

12



MEDICAL BREAKTHROUGHS

**FOR ACID REFLUX, DIABETES
HIGH BLOOD PRESSURE,
GOUT AND MORE!**

.....

Fight the Root Cause Of Disease...
Not The Symptoms!

SPECIAL BONUS REPORT

Table of Contents

#1 Doctors Are Shocked To Discover Double Diabetes Attacking Kids in Epidemic Proportions.....	3
#2 Acid Reflux Is A Scam.....	5
#3 Gallbladder Infections Are A Symptom Of A Nutritional Deficiency.....	7
#4 Is High Blood Pressure A Marketing Device For Big Pharma?	9
#5 Cure Your UTI and Help Save \$11 Billion Annually	10
#6 Graves Disease Health Alert!.....	13
#7 Why Would You Resort To Taking A Drug For Erectile Dysfunction?	14
#8 Do You Feel Like You Can't Afford To Pay Attention?.....	16
#9 Do You Have Herpes? The Answer May Surprise You!.....	18
#10 You Need To FEEL The Difference.....	20
#11 Discover Why Lyme Disease is the Top Infectious Diseases (In Terms of Spread Rate).....	22
#12 Flush Out Kidney Stones Fast While You Still Can.....	24
Product Source Directory.....	26

This report is brought to you by:

Alexander Garingo

<http://www.adhd-management.com>

#1 Doctors Are Shocked To Discover Double Diabetes Attacking Kids in Epidemic Proportions

Too much insulin is bad for diabetics, but many are told they have no other choice. The reason Type 2 diabetics have the disease in the first place is because they became “insulin resistant.”

This means the body produced too much insulin, so that the cells became resistant.

Insulin is a hormone, which escorts blood sugar into cells for fuel.

But, too much blood sugar over several years causes the body to overproduce insulin and cell membranes become damaged and artery walls even deteriorate.

The worse your nutritional profile the sooner this can happen.

On the other hand, Type 1 diabetics are usually born with their problem. It is from dormant or missing “beta cells.” The beta cells are the pancreatic tissues, which produce insulin.

So, Type 1 diabetics have the opposite challenge than the Type 2 diabetics. Type 2 suffers from “too much” insulin hormone and Type 1 suffers from “too little” insulin hormone.

Now, because Type 1 diabetics ingest so much artificial insulin, it is beginning to show wear and tear on the cell membranes making their cells insulin resistant, which is essentially Type 2 diabetes.

But, suddenly it is happening in shorter and shorter time periods.

Recent studies have found that as many as 1-in-3 newly diagnosed childhood diabetics now have both type 1 and Type 2 diabetes.

Type 2 diabetes “usually” happens in adults 35 to 45 years old. This is a result of not enough exercise and eating the Standard American Diet (SAD), that someone eventually

becomes Type 2 diabetic. Basically, poor lifestyle habits deteriorate cell membrane health and can't handle the lack of real nutrients in their foods.

It's all about "cell membrane health." That's the key to the cure.

The real tragedy in double diabetes is that now there is an epidemic in children. The only reason has to be the total lack of "real nutrition" from birth. We've recently seen earlier onset of adult Type 2 diabetes in children; we know that the Mother's diet during pregnancy is a big factor.

Has it gotten so out of control that baby Type 1 diabetics are getting Type 2 on top of it? Apparently, that's the case.

If that doesn't raise a BIG RED FLAG, then nothing will.

Friends, diet is so much more important than the FDA wants you to know. American standards have been flushed down the sewers of convenience. When are we all going to wake up?

We know obesity is the main risk factor for double diabetes. So, we must ask ourselves, "Why are American children and their parents so obese?" Could it be we are finally witnessing the Standard American Diet simply killing off people quicker with each generation?

Food is supposed to be our medicine, according to the Father of Medicine, Hippocrates. But, obviously it can be the poison, too.

The answer is right before our eyes: it's all about connecting with the natural healing energies that were once in our foods.

Fix the common diet and people will have more energy to be active and balance can return.

If we stay on this fast food course America is going to sacrifice its health and lose an entire generation to ignorance.

Diabetes is being cured every day. Yes, both Types can be reversed! Doctors know Type 1 takes longer to reverse, but Type 2 can be reversed in as little as 3 weeks.

The same diet that prevents diabetes cures diabetes.

But, why are people dying from diabetes even faster these days? Why aren't more people applying this breakthrough information?

I'll tell you what part of the problem is: television.

Television makes people lazy and it sells them on eating death foods. People need to break away from the death culture of mainstream media and reconnect with Mama Nature.

Call it a Renaissance if you will, a Renaissance of Health.

It's your responsibility to gather the right information and start using it. I have dedicated my life to providing people with the tools for remarkable health. There is no time like the present to set your foot back on the natural pathway to healing. Health and disease are not rocket science. See the Product Source Directory for your own Diabetes Remedy Report and make a stand against apathy.

If you are a type 2 diabetic or know someone who is, you owe it to yourself to take a look at the Diabetes Reversal Report. See the Product Source Directory at the back of this report for product details and ordering information.

God Bless!

#2 Acid Reflux Is A Scam

That's right, acid reflux is a scam. Millions of people are popping antacids and getting worse every day. These medications are actually promoting the problem for the majority of acid reflux sufferers.

Very few people have too much stomach acid. It's all been a big fat lie. Truth is most people suffer from a lack of stomach acid and it feels like they have too much because once in a while they make more than normal.

Usually, when you suffer from a lack of stomach acid, you have a challenge digesting food. If you had too much stomach acid, then you would be able to digest faster and eat more, right?

Think about this for a moment now.

Imagine all the food you eat for breakfast and mixed up with what you eat for lunch and it's still sitting there when you eat dinner — because you have a shortage of stomach acid.

Now, under pressure your gall bladder and stomach will keep trying to produce bile salts and stomach acids. But, you are older now and lost some ability to make it.

As the day goes on, in an act of digestive desperation, your body finally shoots out a large burst of acid and bile. Now that your stomach is full of sitting food, this bile acid mixture rises to the top of your piled up food — right under your esophagus.

Now, add to this fact that you're exhausted because your body isn't digesting nutrients. So, you lay down for a rest.

Ooops! First thing that happens is that acid bile mix will be pushed further up into your throat and now it burns with that awful familiar corrosive feeling.

Heartburn!!!

So, what do you think you should do? Should you take a product that neutralizes the little digestive juices you have left? Or should you learn how to help your body replenish its nutrient stores, so it can optimize and restore normal digestive functions?

If you want to learn how to replenish your body for optimal digestion and freedom from acid reflux, and heartburn, then check out the Acid Reflux Remedy Report. See the Product Source Directory at the back of this report for product details and ordering information.

#3 Gallbladder Infections Are A Symptom Of A Nutritional Deficiency

There is a fundamental, basic and simple reason why gallstones are formed. As with all truth, there is a simple and straightforward solution that I've included in today's letter for you to read.

So, allow me to cut to the chase.

There is no arguing the fact that the Standard American Diet (SAD) is triggering gallbladder infections, which results in the formation of debilitating gallstones.

That is why surgically removing gallstones does not cure the cause of those painful and recurring gallstones. Of course, there are times when a strong pain pill or gallstone surgery might be justified. But, that is NOT the case today! There have never been more unnecessary gallstone surgeries and prescribed drugs in history than right now.

What I want to do is give you life saving information that you might not otherwise find. This information is so fantastic that it not only allows you to alleviate gallstone pain immediately, but that you will never have to go through gall bladder infections again.

The secret to stopping gallstone pain quickly and naturally is available; you just have to know where to look.

If you are hungry to know how to protect yourself from ever getting gallstones, read on...

I want to share this with you because I feel you are ready for a new perspective about the healing power of your body.

This is revolutionary cutting edge information you can use "right now" for FREE.

As you already know, something big is wrong with the way we are taught to eat in the developed world. If you have ever lost your health you realize your health is of the UTMOST importance.

As much as this information may shock you, simply following this new science of eating right, you can avoid the pitfalls of drugs and the chain of side effects and complications.

Here's the little known secret: your body makes its own carbohydrates. Of all the foods we eat, carbs are the very least important.

As strange as this sounds, these carbs, which are so over eaten in modern culture, are the cause of many age-related diseases. Gallstones are one of them.

A whole food, plant-based protein diet is the best preventative to gallstones. By nurturing balance at the cellular level you can "activate" the power of healing in your body.

I say, "activate" because your body is where the healing process resides. All you're required to do is to NURTURE this natural ability.

Did you know grains are protected from opening prematurely by a coating of phytic acid? It doesn't help if it opens on top of infertile rocky ground where there is no sun or water supply.

In the right conditions, the grain will sprout. Once it sprouts the phytic acid is neutralized and then something "miraculous" takes place: the grain "transforms" into a nearly complete protein source rather than a pure carbohydrate source.

Because of this natural "phytic acid" defense mechanism, when you eat too many grains and other sources of dietary sugars, the essential proteins, trace minerals and healthy fats are blocked. This causes deficiencies, which in turn trigger the formation of gallstones, as well as other health issues.

Whole grains cause dis-ease in both animals and humans. It's a proven fact. Another problem is un-sprouted grains are high in inflammation, causing Omega 6 fatty acids, which helps explain why grains are also the most allergenic of all foods.

Here's a list of 7 sources of carbohydrates that can aggravate gallbladder infections:

1. Flour
2. Un-sprouted grains
3. Un-sprouted legumes
4. Fruit
5. Milk (Lactose carb)
6. Starchy vegetables
7. Sugar

So, there you go: you don't have to take my word for it. Look into it yourself and make it your own wisdom. But, in a nutshell, that's the big secret to a healthy immune system and gallbladder. See the Product Source Directory at the back of this document for the Gallstone Removal Report product details and ordering information.

#4 Is High Blood Pressure A Marketing Device For Big Pharma?

Did you know that the majority of heart attacks happen to people with “normal” blood pressure levels?

It's interesting to discover that there is no clinical therapy for people who have blood pressure levels beneath the “arguable border line” that defines hypertension.

That may be a clue why once antihypertensive drug therapy is induced the patient stays on the drugs for “the rest of their life.” Obviously, there is little or no attempt at preventing or curing the root of the concern. Could it be it's all about marketing pharmaceuticals?

Just the thought of such irresponsibility raises my blood pressure, too.

Truth is the height of your diastolic and systolic blood pressure readings indicate more about risk of heart attack than any “arbitrary threshold” level does.

I understand that if you have a history of cardiac events, are at a higher risk of heart attack and stroke, or because of experiencing advanced cardiovascular disease than you may benefit from chemical intervention. That's not the issue here.

However, on the other hand, the vast majority of people who would benefit from stabilizing a lower blood pressure level "across the chart" can do it early, naturally. There is no reason to allow it to become worse if it is entirely preventable.

Sometimes, isn't it obvious the health-care, or rather disease-management, business is a bigger part of the problem than the solution???

Doctors agree that food is the best medicine and lifestyle changes are the most effective therapies. Genuine health care nurtures the patient by addressing the root cause early, not by manipulating imaginary thresholds and blocking symptoms.

Normal High Blood Pressure can be sustained and regulated without having to consume lifelong quantities of pharma-toxins.

If you have high blood pressure or know someone who is, and want to be free from big pharma, then see the Product Source Directory at the back of this report for details and ordering information for the High Blood Pressure Remedy Report.

#5 Cure Your UTI and Help Save \$11 Billion Annually

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) did a cutting edge study of urologic diseases in the US to estimate the cost of these diseases on the U.S. health care system.

“Accurately describing the burden of urologic disease on the American public is one of the most important efforts undertaken by the NIDDK at the dawn of the new millennium.”¹

Based on the same analysis the real risk for urinary tract infections (UTI) for women is more than 50%, from 1988 to 1994, the prevalence of UTIs was figured to be 53,067 per 100,000 women. Wow!

The estimated cost for treating just UTIs in US adult women, not counting outpatient prescriptions or other complications, was around \$2.5 billion for 2000.²

In total, Americans spend nearly \$11,000,000,000 every year, just on medical care for urologic diseases, NOT including medical expenditures. Urologic Diseases in America released a 700-page report in 2007 that is the culmination of 5 years of work by the NIDDK, RAND Health, and the University of California, Los Angeles (UCLA).

According to the National Kidney Foundation, there are more than 8.1 million office visits and 1.5 million hospitalizations — just for UTIs in America!

60% of office visits are by women of childbearing age.

More than 10% of women report urinary tract infections annually.

Your urinary tract actually involves 4 different areas of concern:

1. Two kidneys
2. Two ureters
3. Your bladder
4. Your urethra

¹ UCLA’s David Geffen School of Medicine and researchers at UCLA’s Jonsson Comprehensive Cancer Center. Mark S. Litwin, M.D., M.P.H., et al.

² April 2005 issue of the Journal of Urology.

As you know the openings of the bowel, vagina and urethra are vulnerable to bacteria and yeast organisms. Both bacterium and yeast can spread to the urethra and migrate up the urinary tract into the bladder, and even further up to the kidneys.

Urinary Tract Infections happen when the bacteria or yeast organisms grow along the opening of the urethra, causing infection of the urethra, called urethritis.

The next level of UTI spreads up to the bladder, called cystitis.

Ignored, it can spread up the urinary tract, infecting the kidneys, called pyelonephritis.

It is interesting to note that pyelonephritis can even happen without infecting the bladder. Further, an ignored kidney infection can allow the bacteria or yeast to get into your bloodstream. (This is known as urosepsis).

This can be a deadly infection requiring hospitalization and intravenous antibiotics and that's NOT a good situation to be in at all.

As you can see, UTIs cost more than they first appear. The problem is Western medicine keeps spreading the problem by treating the infections with antibiotics.

Antibiotics create resistant strains of bacteria, yeast and fungus, plus they further compromise your entire immune system.

That is where the yeast (*Candida albicans*) usually takes over. *Candida albicans* starts as a yeast and turns into a toxic fungus that can poison your entire body.

1:5 women will have a urinary tract infection in her life, and many will have more than one. Unfortunately, the infections are encouraged by "antibiotic treatments" which ignore the root cause of the UTI infection in the first place.

The symptoms of a urinary tract infection usually return after antibiotic treatment. Nearly 20% will have another, and 30% of those will have another. About 80% of those will have a fourth.

As you can see the infections become more resistant as the patient's immune system remains weakened.

Solution: If you change the “terrain” of your body so yeasts and bacterium can not grow you can both “prevent and cure” UTI forever.

When mistreated, urinary tract infections will lead to even more dangerous and costly health problems. So, using a proven natural remedy is of the utmost importance.

End your Urinary Tract Infection suffering by following the step-by-step home remedy solution called the UTI Remedy Report. See the Product Source Directory at the back of this report for product details and ordering information.

#6 Graves Disease Health Alert!

If You Suffer From GRAVES DISEASE, Drinking Fluorinated Tap Water Can Aggravate Serious THYROID MALFUNCTION - According To A Government Report!

According to the National Research Council’s (NRC) published review, there is a clear and present poisonous danger in US tap water supplies. Evidence-based science warns that you are at risk of the adverse effects of fluoride poisoning if you drink Government treated water in America. ³

Obviously, fluoride poisoning will affect the health of millions of healthy people, but what of its impact on people who already struggle with weakened thyroid or immune system?

Fact is more than 13 million Americans already suffer from a potentially fatal disorder called Graves Disease. Graves Disease is triggered by an immune system imbalance, which affects the entire body, but especially the thyroid gland.

Many people mistakenly believe Graves Disease is a thyroid disease, rather than an immune system gone haywire. The impact of drinking thyroid toxic fluoride will have even more damaging effects on people suffering from Graves Disease.

³ www.pr-inside.com/first-ever-government-review-of-fluoride-thyroid-r596428.htm

Leading experts agree half of the people with symptoms of Graves Disease are unaware what ails them. The primary symptom of Graves Disease is hyperthyroidism.

However, Graves Disease is more than an over active thyroid.

Graves Disease describes an immune system which has been “tricked” into thinking your thyroid cells are a bacteria or virus, so it attacks them. The hyperthyroid activity is in response to being attacked by your body’s own immune system.

Leading researchers know that good cell membrane health is the only weapon to use against any autoimmune dysfunction, like Graves Disease. Some speculate a bacteria or virus disguises itself as the thyroid by “borrowing” or “mimicking” thyroid antibodies, which confuses the killer cells of your immune system.

Bottom line, healthy cells equates to better immune system communication. Drinking fluoride contaminated water makes matters worse. Clearly fluoride poisoning weakens your body’s cell membranes and is extra toxic to your thyroid cell health.

Another report by the NRC pointed to evidence that fluoride accelerates build-up of aluminum in your brain cells and may also lead to bone cancer.

STOP Graves Disease and Hyperthyroidism in 24 hours or less -- with no pain, no doctors, no wasted money, and no harmful drugs. See the Product Source Directory at the back of this report for product details and ordering information.

#7 Why Would You Resort To Taking A Drug For Erectile Dysfunction?

Here’s a thought a friend I’ve mine shared with me today, “Why would you put your complete faith in a drug that is only recently on the market, especially when they nicely label all the ‘known’ side effects, leaving out the ones no one may know for generations, without considering a safe alternative that has been tested for thousands of years?”

I hope she doesn’t mind that I borrowed her comment. Her passionate insight rings true for any health issue I can think of, especially ED.

There is nothing more important than addressing the root cause of erectile dysfunction (ED) for a man. I know ED is an uncomfortable subject to talk about, but it's important to know I'm talking about "saving your life" more than curing erectile dysfunction.

ED is a life-threatening symptom that can't be ignored.

Let's focus on getting you back on the natural pathway to health first, the ED cure will follow. You see erectile dysfunction (ED) is a symptom of something far worse than losing your ability to have an erection.

Let me say here that your natural ability to have an erection is a symptom of being healthy.

You've probably heard of the canary in the coalmine story, right? In case you haven't, coal miners often died because of noxious gases released from the earth while digging for coal. So, someone thought of keeping canaries in cages because they were smaller and died first. This acted as a "sign" to get out of the mine and return to the surface where there was always plenty of oxygen.

Taking a drug for erectile dysfunction (ED) is like holding your breath instead of running when the canary drops dead. Not only do these ED drugs have horrible toxic side effects, but they only buy you about "six months." Six months is how long it takes most men to build a drug tolerance to erectile dysfunction pills.

Once the benefits wear off you're still stuck down in the coal mine, but now you're in even deeper.

Erectile dysfunction is the canary and it's telling you your heart, nervous system and brain are not getting enough oxygen to your cells.

There is a cause for the lack of oxygen...it's a lack of circulation. There is also a cause for your lack of circulation...it is called inflammation...and so on.

The bottom line is you need to naturally address the root cause of your erectile dysfunction (ED). Once you've done this, once you've discover how to revitalize your health from the cellular level up, then your ED symptoms simply disappear.

So, don't ignore the signs, do what you need to do to save yourself first. The rest will take care of itself.

Breakthrough new method gives any guy stiff, powerful erections simply, naturally and without drugs. See the Product Source Directory at the back of this report for product details and ordering information.

#8 Do You Feel Like You Can't Afford To Pay Attention?

Have you ever felt emotionally bankrupt, or just so bored you didn't have the energy to do the old routine one more time?

Truth is your brain controls your endocrine and nervous system and sends signals out to more than 600 trillion cells continuously and you don't even have to think about it. It all gets done at light speed, faster than you can blink an eye.

What most people don't realize is this important regulatory function carried out by your brain is controlled by your heart. That's right . . . there is a heart/brain/body cellular relationship and it all depends on how *you* feel.

Have you ever passed a test with flying colors only to have forgotten all the information by the next semester? Well the reason isn't a drug deficiency or a lack of brain power . . . odds is you didn't "*feel*" the information was worth remembering, it didn't "*feel*" relevant. That's right . . . you didn't believe the data you memorized was valuable enough, so subconsciously you didn't choose to retain it. *You didn't know you were that smart did you?*

That doesn't mean you don't have the capacity to learn, contraire. Fact is school doesn't teach how to think, they only teach the pressure of memorizing info.

So how you "*feel*" really has a lot to do with your mental function and overall level of performance.

On the other hand have you ever flunked a subject in school so bad you felt like a moron? Maybe it wasn't the whole semester and maybe you didn't flunk out, but have you ever felt you could have done much better than you did?

Of course, I believe everyone can relate at one point in their lives or another. However, have you ever discovered later on that you're actually very interested in the subject and even have an aptitude or a hidden passion for it???

Problem isn't only mental capacity or intelligence; rather it depends on diet, lifestyle and environment as much as quality teaching . . . so let's NOT be so quick blame the students.

I went through these similar experiences in school myself, and way back then they didn't pass out amphetamines and there was no such thing as ADHD or ADD.

In fact there still is no such thing as ADHD and ADD . . .

The real problem was the teacher didn't "*believe*" in what he or she was teaching. They didn't have a core passion for the subject and that was ultimately projected to the student. *Do you relate to what I am saying?*

I am very good at math now that I found a passionate author to relate to and learn from, but in High School I couldn't get above a *B-* no matter what I did. The same change has happened in every facet of my life now that I am older. IF you are a parent, you know exactly what I am saying.

Children need better teachers, better diets and fewer drugs.

Kevin Trudeau, the author of "*Natural Cures They Don't Want You To Know About*," exposed the truth. He published proof that attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD) was completely fabricated "*syndrome*."

Further he pointed out that hormone additives contaminating meat products, like growth hormones, food dyes, BHT and other chemical additives, artificial sweeteners, high fructose corn syrup and refined sugar were making kids, and many adults, "*feel*" like the garbage they were eating.

Bottom line you along with millions of kids are being used as chemical guinea pigs. The symptoms of attention deficit hyperactivity disorder (*ADHD*) and attention deficit dysfunction (*ADD*) . . . or whatever you want to call it . . . are symptoms being specifically manufactured so “*they*” can keep kids drugged, and stupefied. See the Product Source Directory at the back of this report for the ADD/ADHD Remedy Report product details and ordering information.

#9 Do You Have Herpes? The Answer May Surprise You!

The reason for my concern is because according to the Herpes Clinic & Institute For Better Health 1 out of 4 adults have herpes and every 30 seconds another person contracts the virus...

The scary part is that the vast majority (80-90%) of people who have herpes have NOT been diagnosed with the condition.

It is predicted that if herpes continues to spread at the current rate nearly 1/2 the adult population will eventually have herpes.

If you even think you have symptoms of herpes OR if you have ever engaged in activities that put you at high risk, I strongly recommend you use 'The Herpes Cure Guide' to help determine if you have herpes... and if you do, use the proven home cures to stop herpes BEFORE it starts...

Herpes is actually a disease of under nutrition...

Herpes is not all about sex. Herpes is one of the symptoms of a mineral and nutrient deficiency. Key minerals and nutrients are essential in the biosynthesis of proteins, production of thymulin and interferon, which are vital for a strong immune system.

When minerals and nutrients are deficient your body is vulnerable to viral attacks. Truth is there are many hidden cures and remedies that have a similar mineral and nutrient matrix and all of them come from plants.

You can live without herpes, by discovering how to read the living pages of Mama Nature. For in everything that grows you can find a healing connection, an inner intelligence a beneficial attribute that follows natural principles . . . within the grasses, in the trees and most of all within your body.

The latest cutting edge science has proven the existence of these “hidden connections.” Even in modernized countries the diseases of under nutrition are everywhere.

By finding a natural balance with diet, lifestyle, and attitude you can turn your health around and you can surely naturally prevent herpes outbreaks.

Understand this . . . herpes is NOT a drug deficiency.

Fact is most medicine prescribed comes from herbs. Modern medicine merely synthesizes and isolates the active ingredients in these herbs and patents them so that they can be sold in a more potent, expensive, & dangerous form.

A herpes virus has a programmed nature as well, but it can only thrive in a weakened immune system. By simply restoring cellular communication levels and nurturing cellular health with food you can drive herpes out of your body, for good.

You should already know using conventional medicine has failed to cure herpes and it has certainly failed to stop the spread of the virus...

Yes, you could choose to live with herpes and eventually you may adjust to the chemical effects of the treatments. That’s the power of choice that you have. However, sometimes it takes more effort and resources to fail, than it does to succeed.

Tomorrow you will either be healthier and at less risk than today, or you won't be. Weak cells reproduce weak cells and strong cells make strong cells . . . what cells your body makes is up to you.

Make yourself the author of your own life, discover how to take control of herpes and never let go again . . . nothing is more valuable than the right knowledge balance, with the will to use it.

I encourage you to take a few minutes of your time right now to read the 'The Herpes Cure Guide'. See the Product Source Directory at the back of this report for product details and ordering information.

#10 You Need To FEEL The Difference

If you are seriously looking for a natural way to eliminate the pain and frustration caused by gout, look no further. You have tried the mainstream medicines and your gout keeps coming back. I know it's frustrating, you followed the doctors orders, you took the prescribed medicine and the sudden crippling pain and inflammation keeps attacking you time and time again. Know this need not be!

According to the National Health Institutes of Science (NHIS) more than 74% of Americans are choosing natural alternatives to drugs and there is good reason for it.

The idea behind all pharmaceutical drugs comes from the fact that our planet is full of plants that have cured mankind's woes since creation.

Scientists that work for mega corporations know this and try to isolate their medicinal properties so they can synthetically mirror them to file more patents. The big catch is the synthetic copy of the natural medicine do not communicate with the genetic language of the body like the original version made by Mother Nature.

These knock off remedies are responsible for literally hundreds of thousands of deaths every year, even when "properly" prescribed.

Further, more the synthetic painkillers used for gout pain are knock offs of opiates produced by your body and found in nature. In fact, honestly opium is safer than any of these pain blockers manufactured by Big Pharma. I'm not suggesting you take any opiates either, but the truth is there are natural alternatives that I can I guarantee will solve your gout attack problem.

The whole philosophy of taking drugs to temporarily block your pain was never meant for long-term use.

The irony is your gout is triggered from your kidneys' inability to eliminate certain metabolic acid wastes that build up as hardened, sharp uric crystals in your joints. Ignore this build up by only blocking your pain and you will wind up with permanent joint damage from gouty arthritis.

Your body is sending pain signals in an attempt to tell you it needs help. You can help your body heal itself by using natural remedies to eliminate the root cause.

There are common food sourced nutrients you can get at your local grocer that are more powerful than any man made version. Molecular scientists are now explaining why this is so. You see, you have a genetic switchboard that has been hard-wired by thousands of years of eating food-sourced nutrients. Scientists call them "functional foods."

I'm talking about your common garden-variety vegetables and herbs. But, you need to discover which food sources help and which food sources don't. You should know by now that gout-causing foods increase uric acid deposits. It's not all your fault that you consumed the wrong foods. They are the ones that are common to the Standard American Diet (SAD).

By simple adding the right variety of foods to your diet you can flush out gout pain and also improve kidney function while you do it. If you are suffering from the kind of pain I know you are, it is a small thing to ask yourself to change.

Consider this fact, every synthetic drug prescribed is a poison and adversely affects your kidney and liver function, the very organs Mother Nature built into your immune system to help heal you. Remember, poor kidney function is part of your problem in the first place. Why harm yourself when instead you can help yourself?

Take the knowledge of the old and the knowledge of the new - and then act. Gout is one of the oldest ailments recorded throughout history. It was called the "disease of kings" because the kings eat all the wrong foods and delicacies. Yes, we live like kings in this country, but take my advice there are remedies to help heal your misery and pain.

Cure your gout pain form home today, the Gout Remedy Report. See the Product Source Directory at the back of this report for product details and ordering information.

#11 Discover Why Lyme Disease is the Top Infectious Disease (In Terms of Spread Rate)

Put this groundbreaking information in your hands in minutes. Keep your family safe by practicing prevention and the key to prevention is knowledge!

If you have no experience with this dreaded disease, you need read this right away!

What makes this disease so insidious is because of its “stealth like” symptoms. When the tick arrives on the human body it is as tiny as a poppy seed and the bite is virtually unnoticeable.

We can't stress enough how important this information is for you. If you or a loved one is diagnosed with Lyme Disease this information will show you how to cope with the diagnosis.

One of the primary problems with this disease is that the symptoms are very much like the symptoms of other illnesses so proper testing is a priority.

Every year, the majority of the 150,000 Lyme disease patients in the United States are children and teenagers. Mostly our youth from northern areas are common hosts for deer ticks that cause Lyme disease.

Many of our fun activities like camping, grass sports and hunting have been compromised due to the developing epidemic. Not only are our youngsters more susceptible hosts they are also more prone to developing more serious complications from the disease.

Here are a few things to prevent Lyme Disease today:

- Wear long sleeves and long pants tucked into your socks when performing outdoor activities.
- Consider wearing light-colored clothing so you are better able to see ticks if they are on you.

- Tie your hair back and wear a hat so that ticks cannot hide on your person without you knowing it.
- If hiking along a trail, try to stay in the center of the path so that you do not brush up against hedges or overhanging brush and branches where ticks may be found.
- Spray your skin and clothing with appropriate insecticides to repel and/or kill ticks. Be careful, of course, to select the appropriate insecticides and be sure to read and follow the directions carefully.
- When coming in from outdoor activities, perform a “tick check” on yourself and all individuals who were exposed to the environment. Be sure to check behind the knees, between the fingers and toes, under the arms, in and behind the ears, and on the neck, hairline, and top of the head.
- Shower after all outdoor activities. If a tick hasn’t bitten you yet, it may simply wash off and go down the drain without causing any problems.

What Should You Do If You Find A Tick?

- If a tick is found, remove immediately with tweezers with in the first 48 hours
- Remove the tick from the head, do not squeeze or handle the body.
- Save the tick on a piece of tape sealed in a plastic bag to confirm the identification.
- Swab the bite with an antiseptic.

Note: Despite what you might have heard, do NOT use such things as a hot match, nail polish, or petroleum jelly to remove a tick. These things **can actually cause a tick to burrow in further, making safe and complete removal even more difficult.**

Your input can be extremely important when a physician is trying to diagnosis symptoms in your child. Make sure you know what to share with the doctor. Even suggesting the possibility of exposure can lead to appropriate testing and could ultimately render a life-saving diagnosis.

The Lyme Disease Remedy Report is a definite “must have” for any family. This information is priceless. Don’t take chances with your family’s health. Protect your family. Get your own copy today and be prepared! See the Product Source Directory at the back of this report for product details and ordering information.

#12 Flush Out Kidney Stones Fast While You Still Can

I know what it's like to be in pain. It's hard to believe in miracles or natural remedies when you don't even understand what's going on in your body. Grasping at the nearest or most convenient pain killer or taking prescriptions to stop the pain is only human nature.

The problem is using drugs and treatments that only hide your immediate symptoms will not stop the fear of further complications.

You need to attack the source of the pain or the threat will only grow.

Kidney stones are not a subject I can write about lightly. Kidney stones are the result of a deeper underlying issue that usually occurs because of under-nutrition.

I understand it is difficult to live a perfect life and eating the right foods seems almost impossible in today's fast food marketplace. The bottom line is there are healing foods available to you, but you need to know what to look for. Part of knowing what to look for comes from understanding what forms potentially life-threatening kidney stones in the first place.

Before I reveal a simple time-tested remedy for quickly dissolving your kidney stones, I must stress the importance of getting a medical opinion from a qualified health professional. I don't know what your circumstances are, but if you are hungry for a solution to help you eliminate kidney stones quickly and with little or no pain, read on.

There is more and more evidence that points at magnesium deficiency may contribute to calcium stone formation in the kidneys. Magnesium deficiency is definitely an indication of a disordered mineral metabolism. Some researchers speculate consuming an excess of proteins and sugars, as well as not eating enough magnesium rich greens can promote calcium stones to form in the kidneys.

According to a study done by the Mineral Metabolism and Endocrine Research Laboratory, Department of Surgery, University of Erlangen, Germany, these are definite factors.

There are as many causes as there are different types of kidney stones, but one thing seems certain, dietary habits are responsible.

The secret to eliminating dangerous kidney stones is by changing what you normally put into your body. The wrong foods can cause health problems as sure as the right foods can help your body's healing processes.

If you are ready to regain control of your life, then I encourage you to read The Kidney Stone Remedy Report. It's a safe, natural and proven home remedy to dissolve and pass painful kidney stones.

You can get access right now to an amazing alternative kidney cleanse and learn what you can eat to help protect against future formation of kidney stones. See the Product Source Directory at the back of this report for product details and ordering information.

Product Source Directory

1. Doctors Are Shocked To Discover Double Diabetes Attacking Kids in Epidemic Proportions
<http://www.diabetesreversalreport.com>
2. Acid Reflux Is A Scam
<http://www.refluxresolution.com>
3. Gallbladder Infections Are A Symptom Of A Nutritional Deficiency
<http://www.gallstoneremovalreport.com>
4. Is High Blood Pressure A Marketing Device For Big Pharma?
<http://www.bloodpressurenormalized.com/special-discount.html>
5. Cure Your UTI and Help Save \$11 Billion Annually
<http://www.uti-remedy.com>
6. Graves Disease Health Alert!
<http://www.gravesdiseaseremedy.com>
7. Why Would You Resort To Taking A Drug For Erectile Dysfunction?
<http://www.ed-remedy.com>
8. Do You Feel Like You Can't Afford To Pay Attention?
<http://www.adhd-remedy.com>
9. Do You Have Herpes? The Answer May Surprise You!
<http://www.herpesremedyreport.com>
10. You Need To FEEL The Difference
<http://www.outwithgout.com>
11. Discover Why Lyme Disease is the Top Infectious Disease
<http://www.lymediseaseremedy.com>
12. Flush Out Kidney Stones Fast While You Still Can
<http://www.kidneystoneremedy.com>