FRANK SHALLENBERGER, MD
Author of *Bursting with Energy*

How to Make Your Body Heal Itself 35 Times Faster

- Cold and flu *gone* in 12 hours
- Arthritic joints *totally repaired* in as little as 60 days
- Osteoporosis *reversed* in as little as 12 months
- And more...

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Scientists Prove that You Can Re-Build Your Bones ... Your Joints ... Your Arteries ... and Even the Cells of Your Eyes

Every day, your body gets rid of old cells and creates new ones. This book shows you how to harness this amazing healing power to get well faster

Dear Friend,

When you get a bruise, your body heals it. When you get a cut on your skin, your body heals it. When you get a broken bone, your body heals it.

It's all part of your body's cycle of renewal ... where old cells die and new ones are born.

But what many people don't realize is that this renewal process doesn't just occur with cuts, bruises, and broken bones. The fact is, it occurs in practically *every* cell of the body.

For example ...

- You get a whole new stomach lining every 10 days.
- You get new skin every 30 days.
- You get a new liver every 6 weeks.
- You get new bone cells every 6 months.
- And you get new lungs, new arteries, and new blood cells every 3 months.

Well ... what would happen if you were able to speed up your body's natural renewal process?

✓ What if people with **osteoporosis** were able to

(Continued on page 6...)

re-grow new bone faster than the old bone broke down?

- ✓ What if people with **arthritis** were able to grow cartilage so fast that they could completely cure their arthritis in just a few weeks?
- ✓ What if people with **macular degeneration** could regenerate their cells and restore their vision to what it was years ago?
- ✓ And what if people with **clogged arteries** could not only unclog their blood vessels but could also restore them so that they were as clear and as smooth as a baby's?

Sounds too good to be true, right? Well, believe it or not, these things are not only possible, they're happening right now! And you'll find out how in this book.

In this book, you'll meet the remarkable medical doctor who pioneered these cures. His name is Frank Shallenberger, and he has cured over 10,000 patients. He's also trained over 900 forward-thinking doctors, who are now using his methods to cure their patients, too.

In the next few pages, Dr. Shallenberger is going to show you how you can rid yourself of serious diseases and nagging health problems.

You'll find cures (yes, cures) for allergies ... insomnia ... weight problems ... prostate cancer ... type 2 diabetes ... interstitial cystitis ... hypertension ... memory problems ... and more.

So read on ... and start leading the healthy, active life you deserve.

Garret Wood

Garret Wood
Publisher

How to Cure Your Arthritis *Permanently* — by Rebuilding the Entire Joint from the Inside Out

by Frank Shallenberger, MD

If you go to a conventional doctor for your arthritis, he'll give you painkillers or anti-inflammatory drugs. If you go to an alternative doctor, he'll put you on glucosamine, fish oil, or some other supplement. The problem with both approaches is that they treat your symptoms without giving you a real cure.

Sure, glucosamine and a few other supplements help regenerate cartilage. But they don't work for everyone. And even when they do work, you have to keep taking them for the rest of your life.

Well, today, I'm going to show you how to *cure* your arthritis permanently. That's right; I said cure. And this cure works no matter how worn out your cartilage is. In fact, it even works when all your cartilage is gone and your bones are grinding against each other!

A typical example is Dan, a former football player who limped into my office. Dan has legs like tree trunks—yet when I performed a strength test on his legs, he was as weak as a little girl. The pain in his knees was so great that he couldn't perform a simple squat without falling to the ground.

Dan told me he had tried ibuprofen, Celebrex, and Relafen. He was also taking a supplement that contained glucosamine, chondroitin, and MSM. But nothing was helping. His doctors told him his cartilage was almost completely gone and that the only

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solution was to have a knee replacement.

After examing Dan and running some tests, I knew exactly what to do. I gave him a simple treatment I've developed called Prolozone®™.

Within a few minutes of the first Prolozone treatment, Dan was walking around with no pain and could easily squat down and stand back up.

By the second treatment, he felt even better, as the cartilage in his knee had begun to re-grow. By the third treatment, he was able to run at full speed without pain. And by the fourth treatment, we were done.

And I do mean done. As I mentioned earlier, Prolozone therapy doesn't just mask symptoms; it fixes the problem for good. In fact, the first patients I treated over ten years ago continue to live pain-free lives today!

So What Is Prolozone and How Does It Work?

Prolozone is a combination of two therapies that speed up your body's own healing mechanisms. Those two therapies are *prolotherapy* and *ozone therapy*.

Let's talk about prolotherapy first. In prolotherapy, a doctor injects your joint with a solution that irritates the area and causes

Frank Shallenberger, MD, HMD

Dr. Frank Shallenberger is the founder and medical director of the Nevada Center for Complementary Medicine. He is past president of the Nevada State Homeopathic and Integrative Medicine Association, and has served as a Clinical Instructor in Family Medicine at the University of California School of Medicine in Davis, California.

Dr. Shallenberger has published numerous scientific papers, and is the author of two books, *Bursting With Energy* and *The Type 2 Diabetes Breakthrough*. He is the originator of Bio-Energy Testing™, CheZone, and Prolozone™ Therapy, and has trained over 700 doctors in the use of these techniques.

inflammation.

Why would a doctor purposely cause inflammation? Because inflammation is your body's way of healing itself. That's why you get inflammation whenever there's an injury.

In response to the inflammation, your body sends healing cells to the area. First it sends special immune cells called *macrophages*, which remove debris and irritants from the area. Then it sends *fibroblasts*, which are cells that make collagen. Finally, it sends in *chondrocytes*, the cells that make new cartilage.

Think of the cells as a construction crew remodeling a house. The macrophages are the guys in charge of demolition and clean up. The fibroblasts are the guys who come in next, to put up the two-by-fours that make up the frame of the house (collagen). And the chondrocytes are the guys who finish the job by putting up the sheetrock walls (cartilage).

This healing response happens naturally in your body every day. But when you have arthritis, the injury is far too great for your body to heal by itself. In those instances, you need to give your body extra help. And that's what prolotherapy does. It magnifies and speeds up your body's own healing process, making it possible to heal injuries your body can't heal on its own.

Several studies prove that prolotherapy works. There's also a great deal of anecdotal evidence from doctors who've used it, including former Surgeon General C. Everett Koop.

But as effective as prolotherapy is, it does have its drawbacks and limitations. First of all, you have to be very precise when you do it or it won't work. Secondly, it can take a long time to work, sometimes many months. Third, it doesn't work for everyone. And fourth, it can be painful.

When I was using prolotherapy in my practice, some of my patients found it so painful that they decided to stop their treatments.

(Continued on page 10...)

So I knew that if I wanted to help the most people, I'd need to find a better way to treat patients' joints.

Then One Day I Found The Answer...

One day as I was going through my patient charts, I noticed that the younger patients were getting much better results from prolotherapy than the older ones.

Looking back on it now, it seems so obvious. It's a well-known fact that the older a person gets, the less efficient their cells are. So why wouldn't this apply to the cells that make collagen and cartilage? The answer, of course, is that it *does* apply to those cells.

Luckily, I had just the answer to this problem: *Oxygen.*

Yes, oxygen. You see, the leading cause of aging is the inability to get oxygen into your cells. In fact, an article in the *New England Journal of Medicine* concluded that the single biggest difference between a 25-year-old and a 70-year-old is simply that the 25-year-old's body is better able to utilize oxygen!

So how do we improve the body's ability to utilize oxygen? Well, there are numerous ways. But the most effective way is ozone therapy. Ozone therapy has been proven safe and effective in over 3,000 European studies ... on over 384,000 patients.

Here's How It Works...

Most Americans are unfamiliar with ozone therapy. And many find the whole idea of using ozone scary and mysterious.

But there's really nothing mysterious about it. Ozone is simply a form of oxygen that has three atoms instead of two. That's all.

As you may know, oxygen atoms like to travel in pairs. Since ozone contains a third oxygen atom, it wants to give that extra atom away. Which means that whenever ozone comes into contact with a cell, it gives up the extra oxygen atom, and the cell takes it in.

As a cell takes in more oxygen, it's able to produce more energy and work more efficiently. In the case of the joint-building cells we

> "I decided to have my arthritis in the knees treated using Prolozone therapy as described in your article. Thus far I have taken two treatments with noticeable pain relief. If I get the same improvement in the next two treatments, I doubt I will need anymore."
>
> --*Milo Slepicka, Dayton, OH*

mentioned earlier, this means they can make more collagen and more cartilage. So now you've got a crackerjack construction crew rushing over to your joints and repairing them at lightning speed! This is how I was able to cure Dan's arthritis with only four treatments.

And Dan is not alone. I have used Prolozone to treat over 500 of my patients. In addition, I've trained over 700 doctors in how to use the procedure, and they report similar results with their patients.

Yes, Prolozone has worked wonders for thousands of arthritis sufferers. And it can do the same for you. That's why I've written a brand new Special Report called *A Permanent Cure for Arthritis.*

The report gives you all the details on Prolozone. It tells you how the procedure is done, which special nutrients need to be added to the solution, and where to find a doctor near you who performs prolozone. In fact, it contains the names and addresses of the doctors in the U.S. and Canada who I've trained in the technique.

But that's not all. The report also tells you what to do if you have *rheumatoid* arthritis. Since rheumatoid arthritis is an auto-immune disorder, re-building the cartilage is not enough. You also have to get to the root cause of the disorder. And this report tells you exactly how to do so, using a procedure I've developed that has worked for hundreds of patients.

Imagine being able to say good-bye to arthritis once and for all. Imagine a life free of pain and stiffness. Imagine waking up every morning feeling terrific, and being able to resume all the activities you love. You'll be able to do all that with the information in this

(Continued on page 12...)

report. And the best part is … you can get a copy of the report absolutely FREE.

How? By trying a no-risk trial subscription to my new health advisory, *REAL CURES*.

Every month *in REAL CURES*, I give you the low-down on the latest discoveries in health and wellness. I tell you what works and what's a lot of baloney … and I give you a clear plan of action to take for a long, healthy life.

Information You Won't Find Anywhere Else

Very often, the information in *REAL CURES* is information you won't find *anywhere* else. You see, despite all the information out there today … despite all the newsletters on alternative health … despite all the books and magazines .. despite all the websites and e-zines and cable TV shows… many of the biggest health breakthroughs are *still* largely unknown.

For example, most doctors, both alternative and conventional, will tell you that allergies are incurable. All you can do is treat your symptoms—either with drugs or with natural remedies like nettle and quercetin.

Well, the truth is, you *can* cure your allergies. And that's why I'd like to send you a second free report called …

FREE REPORT #2

How I Cured My Allergies for Good— and How You Can, Too

If you suffer from allergies, I feel your pain. For most of my life, I had allergies that made me miserable. I'd start each day with two packs of Kleenex, but I'd run out by late afternoon and end up going to nearby bathrooms to blow my nose on toilet paper, paper towels…anything. My nose would get so raw from constant wiping that it hurt to touch it.

When in public, I'd make it a point to sit away from others,

> *"Real Cures is my favorite health newsletter and I look forward to it each month."*
>
> *-- Shirley Pollard, Battle Ground, WA*

because when I blew my nose, people would wince, thinking I was making them sick. In college, I remember being out on dates and having sneezing fits so bad, I'd have to go home early. And when I became a doctor, my intense allergy symptoms were especially embarrassing. I'd blow my nose so often that my patients asked if *I* was feeling alright!

I thought I'd be stuck with my allergies for life. After all, my mother and grandmother had allergies their entire lives. Since the problem was hereditary, I assumed there was nothing I could do about it.

Thankfully, I was wrong.

After years of research, I found a *cure* for my allergies. And I cured them for good. In fact, for the last 25 years, I haven't had a single allergic reaction to anything. Nothing bothers me anymore—pollen, pets, dust, foods—nothing.

Not only that, but I've used this same cure to treat hundreds of my patients. And they got the same results too. No more allergy medicine. No more sneezing, watery eyes, or runny noses. No more having to stay indoors on a sunny spring day.

My allergy remedy doesn't just get rid of symptoms; it cures them permanently, by fixing the underlying cause.

The Cause of Allergies

So what is the cause of allergies? Allergies are simply your immune system overreacting to substances in the environment. So the best way to stop allergies is to fix the mechanism that controls this overreaction.

(Continued on page 14…)

What is this control mechanism? It is a hormone produced by your adrenal glands, called *cortisol.*

You may have heard of cortisol. It's best known as the hormone your body produces when you're under stress. But cortisol is much more than just a stress hormone. In fact, one of the primary functions of cortisol is to regulate your immune system.

When your body's making the right amount of cortisol, your immune system hums like a well-oiled machine. But when your body makes too much or too little, problems arise.

Too much cortisol results in a weakened immunity. (That's why you're more prone to catch a cold when you're under stress.) And too little cortisol results in an overactive immune system that releases histamine and other inflammatory substances, causing allergic symptoms such as pain, fever, sneezing, itching, and more.

What Causes This Deficiency?

As I mentioned earlier, cortisol is made by the adrenal glands. When your adrenal glands are strong, they produce plenty of cortisol. But when the adrenal glands are overstressed, they become fatigued, and cortisol production plummets.

Unfortunately, this is very common in today's world. With today's 24/7 lifestyle, people are under constant stress. Their adrenal glands work overtime to pump more and more stress hormones. This continues day after day, month after month, year after year, until finally the adrenals become exhausted. It's no wonder that more people have allergies today than ever before!

The good news is that in over 90% of cases, adrenal fatigue is not permanent. In fact, you can restore your adrenals to perfect health in as little as 90 days! All you have to do is take remedies that strengthen them, while at the same time giving your adrenals a chance to rest and rebuild. I give you complete instructions on how to do it in your free report.

> "I have improved my blood sugar and blood pressure with information from your newsletters. I have also managed to reduce body fat in the abdominal area."
>
> --Ronald Kniveton, Fresno, CA

By the way, if you already know you have weak adrenals and have been unsuccessful at re-building them, you'll *really* love this report. Why? Because it reveals the "missing link" that most alternative doctors leave out when they prescribe an adrenal support plan.

Find out all about it in your free report. Then get ready to start your new life—a life where you can do what you want without having to worry about sneezing, sniffling, and itching.

But that's not all. I'd also like to send you …

FREE REPORT #3

How to End Insomnia for Good by Treating its Root Cause

If you're like many people who suffer from insomnia, you may have tried remedies like melatonin … or valerian … or 5HTP. And if you're like many people who've tried those remedies, you probably still have trouble with your sleep.

Why? Because trying one supplement or another is just a hit-or-miss approach that doesn't treat the root cause of insomnia.

So what *is* the root cause? Most insomnia is caused by imbalances in the body. These include imbalances in stress hormones like cortisol … or in neurotransmitters like serotonin, dopamine, and GABA.

The good news is that these imbalances are easy to spot once you know what to look for. For example, if you're tired during the day and wide awake at night, there's a good chance you have a cortisol imbalance. And if you crave sweets, get easily distracted, or find that

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you can't get going in the morning without your coffee, these are all signs of various neurotransmitter imbalances.

That's why I wrote this Special Report for you. Just match up your symptoms to the ones in the report, and you'll immediately know which imbalance or imbalances you have. Then turn to the appropriate section to find out which remedy or remedies you need to take to fix those imbalances. That's all there is to it!

And here's the best news of all: when you take the right remedies, you'll do more than just address your symptoms. You'll actually correct the imbalance and *re-program* your body's sleep patterns. At that point, you can discontinue the remedies and you'll still be able to get the restful sleep you need.

Imagine. No more tossing and turning. No more looking at the clock in the middle of the night. No more waking up tired or spending the day walking around like a zombie. This is the future you can look forward to when you follow the simple instructions in Report #3. Hundreds of my patients have cured their insomnia. And you can, too.

FREE REPORT #4

How to Get Rid of a Cold, Flu or Other Virus in Just Hours!

There's no cure for a cold, flu or other virus, right? Wrong! My patients usually get rid of their symptoms in just *hours*—even when the illness is serious or life-threatening.

Take Mary Alice, a 94-year-old neighbor of mine who called me at five o'clock one Saturday morning. In a barely audible voice, she said "Come quickly. I know I'm dying."

When I got to her house I knew how serious her condition was. She had a fever of 103, a heart rate of 130, and very shallow breathing. As I listened to her chest with my stethoscope, I heard the familiar crackling sound of someone with viral pneumonia.

I knew exactly what to do. While my wife watched Mary Alice,

> "I've improved dramatically in many ways: endurance, lean body mass, vision, memory and feeling of well-being. I am 63 years old and feel like I am in my 30s, can do more sit-ups than when I was 18 years old. Thank you Dr. S."
>
> *--Alex Graf, Zephyr Cove, NV*

I ran to the clinic and mixed some IV bags. I then returned and gave Mary Alice a treatment that I've given to so many others with viral infections. We administered the treatment around the clock, while Mary Alice lay in her bed and slept.

The next day, Mary Alice was back to her normal self. The fever was gone. Her breathing was almost completely normal. And she was out of bed cooking her dinner, with the IV catheter still in her arm.

Now, this level of response may seem miraculous. But it's the kind of result that I routinely see with this remarkable treatment.

So what is the treatment? It's an infusion of a common substance that your body makes every day …

... A substance involved in all of life's vital processes, including the breakdown of fats, proteins, and carbohydrates ...

... A substance produced by the cells of your body as a defense against viruses and parasites ...

... A substance you can buy at any drugstore—for about 99 cents!

What is this miracle substance? It's H2O2, more commonly known as hydrogen peroxide. That's right, hydrogen peroxide.

When I was in medical school, the only thing they ever told us about hydrogen peroxide was that it was a "topical disinfectant"—something you put on your skin to kill germs.

It wasn't until years later … when I began reviewing some of the 6,100 scientific articles written about H2O2 … that I learned about

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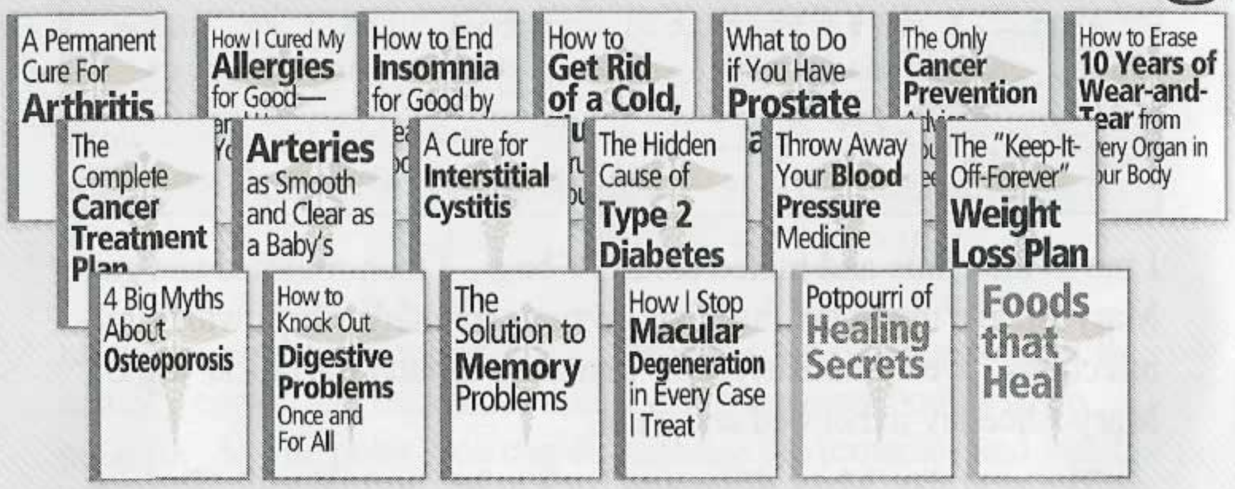
Get These Astonishing Healing Secrets, FREE!



- **Enjoy all the fish you want without worrying about mercury.** This natural supplement flushes mercury from your tissues and body. Perfectly safe. Available at most health food stores.
- **Why you should *never* rely on a bone density test to check for osteoporosis.** Here's a cheaper, more sensitive test that's available at home. Best of all, you'll know if there's a problem much sooner.
- **The popular food that makes cancer cells grow like crazy.** Avoid this one at all costs!
- **Cancer's Achilles Heel:** This one simple step practically guarantees you will never get the disease. Backed by Nobel Prize winning research!
- **The simple 5-minute trick that guarantees you a more accurate blood pressure reading.** And why your doctor will never tell you about it!
- **Early warning signs of a heart attack that show up on your *fingers*.** This little-known risk factor creates blockages in your arteries. But you can correct the problem with these herbs and nutrients.
- **How to save your tooth when your dentist says "root canal."** This powerful remedy heals your tooth naturally, without the pain and expense of drilling. Proven in before-and-after X-rays.
- **NASA scientists help discover an anti-aging secret so powerful,** it can erase 20 years of damage in almost every cell of your body. What it is and how to get it.
- **The one supplement you MUST take if you lead a stressful life.** Research shows it helps the body prevent the stress from causing high blood pressure. Amazing!
- **The popular beverage you should never drink if you're a woman over 50.** Weakens your bones and leads to heart disease.
- **Why people with diabetes have a higher rate of cancer.** And how you can use this secret to remain cancer-free for life.
- **Give your heart and cardiovascular system a workout without lifting a finger!** Perfect if you're too tired or too weak to get up off the couch. This indoor activity can burn up to 450 calories in just 20 minutes … without even moving your arms or legs. Amazing!
- **How to remove skin cancers without lasers, surgery or scars.** This amazing topical treatment works wonders. I have removed over 100 cancers with it.
- **Two identical cancers, two different results.** One patient went into total remission, while the other got worse. The difference? Patient #1 added these 3 natural remedies to his conventional treatment.
- **Fatigued? Overweight? Thinning hair?** You could be a victim of this common toxin in your tap water. How to tell and what to do about it.
- **6 common substances that destroy energy production in your cells.** (One of them is aspirin!) What they are and how to protect yourself from all 6 of them.
- **How to lose weight—using a glass of water.** (No, it has nothing to do with drinking 8 glasses a day.) Just put two drops of this into the glass and drink. Amazing!
- **The major cause of memory loss that almost everyone ignores.** Yet the remedy is so simple and costs absolutely nothing! (And no, it's *not* exercise.)
- **3 Golden Rules for estrogen-replacement therapy.** And why you must follow all 3 to lower your risk of breast cancer and avoid harmful side effects.
- **How to get a "stuttering heartbeat" (atrial fibrillation) back to normal.** These all-natural remedies restore your normal heart rhythm and reduce your risk of deadly blot clots.
- **The arthritis risk factor that shows up on your *fingernails!*** It could point to a common mineral deficiency that's causing your miserable joint pain. Here's how to tell … and a simple way to relieve your arthritis pain and swelling in as little as 4 weeks.
- **The truth about "virtual" colonoscopies.** They're not so "virtual" after all. Why they can actually *cause* cancer … instead of detecting it! Here's the only type of colonoscopy you should ever have.
- **The common vitamin deficiency that leads to stress fractures and broken hips.** What's worse, it can make even thick bones as brittle as ice. The problem never shows up in bone density tests … but you can protect yourself with this simple and inexpensive daily supplement.
- **The world's best anti-aging treatment!** You won't get an argument on this, even from conventional doctors. Proven to be more powerful than improving your nutrition. This almost-magical process turned back the aging clock on a group of 70-year-olds.
- **How to fall asleep faster by "breathing in squares."** This simple breathing technique can put even the worst insomniac to sleep instantly. Amazing!
- **The *real* cause of skin cancer** (now the most prevalent cancer in the U.S.). *Hint:* it has very little to do with exposure to sunlight.
- **Why a visit to your dentist or chiropractor can raise your risk of cancer.** Especially if you have this little-known sensitivity. Plus the one simple precaution that protects you.

(Continued from page 17...)

the amazing benefits that come when it's given intravenously.

So how does it work? Simply put, hydrogen peroxide helps your blood cells deliver more of the "O2" (oxygen) part of the H2O2 throughout every vital organ and tissue in your body.

Remember earlier, in our discussion on arthritis when I was talking about how increased oxygen makes your cells more efficient? Well, your immune cells are no different. When they are given oxygen, they go into overdrive, producing massive amounts of antiviral substances called cytokines. As a result, healing that normally takes days or weeks occurs in just hours!

Here at my clinic, we've successfully treated over 1,000 patients with hydrogen peroxide. But you don't have to travel to my clinic to get the treatment. Forward-minded doctors around the country now offer it. And you'll get a list of these doctors and their contact information in Free Report # 4.

FREE REPORT #5

What to Do if You Have Prostate Cancer

Until now, if you were diagnosed with prostate cancer you had few options. You could have surgery ... you could get radiation or hormone treatments ... or you could opt for "watchful waiting."

Surgery and radiation come with a long list of debilitating side effects like impotence, incontinence, fatigue, hair loss, and even death. And in many cases they're unsuccessful at stopping the cancer!

Watchful waiting doesn't have any side effects, of course. But let's face it—it's a crapshoot. Sure, it's true that most men who get prostate cancer end up dying of something else before the cancer gets them. But it's also true that some 40,000 American men die of prostate cancer every year. That's a death every 15 minutes!

Talk about a dilemma. Do you spend your life always having that fear in the back of your mind—the fear that the cancer is spreading and will one day kill you? Or do you spend the rest of your life unable

> "Two interesting articles from Dr. S that I have not seen anywhere else are the memory enhancing piracetam and phosphatidyl choline with coffee. I now take both and I do believe there is a memory improvement. I also have stopped taking calcium after your interesting article on that one!"
>
> --Anne Duncan, Coarsegold, CA

to have sex or having to wear adult diapers?

Well, you don't have to settle for either of these options. Thanks to a breakthrough treatment that destroys prostate tumors while leaving all surrounding tissue intact.

This treatment is so thorough that it destroys the tumor's DNA profile so that it can't re-grow in other parts of the body. It's so precise that it's been used to remove tumors of the eye without damaging the optic nerve. And it's so safe that some 95% of the patients who get it experience no side effects whatsoever. (The most common side effect among the other 5% is a brief bout of nausea.)

Over 12,000 patients have been successfully treated with this breakthrough, and many insurance plans now cover it. Yet, amazingly, the treatment remains largely unknown. You'll get all the information on the treatment, including a complete list of hospitals that offer it, in your free report.

FREE REPORT #6

The Only Cancer Prevention Advice You'll Ever Need

I'm sure you've heard the common advice on how to prevent cancer:

Take antioxidants. Eat lots of cruciferous vegetables. Don't use pesticides. Eat organic foods. Drink green tea. Never microwave anything in plastic. Take resveratrol. Take melatonin. Take selenium. Take vitamin D. Take lycopene. Boost your immune system with

(Continued on page 22...)

astragalus and medicinal mushrooms. Take DIM or indole-3-carbinol. Take calcium d-glucarate. Reduce the amount of stress in your life. Learn meditation.

Does your head hurt yet?

The fact of the matter is that while all the advice above has its value, there's no way on earth anybody is going to be able to follow it all.

So how do you know which cancer prevention steps are the most important, and which ones you can afford to let go? In this special report, I give you the answer. In fact, I give you *one simple rule* for living a cancer-free life.

That's right. One simple rule that practically guarantees you never get cancer.

How can I make such a bold statement? Simple. Every chain is only as strong as its weakest link. Break the weakest link, and you break the chain.

Most cancer-prevention advice does the opposite: it tries to fight cancer by attacking the *strongest* links in the chain!

For example, some people will tell you to take mushrooms that boost your immune system so your body can kill cancer cells before they have a chance to grow. That's all well and good, but the problem is that cancer cells have a protective coating that makes them very hard for your immune cells to kill.

Others will tell you to take antioxidants so you can prevent the free radical damage that causes cancer cells in the first place. Again, that's a good thing to do, but please understand that no matter how many antioxidants you take, it's physically impossible to stop all free radical damage.

Luckily, there's a better way. Thanks to Nobel-Prize-winning research, we now know what cancer's hidden weakness is. And when we attack that weakness, we create an environment in the body

> *"Real Cures* helped me with my irritable bowel syndrome. I took the Premo Una along with digestive enzymes and I've improved 95%."
>
> *--Betty Traynor, Roseburg, OR*

that makes it practically *impossible* for cancer to thrive.

This is not just conjecture; it's been *proven* in studies. You'll get complete details in Free Report #6. Follow the advice in the report and you'll never have to worry about cancer again!

FREE REPORT #7

How to Erase 10 Years of Wear-and-Tear from Every Organ in Your Body

Thanks to a medical breakthrough, it is now possible to erase years of wear-and-tear from your body. Using this breakthrough, you can reduce your biological age by 10 years or more.

Yes, you can literally *reverse* the aging process … even if you're already in your 60s, 70s, and 80s …

… even if you were cursed with "bad genes" …

… and even if you've neglected your health in the past with poor diet and a sedentary lifestyle … or with unhealthy habits like smoking and drinking.

Sound hard to believe? Well let me tell you about one of my patients.

This patient was a former smoker and drinker. He popped prescription drugs like they were candy. And he had lousy genetics to boot.

His family history included diabetes, heart disease, allergies, senility, and neurological disorders. He had bright red hair and pale freckled skin that would burn in minutes if he dared go out in the sun. And his endocrine system was shot. At the age of 42, he had

(Continued on page 24...)

the growth-hormone levels of an 80-year-old!

All in all, he was a pretty pathetic specimen.

Now, I know it sounds unprofessional to hear me talk that way about one of my patients. But in this case, it's OK. You see, this patient was … me!

Meet Patient Frank S.

Today, at age 61, I'm a different man. In fact, if you were to measure me on all the usual markers of aging, here's what you'd find:

- My blood pressure is 110/60
- My resting heart rate is 57
- My fasting blood sugar is 85
- My fasting insulin is under 5
- My cholesterol is 166
- My triglycerides are 78
- My body fat is 12%
- My functional strength is 98%, which is only 2% lower than the average 40-year-old
- My lung capacity is 106%, which is *6% higher* than the average 40-year-old
- My cardiac capacity is 135%, which is *35% higher* than the average 40-year-old

But more important than my "numbers" is what those numbers enable me to do. At an age when many of my peers are slowing down, I'm busier than ever. I put in a full 8-hour day seeing patients at the clinic. And in my spare time I do research, write books and articles, do radio interviews, and conduct seminars for doctors.

Plus … I have no trouble skiing down difficult slopes in the Sierra mountains… balancing on the top of a mast on my sailboat … keeping up with the 30-year-olds in my bicycle club … or making the 215-mile drive to San Francisco to visit my granddaughter.

> "My husband was going to have surgery on his back but thanks to Dr. S. he didn't have to have surgery and he's completely healed."
>
> --Mrs. Gail Heiserman

In short, I do pretty much whatever I want, without limiting myself.

And the good news is, you can do it, too! You can give yourself greater energy, increased libido, and greater stamina. You can give yourself stronger muscles, smoother skin, and a powerful immune system that resists disease. And you can wake up every morning feeling well-rested, refreshed, and ready to seize the day!

You'll find out exactly how to do it in the special report, *How to Erase 10 Years of Wear-and-Tear from Every Organ in Your Body.* And the report is yours FREE with a trial subscription to *REAL CURES.*

By now, you may be wondering what a subscription to *REAL CURES* costs. Actually, it's a lot less than you'd think … especially when you consider the money it can save you on health bills.

Even with your insurance covering most of the bills, drugs, surgery, and doctor's visits can cost you plenty. And if you end up in a hospital, it can mean hundreds—even thousands—of dollars out of your pocket.

The cover price of *REAL CURES* is just $96. But if you subscribe as part of this special introductory offer, you don't have to pay nearly that amount.

You can receive a full year (12 issues) of health-building advice for just $39!

But that's not all. If you subscribe to *REAL CURES* for two years instead of one, I'll give you even greater savings. You'll get two full years (24 issues) for only $77!

You'll receive all the gifts I mentioned above, plus these 10 *additional* gifts:

(Continued on page 26...)

Subscribe For 2 Years And Receive...

FREE REPORT #8

The Complete Cancer Treatment Plan

Earlier in this letter, I told you about an amazing breakthrough that prevents you from ever getting cancer. But what if you already have cancer? What do you do then?

Natural remedies have proven to be woefully inadequate at killing cancer. And conventional treatments like chemotherapy are good at killing cancer, but they also kill the rest of your body. And in the process, they wipe out one of your greatest allies in the cancer battle—your immune system.

Bottom line: Both conventional and alternative approaches have low rates of success. So if you want to stand a chance of beating cancer, you can't just rely on one approach or the other. You have to do a comprehensive approach that takes the best of both worlds, and then some.

That's why I use a four-pronged approach:

1) **Kill the cancer or surgically remove it.** If you want to kill cancer, you have to bring out the heavy artillery. And like it or not, that usually means surgery and/or chemotherapy.

   Study after study show that chemotherapy does in fact kill cancer. Unfortunately, it also kills *you*. That's why you can't give straight chemo, the way conventional doctors do. You also have to ...

2) **Protect your body from chemotherapy.** Few cancer doctors know this, but there are proven ways to protect your body from chemo and get rid of almost 100% of the side effects. These approaches have been proven in clinical trials ... and in hundreds of patient case studies.

3) **Build your overall health and immune system.** I tell my patients that if they want to beat cancer, they have to be "the healthiest person on their block."

   Unfortunately, by the time someone has cancer, their overall health is seriously compromised. That's why we build it up with good nutrition, detoxification, and oxygen therapies.

4) **Address the root cause of the cancer.** This is the part most people miss. It's not enough to kill the cancer and strengthen

(Continued on page 28...)

"I subscribe to 8 health newsletters, but Dr. Frank Shallenberger's beats them all."

—H. U. Schlapfer. Seattle, WA

"The absolute best medical advice, compassionately given."
—Carol Barlow, MD, Las Vegas, NV

"I consider Dr. Shallenberger's newsletter my favorite and I subscribe to eight others."
—Diana Vanderbilt, New Smyrna Beach, FL

"*Real Cures* is my favorite health newsletter and I look forward to it each month."
—Shirley Pollard, Battle Ground, WA

"Your newsletter is one of the best among many I have read. We have used a number of items to benefit our personal health care."
—Dr. Norman G. Anderson, Leesburg, FL

"I subscribe to other alternative physicians. I subscribed to and liked your predecessor. Your letter is far superior!"
—Art Schill, Cincinnati, OH

"I enjoy your newsletter more than others I have received in the past."
—Mrs. Iris J. Malvern, Sierra Vista, AZ

"I also subscribe to several other health newsletters. I consider your newsletter to be the very best."
—Clifford Corbett, Bar Harbor, ME

"I have subscribed to several newsletters and yours is the best ever."
—Mrs. Virginia Shaw, Wellington, OH

your immune system. You also have to address the root cause that caused cancer in the first place! Otherwise, it's like bailing water out of a leaky boat without fixing the leak.

I wish I had room here to give you all the details of my four-pronged cancer protocol, but I don't. That's why I'd like to send you my free report *The Complete Cancer Treatment Plan*. It tells you how to get all the cancer-killing power of chemotherapy without harming healthy cells. It reveals the best immune-building remedies I've ever seen. It tells you about an amazing nutritional supplement that actually stops existing cancers from spreading. And much more.

To discover these cancer-beating breakthroughs, simply return the Free Gift Certificate at the end of this letter.

FREE REPORT #9
Arteries as Smooth and Clear as a Baby's

What would you say if I told you that you could not only clear all the plaque out of your arteries but also *reverse* arterial damages?

What would you say if I told you that you could make your hard, stiff arteries as soft and flexible as they were when you were a youngster?

And what would you say if I told you this is possible even if you spent the first half of your life smoking, eating trans fats, and being a couch potato?

You'd probably be skeptical.

Well, dear friend, the startling truth is even the most severe cases are reversible. And I have over 2,700 patients who can attest to this fact.

Many of these patients had blockages so severe that their doctors told them they'd die if they didn't have a bypass immediately. Many had chest pain so bad that they were popping nitroglycerin like it was candy. And many were in such bad shape that they could barely walk the length of their living room without getting tired.

Yet within 3 to 5 months, these folks were able to have normal, active lives. They were able to breathe again, move again, resume

the activities they enjoy, and regain their independence. What's more, their stress tests and echocardiograms went back to normal. And, perhaps most telling of all, their Arterial Stiffness Index scores dropped by up to 80% or more!

How did they get these miraculous results? Through CheZone™, a treatment that combines chelation and ozone therapy.

Earlier in this letter, I told you about how ozone therapy turbo-charges your body's ability to regenerate cartilage, bladder tissue, and other cells. Well, ozone has also been shown to speed up the regeneration of the cells of your arteries. So when you combine the cell-regenerating effects of ozone with the plaque scrubbing effects of chelation, you literally end up with brand-new arteries!

You'll get all the details on CheZone, including a list of doctors I've trained in the procedure, in your free report. And the report is yours free when you order a two-year trial subscription to *Real Cures*. You'll also get …

FREE REPORT #10
A Cure for Interstitial Cystitis

Living with interstitial cystitis is a nightmare. First of all, you constantly have to urinate. You get up 5, 10, or more times per night to go to the bathroom. You can't even leave your house to run errands without mapping the restrooms along the route. And for most women who have IC, making love to your partner means excruciating pain the next day.

Conventional medicine offers few solutions. You can have someone distend your bladder, leaving you in excruciating pain. You can have DMSO installed in your bladder, leaving you smelling like a combination of rubbing alcohol and garlic as the solvent leaks from your pores for days. Or you can take the drug Elmiron and hope you're one of the 30% of women with IC who see some improvement from it.

Of course, you can also try natural remedies like baking soda,

(Continued on page 30...)

aloe, marshmallow root, and watching your diet. These remedies work fairly well and are certainly more pleasant than the conventional treatments. But while they're OK at managing your symptoms, they do nothing to address the root cause of the disease.

Well, here's great news. I have developed a treatment program that actually cures interstitial cystitis for good! And this treatment has worked on every single IC patient I've ever treated.

Remember earlier when I described how I use ozone to re-build cartilage? Well, the walls of your bladder are very similar in composition to the cartilage in your joints. So by infusing the bladder with ozone, we actually re-grow the worn tissue. And then we do a few simple things (like re-balancing your hormones) to stop the root cause of the inflammation—and keep it from ever coming back!

You'll get all the details on the program and where to find a doctor who performs it … in Free Report #10.

FREE REPORT #11

The Hidden Cause of Type 2 Diabetes

Type 2 diabetes does more than just make you tired and overweight. It's the leading cause of blindness in the U.S. It's the leading cause of foot and leg amputation. It's the leading cause of kidney failure. And it more than doubles your risk of heart attack—and almost triples your risk of stroke.

So what should you do about it? As a reader of health information, you've probably heard all the standard advice. You've heard you should exercise. You've heard you should avoid sugar and refined carbs. And maybe you've even heard that you can benefit from supplements like chromium, vanadium, or gymnema sylvestre.

But there's one thing you probably haven't heard. And it's also the single biggest reason why people get diabetes.

You see, most people view diabetes as a disease where the pancreas is worn out. While this is true, it ignores the hidden cause

that causes the pancreas to wear out in the first place.

What is this hidden cause? It's low energy.

Yes, low energy. Now please understand that when I say "low energy" I'm not just talking about feeling tired. I'm talking about poor energy production by the various cells of your body.

As you may know, each and every one of your cells contains little "power plants" called mitochondria. Well, when these mitochondria become less efficient at producing energy, they need more insulin. In order to provide the additional insulin that's needed, your pancreas has to work harder and harder. And over time, it gets worn out and stops functioning.

The good news is that when you reverse the problem, you can not only control type 2 diabetes but eliminate it altogether! That's because you're not just "balancing your blood sugar" or "supporting your pancreas"—you're getting down to the root cause.

You'll get complete details in Free Report #11.

FREE REPORT #12

Throw Away Your Blood Pressure Medicine

I'm probably going to be attacked for saying this. But I have to say it because it's so important:

Nobody should be taking blood pressure drugs. That's right, nobody.

Here's why: Many people who think they have high blood pressure don't. And even if you do have it, there are far better ways to fix it than by taking dangerous drugs.

Let's start with the question of whether you even have high blood pressure. When you get your blood pressure checked, many factors can give you an inaccurate reading. For example, exercising or drinking caffeine can throw your numbers off. Using the wrong sized arm cuff can throw your numbers off. Taking the measurement at the wrong time of day can throw your numbers off.

Even the mere act of taking your blood pressure in a doctor's

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office can throw your numbers off. Why? Because most people are a little nervous when they go to the doctor, which causes their blood pressure to rise. This phenomenon is called "white coat hypertension." And as a result, of it, legions of Americans are on dangerous medications they don't need!

That's why I wrote this free report for you. In the report, I give you complete instructions on how to get an *accurate* blood pressure reading so that you know for sure whether you have hypertension or not.

But that's not all. If you find that you *do* have high blood pressure, I tell you how to wean yourself off drugs and bring your blood pressure back to normal using time-tested natural remedies.

These remedies don't just lower blood pressure; they address the imbalances and deficiencies that cause it in the first place. (And no, I'm not talking "fish peptides" or other faddish supplements. Believe me, your body does not have a fish peptide deficiency!)

You'll get the complete low-down in your free report #12.

FREE REPORT #13

The "Keep-It-Off-Forever" Weight Loss Plan

If you have trouble maintaining your desired weight, then you're going to *love* this report. Why? Because it reveals an amazing secret that actually changes the way your body burns fat.

Please understand: I'm not talking about merely "speeding up your metabolism." I'm talking about *totally changing the way your metabolism works*!

You see, most people burn carbohydrates for energy first and only burn fat later, when they've used up their carbohydrate stores.

When you have this type of carb-burning metabolism (and most people do), the only way to stay thin is to diet constantly and exercise like a fiend. The moment you slack off, your weight shoots back up.

> "I had 2 heart attacks in 2002. I had several bypasses before. Today I ride my bicycle 5 miles per day. Plus I western square dance twice per week. Take care of my 3-bedroom home inside and out. Thank you."
>
> --*Raymond E. Garwack, Spring, TX*

On the other hand, when you have a metabolism that burns fat first, getting rid of the excess pounds and keeping them off becomes easier than you ever imagined!

The good news is that it's possible to shift from a carb-burning metabolism to a fat-burning one. And you'll find out exactly how to do it in your free report.

But that's not all. You'll also find out about a hidden health problem that keeps many people from losing weight. In fact, if you're carrying around 10 or more excess pounds, there is a 90% chance that you're suffering from this hidden problem!

Sounds hard to believe, I know. But my years of working with patients have shown that it's true. Some 90% of my patients test positive for this problem. And once we fix it, they not only lose that weight, but they keep it off. You can do the same, and you'll find out how in your free report, *"The-Keep-It-Off Forever" Weight Loss Plan.*

FREE REPORT #14

4 Big Myths About Osteoporosis

I see them in my office all the time: women with bones so brittle they could snap.

The sad thing is that these women have *not* neglected their bones. On the contrary, they're doing everything they're "supposed" to do to strengthen their bones. They're taking fistfuls of calcium and other supplements. They're eating dairy and soy. They're doing weight-bearing exercise. They're putting wild yam cream on their thighs.

(Continued on page 34...)

Yet despite taking supplements, despite exercising, and sometimes despite trying drugs, they're finding very little improvement in their bones. Why? The answer is that they're falling for what I call the 4 Big Myths About Osteoporosis.

In this free report, you'll discover the truth behind these 4 myths. You'll find out why bone density tests are *not* an accurate way to check for osteoporosis. You'll find out why calcium supplements are almost 100% *useless* for building stronger bone. (You heard me right; I said useless.) And you'll find out why some of the most widely recommended remedies can actually make your bones *more* brittle!

More importantly, this report will show you an amazing way to *reverse* osteoporosis. You'll discover how to boost your bone density by a whopping 15% in just a few months. And how to get the bone mass of a 40-year-old within 2 years—no matter how old you are or how weak your bones are today!

It's all in free report #14. You'll also get …

FREE REPORT #15
How to Knock Out Digestive Problems Once and For All

Do you ever get gas … bloating … heartburn … abdominal pains … diarrhea … or constipation? If so, you may have tried natural remedies like chamomile, peppermint tea, fish oil, or charcoal pills.

While these remedies can be effective, the results are usually temporary. Why? Because all these treatments—natural and conventional—merely address the symptoms. They don't address the root cause.

So how do you find the root cause? In almost all cases, the root cause of digestion problems is one or more of the following: food sensitivities, bacterial infection, yeast overgrowth, low stomach acid, and/or low digestive enzymes.

The good news is that detecting and treating these problems is a

lot easier than you might think. In fact, you can usually knock out your digestion problems in less than a month. You'll get complete details on how to do so in your free report.

FREE REPORT #16
The Solution to Memory Problems

If you have memory problems, you may have tried supplements like ginkgo, choline, or phosphatidyl serine.

That's all well and good. But these nutritional supplements usually provide only minor improvements. That's because the #1 cause of memory loss isn't a nutritional deficiency; it's a *hormone* deficiency.

You may already know that hormone deficiencies can affect your bones, your muscles, and your risk of getting heart disease. What most people don't realize, however, is the profound influence that hormones have on your brain. In fact, brain cells have more hormone receptors than any other cells in your body! These receptors react with your hormones to improve the brain cells' metabolism. And when your brain cells' metabolism slows down, so does your memory.

Fortunately, there's a solution. And you'll learn all about it in this report. First, you'll find out how to nourish and support the glands in your body that make hormones. Second, you'll find out about common nutrients that act as hormone precursors. And third, if your levels are particularly low, you'll learn about safe, natural forms of hormone replacement that will not only boost your memory but will also improve your energy and overall well-being.

FREE REPORT #17
How I Stop Macular Degeneration in Every Case I Treat

Imagine life without the ability to see. You wouldn't be able to read. You wouldn't be able to drive. You wouldn't even be able to enjoy the smiling faces of your loved ones. Yet, tragically, that's

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the fate that awaits millions of Americans with macular degeneration.

Conventional treatments offer little hope for this disease. And most alternative remedies merely slow its onset.

But I've been able to stop macular degeneration—and even reverse it—with one simple therapy. In fact, every single patient I've treated has seen a dramatic improvement in their eyesight.

How dramatic? Well, there's Mary, an 82-year-old woman who was able to restore her eyesight and even pass her driving test. And there's Jimmy, an 85-year-old man who is reading again after his ophthalmologist told him he'd be blind within months.

The ophthalmologist is absolutely flabbergasted. Not just because Jimmy's reading again, but because before-and-after ultrasounds of the eye show proof that Jimmy's macula is regenerating itself!

How is this possible? Well, like many other therapies I've talked about today, this one involves using oxygen to renew the cells. I give you all the details in this special report. And it's yours free when you order a trial subscription to *REAL CURES*.

Here's My Better-Than-Risk-Free Guarantee

I'm so sure you'll love *REAL CURES* ... I'm so sure you'll find it informative and entertaining ... I'm so sure it will have a dramatic effect on your health and well-being ... that I'm offering the following unconditional guarantee.

If you're unsatisfied with *REAL CURES* for any reason whatsoever, or for no reason at all, simply tell me within 90 days and I'll give you a prompt, courteous refund of every penny you've paid. No questions asked.

In addition, you may cancel your subscription at any time thereafter, and get a complete refund on all un-mailed issues.

Either way, you get to keep all the free gifts, plus every issue you've received. It's our way of thanking you for giving *REAL CURES* a try.

Respond Within 11 Days And Receive These 2 EXTRA Bonus Gifts!

If you respond right away (whether for one year or two), I'll include two *additional* free gifts! Why? Because I know how much you can benefit from *REAL CURES*, and I want to give you every incentive to get started right away.

So to give you one last friendly push, my publisher and I will send you two additional Special Reports ... but ONLY if you take action within the next 11 days.

FAST RESPONSE GIFT #1:
Potpourri of Healing Secrets

This report is a collection of little-known cures for dozens of health problems, big and small. For example:

- **How to hold onto your teeth for life.** This little-known mineral (not calcium or magnesium) strengthens the bones around your teeth. Essential for preventing age-related tooth loss. Here's an easy way to get just the right amount.
- **Cure carpal tunnel syndrome without surgery.** This natural remedy erases the pain and irritation in over 90% of cases in just a few weeks. Available at any health food store.
- **The common but unhealthy food ingredient that saps your energy.** And takes 9 months to be eliminated from your body! Avoid it at all costs...here's how.
- **The only two sweeteners you should ever use if you are pre-diabetic or have diabetes.** (Hint: not saccharin, aspartame or Splenda®.)
- **How to cure Lyme disease when antibiotics aren't working.** Just killing the bacteria is dead wrong. Here's what to do instead to get better fast.

(Continued on page 38...)

- **How doctors saved a woman's life by cutting off her hair!** The common household item that made her deathly ill … and how you can avoid the same danger.
- **What you must take in addition to lysine if you have cold sores or other herpes.** This is as close to a permanent cure as anything yet discovered.
- **How to get rid of your migraine headaches for good!** Try this simple trick at home. Costs nothing … and can eliminate your migraines in as little as 4–6 weeks.
- **Why you still need vitamin D supplements even if you live in Hawaii and spend plenty of time outdoors.** See your free report for how much to take and in what form.
- **How to enjoy water that's even healthier than the "mineral" or "spring water" you buy at the store.** Costs a lot less, too.
- **And much more!**

FAST RESPONSE GIFT #2:
Foods That Heal

"Let food be your medicine." Those words were spoken 2,300 years ago by Hippocrates, the Father of Medicine. And now modern science is confirming the healing power of foods, by putting them through the rigors of scientific testing.

That's why I wrote this special report for you. Flip through the pages, and you'll find out about food cures like these:

- **The world's best energy food.** Not only that, but it's good for your brain, too. (Surprise: It's something many doctors think is *bad* for you).
- **A life-saving miracle drink you can buy at the supermarket.** Latest studies show it lowers your risk of heart disease, improves cholesterol levels, prevents strokes, and lowers your blood pressure, too.
- **The cocktail party mixer that strengthens your eyesight.** Research shows it can cut your risk of macular degeneration *in half.*

- **Best fruits to protect your eyes.** Highest in flavonoids that fight oxidative stress in your eyes.
- **The delicious fruit that fights lung disease.** New study shows you can improve breathing capacity and prevent asthma attacks.
- **Best foods for healthy digestion.** And they keep your insulin levels in check, too. You'll find this common ingredient in each one.
- **Two steaks are in front of you: one's perfectly healthy, one isn't.** Not knowing the difference could throw your body out of whack and even lead to diabetes. Here's how to tell.
- **And much more!**

So there you have it. If you act within 11 days, you'll get a total of 9 free reports with a one-year subscription and 19 reports with a two-year subscription.

Frankly, I think a 2-year subscription is a no-lose proposition. You're still covered by the same iron-clad guarantee, which means that if you're not satisfied, it costs you nothing. And if you *are* satisfied, you get to lock in two years of *REAL CURES* for just a little more than the price of one!

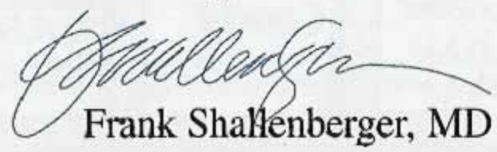
This is your only chance to get savings like this. If you join for a single year and decide to renew later, you'll pay the full price.

Given the tremendous savings, the extra reports, and the risk-free guarantee, I strongly urge you to take advantage of the two-year offer. But I'll leave that decision up to you.

To get started (for one year or two), just detach and mail the Free Gift Certificate on the next page. **Or pick up the phone and call toll-free 1-800-791-3392.**

You have nothing to lose, so act now! Return the Free Gift Certificate while it's still fresh in your mind. To delay may mean missing out on the healthy, active life you deserve.

Sincerely,



Frank Shallenberger, MD

1-800-791-3392

Choose a 2-year risk-free trial of of *REAL CURES* and we'll send you reports 1 through 17 FREE!

BEST VALUE

- A Permanent Cure For **Arthritis**
- How I Cured My **Allergies** for Good—and How You Can, Too
- How to End **Insomnia** for Good by Treating its
- How to **Get Rid of a Cold, Flu** or Other
- What to Do if You Have **Prostate Cancer**
- The Only **Cancer Prevention** Advice You'll Ever Need
- How to Erase **10 Years of Wear-and-Tear** from Every Organ in Your Body
- The Complete **Cancer Treatment Plan**
- **Arteries** as Smooth and Clear as a Baby's
- A Cure for **Interstitial Cystitis**
- The Hidden Cause of **Type 2 Diabetes**
- Throw Away Your **Blood Pressure** Medicine
- The "Keep-It-Off-Forever" **Weight Loss Plan**
- 4 Big Myths About **Osteoporosis**
- How to Knock Out **Digestive Problems** Once and For All
- The Solution to **Memory** Problems
- How I Stop **Macular Degeneration** in Every Case I Treat

Choose a 1-year risk-free trial subscription to *REAL CURES* and we'll send you these 7 reports FREE!

- A Permanent Cure For **Arthritis**
- How I Cured My **Allergies** for Good—and How You Can, Too
- How to End **Insomnia** for Good by Treating its
- How to **Get Rid of a Cold, Flu** or Other Virus in Just Hours!
- What to Do if You Have **Prostate Cancer**
- The Only **Cancer Prevention** Advice You'll Ever Need
- How to Erase **10 Years of Wear-and-Tear** from Every Organ in Your Body

FREE GIFT CERTIFICATE

☐ **YES, Dr. Shallenberger!** I want to learn how to get rid of my health problems for good instead of just treating the symptoms. Please send me a no-risk trial subscription to *Real Cures* at the terms I've checked below. My satisfaction is guaranteed or I can get back every penny—and keep all my free gifts.

☐ **2 YEARS of *REAL CURES*. I save $115 and get 17 FREE reports.** Please send me 24 issues for $77, plus the following:

1. *A Permanent Cure For Arthritis*
2. *How I Cured My Allergies for Good—and How You Can, Too*
3. *How to End Insomnia for Good by Treating its Root Cause*
4. *How to Get Rid of a Cold, Flu or Other Virus in Just Hours!*
5. *What to Do if You Have Prostate Cancer*
6. *The Only Cancer Prevention Advice You'll Ever Need*
7. *How to Erase 10 Years of Wear-and-Tear from Every Organ in Your Body*
8. *The Complete Cancer Treatment Plan*
9. *Arteries as Smooth and Clear as a Baby's*
10. *A Cure for Interstitial Cystitis*
11. *The Hidden Cause of Type 2 Diabetes*
12. *Throw Away Your Blood Pressure Medicine*
13. *The "Keep-It-Off-Forever" Weight Loss Plan*
14. *4 Big Myths About Osteoporosis*
15. *How to Knock Out Digestive Problems Once and For All*
16. *The Solution to Memory Problems*
17. *How I Stop Macular Degeneration in Every Case I Treat*

☐ **1 YEAR of *REAL CURES*. I save $57 and get 7 FREE reports.** Please send me 12 issues for $39, plus the following:

1. *A Permanent Cure For Arthritis*
2. *How I Cured My Allergies for Good—and How You Can, Too*
3. *How to End Insomnia for Good by Treating its Root Cause*
4. *How to Get Rid of a Cold, Flu or Other Virus in Just Hours!*
5. *What to Do if You Have Prostate Cancer*
6. *The Only Cancer Prevention Advice You'll Ever Need*
7. *How to Erase 10 Years of Wear-and-Tear from Every Organ in Your Body*

☐ **ADDITIONAL BONUSES FOR PROMPT REPLY!** I'm responding within 11 days. Please also send me the two additional free reports, ***Potpourri of Healing Secrets*** and ***Foods that Heal.***

Please check method of payment:

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