs** for both men and women.

- **Change your clothes and cure your glaucoma?** It's absolutely possible!

- **How to reverse cataracts without surgery.**

- **Cancer prevention in a pill.**

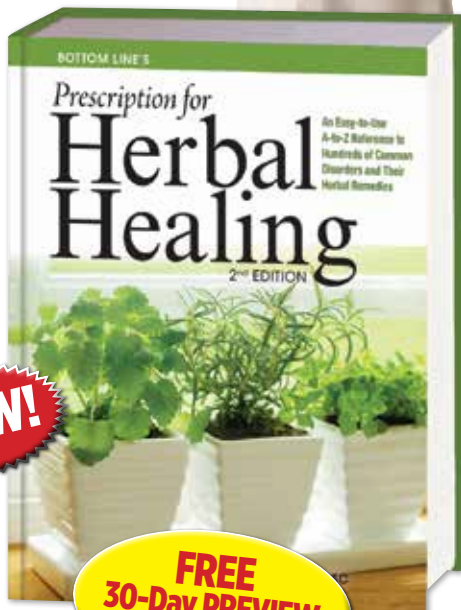
YOURS FREE! Simply return the card on page 51...

“As a doctor, I recommend this book wholeheartedly.”

—*Dr. Andrew L. Rubman*

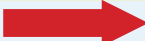


- **634 FACT-FILLED PAGES**
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- **148 HEALTH CONDITIONS** with extensive recommendations for herbal remedies
- **SPECIAL BONUS CHAPTERS** on how to heal with herbs
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Disorders and Their
Herbal Remedies

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Herb Stops Cholesterol from Turning into Deadly Plaque

**Statins, with
their terrible
side effects,
can't do this!
See page 13,
inside.**



• **Eat this to switch off your body's pain signals.** Inside on page 19.

• **Natural ED cure** lets you have sex multiple times in one night. Page 33



• Two natural supplements that **stop 97% of certain cataracts.** Page 36

• Leading medical journal confirms: This **brain-boosting herb treats Alzheimer's.** Page 26

• **Better than a flu shot.** Literally *disarms* the virus. Page 40

• Reduce or **eliminate the awful side effects of chemo and radiation.** Page 7

INSIDE: More drug-free, natural alternatives that cost less, have few if any side effects, and in many cases, work even better than drugs.