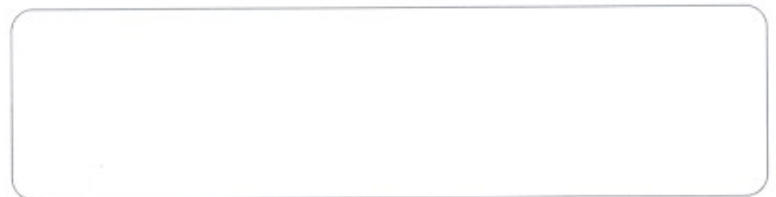




INSIDE: essential tools for staying healthy at home....

- ✓ New findings on cholesterol supplements.
- ✓ Does drinking wine protect your heart?
- ✓ Best age to start getting mammograms.
- ✓ Is testosterone therapy safe for men?
- ✓ 15 steps to your healthiest diet.
- ✓ Can glucosamine reduce arthritis pain?
- ✓ How to get all the vitamin D you need.
- ✓ Cut your risk of stroke in half.
- ✓ Does Echinacea get rid of colds?
- ✓ Better ways to screen for prostate cancer than PSA.





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New from the University of California at Berkeley...

Essential tools you can use to maintain and improve your health at home – **GUARANTEED** or your money back!

Dear Health-Conscious Reader:

"Is it safe to take hormone replacement therapy?"

"Does cranberry juice help get rid of a urinary tract infection?"

"Could my problem peeing be prostate cancer?"

"What's this lump under my skin?"

"Can I lower my cholesterol without taking statin drugs?"

As you get older, you have more health problems, more frequently. You live with aches and pains. You worry about your health more, too. Your medicine chest fills up with costly prescription drugs. Doctor visits become more frequent.

But you don't want to spend your life worrying or waiting around in the doctor's office. So how can you free yourself from health worries, become a more knowledgeable consumer of medical services, and proactively take important steps to improve your wellness at home ... while saving money, too?

That's where *The Wellness Reports* from the University of California at Berkeley come in — and now you may examine them risk-free for 30 days by mailing the form enclosed.

Written by Medical Doctors, not medical writers

Much of the so-called health "information" published these days is assembled by Internet entrepreneurs and written by freelance writers, many of whom don't know more about medicine or health than you do.

The Wellness Reports, a welcome contrast, are written by a team of expert medical doctors, all on staff at the University of California at Berkeley, one of the nation's most prestigious medical colleges.

The University of California, Berkeley has built an extraordinary record of achievement. Its faculty has produced 20 Nobel laureates, 5 Pulitzer Prize winners, 131 appointees to the National Academy of Sciences, and 30 winners of the National Medal of Science.

Please turn page

Founded in 1868, the University of California, Berkeley is recognized as a leading research center in chemistry, biology, and many other scientific fields. From identification of the flu virus to today's high-tech tissue engineering, Berkeley research has repeatedly found the answers to the most perplexing health problems facing doctors today.

Our *Wellness Letter* authors include such medical luminaries as:

Dr. John Edward Swartzberg, MD, FACP ... an internist and infectious disease specialist with more than 30 years experience as a primary care physician ... Clinical Professor of Medicine at UC Berkeley.

Dr. Ronald M. Krauss, MD, FAHA ... a senior scientist and director of atherosclerosis research at Children's Hospital Oakland Research Institute ... Adjunct Professor of Medicine at University of California San Francisco ... served as chairman of the Nutrition Committee for the American Heart Association.

Laura E. Stachel, MD, MPH ... a board-certified obstetrician/gynecologist with 14 years of clinical experience... lecturer in the UC Berkeley/San Francisco Joint Medical Program and Associate Director of Emergency Obstetrics.

What difference does it make who gives you your medical advice? Plenty? Doctors are the only ones with the education and background to separate fact from fiction when researching health claims and analyzing clinical studies. Mere medical writers simply don't have the background.

Which is why you can trust the information and advice you get in the UC Berkeley *Wellness Reports*. And here's just some of what you'll discover in this valuable resource when you act today....

Wellness Report #1: Controlling Your Cholesterol

With our eating habits, it's no wonder that 610,000 Americans will have a first heart attack this year — and heart attacks remain the leading cause of death in the United States. But by following the advice in *Controlling Your Cholesterol: Your Complete Guide to Heart Health*, you can lower elevated blood cholesterol levels ... one of the most effective ways to reduce your risk of heart attack and other cardiovascular disease.

In this special report, you will discover:

- ▶ How to reduce your risk for heart disease with toothpaste. Page 30.
- ▶ 5 ways to raise your levels of "good" (HDL) cholesterol. Page 47.
- ▶ Can taking aspirin reduce your risk of heart attack? Page 7.
- ▶ Number of eggs you can eat per day without increasing your risk of heart disease. Page 10.
- ▶ Taking red yeast as a substitute for statin drugs? Why you should not. Page 58.
- ▶ Risk factors that cause high LDL cholesterol. Can you name them all? Page 14.
- ▶ Lower elevated levels of triglycerides by laying off the booze. Page 35.
- ▶ 5 keys to successful weight control. Page 43.
- ▶ Will eating grapefruit cancel the effects of your statin drugs? Page 57.
- ▶ How to get more omega-3 in your diet — without taking fish oil. Page 45.
- ▶ 6 heavily advertised supplements claiming to lower cholesterol that you should not take. Page 50.
- ▶ Calculate your risk of a heart attack using this simple formula. Page 20.
- ▶ 6 ways to reduce your levels of LDL or "bad" cholesterol. Page 47.

- ▶ At what age should you start having your cholesterol levels tested? It may be younger than you think. Page 17.
- ▶ Can eating saturated fat clog your arteries? The surprising answer. Page 10.
- ▶ Delicious breakfast cereals that can reduce your risk of stroke by 35%. Page 27.
- ▶ 5 risk factors for heart attack that you can control. Page 25.
- ▶ Should you use coenzyme Q-10 supplements if you take statin drugs? Page 57.
- ▶ 7 out of 10 heart attack victims have this early warning sign. Page 26.
- ▶ The awful truth about calcium and cardiovascular disease. Page 23.
- ▶ Are you likely to have a heart attack? 6 ways to know. Page 29.
- ▶ Prescription statin drug cuts risk of stroke in half. Page 32.
- ▶ Best age to start getting tested for cholesterol. This may surprise you. Page 17.
- ▶ This cholesterol-lowering prescription drug can actually increase your chances of getting type 2 diabetes. Page 53.
- ▶ And so much more....

Wellness Report #2: Dietary Supplements

It's ironic: Americans spend at least \$25 billion annually to buy dietary supplements. But many are skeptical about their efficacy. Our new 2011 wellness report, *Dietary Supplements: Your Complete Guide to Making the Best Choices*, is the ultimate consumer's guide to using the right dietary supplements and avoiding the wrong ones. In it, you'll find:

- ▶ Why you should not take colloidal mineral supplements. Page 5.
- ▶ 5 facts you should know before taking melatonin as a sleeping pill. Page 18.
- ▶ 3 dietary supplements that may relieve arthritis pain. Hint: it's not glucosamine or chondroitin. Page 22.
- ▶ How to get all the antioxidants you need without taking pills. Page 11.
- ▶ The awful truth about conjugated linoleic acid. Page 25.
- ▶ 5 foods that can give you all the vitamin E you need. Page 58.
- ▶ A powerful dietary supplement that can shrink an enlarged prostate and eliminate peeing problems. Page 52.
- ▶ 5 situations in which you should consider taking an omega-3 fatty acid supplement. Page 26.
- ▶ What's the ideal daily dosage of vitamin C? The answer will shock you. Page 57.
- ▶ What you need to know about blue-green algae supplements. Page 29.
- ▶ 8 cholesterol-lowering supplements rated for effectiveness and safety. Page 30.
- ▶ This vitamin may help you delay or prevent confusion and memory loss. And: 8 memory supplements you should forget about taking. Starts on page 23.
- ▶ Can Echinacea strengthen your immune system and help fight the common cold? Page 41.

- ▶ Best time in your life to take iron supplements. Plus: 6 risk factors for iron deficiency. Starts on page 19.
- ▶ 7 tips for choosing the right multi-vitamin. Page 32.
- ▶ Is black cohosh really effective for treating hot flashes and menstrual cramps? Page 36.
- ▶ The dietary supplement that can help fight peripheral vascular disease. Page 37.
- ▶ 7 important reasons to take folic acid. Page 44.
- ▶ Why garlic you eat in cooked food has little or no health benefit. Page 46.
- ▶ Hidden dangers of using St. John's Wort as a substitute for anti-depressants. Page 51.
- ▶ A vitamin that works with calcium to keep bones strong. Page 12.
- ▶ People with any of these 4 conditions should not take herbal supplements. Can you name them all? Page 7.
- ▶ Don't get ripped off by marketers selling hoodia supplements. Here's what they lack that pure hoodia has. Page 47.
- ▶ Will taking resveratrol help you live longer? Page 50.
- ▶ Avoid this coenzyme scam. Page 39.
- ▶ 5 warning signs that you should not take a nutritional supplement. Page 10.
- ▶ And so much more....

Wellness Report #3: Eating for Optimal Health

"Let food be they medicine, and medicine be they food," said Hippocrates. Even in Hippocrates' time, the link between food, nutrition, and health was well recognized. In *Eating for Optimal Health: Your Expert Food and Nutrition Guide*, you'll learn the latest thinking and discoveries on how to maintain optimal health by eating correctly. Including:

- ▶ Smoothies are delicious. But beware of these false health claims made in their behalf. Page 31.
- ▶ The milk that may be better for you than cow's milk. Page 33.
- ▶ 4 tips for buying the healthiest salmon. Page 44.
- ▶ Little-known trick gets you to eat fewer calories and still feel satisfied. Page 43.
- ▶ Which is the worst way to cook vegetables — boiling, steaming, stir-frying, or microwaving? Page 29.
- ▶ 8 reasons why you should eat more nuts. Page 22.
- ▶ Turn off the oven, stovetop, and broiler to lower your risk of heart disease and reduce your chances of being overweight. Page 29.
- ▶ Little-known dangers of eating chickens raised in coops. Page 38.
- ▶ Why milk sold in clear bottles may not be as nutritious as milk sold in cardboard containers. Page 35.
- ▶ Simple formula shows you your daily fiber requirement. Page 16.
- ▶ 15 keys to a healthy diet. Page 5.
- ▶ Drink beer, wine, or liquor to reduce your Alzheimer's risk 47%. Page 45.

- ▶ The shocking truth about kosher meat. Page 43.
- ▶ The 2 most important nutrients for building strong bones. Page 33.
- ▶ 5 benefits of eating cranberries. It's not just treating urinary tract infections. Page 40.
- ▶ A great food for getting vitamin D (hint: it's not milk). Page 42.
- ▶ How to cook your vegetables so they don't lose their nutrients and phytochemicals. Page 29.
- ▶ Why an Asian diet can reduce your risk of cancer and heart disease more than a typical western diet. Page 30.
- ▶ Eating too much at restaurants? Probably: plates have increased in size 66%. Page 43.
- ▶ 24 foods loaded with sodium that you may want to avoid. Page 27.
- ▶ Do eggs raise cholesterol? You'll find the answer on page 39.
- ▶ And so much more....

Wellness Report #4: Women's Health

From breast cancer concerns and osteoporosis, to menopause and pregnancy, women have to cope with numerous health concerns that men do not. In this report, you'll gain strategies and knowledge to keep yourself, your wife, or your daughter as healthy as possible. Including:

- ▶ Simple change of diet can reduce your breast cancer risk 40%. Page 6.
- ▶ 8 things you can do to recharge a declining sex drive. Page 46.
- ▶ Should a bad dental checkup trigger concerns about cardiovascular health? Page 25.
- ▶ 4 steps to a more accurate Pap test. Page 15.
- ▶ Can high blood pressure increase your risk of dementia? Answer on page 23.
- ▶ 11 vitamins and minerals that can help build and maintain your bones. Page 34.
- ▶ Change in eating habits can cut your risk of developing heart disease in half. Page 24.
- ▶ 12 early warning signs that you could develop osteoporosis. Page 29.
- ▶ The epidemic risk factor for cancer that half of Americans don't know about. Page 11.
- ▶ The 4 early warning signs of ovarian cancer. If they persist for 2 or 3 months, make an appointment with your gynecologist. Page 12.
- ▶ Are you at risk for a heart attack? This simple test can give you the answer. Page 27.
- ▶ 11 keys to preventing sexually transmitted diseases. Page 48.
- ▶ A pleasant — and tasty — way to reduce your risk of becoming obese by 30%. Page 55.
- ▶ 8 ways to prevent vaginal infection. Page 53.
- ▶ Ideal frequency for having a blood pressure test... cholesterol measurement... pap test... mammogram... colonoscopy... diabetes screening... bone-density test... page 56.
- ▶ 6 things you can do now to ward off osteoporosis. Page 31.
- ▶ Hidden dangers of drinking cranberry juice to get rid of a urinary tract infection. Page 51.

- ▶ 8 steps you can take to prevent cancer. Page 7.
- ▶ Drinking habits that can cut your risk of heart attack in half. Page 25.
- ▶ 5 tip for screening for cervical cancer. Plus: can too much sex increase your chances of cervical cancer? Page 15.
- ▶ Best time of month to schedule a mammogram; makes results more accurate. Page 9.
- ▶ Women who are on the Pill can reduce their risk of ovarian cancer 30% to 50%. Here's why. Page 13.
- ▶ And so much more....

Wellness Report #5: Men's Health

Like women, men also have a number of gender-specific health worries. These can include low testosterone, prostate cancer, erectile dysfunction, and more. You can find the answers to your questions about men's health in the *Men's Health Wellness Report: Your No-Nonsense Guide to Staying Well*. For example:

- ▶ 8 ways to live a normal life with benign prostate hyperplasia (BPH). Page 38.
- ▶ The hidden dangers of being an out-of-shape workaholic. Page 57.
- ▶ 7 ways to make it look like you have a full head of hair -- even when you don't. Page 45.
- ▶ This common vitamin can lower your triglycerides by 30% to 50%. Page 12.
- ▶ 5 ways to overcome erectile dysfunction (ED) without drugs, potency pills, or surgery. Page 43.
- ▶ Does your dentist know how to check your mouth for oral cancer? The answer may surprise you. Page 30.
- ▶ 7 tips for building strong bones. Page 36.
- ▶ An early sign of heart disease you can discover in your bedroom. Page 13.
- ▶ 5 natural remedies that can help prevent prostate cancer. Page 19.
- ▶ If you suspect lung cancer, avoid getting an x-ray. Find out why on page 25.
- ▶ 10 factors that put men at risk for osteoporosis. Page 33.
- ▶ The one type of soy that can reduce your risk of prostate cancer 26%. Page 20.
- ▶ 6 early warning signs of testicular cancer. Can you name them all? Page 24.
- ▶ Why men need to get their omega-3 from fish oil instead of nuts, flaxseeds, and other plant foods. Page 56.
- ▶ 10 keys to avoid getting a sexually transmitted disease — including herpes and AIDS. Page 51.
- ▶ FDA approves world's first vaccine for treating cancer. Page 19.
- ▶ 8 rules to help you determine whether you need a PSA test for prostate cancer. Page 22.
- ▶ Why herring is healthier than mackerel — and white tuna is better for you than light tuna. Page 10.
- ▶ 3 ways to protect yourself against colon cancer. Page 29.
- ▶ Maximum amount of trans fats you should consume per day. Page 7.
- ▶ And so much more....

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With the rapid pace of medical advances, the best practices in health care and wellness change rapidly. What was news yesterday quickly goes out of date today.

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Whether you have a health problem or want to avoid one, the *Wellness Reports* can give you the insights, tips, and secrets that can stave off illness and keep you well and healthy at home, all year long.

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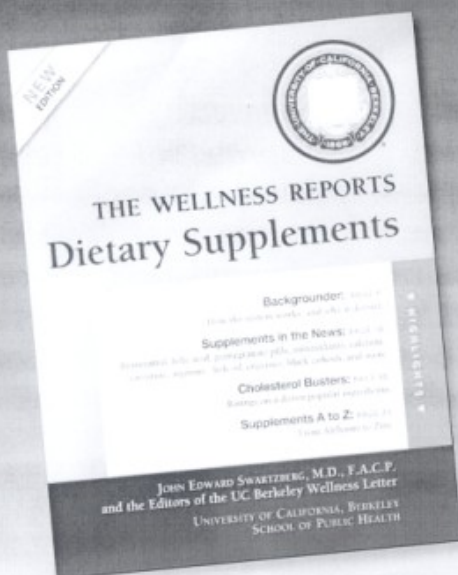
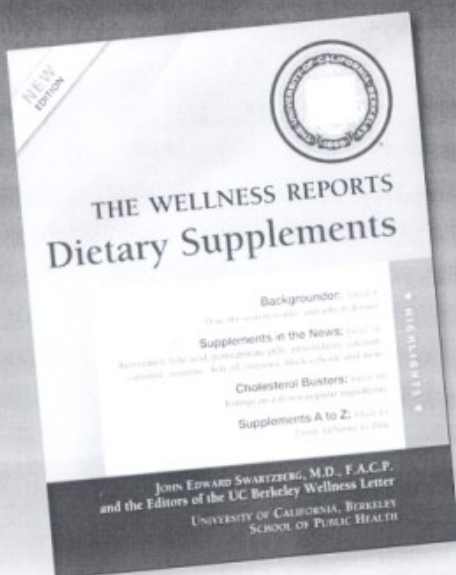
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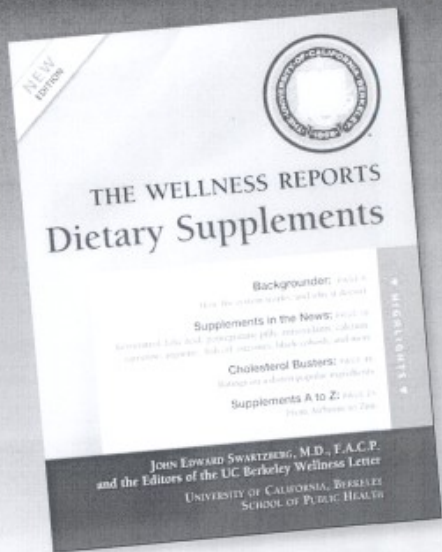
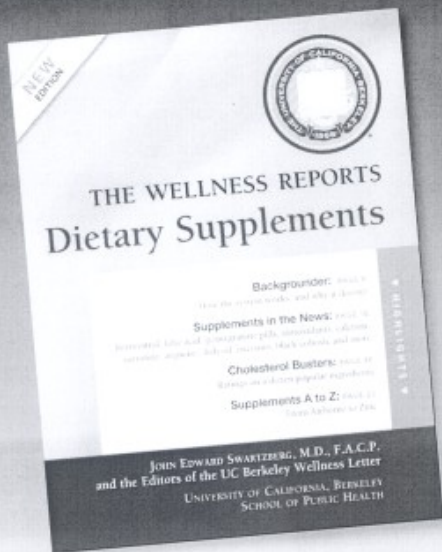
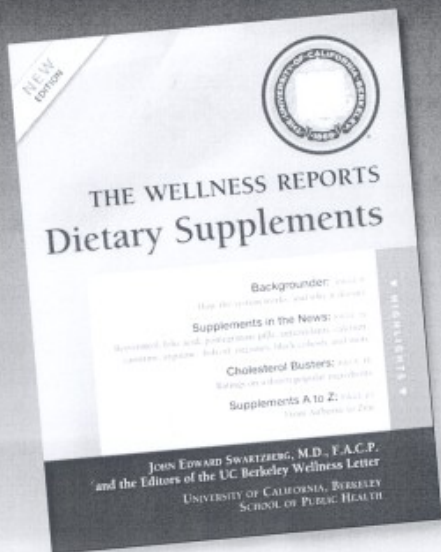
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