

“6 months ago, I was constantly fatigued, overweight, and heading toward diabetes. Today, I’m healthy, energetic, and can fit into jeans I wore before I gave birth to three kids....”

Ex-Supermarket Employee Reveals the Secrets of How to Reprogram Your Body’s “Metabolic Code” for Optimal Health

**Record Numbers of Patients Avoid Cancer, Arthritis, Diabetes,
Alzheimer’s, and Other Devastating Illness ... for Decades ...**

Dear Health Conscious Reader,

Are you sick and tired of feeling sick and tired?

That’s exactly the way I felt last year ... all the time.

I’m a 46-year-old mother of three young kids ages 3 to 9.

As the CEO of a \$25 million publishing company, I juggle motherhood with a rewarding but stressful executive career.

So severe was my fatigue, every afternoon I had to close my office door and put my head on the desk in sheer exhaustion.

Being tired all the time made me irritable. I constantly fought with my husband ... blew my stack with my staff ... and snapped at my children all the time.

I was going to the gym for an hour every morning. But it didn’t boost my energy. Worse, I had gained lots of weight ... and could not lose a pound.

Then one evening, I ate a dinner that resolved all my health problems -- and utterly changed my life forever.

It wasn’t the food on the plate.

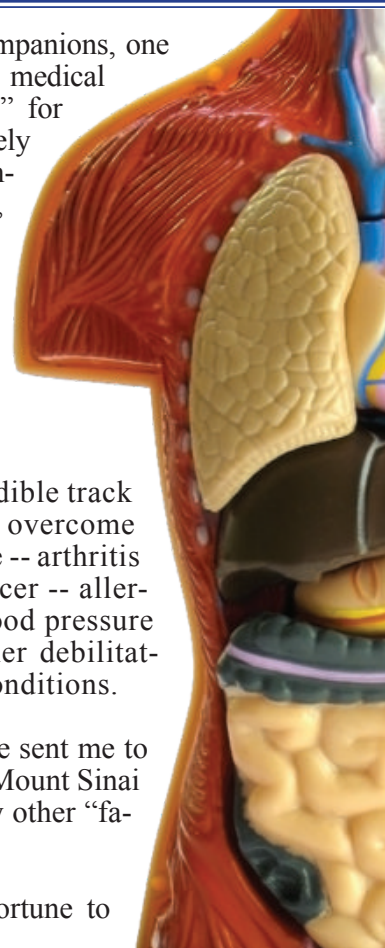
It was one of my dinner companions, one of the country’s foremost medical experts-- let’s call him “JL” for now -- who listened attentively to my tales of woe as I complained how stressed, tired, and miserable I felt.

JL handed me a business card and told me: “Make an appointment to see me at my clinic. We can help you get better.”

This clinic boasts an incredible track record of helping patients overcome insomnia -- chronic fatigue -- arthritis -- asthma -- obesity -- cancer -- allergies -- diabetes -- high blood pressure -- osteoporosis -- and other debilitating and life-threatening conditions.

To my surprise, the clinic he sent me to wasn’t the Mayo Clinic ... Mount Sinai ... Johns Hopkins ... or any other “famous” hospital.

Instead, it was my good fortune to



Saving Ryan's Life: Cracking the Healing Code



be sent to his private clinic in Cincinnati, Ohio.

When I arrived there, I discovered that over 7,000 patients have already

been treated at this clinic by JL and his team of medical experts.

My name is MaryEllen Tribby, and I am the Executive Publisher of *Early to Rise*, an online health, wealth and success newsletter reaching over 400,000 readers.

I'm writing to you today to tell you that JL's innovative approach to healing has changed my life for the better.

In fact, he has achieved results that patients and medical professionals alike are calling nothing short of miraculous:

David, a 56-year-old executive, had an enlarged prostate that was causing him to get up to urinate 3 or 4 times a night. He desperately wanted to avoid prostate surgery, which could potentially leave him impotent. The clinic treated him with bioactive compounds that blocked production of DHT, a hormone that causes the body to over-produce its normal amount of prostate cells. David shrank his prostate, avoided surgery, and can now get a peaceful night's sleep without waking to use the bathroom.

Ryan came to the clinic as an 11-year old boy with recurring bone cancer

metastasized in his lungs. His doctor had given up on him and told his parents he had less than a year to live. Today, at 18, he has not had a lung metastasis in 3 years, and is leading the normal life of a healthy teenage boy; recently, Ryan stopped by the clinic for a visit, bringing with him his first girlfriend.

AL, a middle-aged woman 100 pounds overweight was insulin resistant, pre-diabetic, and unable to control her food cravings. "After visiting the clinic, I feel in control of my body for the first time in a decade," says AL. Her cravings are gone. She has already lost 40 pounds and continues to shed weight each week.

SF, an 11-year old with Tourette Syndrome, had uncontrolled outbursts and tics over 50 times a day. After three neurologists failed to quell his symptoms, SF's parents were at a dead end. But after treatment at the clinic, SF leads a far happier life, his symptoms almost completely under control.

These and dozens of other stories like them are so compelling ... and the unique treatments at this clinic so thoroughly grounded in the revolutionary new science of achieving optimal health by balancing human metabolism ...

... that when faced with a potentially fatal illness myself (I was pre-diabetic, and my father had died

from diabetes when I was in my early 30's), I got on a plane, flew to Ohio, and put myself in this medical team's hands.

I was so impressed by the treatment I received -- and the dramatic improvement in my health and well-being -- that I pledged I would use my "pull" as a publisher to bring these life-transforming medical breakthroughs to health-conscious readers like you.

I wined and dined JL ... twisted his arm considerably ... and now, I want to send you the latest issue of his new monthly advisory, *The Healing Prescription* -- the most important health publication you will read this year.

"Gee, Mom, you're not so cranky anymore..."

As a result of JL's innovative metabolism-based approach to medicine, I not only avoided the disease that took my father's life while I was young, but I am healthier -- and feel better -- than I have in years.

My insomnia, from which I suffered every night of my life for the past few years, is gone. I'm out like a light within minutes of my head hitting the pillow ... and sleep like a baby throughout the night.

My weight loss is in the double-digits, and I am wearing jeans I wore before I had my kids.

Best of all, I have my old drive and vitality back! I am at my desk at

6:30 am full of energy and ready to face the day. After I put in my usual 10 to 11-hour day running my business, I can enjoy going to my kids' sports games. Recently my oldest daughter said, "Gee, Mom, you're not so cranky anymore!"

As I watch the games, I look around me, proud in the knowledge that I accomplish more each day than most of the other moms there who are 15 years younger than me.



My trip to the clinic in Cincinnati put me back on the road to health and wellness, absolutely changing my life and my future, so I'll be able to live my dream: being alive and well to babysit for my grandchildren when they come -- something my dad never lived to see.

Now, I want to show you how to benefit from JL's latest health breakthroughs and natural therapies -- and you won't even have to fly to Ohio like I did to learn about them!

But first, let me introduce you to the passionate and brilliant doctor who brought me back from illness and fatigue to health and vitality....

"America's best-kept health secret"

"JL" is Dr. James LaValle, a remarkable healer who started his career

working as a pharmacist at an Ohio supermarket.

It was there -- in a pharmacy surrounded by food -- that James first began to master his revolutionary nutritional approach to correcting deficiencies in human metabolism.

Today, he is a Doctor of Naturopathic Medicine, board-certified clinical nutritionist, and the Founder of the LaValle Metabolic Institute (LMI) -- perhaps the nation's premiere integra-

tive health institution for treatment of diabetes ... insulin resistance ... cancer ... allergies ... insomnia ... and a host of other conditions triggered by metabolic imbalances.

At LMI, James LaValle and his staff of medical doctors, licensed dietitians, nurses, and therapists specialize in treating, curing, and preventing illness by rebalancing the patient's metabolism.

During my initial examination, Dr. LaValle amazed me by repeating everything I had told him about my health history at our dinner meeting. (I wish my other doctors had listened half as well when I was in their exam rooms!)

He then began the process of making me well with a rigorous assessment of my metabolism, physical condition, and blood chemistry.

(Continued on page 4)

LMI is renowned for helping people that other doctors and hospitals have given up on all together. Just listen to what some of Dr. LaValle's patients are saying:

"I am a cancer patient and have been going to LaValle Metabolic Institute for help. Dr. LaValle has helped me keep the rest of my body healthy so it can fight the cancer. I would recommend LaValle Metabolic Institute to anyone. I think if it wasn't for him, I wouldn't be around right now. After talking to him, he made everything look different, so much brighter. So, if you are ill or you just need to have a healthy body, I recommend you to go to LaValle Metabolic Institute. They can really help you feel better."

--Linda Shanks, age 56, OH

"After seven pregnancies and nursing and home schooling five children, I was overweight, pre-diabetic, anxious, exhausted, and weak. I filled out LaValle's lengthy questionnaires. My first meeting was very exciting. After meeting with Dr. Pelletier, Jim LaValle, and Pam Cordes, I had a plan for restoring my health. With a multi-pronged approach using acupuncture and Chinese herbs through Dr. Peter Sheng, eating low-glycemic food regularly, daily walking and running, weights, stretching, and additional supplements from LaValle, I lost 25 pounds in 4 months. Also, I have more and more consistent energy with less irritability. I am very grateful to the staff at LaValle for helping us who want to work at being healthy."

--Anne Guthrie, age 43, OH

My test results showed that 40 out of 41 of my readings, including blood sugar and key hormones, were “off the chart” and outside of normal range. The results frankly shocked me. For example, as a Floridian, I spent quite a lot of time in the sun with my kids in the pool and on the playground. Yet my tests showed that my vitamin D levels--the vitamins you get from sunlight--were shockingly low!

Getting better was a gradual process that combined changes in eating habits, an exercise routine, and the replenishments of certain bioactive compounds in my blood stream through diet and supplementation.

But feeling positive, tangible results from my treatment by Dr. LaValle and his team wasn't gradual: within 24 hours of beginning the prescribed regimen, I felt noticeably better, less tired, and more energetic.

And that's just the beginning. Within six weeks my life had completely turned around. I was hopping out of bed before dawn, ready and raring to go. At the office I was bursting with energy ... and breezing through tasks in half the time they'd taken me earlier.

Then came the real payoff: Early dinners at home with my family, and still plenty of time for reading with my children or simply relaxing with my husband.

When I realized the power of this change in my life, that's when I pledged to tell everyone I knew about Dr. LaValle and his revolutionary metabolic approach to health improvement.

So in this letter, I want to show how Dr. LaValle -- and his team at the LaValle Metabolic Institute -- can guide YOU on the “metabolic path” to optimal health ... without ever leaving the comfort of your home!

Cracks the “metabolic code” for optimal health

“The chemical reactions of metabolism take the food we eat and transform it into the fuels and building blocks for our bodies,” explains Dr. LaValle.

These chemical reactions are necessary for providing energy for activities such as movement and thinking ... and for organ functions (e.g., digestion) and building new tissue.

“Your metabolic code is your personal body chemistry,” says Dr. LaValle. **“Virtually all health problems are caused by a metabolic imbalance resulting in undesired changes in body chemistry.”**

But it's reassuring to know that if your metabolism is off-kilter, there are many measures that can be taken to restore balance among the metabolic pathways within the body.

You don't have to settle for a medical fate preset by genetics. By modifying your diet, medications, lifestyle, exercise habits, and with nutritional supplementation, *your* health is largely within your control.

Dr. LaValle's approach to health is sensible, straightforward, and has worked for me and thousands of his patients and readers:

- Through an extensive assessment, Dr. LaValle **helps you pinpoint the metabolic imbalances that are affecting your health today** and setting you up for future problems. (The metabolic changes leading to cancer, diabetes, arthritis, and other serious disease often begin to make themselves known *8 full years or more* before they actually cause you to be ill. By catching and correcting them now, you can bypass serious illness and live a long, disease-free life.)
- Dr. LaValle and his team then **recommend lifestyle and dietary changes, along with supplementation to correct metabolic deficiencies and optimize body chemistry.** These

“I began seeing James LaValle for ‘restless legs,’ lack of mid-day energy, and chronic joint pain. Because I burn the candle at both ends, working long hours and then always finding an hour or so every day to work out, I hardly thought there could be a ‘magic cure.’ To my surprise, Dr. LaValle counseled me on how to tweak my diet, and strengthen my immune system with adrenal and thyroid support. He ‘quieted’ my restless legs, and with the nutritional and supplement support James LaValle recommends, I’m still running. I now have several family members and friends seeing Jim. They too are first amazed and then hooked. Thank you James LaValle for being the expert and professional you are. Because of you, many of us are stronger and healthier.”

—Missy Hawthorne, age 49, OH

recommendations often include nutritional supplements many doctors in the U.S. don't even know about (but are widely used in other countries) -- many of them clinically tested at the LaValle Metabolic Institute years before you hear about them.

- By making the prescribed changes, you **get your body chemistry back on track** ... make pain and other symptoms vanish ... restore energy ... lose weight ... overcome insomnia and depression ... lower cholesterol ... improve blood sugar levels ... and ensure that you don't become sick years down the road.

And now, reading Dr. LaValle's monthly health letter *The Healing Prescription* can help you benefit from his cutting edge metabolic research -- *without ever* making the trip to Ohio for an examination at Dr. LaValle's private clinic.

Why doctors go to classes taught by this ex-supermarket employee



James LaValle, R.Ph., CCN, MS, ND, the founder of the LaValle Metabolic Institute, has more than 20 years of clinical practice experience in natural and integrative therapeutics and functional metabolism.

He is a licensed pharmacist, board-certified clinical nutritionist, diplomate in

homeopathic medicine and pharmacy, and doctor of naturopathic medicine. Dr. LaValle began his lifelong study of human metabolism -- and his career of helping people achieve optimal health by correcting metabolic deficiencies -- largely by accident.

Trained as a traditional pharmacist, his first job in pharmacy was working the midnight shift at the drug counter for Kroger's supermarket.

The store was located in a poor neighborhood. Many of Jim's customers were not highly educated, and as a consequence, did not know how to prepare nutritionally balanced meals.

When I was visiting with him, Jim told me an interesting story that I want to share with you now....

One day "Loretta," a middle-aged woman, came to his pharmacy counter to pick up her diabetic medication.

"I took one look in her shopping cart and saw instantly that almost every food she was buying was exactly the kind of stuff a diabetic shouldn't eat -- corn syrup, foods loaded with trans-fat, white flour, white sugar, soda, fruit juice, cookies, potato chips, the fattiest cuts of meat -- you name it," says Dr. LaValle.

Out of concern for her health, James took Loretta around the store, made her put back the bad foods she had chosen, and replaced them with foods that would help control her insulin and blood sugar levels. Now her cart was filled with healthy, wholesome foods.

(Continued on page 7)

The one food James LaValle says you should never, ever eat



In his new special report, *The 5 Foods You Should Never Eat*, Dr. LaValle shows you which foods he warns patients to remove from their shopping carts at the supermarket -- and why.

Number one on the list of worst food ingredients: high-fructose corn syrup. This metabolic wrecking ball elevates insulin resistance, triggers metabolic syndrome, depresses the immune system, interferes with the body's ability to burn glucose, and causes dangerous depletion of key minerals including chromium, zinc, and magnesium.

Fructose is a prescription for metabolic disaster that can lead to a host of health problems including early onset of diabetes and weight gain. Reason: fructose cuts your production of leptin, the hormone that tells us we are full.

For details and to discover the other 4 foods you should avoid at all costs, sign up for *The Healing Prescription* now.

How a classically-trained pharmacist discovered a much better way to combat illness and stay healthy

“My family had a horrible history of diabetes,” says James LaValle. His grandmother died of diabetes, blind and with her toes gone. His father had also become diabetic along with all of his brothers. “I didn’t want to follow in their footsteps.”

Jim had been sickly in childhood with severe allergies. As a young man in college, Jim started experiencing his own problems with blood sugar regulation: he had severe hypoglycemia, a condition that increases your risk of becoming diabetic.

So Jim took a different approach. A family member had told him about a doctor in his area who used nutrition to address health issues.

With this doctor’s help, changes in lifestyle and diet, plus the use of nutritional supplements, Jim stopped his blood sugar levels from fluctuating, and has never become diabetic, and never suffered from hypoglycemia again.

This experience prompted James to take the knowledge gained from pharmacy and apply it to learning more about adjusting human metabolism through diet, nutritional supplements, and exercise.

He slowly figured out why, even though he was not overweight, his body chemistry had become off-kilter, and how the natural products had worked to re-balance that chemistry.

It was the beginning of his lifelong study of how traditional medicine and nutritional therapy could be combined to achieve a greater effect on the human metabolism than either individually.

Pharmacists are taught about the biochemistry of the body and how drugs and natural products work to change that chemistry. So as a trained pharmacist, James already knew that many drugs on the market are actually derived from natural products, and that pharmacy actually had roots in natural substances.

His pharmaceutical studies, combined with his experiences of personal illness during childhood and young adulthood, had set the stage to change his destiny and become a pioneer in natural metabolism-based healing....

Companies like CVS, Cardinal Health, the Rite Aid Vitamin Institute, and Long’s Drug Chain started asking James to write guides on natural health for their pharmacists and customers. Health magazines and book publishers contracted with him to write articles and books for them on natural therapies and wellness. Roche and Bayer asked James to consult with them on the formulation of new lines of natural health products.

Known to his colleagues as “the pharmacist’s pharmacist,” James LaValle is the one health care practitioner even medical doctors turn to when they get sick or need advice. He has taught metabolic medicine at the University of Cincinnati’s Colleges of Pharmacy and Medicine. More than a thousand health care professionals have attended his classes and lectures to learn the secrets of improving health through better body chemistry.

In the 1980s, Dr. LaValle became a full-time practitioner specializing in natural therapies, and has never looked back. Today, the LaValle Metabolic Institute is one of the largest integrative medicine practices in the country, with a strong track record of success.

Dr. LaValle is a member of the American College of Clinical Pharmacy and was named one of the 50 most influential pharmacists in the U.S. by American Drug-gist magazine. He is the author of over a dozen books including *Cracking the Metabolic Code: 9 Keys to Optimal Health* and *The Nutritional Cost of Drugs*.

Dr. LaValle is only one of nine people in the world chosen as a Founding Board Member of the Dietary Supplement Education Alliance. In addition, he was the nutrition expert on “Bodyshaping,” the #1 fitness program on ESPN. He has also appeared as a guest on hundreds of radio and TV shows.

As word of this “healing pharmacist” got around, Loretta’s friends began visiting the supermarket, asking James for nutritional and dietary advice.

To his delight, James discovered that teaching people how to live a healthy lifestyle was more satisfying than simply dispensing prescription medication. From this initial interaction he developed a food tagging system that empowered thousands of people with diabetes and cardiovascular disease to choose healthier foods. Before long he was being asked to spend more time advising shoppers.

Benefit from tomorrow’s medical breakthroughs TODAY

The LaValle Metabolic Institute is not just a clinic. It is also a cutting-edge research facility in metabolic pharmacology and nutrition.

“We are often chosen as a clinical test site for new dietary supplements,” says Dr. LaValle. “That way, we know about new nutritional therapies for correcting metabolic deficiencies that cause disease--sometimes years ahead of other health care practitioners.”

One of the most exciting of these nutritional therapies is a branded supplement that Dr. LaValle has prescribed for hundreds of his patients, including me. And here’s why....

If you have trouble sleeping at night, one of the reasons could be excessive stress in your life --

from stress at work, to problems at home, to worries about money and health. All of these can contribute to your insomnia.

Chronic stress over-stimulates your brain, making it difficult for your mental functions to “quiet down” at night when it’s time for sleep.

You know the feeling: you can’t fall asleep at night because you’re thinking either about work or other problems. Or, you fall asleep but wake up in the middle of the night with your mind racing.

But stress is not just mental and emotional. It can affect your very physiology... depleting key neurotransmitters, leading to disturbed sleep patterns and uncontrollable cravings -- which can cause changes in growth hormone production, blood sugar imbalances, and can compromise your immune system.

The under-publicized supplement that Dr. LaValle uses to help reduce stress and restore deep, restful sleep contains a unique blend of patented plant extracts, some of which have been used as sedatives in traditional Chinese medicine for more than 2,000 years.

In a clinical study with 773 patients, 90% said this unique bioactive compound helped them reduce fatigue caused by lack of sleep -- and 93% said it helped them relax. I’ve been taking this phytonutrient since Dr. LaValle recommended it; I don’t wake at night any more, and I fall asleep promptly after going to bed.

“Felt and looked better in 2 to 3 weeks”

Another natural health breakthrough Dr. LaValle was recommending to patients two years before it was on the market in the U.S. is a little-known dietary supplement made in Hungary from fermented wheat germ -- and approved as a medical food in Europe.

A huge body of clinical data -- including more than 100 published papers -- overwhelmingly demonstrates the benefits of taking fermented wheat germ for cancer patients and for those with autoimmune disorders.

(Continued on page 8)

4 Steps to Losing Weight -- Without Fad Diets or Prescription Pills



Approximately 70% of the U.S. population is overweight, and Americans spend billions of dollars annually on diets and weight loss programs. The 4 bioactive compounds revealed in this report can help you lose weight safely and naturally, without fad diets or dangerous prescription weight loss pills. To get your FREE copy, just call toll free now 1-800-681-2402.

The active ingredient in the fermented wheat germ slows the uptake of sugar in cancer cells, effectively starving the tumor. It also helps to prevent cancer cells from reproducing out of control.

In addition, this nutrient can even improve the efficacy and reduce the side-effects of chemotherapy. Dr. LaValle recommended it for Ryan, his 11-year-old cancer patient I told you about earlier.

“Two to three weeks after beginning the program, Ryan felt and looked better than he had in the previous year,” says Ryan’s dad. “He continues his tremendous physical recovery with the help and support of James LaValle and his staff at the LaValle Metabolic Institute.”

Like the many patients quoted above -- and thousands more -- I made the journey from illness to health at the LaValle Metabolic Institute.

Now, I want to extend to you the same opportunity to benefit from the pioneering therapies innovated at the LaValle Metabolic Institute ... even if you can’t make the trip to the clinic yourself ... by accepting my offer to join us as a Charter Member to

The Healing Prescription : The Official Health Alert of the LaValle Metabolic Institute

Today we are proud to announce we’re going to bring Dr. LaValle’s natural therapies for achieving optimal health to YOU -- in the privacy of your own home -- with

The Healing Prescription: the Official Health Advisory of the LaValle Metabolic Institute.

Each month, *The Healing Prescription* brings you the latest research findings ... breakthroughs in metabolic therapy ... new supplements ... weight-loss programs ... healthful recipes ... case studies ... and other ideas for achieving optimal health -- direct from the LaValle Metabolic Institute.

Here’s just a sampling of what you get as a Charter Member:

- **Can eating a big meal boost your libido -- or even make you horny? The surprising connection between food and sex.**
- Four natural stress busters. Take these 4 dietary supplements tonight -- and feel more relaxed and mentally sharp starting tomorrow. Also helps eliminate food cravings, promotes weight loss, prevents insomnia, and gets rid of headaches.
- **Achieve optimal cardiovascular fitness by exercising less, not longer. Quick and easy 5-step exercise routine takes just 12 minutes a day.**
- Two foods you should remove from your diet today to avoid joint pain, fatigue, and a host of other health concerns.
- **The 3 biggest lies about ab exercises ... and what you really need to do to get a six-pack stomach.**

Reduce Your Risk of Cardiovascular Disease



More than 2,600 Americans die from cardiovascular disease daily, and the two most common dietary factors putting you at risk are fat and cholesterol. This special report is your guide to foods that lower your cholesterol and risk of heart disease as well as foods to avoid. Get the straight talk on olive oil ... omega-3 ... salt ... alcohol ... folic acid ... potassium ... garlic ... green tea ... L-Carnitine ... and more. For your free report just call toll free now 1-800-681-2402.

- This little-known herb can help asthma sufferers breathe easier ... without an inhaler.
- **Why drinking too much cola can cause severe joint pain -- and even bone loss.**
- These 5 amazingly effective natural remedies can clear up your children’s ear infections faster than they can say, “Mommy and daddy, my ear hurts!”
- **Diagnosed with fibromyalgia? 12 natural remedies**

that can relieve tenderness, stiffness, aches, pains, and other symptoms.

- Throw away your Band-Aids! A common vitamin you find in grapefruit can speed your recovery after injury -- and help wounds heal up to 50% faster.
- **Get rid of hot flashes, depression, vaginal dryness, and loss of libido with 5 safe, all-natural alternatives to hormone replacement therapy (HRT).**
- Consumer rip-off alert: the awful truth about canola oil ... energy bars ... farm-raised salmon ... soy ... frozen yogurt ... and other popular "health foods" that are anything but.
- **Why diet soda makes you fat -- even though most diet sodas contain no sugar and no calories.**
- This best-selling blood pressure medication can deplete your magnesium, zinc, sodium, and potassium to dangerously low levels. If you must take it, here's what you should do to counter-balance drug-induced nutrient depletion.
- **Can drinking a glass of ordinary store-bought cranberry juice really clear up a serious urinary tract infection? The answer will surprise you!**
- The best foods to eat for reducing breast cancer risk ... despite the AMA's advice to the contrary.
- **A simple change in diet dramatically reduces your risk of losing vision due to age-related macular degeneration.**
- 4 ways to relieve urinary problems and shrink an enlarged prostate -- without prescription drugs, radiation, or risky surgery.
- **The dangers of taking antacids to relieve heartburn -- and why you should not.**
- St. John's Wort can be an adequate alternative to Prozac for mild depression. But if your serotonin levels are low, try this natural remedy instead. Plus: beat the winter blues with this special light bulb (ordinary incandescent bulbs don't work).
- **The 4 early warning signs of serious magnesium deficiency ... and what to do about each.**
- One out of five women who fractures her hip dies from complications within 90 days. Here are 3 bioactive compounds that can increase bone density -- and lower your risk of fracture from a fall.
- **This delicious beverage is proven to increase longevity in scientific studies. Hint: it's NOT green tea.**
- Strengthen your immune system with this natural, painless colon cleanser. You take it orally at home -- no unpleasant or invasive procedures required.

More patients who praise Dr. James LaValle

"I started menopause and had a hysterectomy. My sex life was non-existent; I loved my husband but could not tolerate sex at all. My doctor at the LaValle Metabolic Institute talked to me and understood all I was feeling and experiencing. She gave me supplements and medications ... mood improved, hot flashes in the past, irritability gone, and WOW -- sex was awesome! I began to desire my husband again."

--Maria Misali, age 51, OH

"I now have more energy to get through the day due to supplements, conscious eating patterns, and daily exercise. I now realize the importance of blood analysis that reveals exactly what my body needs to stay healthy and balanced. The depth of knowledge that I received about food, nutrients, and supplements has forever changed how I choose to take care of myself."

--Sherry McHenry, age 57, OH

"Not only am I losing weight, but another benefit of the Metabolic Code Diet (MCD) has been the increase in my overall health. I have more energy, my blood work is approaching normal ranges, and I think the lifestyle changes I have made through this program will add years to my life."

--Nancy Reed, age 54, OH

(Continued on page 10)

"I've lost 45 pounds and 2 sizes in 6 months. I have so much energy and I can think clearly now. My blood sugar has come down and my food cravings are almost non-existent! The MCD program and the supplements have made a difference. This is a better way of life and I enjoy living so much now."

--Trudy Mowell, age 48, OH

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"This program has finally brought scientific answers and insight to my weight loss challenges and more importantly my family's health. It has pushed me to explore and learn all the wonderful vegetables and proteins available, that I had been missing before. And more importantly, the education it has brought my husband and I regarding our children's diet and environment is invaluable. Every parent-to-be should take these classes to understand the importance of your child's diet and all the challenges and obstacles our environment and world around us create for their health and future. Regardless of the weight loss I've accomplished, I am so thankful that I am more aware and taking steps for my family to live longer, healthier lives. Thank you for that."

--Michelle Moran, age 34, OH

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"I have been able to overcome cravings much easier by taking sucralose and gluten out of my diet. I feel better physically, have continued weight loss, and find this program easier to follow than others I've tried in the past."

--Janet Allen-Reid, age 49, OH

"I thought my life was over the day a pediatrician told me my 5-year old son was autistic. Today, 13 months after beginning treatment, my son has undergone a complete metamorphosis. Danny has emerged from his cocoon to become the beautiful butterfly he is. I can't thank the staff at the LaValle Metabolic Institute enough for what they have done. They have given me the son I might never have known."

--Erin Halovanic, OH

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"Everyone at the LaValle Metabolic Institute is so helpful and concerned for my well being. I feel better than I have in a long time. I have more energy. I have learned so much."

--Constance Kirk, age 55, OH

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"Most of my food cravings have been eliminated and I lost 14 pounds. Physically I have more energy, and I have a more optimistic outlook for my future."

--Linda McGeehan, age 61, OH

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"Bottom line, I have lost almost 30 pounds. My cholesterol has dramatically improved, and my blood pressure has come down. I greatly appreciate the dedicated staff at the Institute. Their knowledge, experience, and support are outstanding. They have made a difference."

--Jim McVicker, age 62, OH

- **5 steps to reducing the food cravings and hunger pangs that make you put on weight.**
- The little-known yet extremely common vitamin deficiency that's more of a risk factor in deaths from ischemic heart disease than smoking, high blood pressure, or even high cholesterol levels. Available at the supermarket, a pill a day can stop atherosclerosis in its tracks.
- **The 10 common causes of insomnia and other sleep problems ... and 9 proven ways to overcome them ... and get a good night's rest.**
- Taking antibiotics can actually make you sicker. Here's how to get the full benefits of the antibiotics your doctor prescribes -- with none of the side effects.
- **Are anger and rage making you fat? 5 ways to gain control of your emotions -- and take off the pounds.**
- Your cells are absolutely dependent on coenzyme Q10 to produce energy. But taking any of these 35 common prescription drugs can cause angina, high blood pressure, stroke, and other illness brought on by CoQ10 depletion.
- **Is the diabetes medication your doctor prescribed slowly destroying your heart? Here's a safe, effective, and all-natural bioactive alternative.**

- 9 ways to adjust your metabolism to normalize body chemistry, stave off illness, increase energy, and achieve optimal health. If even one of these metabolic factors is out of whack, it can make you deathly ill.

- **And much, much more...**

Whether you are 18 or 80, male or female, in good health or poor, Dr. LaValle's advice in *The Healing Prescription: Restoring and Maintaining Vitality, Wellness, and Longevity* can make a dramatic and almost immediate change in your life.

Best of all, you don't have to wait weeks for an appointment at his clinic, like I did. Because as a *Healing Prescription* Charter Member, you can benefit from Dr. LaValle's metabolic health breakthroughs right now....

Your best health starts today

Here are the privileges and health benefits that are yours when you accept my offer to become a Charter Member to *The Healing Prescription* on a no-risk trial basis:

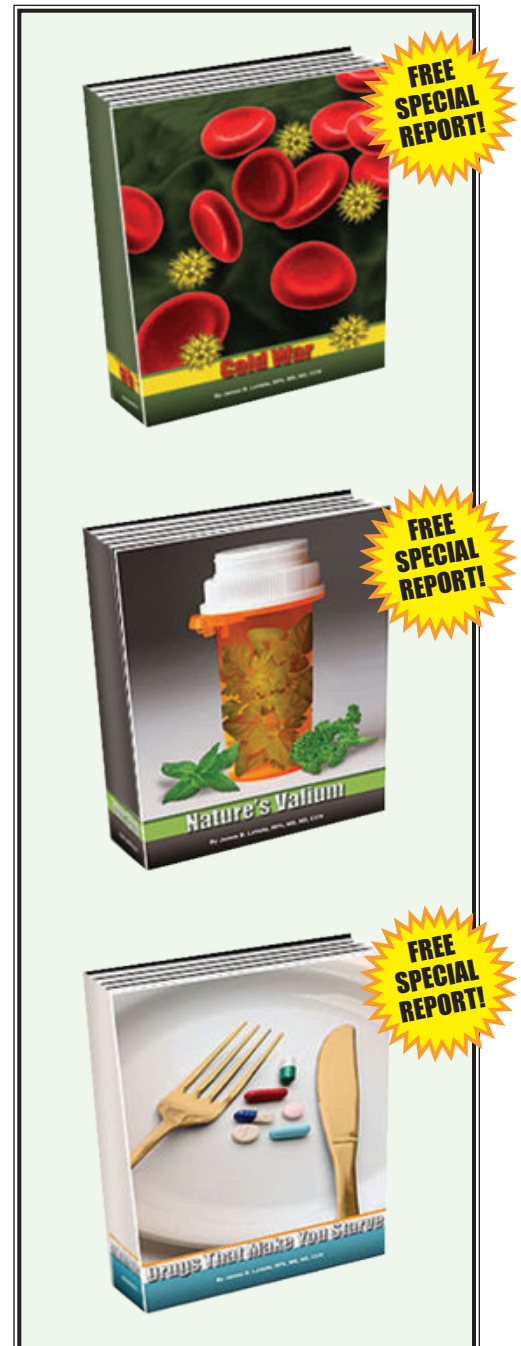
- ***The Healing Prescription* ...** a 1-year membership brings you 12 monthly issues of the official 8-page research bulletin and health alert of the LaValle Metabolic Institute delivered via U.S. Postal Service to your mailbox. Topics covered include: aging ... stress ... diabetes ... insulin resistance ... glucose tolerance ... energy ... sleep ... men's

health ... women's health issues ... joint pain ... hormones ... metabolism ... herbal remedies ... diet ... nutrition ... lifestyle ... fitness ... and more.

- ***Total Health Breakthroughs* ...** between monthly issues of *The Healing Prescription* you get the twice-weekly *Total Health Breakthroughs* e-newsletter with quick health tips, late-breaking news, exercise routines, recipes, recommended nutritional supplements, and more.
- ***Members-Only Discounts* ...** savings of 10% and more on dietary supplements sold and recommended by Dr. LaValle at the LaValle Metabolic Institute online store. This alone can save you hundreds of dollars a year -- and pay back the cost of your membership to *The Healing Prescription* many times over!
- ***Insight from LMI's Team of Medical Experts* ...** our members get regular communiqués on medical research, health, and wellness from LMI's 80-member staff including: strength trainer Carlo Alvarez, former conditioning coach for the Cleveland Indians ... Maureen Pelletier, M.D., author of the *Complete Idiot's Guide to Menopause* ... Dr. Gary Huber, a board-certified emergency medicine physician ... Laura LaValle, a registered and licensed dietician ... dietician Katherine Wight ... and nurse Pam Cordes.

6 life-saving special reports -- yours **FREE**

In addition to all of the above -- the monthly newsletter, twice-weekly e-mail bulletins, members-only discounts, and information from the clinic's staff on the most current health breakthroughs -- you also get this valuable health library of 6 Special Reports written by Dr. LaValle absolutely free:



(Continued on page 12)

- **Special Report #1: The 5 Foods You Should Never Eat ...** compelling reasons why you should avoid high-fructose corn syrup ... trans-fat ... refined sugar ... and other foods that may be making you sick. Plus: 3 artificial sweeteners you should never use -- and the only one that's safe.
- **Special Report #2: Natural Remedies for Lowering Cholesterol and Risk of Cardiovascular Disease ...** more than 2,600 Americans die from cardiovascular disease daily. The two most common dietary factors putting you at risk? Fat and cholesterol. This report is your guide to foods that lower your cholesterol and risk of heart disease as well as foods to avoid. Get the straight talk on olive oil ... omega-3 ... salt ... alcohol ... folic acid ... potassium ... garlic ... green tea ... L-carnitine ... and more.
- **Special Report #3: Cold War: Your Defense Against Cold and Flu Season ...** does taking vitamin C really reduce the duration and severity of colds? You'll find the answer -- and the science behind it -- in this report. It also gives you the truth about zinc lozenges, echinacea, garlic, golden seal, and common homeopathic cold and flu remedies. Do they work ... or are they simply a waste of your time and money?
- **Special Report #4: Four Steps to Diet-Free Weight Loss ...** approximately 70% of the U.S. population is overweight, and Americans spend billions of dollars annually on diets and weight loss programs. The 4 bioactive compounds revealed in this re-

port can help you lose weight safely and naturally, without fad diets or dangerous prescription weight loss pills.

- **Special Report #5: Nature's Valium ...** instead of popping Valium or Xanax to relieve anxiety, try this safe, gentle, natural botanical agent instead. It helps to balance the stress on your adrenals -- to keep your cortisol levels in check.
- **Special Report #6: Drugs That Make You Starve ...** dozens of common prescription medications actively deplete magnesium, chromium, and other vital nutrients in your body to dangerously low levels. In this special report, you'll get a checklist of these drugs ... the bioactive compounds they rob you of ... and how to overcome their nutrition-depletion effects.

All 6 of these special reports are yours FREE when you accept my offer to become a Charter Member to *The Healing Prescription* on a 60-day no-risk trial basis.

To receive your 6 FREE Bonus Reports immediately, just call our toll free number 1-800-681-2402.

What does it cost to benefit from Dr. LaValle's cutting-edge nutritional health research and therapies?

Normally Dr. LaValle is booked solid with patients a month or more in advance, and it takes 3-4 weeks to get an appointment for a personal consultation.

The initial exam is \$300 and does not include the cost of supplements, round-trip airfare to Cincinnati, and

food and lodging -- not to mention losing a day or two at work. You can easily spend hundreds or even thousands of dollars to receive the doctor's expert advice and follow the treatment plan he creates for you.

But there's no waiting -- and you won't have to drain your bank account -- to get your hands on the latest issue of Dr. James LaValle's newsletter, *The Healing Prescription* and benefit from his metabolic health breakthroughs right away.

As a Charter Member, your cost for a full year of *The Healing Prescription* is just \$49. Or, subscribe for a full 2 years for only \$79 -- our lowest rate available. You save nearly 20%.

A membership to *The Healing Prescription* brings you ongoing advice and support from Dr. James LaValle -- and his entire staff at the LaValle Metabolic Institute -- all year long for as little as 11 cents a day.

Surely, improving your health and wellness throughout the year is worth a dime and a penny a day, right?

Satisfaction guaranteed or your money back

Your Charter Membership to *The Healing Prescription* comes without commitment or obligation of any kind.

If you are not 100% satisfied with *The Healing Prescription*, just let us know within 60 days for a full and prompt refund of your entire membership fee.

After 60 days, *The Healing Prescription* must continue to please you. If not, you may cancel at any time for a full refund on the unused portion of your membership.

That way, you risk nothing.

Whatever you decide, all issues and bonus materials received are yours to keep FREE ... it's my way of saying "thanks" for giving *The Healing Prescription* a try.

James LaValle gave me back my life. Now I want him to help you enjoy optimal health every day of the year.

There are lots of people out there posing as health experts and pretending they have all the answers for what ails you.

I know, because when I became pre-diabetic, gained weight, and was suffering from fatigue, I searched far and wide ... and tried more things that didn't work than I care to count.

With this launch of *The Healing Prescription*, I wanted to be certain that we were offering health advice that actually worked -- not just health advice I thought we could market.

So after telling Dr. James LaValle my entire medical history at a dinner last year, I decided to make myself the guinea pig -- and become his patient before committing to publishing him.

In short order, James' treatments got my blood sugar, triglycerides, cholesterol, hormone, and other levels all within normal range ... helped restore my energy, mood, and vigor ... eliminated my insomnia ... and even helped me lose pounds I'd been unable to shed on my own despite vigorous daily exercise.

Now, although I am still the oldest mom at my kids' soccer games, I am no longer the most tired -- even though I'm one of the few with both young kids and a high-pressure executive career.

Instead, I have the energy to enjoy both my work and my personal life with enthusiasm ... and I haven't even mentioned how things have changed in my marriage! (I'll leave it at that, but let me just say both me and my husband are smiling more these days.)

And with the metabolic adjustments Dr. LaValle's treatments achieved for me, I am no longer insulin resistant. The early death my father suffered from diabetes while I was still in my 30s isn't in my future any more. I fully intend to babysit some day for my future grandkids -- something my dad never lived to do.

As a happy patient, I am supremely confident that Dr. James LaValle, his team, and his writing can make a positive impact on your health and your life ... quickly, easily, and without straining your wallet.

Over 7,000 patients and health care professionals have already benefited from Dr. LaValle's unique metabolic approach to achieving optimal health. Now, I am delighted to bring the breakthrough healing therapies of this world-class expert right to your home.

So what are you waiting for?

To activate your risk-free Charter Membership to Dr. James LaValle's *The Healing Prescription*, call toll-free 1-800-681-6476.

You'll be glad you did.

Sincerely,



MaryEllen Tribby

Patient of Dr. James LaValle
Publisher, *The Healing Prescription*

P.S. Remember, order your risk-free 60-day trial membership to *The*

Healing Prescription today and get 6 FREE Bonus Reports:

1. *Five Foods You Should Never Eat.*
2. *Natural Remedies for Lowering Cholesterol.*
3. *Cold Wars.*
4. *Four Steps to Weight Loss.*
5. *Nature's Valium.*
6. *Drugs That Make You Starve*

These valuable health reports are yours to keep, regardless of whether you become a charter member of *The Healing Prescription*.

To activate your no-risk charter membership ... and get your FREE bonus reports ... just call our toll free number 1-800-681-2402

P.P.S. Quick-Response Bonus. Order by phone within 72 hours and get an additional special report, *No More Arthritis Aches and Pains*.

Glucosamine and chondroitin are the "800 pound gorillas" of natural remedies for relieving arthritis pain. But would you be better off taking SAME, MSM, Boswellia, or CMO? You'll find the answers here. Some patients report improvement in arthritic symptoms of over 63%!

My pledge to you

Our mission is to bring you the best health and wellness advice at prices that are always fair and affordable. And there's never any obligation or commitment.

If you ever decide that *The Healing Prescription* does not live up to this promise, just let us know. We'll immediately stop your service and send you a full and prompt refund on the unused portion of your membership.

**--MaryEllen Tribby, Publisher
*The Healing Prescription***

You Get 6 Free Bonus Reports:

**6 FREE
SPECIAL
REPORTS**



**FREE
SPECIAL
REPORT!**

#1: 5 Foods You Should Never Eat.

In his new special report, *The 5 Foods You Should Never Eat*, Dr. LaValle shows you which foods he warns patients to remove from their shopping carts at the supermarket -- and why. Plus: 3 artificial sweeteners you should never use -- and the only one that's safe.



**FREE
SPECIAL
REPORT!**

#2: Natural Remedies for Lowering Cholesterol.

More than 2,600 Americans die from cardiovascular disease daily, and the two most common dietary factors putting you at risk are fat and cholesterol. This special report is your guide to foods that lower your cholesterol and risk of heart disease as well as foods to avoid. Get the straight talk on olive oil ... omega-3 ... salt ... alcohol ... folic acid ... potassium ... garlic ... green tea ... L-Carnitine ... and more.



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SPECIAL
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Approximately 70% of the U.S. population is overweight, and Americans spend billions of dollars annually on diets and weight loss programs. The 4 bioactive compounds revealed in this report can help you lose weight safely and naturally, without fad diets or dangerous prescription weight loss pills.



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SPECIAL
REPORT!**

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Instead of popping Valium or Xanax to relieve anxiety, try this safe, gentle, natural botanical agent instead. It helps to balance the stress on your adrenals -- to keep your cortisol levels in check.



**FREE
SPECIAL
REPORT!**

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Dozens of common prescription medications actively deplete magnesium, chromium, and other vital nutrients in your body to dangerously low levels. In this special report, you'll get a checklist of these drugs ... the bioactive compounds they rob you of ... and how to overcome their nutrition-depletion effects.

Our Unconditional Money-Back Guarantee of Satisfaction

If you are not 100% satisfied with *The Healing Prescription*, just let us know within 60 days for a full and prompt refund of your entire subscription fee. After 60 days, *The Healing Prescription* must continue to please you. If not, you may cancel at any time for a full refund on the unused portion of your subscription. Whatever you decide, all issues and bonus materials received are yours to keep FREE ... my way of saying "thanks" for giving *The Healing Prescription* a try. That way, you risk nothing.

Risk-Free Membership



The Healing Prescription
Restoring and Maintaining Vitality, Wellness and Longevity

Yes, I want to benefit from Dr. James LaValle's metabolic approach to achieving optimal health. Activate my no-risk Charter Membership to *The Healing Prescription* according to the terms indicated below: Please see the term I have selected below and rush me the first issue of ***The Healing Prescription***.

☐ **Best Deal. 2 Year Charter Membership**
(24 monthly issues, members-only discounts) for just \$79. I save \$19 and get 6 free bonus reports.

☐ **Great Deal. 1 Year Charter Membership**
(12 monthly issues, members-only discounts) for just \$49 and I also get 6 free bonus reports.



Payment Information

- ☐ Check Enclosed. Make checks payable in U.S. funds to **THE HEALING PRESCRIPTION**
☐ Charge My Credit Card: ☐ Master Card ☐ Visa ☐ Amex ☐ Discover

Credit Card Number

Exp. Date

Signature

E-Mail Address

()

Phone Number (in case of questions about your order)

Name

Address

City

State

Zip

Quick-Response Bonus!

Plus, since I am responding by phone within 72 hours. Send my FREE quick-response bonus report, ***No More Arthritis Aches and Pains***. Glucosamine and chondroitin are the "800 pound gorillas" of natural remedies for relieving arthritis pain. But would you be better off taking SAME, MSM, Boswellia, or CMO? You'll find the answers here. Some patients report improvement in arthritic symptoms of over 63%! **PHONE NOW!**



If you prefer to fax, phone, or mail your order in please print this page and follow the instructions below.



• **Phone:**
Call 1-800-681-2402



• **Fax:** Simply fax the
completed order form
to 561-819-0336



• **Mail:** Send the completed order form to:
Fourth Avenue Health Group
Attn: **The Healing Prescription**
PO Box 925, Frederick, MD 21705

For More Information Call: 1-800-681-2402



“Dr. James LaValle gave me back my life. Now I’ve asked him to help YOU enjoy optimal health -- like I do – every day of the year.”

--MaryEllen Tribby, Publisher

MaryEllen was sick and tired of feeling sick and tired. She was overweight and fatigued, suffered from insomnia, and was pre-diabetic.

After being tested and treated by Dr. James LaValle and his team, MaryEllen felt a whole lot better. Her blood sugar levels returned to normal and she lost 11 pounds.

She also has her energy back, and the insomnia is gone. She gets a good night’s sleep each evening, and awakens refreshed each morning to start the new day.

Inside: How you can benefit from Dr. LaValle’s unconventional therapies in the comfort and privacy of your own home – without visiting his clinic in Ohio.

Turn to page 15 to claim your 6 FREE Special Reports....



The Healing Prescription
Restoring and Maintaining Vitality, Wellness and Longevity

Fourth Avenue Health Group
The Healing Prescription
Membership Processing Department
PO Box 925
Frederick MD 21705-9913

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