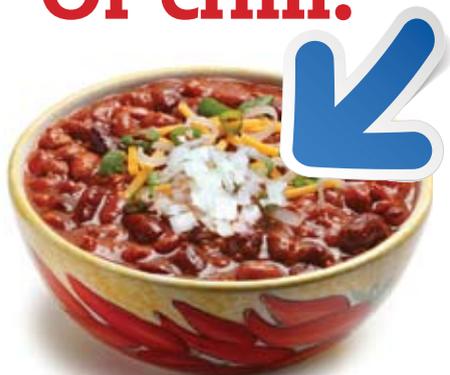


# Which Would YOU Rather Take To Control Your Blood Sugar?

**Drugs?!**

**Or chili!**



**W**ant to control your blood sugar and possibly get off your diabetes medications permanently? Then eat chili! *Yes, chili!* That's because chili is loaded with this **magic ingredient** that's proven to reverse diabetes in university studies. Details on page 6 inside.



**A**ward-winning cardiologist, **Dr. Stephen Sinatra**, is trading his scalpel for a skillet... and curing his patients' chronic health conditions with food, not pharmaceuticals!

Now he reveals 2,635 medically proven food cures for fatigue... memory loss... digestive disorders... arthritis... heart disease... diabetes... and more. Plus, he exposes the so-called "health foods" that can make you sick!

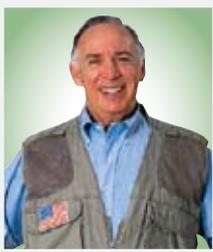
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**Now turn to page 55 and RSVP for your 7 FREE GIFTS!**

# Top Cardiologist Trades His Scalpel for A Skillet, and Heals Today's Chronic Health Conditions —with FOOD!

A Note from Martin Edelston, Chairman



Dear Friend,

Thirty years ago, Dr. Stephen Sinatra was a highly skilled cardiac surgeon who frequently brought people back from the brink of death. But he was incredibly frustrated...

That's because all his high tech tools and techniques couldn't seem to keep his patients out of the hospital. He would clean out a patient's clogged arteries one week, only to discover another blockage the next!

So even though he had just spent TK years studying to become a top cardiac surgeon, Dr. Sinatra went *back* to school... to study nutrition! He was determined to find a way to heal his patients without resorting to high priced Band-Aids like drugs and surgery.

Dr. Sinatra successfully combined conventional medical treatments with nutritional healing at his groundbreaking New England Heart Center. And he launched the breakthrough newsletter, *Heart Health & Nutrition*.

At the time, the traditional medical establishment called Dr. Sinatra a quack (and worse) for his radical approach to nutritional healing... now new science proves his approach works and leading medical institutions are giving him awards for it!

*(Over, please...)*

**The American College for Advancement in Medicine** recently awarded Dr. Stephen Sinatra the Harold Harper Award for his pioneering efforts in alternative medicine. And the **AMA (American Medical Association)** awarded him the Physician Recognition Award, not once, not twice, but **three times!**

But Dr. Sinatra isn't one to rest on his laurels. That's why he's trading in his scalpel for a skillet and creating brand new "food prescriptions" that maximize the healing power of your food!

New research shows his new super food combinations can...

- ✓ **Reduce painful inflammation**, without damaging your heart muscle or increasing your risk of heart attack like popular arthritis drugs (see page 41)...
- ✓ **Stop cancer cells from spreading** and shrink existing tumors, without chemotherapy or radiation (see page 9)...
- ✓ **All but eliminate** the need for expensive diabetes medications and painful insulin injections (page 6)...
- ✓ And much, much, more!

But that's not all. These super food prescriptions also taste terrific. Because Dr. Sinatra knows his patients won't eat food that tastes like cardboard -- no matter how healthy it may be!

That's why he's teamed up with Rebecca Bent, a talented food expert seen on *NBC's Today Show*, to create delicious healing prescriptions. So you can:

- ✓ **Unclog your arteries** with the tasty pasta dish on page 419...
- ✓ **Lower your blood sugar** with the filling pancakes on page 105...
- ✓ **Spice up your love life** with the "stimulating" pie on page 141...
- ✓ **And much, much, more!**

Dr. Sinatra's healing food prescriptions have

rescued tens of thousands of people from today's dangerous drugs and unnecessary surgeries.

And now it's your turn. **You'll find more than a dozen of Dr. Sinatra's healing food prescriptions for arthritis, memory problems, diabetes, heart disease and more in this FREE book.** If you like what you see, you'll want to send for your:

**FREE! 30-day preview of the entire 531-page, hardcover, healing food encyclopedia: *Bottom Line's HEALING KITCHEN***

... and grab your **7 FREE Healing Kitchen Giveaways.** They're yours to keep, no matter what!

So read on, and start leading a healthy, more satisfying life.

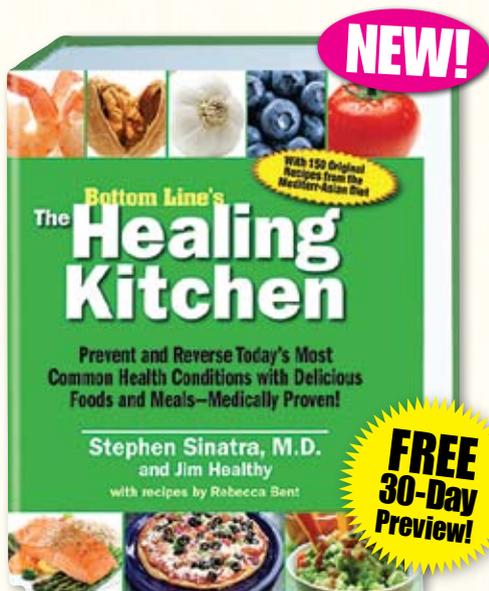
Sincerely,



Martin Edelston,  
Chairman,  
Bottom Line Books

**P.S.** These are not folk remedies. These are medically tested, scientifically proven, nutritional healing prescriptions developed by America's leading cardiologist and nutritional expert.

**P.P.S.** About your 7 FREE Healing Kitchen Giveaways. There's no purchase required! They're yours to keep. **Just mail the FREE GIFTS CERTIFICATE facing page 55 in the next 7 days. Hurry!**



*(Please turn the page now...)*

# Which Would YOU Rather Take To Control Your Blood Sugar?

Drugs?! Or chili!



**W**ant to control your blood sugar and possibly get off your diabetes medications permanently? Then eat chili! Yes, chili! That's because chili is loaded with this magic ingredient that's proven to reverse diabetes in university studies.

In a groundbreaking study, type-2 diabetics who ate more of this magic ingredient **SLASHED** their need for diabetes medications — and in some cases,

completely *eliminated* their insulin dose! **That's right, they reversed their diabetes!**

And that's not all. In the same study, type-1 diabetics who ate more of this secret ingredient slashed their insulin dose by a whopping 38%! Now almost nothing works for type-1 diabetics, so a 38% reduction in insulin is **HUGE!**

And both type-1 and type-2 diabetics who regularly ate this



# The Diabetes Miracle I've Been Searching For...



**A**s a young man, I watched helplessly as my mother wasted away from diabetes. Conventional drugs and surgery couldn't cure her. They only slowed the progression of this dreaded disease. Eventually, diabetes destroyed my mother's body and claimed her life.

After watching my mother suffer, I vowed to find a way to reverse diabetes and other chronic health conditions for which traditional drugs and surgery were practically worthless. Now I believe I may have found a solution...

*You'll find all the details starting in the article at left.*

magical food dropped their cholesterol levels. **So these diabetic patients not only controlled their blood sugar... they dropped their risk of heart disease and stroke as well!**

What is this magical ingredient? *Beans!* That's right, plain old ordinary beans. **In fact, beans may be the world's #1 anti-diabetes food!**

That's because beans are loaded with pectin and other fibers that suck glucose out of your bloodstream like a vacuum cleaner!

Pectin forces your cells to produce more insulin-receptors. And when your cells have more insulin-receptors, they bind more insulin. When your cells bind more insulin, more glucose is removed from your blood!

It's as if your blood stream is a crowded theater overflowing with glucose and the beans throw open all the doors and the glucose comes running out!

It doesn't matter what type of beans you eat. **Three-bean salad, baked beans, pinto beans, navy beans, soybeans... studies show they all help control your blood sugar and possibly even reverse diabetes.**

You'll find the exact amount of beans you need to eat each week on page 108 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

But that's not all. You'll also find dozens more food prescriptions that can help heal diabetes, like the **tasty pancake** that prevents blood sugar spikes after meals... and the diabetes-defying

*(Over, please...)*



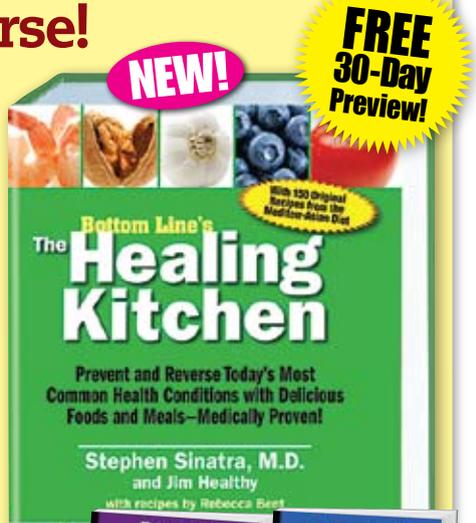


dark chocolate brownie that lets you indulge your sweet tooth without sending your blood sugar through the roof... and the secret spice that mimics the effects of insulin and drops your blood sugar levels by 20% (add some to your chili and you can *really* supercharge the effects!). And much, much, more!

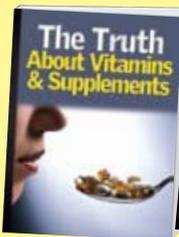
**Turn to page 55 to R.S.V.P. for your FREE-Preview copy of *Bottom Line's HEALING KITCHEN*, PLUS 7 FREE GIFTS.**

## Common Mistake When Cooking Beans That Can Make Your Osteoporosis Worse!

Beans are one of the healthiest foods you can eat, but there's a catch when it comes to the health of your bones. Beans contain substances called *phytates* that block the absorption of calcium. Luckily, there's a simple cooking trick that gets rid of the phytate problem. Simply cook beans for a couple of hours, then do as directed on page 275 in your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN***. This helps stop the calcium blocking effects of beans.



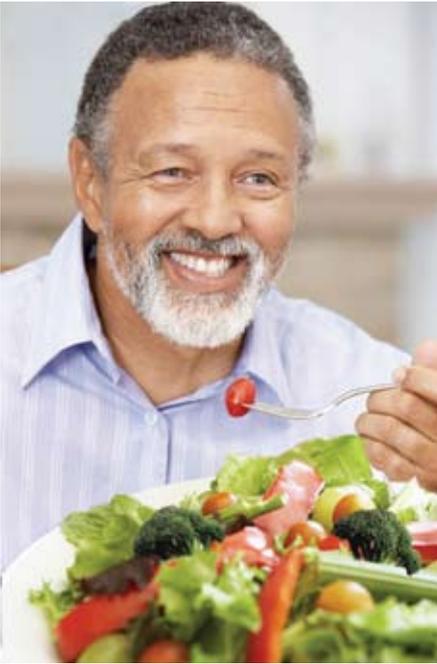
**7 Reports FREE!**



**Handy pocket guide!**

# The Cancer-Killing Combo Meal...

That Shrinks Prostate Tumors Better Than Supplements, Drugs, or Radical Surgery



## He's Killing Cancer!

One day, not long ago, two leading food scientists were both working at the University of Illinois. Both were experts on *phytochemicals* in foods. And both had done extensive research on

their cancer-killing effects. But they had never worked together!

That's because they each specialized in different foods...

Dr. John Erdman was an expert on *lycopene*, the cancer fighting phytochemical in tomatoes. Studies show lycopene neutralizes the cell-damaging free radicals that trigger cancer. It also accumulates in your prostate gland and stops cancer from growing.



Dr. Elizabeth Jeffery was an expert on *indoles*, the cancer-killing phytochemicals in broccoli. Research shows indoles block the hormones that fuel prostate cancers. They turn *on* the genes that prevent cancer and turn *off* the

(Over, please...)

genes that make it spread.

**Both foods are proven to lower cancer risk in more than 94 different studies... but no one had ever studied them together!**

So Dr. Erdman and Dr. Jeffery decided to combine their two super foods into a single cancer-killing combo meal to see what happened. And the results are sending shockwaves throughout the medical community!

That's because new research shows the two foods MULTIPLY each other's healing power. **So the resulting combination isn't just**



**better than either food alone... it's actually better than drugs or supplements!**

Here's the amazing story...

In their groundbreaking study, the two scientists gave animals with prostate cancer a combination of tomato and broccoli powders.

Other animals in the study were given only one of the powders, or were given lycopene supplements (the phytochemical in tomatoes), or the drug Finasteride (prescribed to men with enlarged prostates).

After 22 weeks, the scientists weighed and biopsied the prostate tumors. And what they found shocked them. **Biopsies confirmed that the animals who**

## Great Food Combo #2:

# How to Lower Your Prostate Cancer Risk by Up to 86% Without Drugs or Supplements

If you want to slash your prostate cancer risk even more, then drink **green tea** with your broccoli and tomato combo meal. Studies show drinking green tea regularly along with eating tomatoes and other foods rich in lycopene can slash your prostate cancer risk by a whopping 86%!



## Great Food Combo #3:

# The Anti-Cancer Cocktail!

**W**ant to supercharge the cancer-fighting power of tomatoes? Have a spicy Bloody Mary! A study published in the journal *Cancer Research* showed that capsaicin, the spicy compound in hot sauce, causes cancer cells to commit suicide.

were fed the tomato/broccoli combination had the greatest reduction in tumor size of ANY group. Even the groups that got the drugs and supplements!

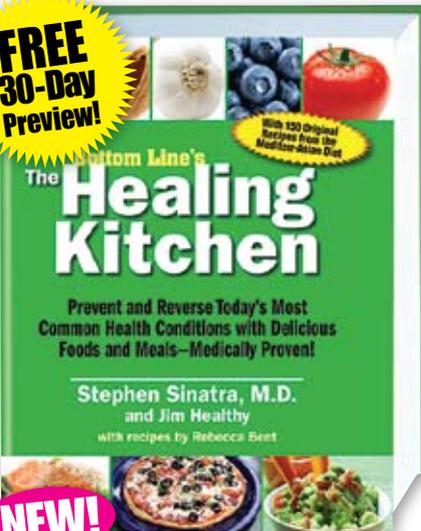
According to one of the lead researchers, "Older men with slow-growing prostate cancer who have chosen watchful waiting over chemotherapy and radiation should seriously consider altering their diets to include more

tomatoes and broccoli."

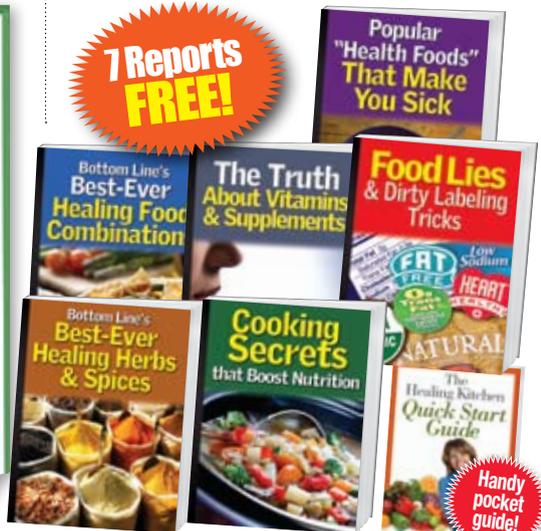
How much more broccoli and tomatoes do you need? You will find the exact daily recommendations based on the amounts used in the study on page 63 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

Turn to page 55 to R.S.V.P. for your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**, PLUS 7 FREE GIFTS.

**FREE  
30-Day  
Preview!**



**7 Reports  
FREE!**



# Three Ways to Supercharge the Healing Power of Green Tea



arthritis patients experience significant pain relief and reduced joint swelling after consuming ginger.

## 2. Add hibiscus leaves!

New research shows that drinking hibiscus tea can drop your blood pressure from 160/115 to 145/95 in just 12 days. This is huge!



## 3. Add pomegranate juice!

In a recent study, men who had undergone treatment for prostate cancer drank 8 ounces of pomegranate juice a day. Not only did they have significantly lower PSA (prostate specific antigen) levels, but also none of the prostate cancers spread to the rest of the body. None!



So why settle for an ordinary cup of green tea when you can... drop

**Y**ou already know that green tea is good for you. It's loaded with the super antioxidant, EGCG that packs 20 times the free-radical fighting power of vitamin C! But did you know you can turbo charge the healing power of green tea even more? It's easy, just...

**1. Add ginger!** Ginger contains potent anti-inflammatory compounds called *gingerols* that are chemically similar to NSAIDs but without the dangerous side effects. Studies show 75% of



## Great Food Combo #5:

# Dr. Sinatra's Amazing Anti-Inflammation Tea

Combine green tea and ginger for double the inflammation-fighting power!

- Bring 4 cups of water to a boil.
- Take a 2-inch piece of ginger, peel, slice it, and add it to the pot.
- Boil for an additional 30 to 60 seconds.
- Then add 4 green teabags or 4 tablespoons of loose green tea in an infuser.



- Remove pan from heat and steep for 2 to 3 minutes.
- Then add a teaspoon of D-ribose for sweetness. D-ribose energizes the body by boosting ATP

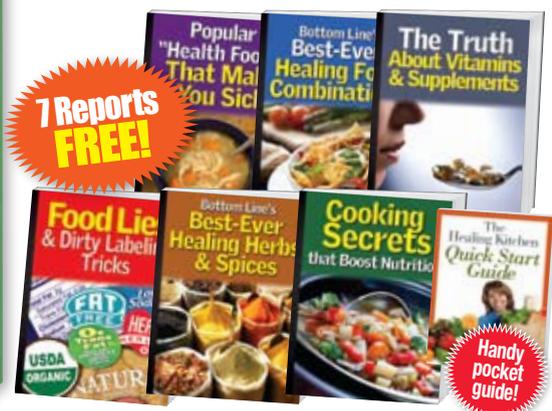
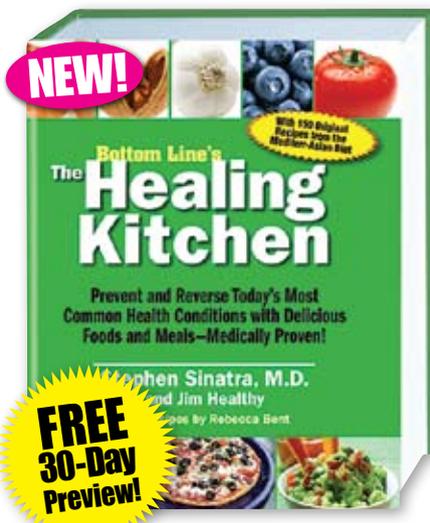
production. And boosting ATP is one of the best ways to repair weakened or damaged cells.

**Dosage:** Then drink as directed on page 47 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

your cholesterol... clear out artery plaque...reverse prostate cancer... and protect your joint cartilage. All in a single glass!

In fact, this is exactly what I do.

You'll find my supercharged green tea recipe on page 216 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. It's one of my favorite drinks and I often enjoy it when hiking or working in the yard. Plus I love how it tastes!



# The Popular Health Food That *Triggered* My Son's Arthritis...

Plus the simple remedy that erased 80% of his pain in only 6 weeks!



**F**or most folks, whole wheat, barley, rye, and other whole grains are among the healthiest foods you can eat. But for many Americans, these grains can cause serious health problems, including joint pain. My son, Drew, is the perfect example.

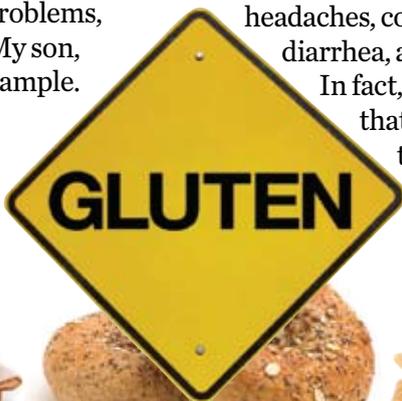
Drew is sensitive to *gluten*. Gluten is a protein found

in wheat, rye, barley, and other grains. It's also used as a thickening ingredient in thousands of packaged foods.

For some folks like my son, even a small amount of gluten can cause their immune system to go on a rampage. That's because they don't produce the necessary enzymes to break down gluten. As a result, their immune system sees it as a foreign invader and unleashes *cytokines* and other inflammatory agents to destroy it.

This causes bloating, gas, headaches, constipation, and diarrhea, as well as joint pain.

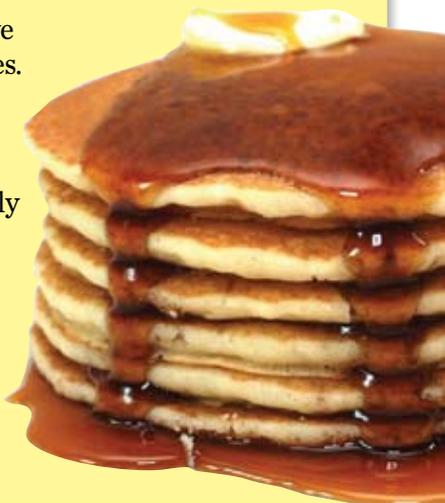
In fact, a recent study found that more than two-thirds of patients with severe gluten sensitivity suffered



# Delicious NO Wheat Pancakes!

If you love pancakes, but you're sensitive to wheat, try some buckwheat pancakes. Despite its name, buckwheat is not a type of wheat, but a seed. It has the same healthy benefits as whole grains, but without the gluten found in wheat. Not only that, but studies show eating buckwheat pancakes can lower your blood sugar after meals!

Turn to page 55 to R.S.V.P. for your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**, PLUS 7 FREE GIFTS.



from joint inflammation.

The good news is, once you eliminate all gluten from your diet, your body will begin to repair itself and you'll start to feel better in just a few weeks.

Drew is living proof, after only six weeks of avoiding these whole grains, his painful arthritis

symptoms have all but vanished. He's experienced an 80% improvement!

If eliminating wheat from your diet sounds like hard work, here's good news: Today there are lots of great tasting gluten-free foods available. You'll find two great sources for these foods on page 124 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

**NEW!**

**Bottom Line's The Healing Kitchen**  
Prevent and Reverse Today's Most Common Health Conditions with Delicious Foods and Meals—Medically Proven!  
Stephen Sinatra, M.D. and Jim Healthy  
Foreword by Rebecca Bent

**FREE 30-Day Preview!**

**7 Reports FREE!**

**7 Reports FREE!**

Popular Health Foods That Make You Sick

Bottom Line's Best-Ever Healing Food Combinations

The Truth About Vitamins & Supplements

Food Lies & Dirty Label Tricks

Bottom Line's Best-Ever Healing Herbs & Spices

Cooking Secrets that Boost Nutrition

The Healing Kitchen Quick Start Guide

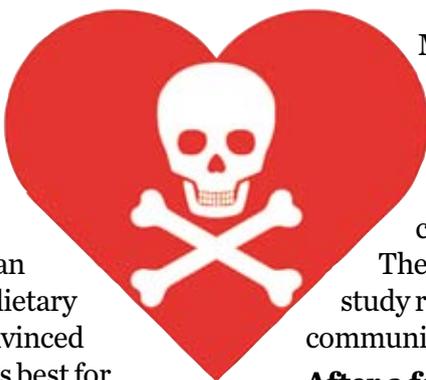
Handy pocket guide!

# When Following the American Heart Association's Dietary Guidelines Can Kill You!

When I first began my career as a cardiologist over 35 years ago, I told my patients to follow the American Heart Association's dietary guidelines. I was convinced that a low-fat diet was best for heart health and weight control.

Then the groundbreaking Lyons Heart study came out. It was the single most dramatic diet-heart trial ever conducted. **And it showed that following a low-fat diet like the one recommended by the AHA could actually increase your risk of death!**

In this groundbreaking study, scientists divided patients who had suffered heart attacks into two groups. One group followed the low-fat diet recommended by the American Heart Association (AHA) and the second group followed a



Mediterranean-style diet, containing far more fat but fewer refined carbohydrates. The results of this study rocked the medical community.

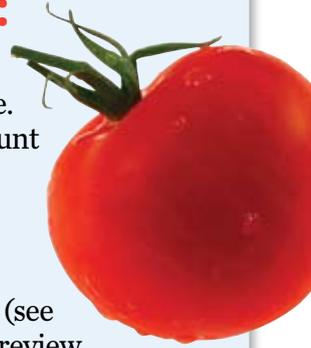
**After a few years, researchers discovered that the patients who ate a Mediterranean-style diet had 70% fewer second heart attacks than those following the low-fat AHA diet.** They also were much less likely to suffer from other heart problems, and their death rate from all causes was 50% lower.

The life saving effects of the Mediterranean diet were so dramatic, that the director canceled the study... Because he could not in good conscience deprive the folks on the AHA



## Maximize the heart-healing power of tomatoes:

**E**at cooked tomatoes such as tomato sauce, ketchup, or juice. They have up to 5 TIMES the amount of lycopene as raw tomatoes! And *always* eat cooked tomatoes with olive oil. *Reason:* Olive oil boosts lycopene absorption. So dig into a steaming bowl of pasta puttanesca (see recipe on page 419 of your FREE preview copy) and your heart will thank you!



diet, or the general public, the profound healing benefits of the Mediterranean diet!

**Now after recommending a Mediterranean-style diet for years, I've discovered an even *more* powerful way to prevent heart disease and reduce the risk of heart attacks!**

My new healing food prescriptions combine the Mediterranean diet with one of the world's most ancient and healthful

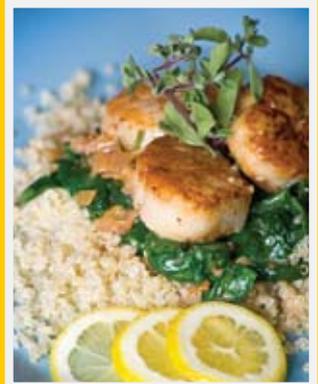
cuisines. The result is an exciting and delicious fusion cuisine that delivers *more* healing benefits than either diet alone. With more great tasting meal choices and more new flavor experiences!

You'll get all the details on this delicious new heart-healthy cuisine starting on page 19 in your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN***

You'll also discover:

*(Over, please...)*

**Why starve when you can enjoy all these deliciously healthy foods?**



✓ **The great cholesterol boondoggle.** Why your cholesterol is probably fine the way it is. Plus ... what you can do to keep your heart healthy and your arteries clear.

✓ **How to snack your way to a healthy heart.** Just 4 handfuls of this tasty nut each week lowers your risk of heart disease. Drops cholesterol significantly too!



✓ **The best bottle of red wine for your heart.** Packs the most antioxidants per glass.

✓ **The chef's secret that stops blood clots before they start.** Proven to reduce blood clot risk by up to 58%. Only one side effect, lowers cholesterol too!



✓ **Why Greek men are 90% LESS likely to get heart disease...**

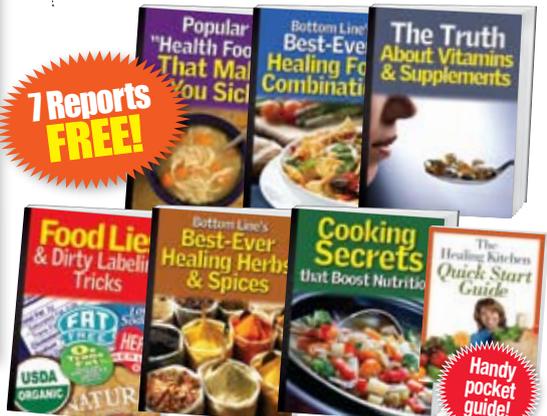
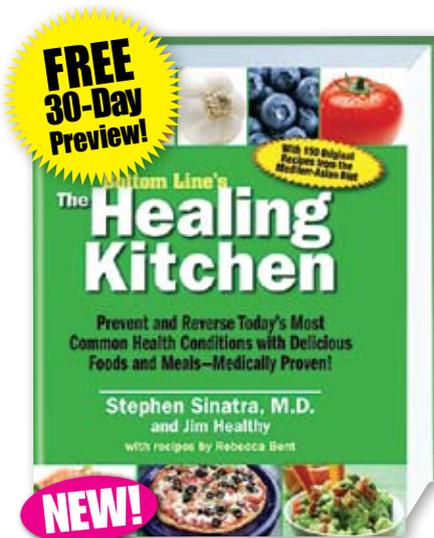
Despite the fact that they eat MORE fat-rich foods, drink MORE alcohol and smoke MORE cigarettes than Americans!

✓ **How to keep arterial plaque from erupting and triggering a heart attack or stroke.** This miracle food stabilizes and even eliminates existing plaques!

✓ **The easiest way to drop your cholesterol by up to 19%.** No dangerous drugs involved. Just 1/2 an ounce of this citrus fiber daily does the trick.

✓ **And much, much, more.**

**Mail the FREE GIFTS CERTIFICATE facing page 55 for your FREE-Preview book and 7 FREE GIFTS.**



# Is Your “Heart-Healthy” Cooking Oil Eating Holes In Your Heart?

**F**or years, you’ve been told that this popular cooking oil is low in saturated fats. You’ve been told it’s high in beneficial omega-3 fatty acids. And you’ve been told that it lowers your risk of heart disease as well.

Now shocking new research reveals this popular cooking oil may actually be the biggest health hoax since margarine.

**That’s because recent independent tests prove this so-called ‘heart-healthy’ cooking oil is actually loaded with hidden trans fats!**

It happens when the oil is processed. The oil starts out loaded with beneficial omega-3 fatty acids. But new research

shows that when the oil is heated and processed, the omega-3 fatty acids are transformed into nasty trans fats – just like those found in margarine!

Manufacturers claim this popular cooking oil has zero trans fats. But recent independent tests show that after processing, the oil contains as much as 4.6% trans fats. And when the oil is turned into shortening, the trans fats skyrocket to a whopping 40%!

You already know that trans fats are terrible for your heart. Studies show they can increase your risk of heart disease. But that’s not all. **Additional studies show the trans fatty acids in this oil can actually cause small tears in the heart, especially if you eat a low fat diet.**

So, if you’re worried  
*(Over, please...)*



about your heart, never use the so-called 'heart-healthy' oil revealed on page 196! Instead, turn to page 197 in your FREE-Preview copy of **Bottom**

**Line's HEALING KITCHEN** for a complete list of the best heart-healthy cooking oils for salads, stir-frying, and baking.

# Best and Worst Cooking Oils For Your Heart

**Best for Salad Dressings only  
— Do NOT Heat:**



- ✓ Walnut oil
- ✓ Flaxseed oil
- ✓ Extra-virgin olive oil

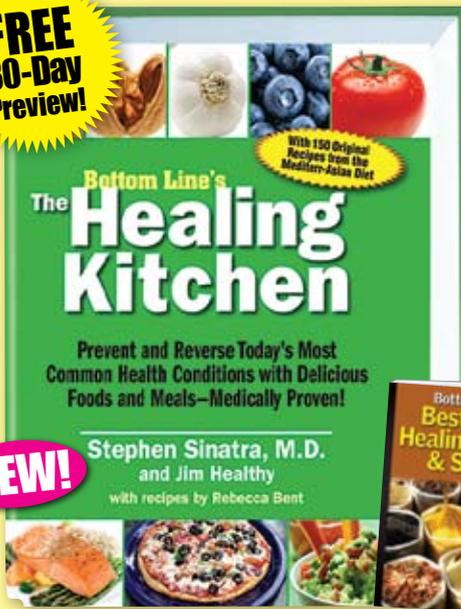
**Best for **High Heat**  
Stir-Frying and Baking**



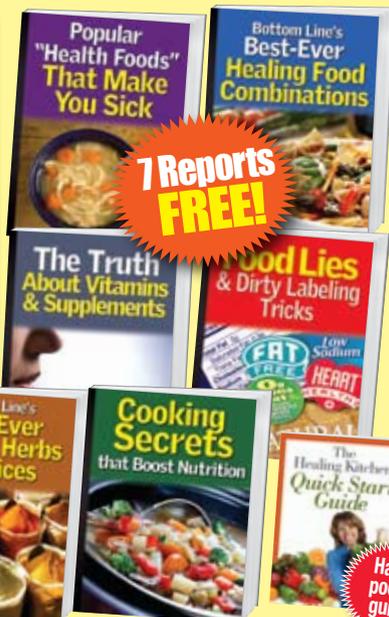
- ✓ Virgin coconut oil
- ✓ Palm oil
- ✓ Peanut oil
- ✓ Grapeseed oil
- ✓ Sesame oil (refined)
- ✓ Butter (for baking only)
- ✓ Lard
- ✓ Light olive oil

And **NEVER** use the oil mentioned on page 194 for cooking!  
It's like pouring free-radicals into your body!

**FREE  
30-Day  
Preview!**



**NEW!**



**Handy  
pocket  
guide!**

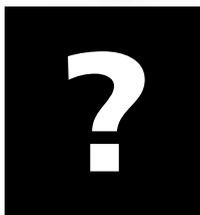
# Secret Food Cure Airline Pilots Use to Drop Their Blood Pressure by 20 Points

(So They Can Pass Their Physicals)

If your blood pressure is dangerously high and you need to bring it down quickly, but you don't want to resort to drugs... then you're going to love this great food combo.

Commercial airline pilots have used it for years to drop their blood pressure *fast*. That's because airline pilots are routinely checked for hypertension, and are not allowed to use medications to bring it down.

It was developed in the 1940s, by Dr. Walter Kempner of Duke University. **Dr. Kempner's**



research found that this simple food cure reduced blood pressure by at least 20 points... in a matter of days!

You simply take rice and mix it with the secret ingredients as described on page 211 in your FREE-Preview copy

(Over, please...)

of **Bottom Line's HEALING KITCHEN**. (But please, don't do this for more than a few weeks, you don't want your blood pressure to drop too low!)

This is also where you'll discover...

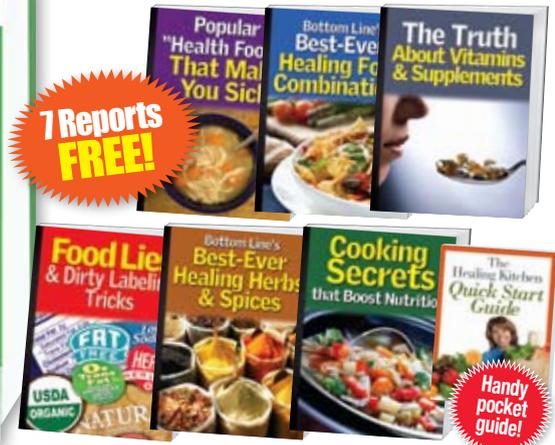
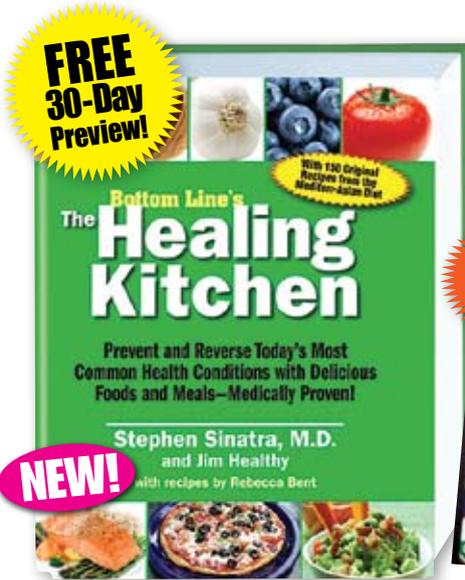


✓ **The amazing juice that drops your blood pressure by 10 points in 24 hours!** Opens up your arteries so that blood can flow easier with less pressure!

✓ **How to lower your blood pressure and your cholesterol at the same time!** The secret is this Mediterranean treat that works better than most drug therapies! Proven in landmark study.

- ✓ **The best nutrient to take if you have high blood pressure.** Based on an extensive review of data from five countries worldwide!
- ✓ **Lower your blood pressure with this crunchy treat.** It's loaded with natural chemicals that dilate blood vessels and block hormones that cause blood pressure to rise. Available at any grocery store or supermarket.
- ✓ **The best breakfast for anyone with hypertension.** After just eight weeks, more than 70% of patients cut their blood pressure medication in half! And a third threw away their medication altogether!
- ✓ **And much, much, more!**

**Mail the FREE GIFTS CERTIFICATE facing page 55 for your FREE-Preview book and 7 FREE GIFTS.**



# 2 Powerful Antioxidants That Protect Your Brain From Alzheimer's —

You'll find them both inside your refrigerator right now!

The National Institutes of Health has developed a simple way to measure the antioxidant activity in any food. It's called the ORAC (oxygen radical absorbance capacity) chart. The higher the score, the higher the antioxidant capacity per serving. And the higher the antioxidant capacity, the more a food can neutralize the cell damaging free-radicals that ravage your brain and cause Alzheimer's!

## Brain Boosting Antioxidant #1:

According to the ORAC chart, one of the best ways to protect your brain from Alzheimer's



is to eat blueberries! That's because blueberries have one of the highest ORAC score of any known food.

Blueberries are loaded with *anthocyanins*, one of the few antioxidants powerful enough to cross the blood-brain barrier (the invisible fence that surrounds your brain and protects it from toxins). Once inside your brain, these antioxidants neutralize the cell-damaging free radicals that cause inflammation and that lead to Alzheimer's.



## Brain Boosting Antioxidant #2:

Now blueberries are a healing super

*(Over, please...)*

power, but if you *really* want to boost their inflammation-fighting ability, combine them with the great brain food described on page 235 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

This delicious food is chock-full of another vital brain-saving antioxidant, *quercetin*. Quercetin protects delicate brain cells from oxidative damage even better than vitamin C!

By combining both these brain foods together, you'll feed your brain an eye-popping 17,330 antioxidants per serving. That's enough to boost the antioxidants in your blood by up to 25%! Just do as directed on page 449.

Mail the **FREE GIFTS CERTIFICATE** facing page 55 for your FREE-Preview book and 7 FREE GIFTS.

## Great Food Combo #8:

### An Omelette A Day Keeps The Brain Fog Away

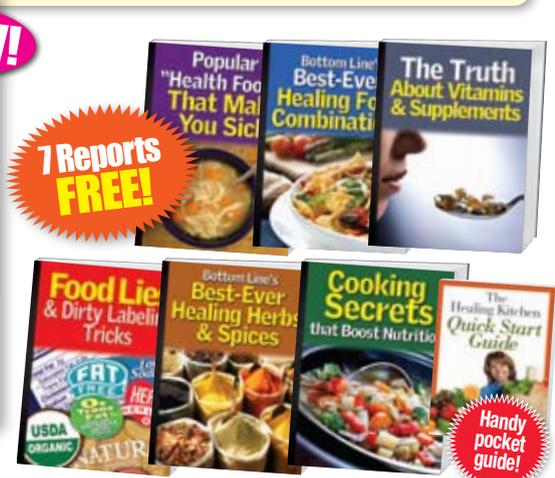
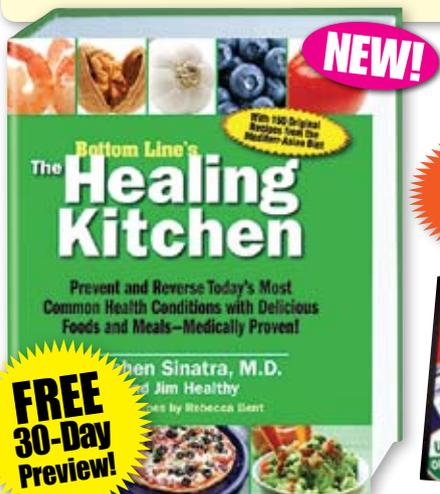
**E**ggs are one of the world's richest sources of *choline*, the nutrient that improves memory.

But if you really want to stay on top of your mental game, make sure your omelette is filled with



this delicious ingredient.

New research reveals the combination of these two ingredients can significantly halt mental decline! So you stay sharp as a tack for life! Details on page 236.



# Turn Your Kitchen into a Love Nest... *With Pumpkin Pie?!*

**L**adies,  
want to  
drive your  
husband wild?

Then just whip up  
a pumpkin pie!

A new study shows that pumpkin pie can turn men on and boost performance in the bedroom like nobody's business. And get this, your hubby doesn't even have to eat it. Just *smelling* pumpkin pie boosts blood flow to his penis by a whopping 40%! That's *thirteen times* more stimulating than smelling a woman's perfume



according to researchers!

How does it work? The odor molecules in pumpkin pie act like drugs, stimulating the release of chemicals in the brain. And for men, the chemical signals produced by pumpkin pie are exceedingly stimulating...

So, ladies, throw away your perfume! But please don't start dabbing pumpkin pie behind your ears! Instead, turn to page 390 in your FREE-Preview copy of **Bottom Line's HEALING KITCHEN** and bake up a very "stimulating"  
*(Over, please...)*



pumpkin pie.

You'll find ten more libido boosting recipes on the pages that follow. Like the 'love food' that can turn even Marian the librarian into a sex goddess. Women who eat it not only make love more often, but they enjoy it more!

Who knew your kitchen could be the most romantic room in the house?!

**Mail FREE GIFTS  
CERTIFICATE facing page 55  
for your FREE-Preview copy  
of Bottom Line's HEALING  
KITCHEN and 7 FREE GIFTS!**

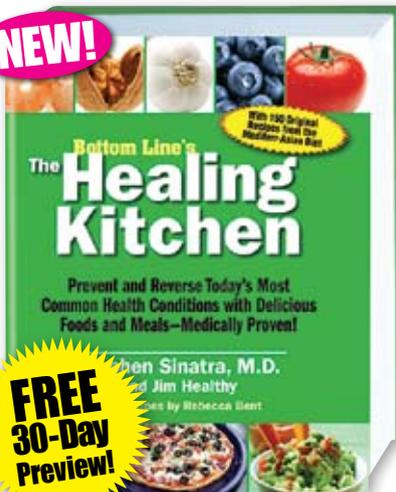
## Great Food Combo #9:

# A Very Potent Pair of Fruits



**T**his dynamic duo protects your heart and gives you firmer erections. One fruit drops your cholesterol and reduces inflammation. The other makes blood vessels more flexible so they can expand easier. The result is more blood flow to where you need it most! You'll find a great way to combine these potent fruits on page 413 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. Think of it as a great 'bedtime' snack!

**NEW!**



**7 Reports  
FREE!**



# THE IRONCLAD Breast Cancer Shield

**T**he food choices you make every day can either put out the welcome mat or send cancer packing!

That's because some foods act like cancer fertilizer, causing cancer cells to multiply like deadly dandelions throughout your body... While others act like Rambo, targeting renegade cancer cells with assassin-like precision.

Unfortunately, very few oncologists know the first thing about how nutrition affects cancer growth. That's why I wrote *The Healing Kitchen*, so that anyone concerned about cancer could use these nutritional healing secrets to put up an impenetrable cancer shield around their body.

That's important because every day you're surrounded by breast cancer-causing toxins. These toxins enter your body through contaminated food, water, and air. They trick your body into



thinking they are estrogen and they flood the estrogen receptor cells in your breasts, uterus, and prostate, triggering cancer growth.

But you can shield your body from these cancer-causing toxins by eating foods that are rich in lignans.

That's because lignans are kissing cousins to the hormone estrogen. They bind to your body's estrogen-receptor sites just like estrogen, and they hang on for dear life. So that when toxins from plastics and petrochemicals enter your body, they can't bind to your estrogen-receptor sites. It's like musical chairs. The music stops and the lignans take a seat, leaving the toxins high and dry!

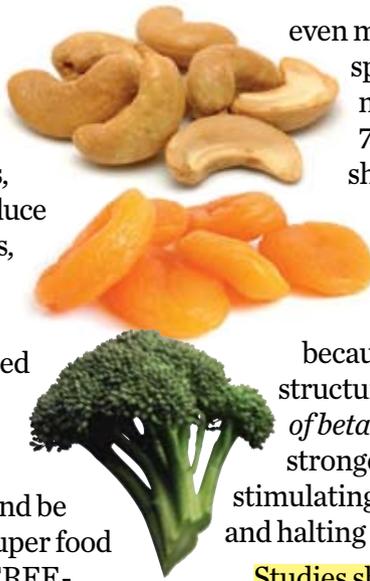
**Studies reveal that women with high levels of lignans in their breast tissue are far less likely to develop breast cancer.** In fact, lignans work in no less than  
(Over, please...)

11 different ways to stop the growth and spread of breast tumors. Plus, because of their estrogen-like properties, lignans can also help reduce hot flashes, mood swings, headaches and other menopausal symptoms.

So if you're concerned about breast or colon cancer eat lignan rich foods like *cashews*, *broccoli* and *apricots*. And be sure to load up on the super food listed on page 68 your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. It has 77 TIMES more lignans than any other plant food on earth!

## The Best Anticancer Food on the Planet

And if you want to boost the cancer-fighting power of lignan-rich foods like broccoli



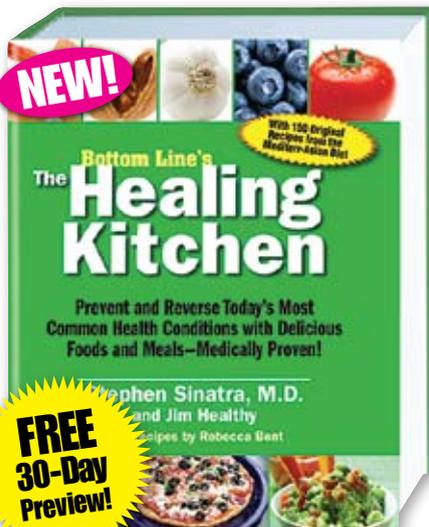
even more, toss in the special mushroom mentioned on page 71. New research shows this variety of mushroom may be the single best anticancer food on the planet. That's because its chemical structure is similar to that of *beta-glucan*, one of the strongest substances for stimulating the immune system and halting cancer growth.

**Studies show this tasty mushroom puts up an iron fence around tumors that prevents them from spreading.** And it also blocks environmental toxins from causing cancer in the first place!

It even helps people who already have cancer. That's because not only does it kill cancer cells, it relieves many of the side effects of chemotherapy, including nausea, diarrhea and intestinal bleeding.

Just be sure to use the exact mushroom specified on page 72 in your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. Shiitakes and white mushrooms fight cancer too, but this mighty mushroom is a force to be reckoned with!

**Mail FREE GIFT CERTIFICATE facing page 55 for your FREE-Preview copy of Bottom Line's HEALING KITCHEN and 7 FREE GIFTS!**



# Foods That Keep You Up at Night & Foods That Help You Sleep Better



**T**urns out your mother was right when she told you to drink a glass of warm milk before bedtime. Milk is loaded with the amino acid *tryptophan*, which can make you sleepy.

But did you know that you can boost milk's sleep-inducing effects by enjoying some carbohydrates along with it? It's true! **Studies show that when people who have trouble falling asleep add carbohydrates to their bedtime snack, they fall asleep 50% faster!**

So to ensure a restful night's sleep, try this delicious tryptophan and carbohydrate combination. Start with a slice of whole-

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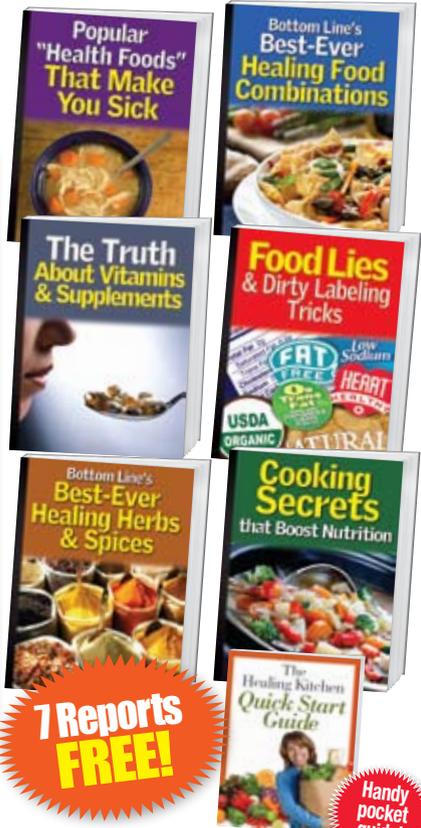
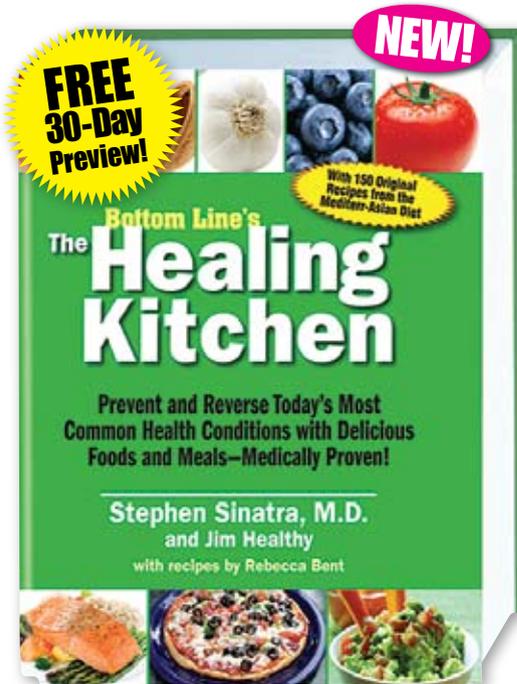
wheat bread and spread some peanut butter on it. Then add the sweet topping on page 223 in your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. According to new research at MIT, this sweet topping stops your brain from racing and settles down your mind so you can fall into a deep, restful sleep.

And whatever you do, do NOT eat the foods on page 225 in your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. These foods are loaded with *xanthines*. Xanthines are compounds in plants that stimulate your central nervous system and keep you alert. Over 63 different plants contain this

stimulating compound. If you want to get a good night's sleep, avoid them like the plague!



▲ Knowing what foods to eat and NOT to eat before bed will help you wake up refreshed and ready to take on the day.



# The Popular Digestive Aid That Causes Heartburn!

**D**o you suffer from heartburn? Then whatever you do, DON'T eat mints!

It's ironic really. Restaurants want to help freshen your breath and aid your digestion. So they put a big bowl of free mints by the door. But they're really making your heartburn worse!

That's because studies show that mints are the absolute *worst* thing you can eat if you suffer from heartburn. Mints relax the esophageal muscle (the muscle that keeps stomach acid from



moving upward into your esophagus), often within minutes. The result is that corrosive stomach acid splashes up into your esophagus causing a chemical burn.

So the next time you eat at your favorite restaurant, pass on the mints. Instead have a slice of the “kitchen cure” on page 128 in your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN***. It boosts the holding power of the esophageal muscle, making it more difficult for stomach acid to surge back up!

## Great Food Combo #12:

### The 10-Cent Cure for Stomach Ulcers

**W**e now know that most stomach ulcers are caused by a nasty, twisty little bacteria called *H. pylori*. The good news is that simply by sautéing up a little cabbage you can speed the healing process. And if you want to make sure this nasty critter never comes back, be sure to drizzle

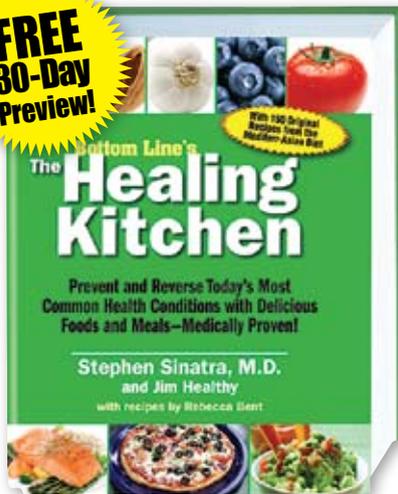


your cabbage with a few capfuls of the remedy on page 131 in your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN***. It's loaded with extremely powerful polyphenols that block *H. pylori* like an NFL offensive lineman! Now, there's a recipe for a pain-free belly!

# Fight Disease With

## Get All These Nutritional Healing Kitchen

**FREE**  
30-Day  
Preview!



**7 Reports**  
**FREE!**

You'll find 2,635 medically proven nutritional cures in your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. Plus hundreds more in your 7 FREE Healing Kitchen Giveaways! Each one is specifically designed to halt diabetes, arthritis, heart disease, cancer and more. For example, you'll discover:

- ✓ **Like Teflon for your arteries.** All natural polyphenol combination stops 66% of new plaques from forming. Just one side effect, drops cholesterol up to 31% too!
- ✓ **Turn on your survival genes!** This is proven to extend life span by 25%.



Handy  
pocket  
guide!

- ✓ **The cancer-killing vegetable that targets breast cancer cells lurking in your body.** Hint: it's NOT broccoli or cauliflower!
- ✓ **The ordinary vegetable that lowers blood pressure as well as today's leading hypertension drugs, but without the dangerous side effects.**
- ✓ **Mood swings?** Try the chili cure.
- ✓ **Nature's best sleeping pill in a nut.** Triggers sleep using the same mechanism of action as prescription sleeping pills, but without the groggy, fuzzy-headed feeling the next morning.

# With Your Fork!

## Revealing Secrets Absolutely FREE!



- ✓ **The kitchen-cabinet cure for anemia.** Just combine these two foods together to TRIPLE your iron absorption!
- ✓ **How to prevent deadly bacterial food poisoning...** with grapefruit extract! Works as well as expensive produce washes and it's safe and nontoxic too!
- ✓ **Grandma's soup that contains more glucosamine, chondroitin and hyaluronic acid than the leading arthritis supplement.** Costs just pennies per dose, and before and after X-rays prove it works.
- ✓ **Boost memory and slow mental decline by an astonishing 40% with this savory summer salad.**
- ✓ **The delicious juice that melts away artery-clogging plaque.** Shrinks existing plaque by a whopping 35%! All you need is 2 ounces a day.
- ✓ **Never eat this fruit unless it's organic.** Never! USDA testing finds 93% of all samples were still contaminated with pesticides... even *after* washing and peeling!
- ✓ **Plus the 12 safest conventionally grown foods.** When you can't find organic food, these are the *only* safe options.
- ✓ **Great tasting foods that can save your eyesight.** Just eat a few servings each week and your eyes will thank you!

**We're giving away all 2,635 healing prescriptions — ABSOLUTELY FREE!**

Readers of this special preview report are invited to mail the FREE GIFTS CERTIFICATE facing page 55 to R.S.V.P. for their own 30-day FREE-Preview copy of **Bottom Line's HEALING KITCHEN**. And if you return your Certificate in the next 7 days, we'll also send you 7 FREE GIFTS just for reviewing *Bottom Line's HEALING KITCHEN*. These gifts are yours to keep, no matter what. (Turn to page 48 to learn more about your 7 FREE GIFTS).

# The Simple Step That Doubles Your Intake of Vital Nutrients While Cutting Your Calories in Half!

When I tell my patients to 'go organic', one of the biggest complaints I hear is that organic food is more expensive. But what most folks don't realize is that organic foods deliver more healing nutrients per calorie, per serving, and per dollar than conventionally grown produce!

This is due to something scientists call the

"hardiness factor." You see, organic plants are not protected by pesticides. So they are forced to fight off insect attacks and diseases on their own. They do this by producing high levels of *anthocyanins* and *flavonoids*, two of the most powerful disease-fighting antioxidants on the planet.

In fact, according to food scientists, eating organic foods can easily double your intake of vitamins, minerals, and antioxidants. Double!

And that's not all. Eating organic



organic



produce can also cut your calories in half!

That's because conventionally grown produce is treated with nitrogen fertilizers. And nitrogen fertilizers cause produce to soak up more water.

The result is bigger produce. But the extra size doesn't add any nutrients... just more calories! For example, nutrient analysis reveals conventionally grown oranges contain 30% less vitamin C than organic oranges, even though they are twice the size!

In fact, you'd have to eat TWICE as much conventional food, on average, to equal the same nutrition you get from organic food. And that means twice the calories of course... not to mention a bigger grocery bill!

So buy organic! Then turn to page 37 in your FREE-Preview

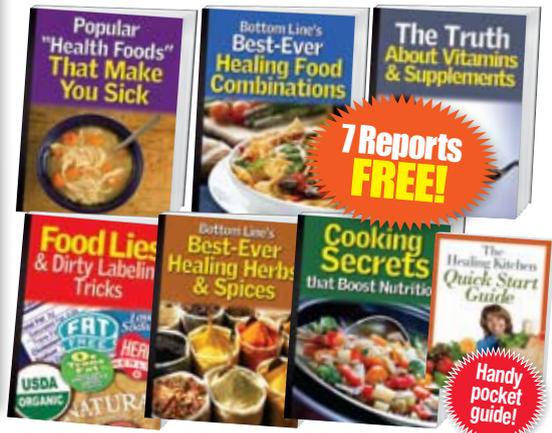
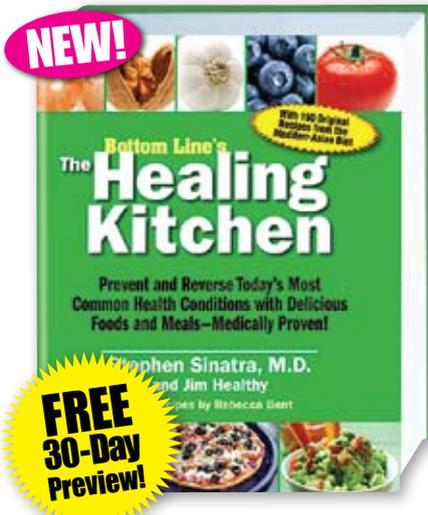


copy of **Bottom Line's HEALING KITCHEN** and find out how to get even more healing power (and fewer calories!) from your organic food simply by how you eat it.

This simple eating tip further multiplies the healing power of your food by releasing more nutrients into your bloodstream to help your body repair and regenerate itself. And it also helps you lose weight. How? By sending an "I'm full" signal to your brain.

The result? The pounds melt away and every cell in your body benefits from the healing ingredients! Just follow the simple instructions on page 37 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

**Hurry! Return your FREE GIFTS CERTIFICATE facing page 55 for your FREE PREVIEW and 7 FREE GIFTS!**



# The Best Supplements for Today's Worst Health Conditions...

As a physician, I know that sometimes eating healthy food isn't enough to heal your body. That's because sometimes your body may need more of certain nutrients in order to repair and heal itself. That's why you also need to know about...

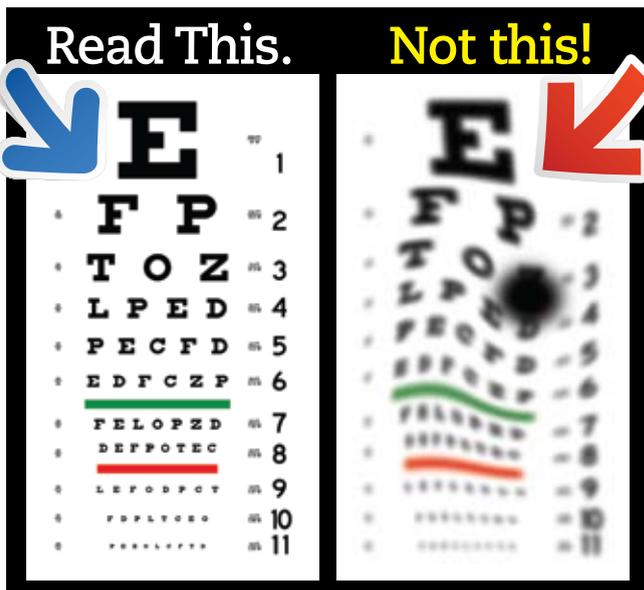
## Your Best Self Defense Against Macular Degeneration

Ask most doctors, "How can I slow the progression of macular degeneration?" And they will tell you that there is

nothing you can do.

That's because most conventional doctors receive almost no training in nutritional supplements. It was true when

I was in medical school, and it's still true today. In fact, according to a recent exposé in the *New York Times*, a whopping 3 out of 4 medical schools still do not offer the bare minimum nutritional education. That's why so few doctors today know about this powerful supplement combination that



works wonders for macular degeneration.

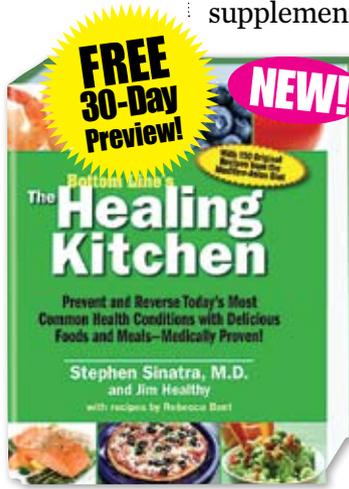
Researchers gave this healing supplement combination to a group of men and women with age-related macular degeneration, and the results were astonishing. This supplement combination actually stopped their disease from progressing by 25% and slashed their risk for blindness by 19%.

This is the *only* therapy that has

been shown to have a real impact on macular degeneration. So if you have macular degeneration you'll want to take the remarkable combination of nutritional supplements described on

page 155 in your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN.***

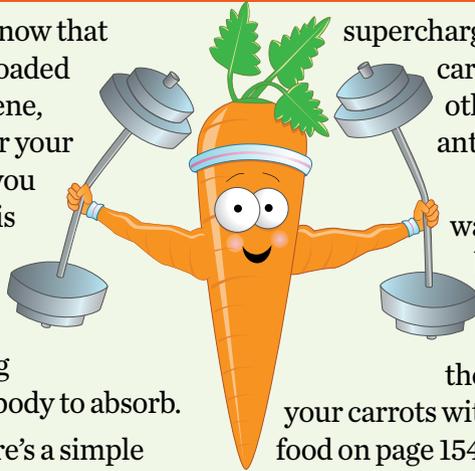
**Hurry! Return your FREE GIFTS CERTIFICATE facing page 55 for your FREE PREVIEW and 7 FREE GIFTS!**



## Pump Up the Vision Saving Power of Carrots

**Y**ou already know that carrots are loaded with beta-carotene, which is good for your eyes. But what you may not realize is that all the fiber in carrots can trap the beta-carotene making it hard for your body to absorb.

Luckily, there's a simple cooking trick that solves the problem. Just cook your carrots as directed in your **FREE Special Report, *Cooking Secrets That Boost Nutrition.*** This simple trick takes just 2 minutes and



supercharges the beta-carotene and other healing antioxidants!

And if you want to boost beta-carotene absorption even further, then combine your carrots with the super food on page 154 in your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN.*** Studies show this is the single best food to pair with carrots if you want to super charge their vision saving power!

# Hidden Cause of Broken Bones

The culprit is this common nutritional deficiency (not calcium!)

A research team recently examined every single patient admitted to a major hospital for broken bones for an entire month. And they made a shocking discovery...

They discovered that all the bone fracture patients had one thing in common... They *all* suffered from this common nutritional deficiency. Every single one!

But that's not all. Even though half of the patients were already taking a nutritional supplement, they were still deficient in this vital nutrient! They had nowhere near the recommended amount of in their blood.



**8 out of 10 Americans have this deficiency — even those taking a multivitamin!**

What is it? It's vitamin D. That's right, vitamin D. You see most people don't realize this, but today nearly 75% of Americans are deficient in vitamin D! And studies show it doesn't matter if you take a multivitamin or drink fortified milk or live in a sunny climate. Nearly 75% of all adults are *still* deficient in vitamin D.

Why? Because we spend most of our time indoors. And when we do go outside, we slather on sunscreen to prevent our skin from absorbing the ultraviolet rays necessary to make

vitamin D. On top of that, as we get older, our bodies become less efficient at making the vitamin.

And when your body doesn't have enough vitamin D, calcium isn't able to get into your bones. Studies show that vitamin D also helps your kidneys to hold on to calcium so you lose less of it in your urine. And vitamin D also suppresses the hormones that trigger bone loss. Plus, vitamin D strengthens your muscles, which helps prevent falls that can lead to broken bones.

Doctors have known for a long time that severe deficiencies of vitamin D can harm bones, but

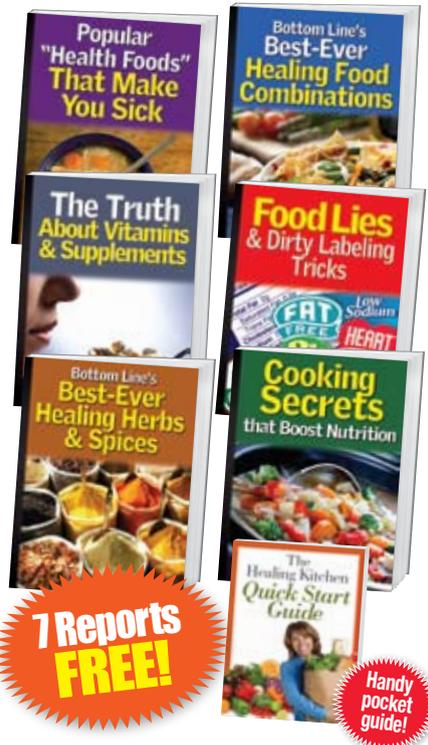
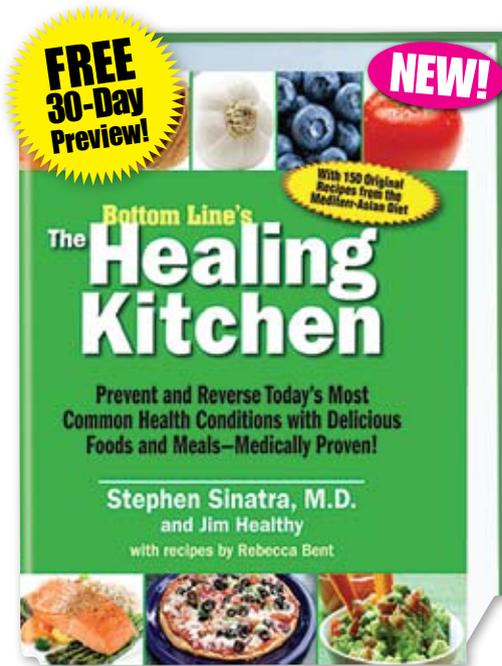


▲ No matter where you live, vitamin D is crucial to keep your bones strong.

now they've discovered that even minor deficiencies can lead to osteoporosis!

You may already be taking vitamin D to protect your bones. But here's the problem: Most multivitamins contain only 400 to 800 IU of vitamin D. And that's not enough.

You'll discover the minimum amount of vitamin D you need to take to protect your bones on page 276 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.



# Reverse The Hidden Cause Of Fatigue And Get Your Energy Back

**W**hy do you feel so darn tired all the time? Maybe it's the lack of sleep. Maybe it's the running around. Maybe it's the constant demands of being a spouse, friend, parent, or colleague. Or maybe it's none of those things.

You see, if you're like most Americans, the chances are good that you're suffering from a potassium deficiency. In fact, it's one of the first things doctors check when patients tell them that their energy is in the dumps. That's because potassium is an essential mineral for cellular energy.



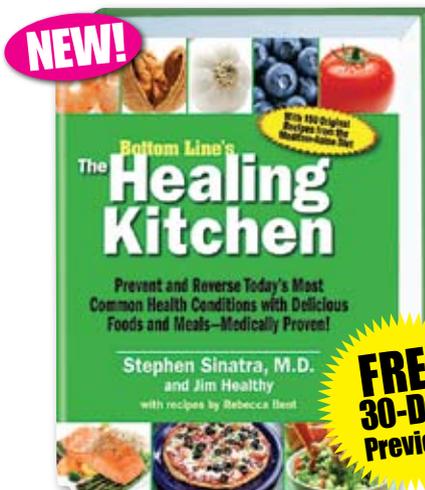
The good news is you can boost your levels naturally by loading up on foods rich in potassium. But potassium doesn't work alone! It must be balanced with a second essential mineral. And no, it's NOT sodium!

## Works for 9 Out of 10 People Who Try It!

Studies show up that to 90% of participants significantly boosted their energy when they took a combination of potassium and this essential mineral! It's fine to take a combo supplement to ensure you're getting enough of both of these minerals. But Mother Nature also conveniently packages them together.

You'll find a complete list of potassium-rich, fatigue-fighting food combinations on page 162 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

**Mail FREE GIFTS CERTIFICATE facing page XX for your FREE-Preview copy of Bottom Line's HEALING KITCHEN and 7 FREE GIFTS!**



# Which Would YOU Rather Take For Your Arthritis Pain?

A fistful of aspirin? Or a bowlful of cobbler?!



**G**ood news! You don't have to swallow fistfuls of pain pills to heal your arthritis pain! All you have to do is grab a bowlful of the delicious fruit cobbler on page 340 of your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

This pain-busting fruit cobbler is chock-full of two fruits loaded with *anthocyanins*. Anthocyanins are some of nature's most powerful anti-inflammatory compounds. **Studies show they block COX-2 enzymes as well as ibuprofen and naproxen, but without the dangerous side effects.**

Anthocyanins destroy volatile

free radicals before they can cause disease and cartilage damage. In fact, a 1/2 cup of our cobbler has more antioxidant activity than 5 servings of broccoli! And studies show that eating it provides the same pain-relieving effect as aspirin but without the dangerous side effects.

So you can either down fistfuls of aspirin and clutch your stomach in pain... or you can make a great-tasting cobbler and heal your joints with food. I know which one I'd choose!

Turn to page 55 to R.S.V.P. for your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**, PLUS 7 FREE GIFTS.

# Meet the Authors

And put their combined  
70 years of experience to work  
in your Healing Kitchen!

## Stephen Sinatra, M.D.



**D**r. Stephen Sinatra is an award-winning cardiologist with over 35 years of clinical experience.

He holds a dual fellowship in both the American College of Cardiology and the American College of Nutrition.

For the past 14 years, he's authored the popular newsletter, *Heart Health & Nutrition*. He's also written or co-written over a dozen books, and published dozens of articles in various publications including the *Journal of the American Medical Association (JAMA)*. And he's received the prestigious American Medical Association's Physician Recognition Award three times.

Dr. Sinatra is a worldwide lecturer and workshop facilitator, who has been a featured guest on CNN, MSNBC, and CBS News.



## Jim Healthy

Jim Healthy is a leading health writer and researcher who helped break the news on some of the biggest healing discoveries in alternative and natural health over the past 35 years. He is the co-author of numerous books including, *The Healthy Body Book*, *Arthritis Interrupted*, and *The 30 Day Diabetes Cure*.



## Rebecca Bent

Rebecca Bent is the author of multiple cookbooks and the president of several food companies. She's created more than 50 healthy-food products which have been featured in *The Oprah Magazine*, *Coastal Living*, *Newsweek*, *Forbes* and *Good Housekeeping*. She has made numerous TV and radio appearances including *The Today Show*.

# What Satisfied Readers Are Saying About *Bottom Line's* HEALING KITCHEN

"I am type 2 diabetic; and having *Bottom Line's HEALING KITCHEN* at my fingertips is a godsend. Thank you *Bottom Line!*"

— Pat Yacovacci, CT

"The book is awesome. Love the recipes organized by ailment as it helps me to know what to eat. Great information."

— Betty Hammans, TX

"Very helpful...to take care of problems using what I have on hand in the kitchen... *before* I go to the doctor or the drugstore!" Thanks.

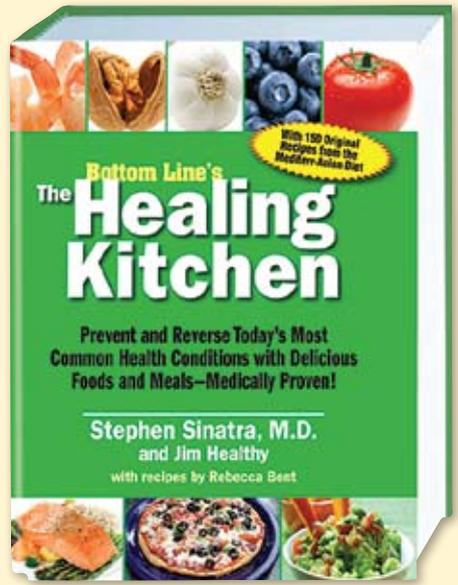
— Kitty Dahlin, AZ

"Not only helped me but my friends. Now I have to buy 3 for presents and maybe more!"

— Mildred Toby, FL

"Getting up there in age can mean a lot of medication. I'll take food any day!"

— Marie Edwards, NE



"I use this book so much. I have entries tagged and highlighted for easy access. I used the joint information and it really works. I love the recipes too."

— Michele Fetter, PA

"I have diabetes, high cholesterol and hypertension... I "reprogrammed" my style of caring for my diseases and follow what is in *Bottom Line's HEALING KITCHEN*. This book has become a part of my life."

— Esperanza Grabador, IL

**To receive your FREE 30-Day Preview copy of *Bottom Line's HEALING KITCHEN* and your 7 FREE GIFTS return the order card between pages 54 and 55 today.**

# Do You Buy Canned Tomatoes?

Then you should know about the deadly toxin found in half of all leading brands, even organic!



containers. But what you may not know is that BPA is also found in canned food. In fact, 85% of all canned food sold in the U.S. — even *organic* — is lined with a plastic coating containing BPA.

Scientists recently examined 20 popular brands of canned food for the presence of BPA. They were shocked to discover that **half of all the cans they examined were contaminated, even the organic ones.** And canned tomatoes are among the worst offenders. **That's because the acid in tomatoes causes more BPA to leach out of the lining and into your food.**

Even in small amounts, BPA can be harmful to your health. BPA interrupts your hormonal

**D**o NOT buy another can of tomatoes, even organic, until you read this! Because recent tests show that canned tomatoes are loaded with the toxic chemical *Bisphenol A* or *BPA*.

You may have heard of BPA in plastic water bottles and food

patterns and actually reprograms your genes. Roughly 1,000 published peer-reviewed studies show that BPA can cause thyroid problems, weight gain, breast cancer, ovarian cysts, uterine fibroids, type 2 diabetes, heart disease, liver disease and more.

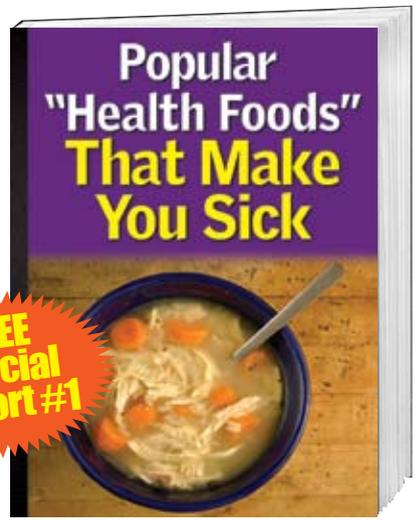
The good news is that several companies have started using BPA-free cans. You'll find a complete list in your Special Report, **Popular "Health Foods" That Make You Sick.**

And that's not all you'll find in your FREE Special Report. You'll also discover:



✓ **The hidden ingredient in many 100% whole grain foods that causes diabetes and obesity.** Avoid it like the plague! Just look for this ingredient on the label.

✓ **The type of popcorn that raises your cholesterol!** Surprisingly, it has nothing to do with butter, salt, or oil.



**FREE Special Report #1**

- ✓ **The popular organic snack that drives up your blood pressure.** Plus, the better, great-tasting alternative.
- ✓ **The "healthy" soup that increases your risk of cancer, liver damage, heart disease and diabetes.** Millions of people eat it every day, could you be one of them?
- ✓ **And much, much, more.**

**Popular "Health Foods" That Make You Sick** is yours FREE when you R.S.V.P. for your FREE-Preview copy of **Bottom Line's HEALING KITCHEN.**

**Just turn the page for more FREE GIFTS...**

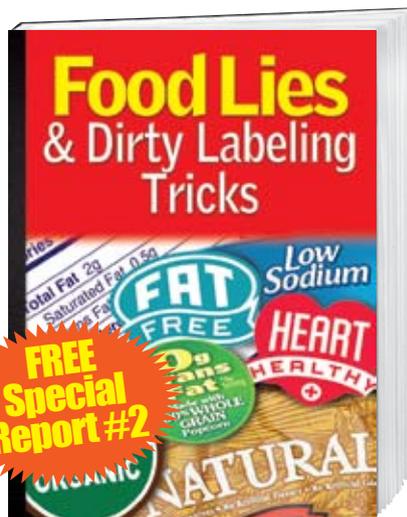
# How Food Manufacturers Make **BAD** Food Look **GOOD**

Plus, how to spot their dirty tricks

**B**y now, most people know that trans fats are bad for you. They raise your cholesterol, trigger weight gain, lead to diabetes and increase your risk for heart disease. In fact, they're so bad the government now makes manufacturers list the exact amount of trans fats on the label. But that's a load of lard!

That's because the food companies have found a sneaky way around this. According to the government, if a food contains less than half a gram of trans fats per serving, companies can legally list the amount as "zero" and advertise it as having NO trans fats.

So companies slash the suggested serving size until a serving contains less than one-half gram of trans fats. Even if the serving size is ridiculously small, for example one-third of a muffin... companies can legally list the food as having zero



trans fats! **So you could end up eating several grams of trans fats in your "zero trans fats" muffin without knowing it!**

**Self defense:** Even if the label says "zero trans fats" look at the ingredient list. If you see this phrase listed on page 5 of your FREE copy of **Food Lies and Dirty Labeling Tricks**, the food still contains trans fats.

# Why your “zero” trans fat dinner could be **LOADED** with trans fats!



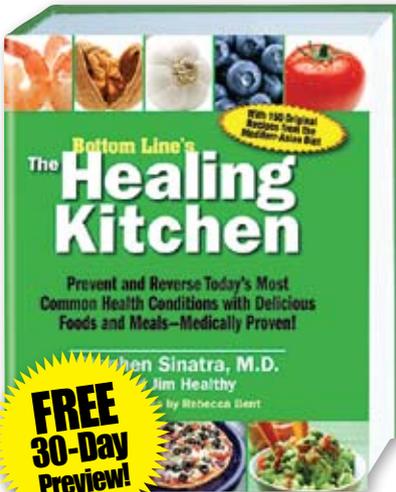
Nutrition Facts		
Serving Size ½ cup as pkgd (48g)		
1 cup prepared		
Servings Per Container about 6		
Amount Per Serving	As pkgd	Prepared
<b>Calories</b>	120	280
Calories from Fat	10	100
<b>% Daily Value**</b>		
<b>Total Fat 1g*</b>	<b>1%</b>	<b>17%</b>
Saturated Fat 0g	<b>0%</b>	<b>29%</b>
<b>Trans Fat 0g</b>		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>24%</b>
<b>Sodium 510mg</b>	<b>21%</b>	<b>25%</b>

## Hidden Trans Fats!

**INGREDIENTS:** ENRICHED ANGEL HAIR PASTA (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CABALIS WINE, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, LEMON JUICE CONCENTRATE, CHICKEN FAT, GARLIC\*, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, WHEAT), BROWN SUGAR, CORN STARCH, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVOR, YEAST EXTRACT, CHICKEN BROTH, PARSLEY\*, SPICES, ROASTED GARLIC\*, WHITE WINE\*, CORN SYRUP, BEEF BROTH\*, **PARTIALLY HYDROGENATED SOYBEAN OIL\*\***, SHERRY WINE\*, EXTRACT OF ROSEMARY, SOY FLOUR, EGG, NONFAT MILK. FRESHNESS PRESERVED WITH SORBIC ACID, SULFUR DIOXIDE AND BHT.

When it comes to “zero trans fats” and other health food labels, it’s hard to separate fact from fiction. That’s why we created this **Special Report, *Food Lies and Dirty Labeling Tricks***. In it you’ll discover everything you need to know to tell the real health food from the impostors! It’s our gift to you when you R.S.V.P. for your **FREE-Preview copy of *Bottom Line’s HEALING KITCHEN***.

**Turn the page for MORE FREE GIFTS!** ➔



# Why You're 3 TIMES Less Likely To Get Alzheimer's Disease In India Than In The U.S.

And how you can use this secret  
to shield your brain.

**R**ecently researchers compared the rate of Alzheimer's disease in a town in India to a similar-sized town in Pennsylvania. And what they discovered shocked them.

Compared to the people living in India, the people living in Pennsylvania had triple the rate of Alzheimer's disease. Triple! In fact, if the folks living in Pennsylvania were to up and move to India... their risk of Alzheimer's disease



would plummet by a whopping 73%!

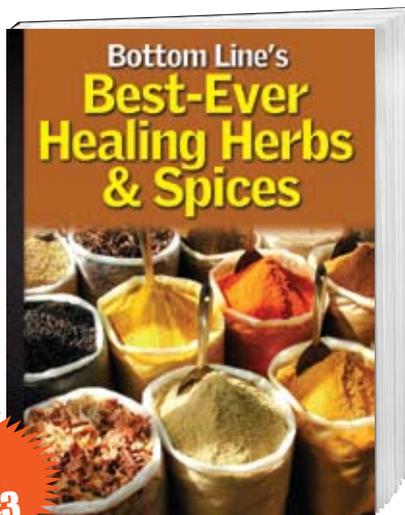
What made the difference?

People in India regularly eat a spice that is virtually unknown in Pennsylvania – or the rest of the U.S. for that matter. Studies show this spice helps prevent Alzheimer’s disease by blocking the buildup of nasty beta-amyloid plaques in the brain. It also helps breaks down existing plaques. And it protects your brain from oxidative damage and inflammation. **In fact, scientists now believe that this spice is the reason why India has one of the lowest rates of Alzheimer’s disease in the world!**

The good news is you don’t have to move to India to escape Alzheimer’s disease. All you have to do is add one to two teaspoons of this miracle spice to your food. You can sprinkle it into egg salad or sauté vegetables with it or add it to soups or dips. (And no, it’s not curry!)

You’ll discover the brain-protecting spice to buy in your FREE Special Report, **Bottom Line’s Best-Ever Healing Herbs & Spices.**

**FREE  
Special  
Report #3**



And that’s not the only healing spice in your FREE Special Report. You’ll also discover:

- ✓ **Common mistake most people make when cooking** that causes spices to lose 75% of their antioxidants.
- ✓ **The soothing spice that saved a 36-year-old newlywed from dying of embarrassment!** Prevents gas and bloating, tones intestinal muscles, and helps digest fats.
- ✓ **Artery bypass in a leaf.** Bypasses blockages in the arteries and increases blood flow in the capillaries by 57%!
- ✓ **10 popular herbal remedies you should NEVER take before surgery!** Can cause dangerous complications. Plus 2 herbs that can speed recovery afterwards.
- ✓ **And much, much, more.**

**Bottom Line’s Best-Ever**

**Healing Herbs & Spices** is yours FREE when you R.S.V.P. for your FREE-Preview copy of **Bottom Line’s HEALING KITCHEN.**

**Just turn the page and grab 4 MORE FREE GIFTS.**

## FREE Special Report #4

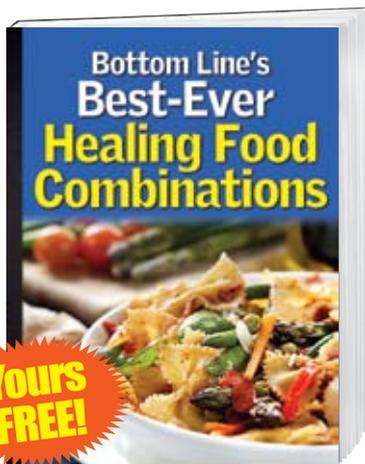
# Best-Ever Healing Food Combinations

New research shows you can **TURBOCHARGE** the healing power of foods simply by *how* you combine them... So the healing power isn't just double, it's triple, or quadruple!

Take an ordinary bowl of oatmeal, for example. Eat it every morning for just eight weeks, and studies show you could eliminate your need for blood pressure medication altogether. But add in a cup of blueberries and you can also improve your mental performance. Top it off with a tablespoon of cinnamon, and you can lower your blood sugar up to 20%.

**So simply by adding cinnamon and blueberries to your morning oatmeal, you just...**

- ✓ eliminated your need for blood pressure medication...
- ✓ increased your memory...
- ✓ sharpened your mental performance...



✓ and lowered your blood sugar by a whopping 20%!

All without drugs, supplements, or surgery. With common ingredients found in any kitchen.

These healing food combinations

are so powerful we created an entire **FREE Special Report, *Best-Ever Healing Food Combinations***, so you can turn ordinary meals into pharmaceutical strength prescriptions!

You'll discover do-it-yourself sauces and marinades that supercharge the healing power of any meal...pharmaceutical strength salads ...plus 5 super food pairs you should always eat together to maximize the healing power of both ... and so much more.

***Best-Ever Healing Food Combinations*** is our gift to you when you R.S.V.P. for your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN***.

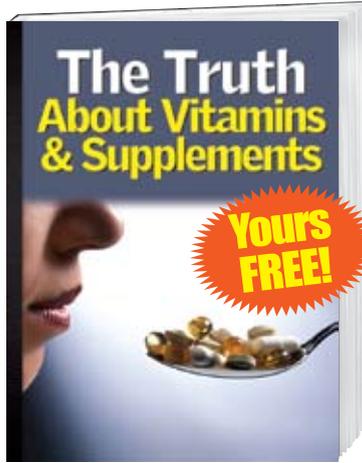
## FREE Special Report #5

# The Truth About Vitamins & Supplements: The Lifesavers and the Money Wasters

If you're like many health conscious Americans you probably take a daily vitamin to make sure you get all the nutrients your body needs. And if you have any health conditions, you may also be taking one or more supplements to help manage them.

But if you're taking lots of vitamins and supplements, and you are still not getting the results you want, here's why...

Many vitamins and supplements on the market are practically worthless. In fact, an independent laboratory recently tested dozens of leading brands and found that **25% of supplements did NOT contain the amount of active ingredients on the label!** Not only that, but they were also contaminated with pesticides or heavy metals, such as lead or arsenic. And they didn't disintegrate as they should for proper absorption! No wonder they don't work!



That's why I created this Special Report, **The Truth About Vitamins & Supplements: The Lifesavers and the Money Wasters**. In it, you'll discover the best-selling joint supplement that contains less than 10% of the chondroitin listed on the label,

plus 3 reliable brands you can trust.

You'll also find out which leading brands of ginkgo biloba were loaded with dangerous contaminants, as well as the only manufacturing process that removes them.

And you'll be shocked to learn the deadly toxin in green tea supplements, and relieved to find the only safe brands to buy. And much, much, more.

**The Truth About Vitamins & Supplements: The Lifesavers and the Money Wasters** is our gift to you when you R.S.V.P. for your FREE-Preview copy of **Bottom Line's HEALING KITCHEN**.

**Just turn the page for MORE FREE GIFTS.**

# Common Cooking Mistake That Destroys the Nutrients in Your Food and Causes Your Body to Age Faster!

You could be eating all the healthy fruits and vegetables, grass-fed beef, and whole grains you can get your hands on, but still not benefit from any of the nourishing ingredients.

**That's because when it comes to your food, it's not just what you eat, it's how hot you cook it that counts!**

Studies show, the longer you cook your food and the higher the temperature, the fewer nutrients remain! And it's not just nutrients that are destroyed. High heat can actually create toxic particles that destroy your health!

That's because when you cook certain foods at high temperatures, it triggers a chemical reaction called *glycation*. And glycation creates toxic particles called Advanced Glycation End products or AGEs for short.

**“Does This Food Make Me Look Old?”**

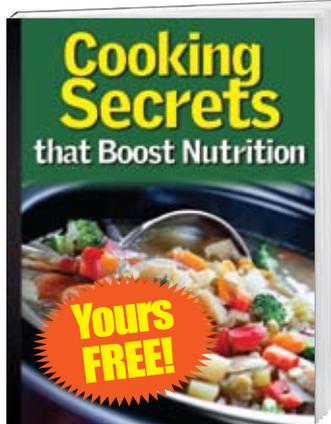
AGEs adhere to your arteries, kidneys, brain, and joints triggering inflammation.

They cause diabetes, heart disease, kidney disease, Alzheimer's and more! In fact, it turns out the name AGE is very fitting. That's because AGEs cause your body to age faster than your chronological age! So you look and feel old before your time.

*The good news:* New research at Mount Sinai School of Medicine shows you can slash your body's level of inflammation-triggering AGEs by a whopping 60% just by making a few simple adjustments in how you cook your food. If you suffer from inflammation, you may notice a dramatic difference within just a few days!

That's why I put together this Special Report, ***Cooking Secrets That Boost Nutrition***. In it, you'll discover which foods trigger glycation, plus the best way to cook

them to minimize AGEs and maximize healing power. Plus, the only safe way to cook with vegetable oil. ***Cooking Secrets That Boost Nutrition*** is yours FREE when you R.S.V.P. for your FREE-Preview copy of ***Bottom Line's HEALING KITCHEN***.



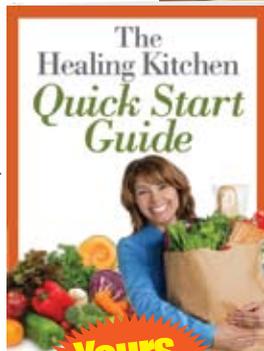
**Yours FREE When You Reply Within The Next 7 Days:**

# The Healing Kitchen Quick Start Guide

Get started right away with **The Healing Kitchen Quick Start Guide!** It takes the best healing food short cuts, tips, and lists from **Bottom Line's HEALING KITCHEN** and tucks it into your back pocket!

Forget elaborate menu plans, counting points, and conflicting food pyramids! **The Healing Kitchen Quick Start Guide** makes healthy eating a snap with quick, jump-start-your-day breakfasts...easy make-ahead take with you snacks... and simple meal menus you can use over and over again.

Headed for the grocery store? Be a smart shopper. **Tuck this pocket-sized guide in your pocket or purse and take it with you to save money and make the best and healthiest choices.** Learn when you absolutely must buy organic and when you can save money with conventionally grown produce. Make sure your meat and poultry really are free-range and grass-fed for optimum health. Protect



**Yours FREE!**

yourself and your family with the rules for safe fish. And stock up your pantry with the list of must-have healing kitchen staples, so you'll always have what you need right on hand.

You'll have everything you need to turn your kitchen into a food pharmacy — at prices you can afford!

**HURRY! Mail your FREE GIFTS CERTIFICATE in 7 days to get ALL 7 FREE GIFTS!**

# My **IRONCLAD** Guarantee to You



**SEND NO MONEY.** All you have to do is tear out the FREE GIFTS CERTIFICATE on the next to page, put it into the enclosed postage-paid envelope, and drop it in the mail. There's ZERO risk or obligation.

We'll rush you a FREE Preview copy of **Bottom Line's HEALING KITCHEN**. We'll also send you **6 FREE Healing Kitchen Giveaways**. And, we'll send you a hot-off-the-presses copy of *The Healing Kitchen Quick Start Guide*. So you can get started living the healthy life you deserve right away.

When you receive your 531-page hardbound FREE Preview copy of **Bottom Line's HEALING KITCHEN**, take 30 days to see how these delicious food cures can help heal and even reverse today's chronic health conditions. Then, if in 30 days you're not feeling much healthier, simply return the book to us. You'll never pay a penny, not now, not ever.

And the **6 FREE Healing Kitchen Giveaways** and *The Healing Kitchen Quick Start Guide* are yours to keep no matter what! And you can still return your book at any time in the future, for any reason whatsoever, and we'll gladly refund every cent you paid.

No one offers a better, safer, guarantee than that! So please mail your FREE GIFTS CERTIFICATE today and start healing yourself with food not pharmaceuticals!

Martin Edelston

A handwritten signature in blue ink that reads "Martin Edelston". The signature is fluid and cursive, written over a white background.

Publisher, Bottom Line Books

# RETURN YOUR FREE GIFTS CERTIFICATE TODAY



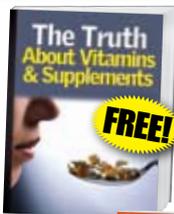
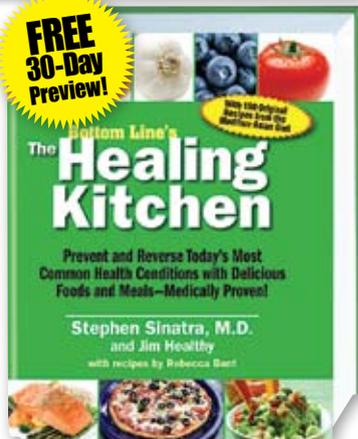
How to buy, cook, and eat delicious foods that maximize the healing power of your kitchen!

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- ✓ Packed with 2,635 Scientifically Proven Food Prescriptions
- ✓ Plus 158 Meals That Heal
- ✓ Indexed by Food and by Condition

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# **Kitchen Confidential**



**Confessions of a **maverick doctor** who traded his scalpel for a skillet and began curing his patients' chronic health conditions with food, not pharmaceuticals!**

Now he reveals 2,635 medically proven food cures for **fatigue... memory loss... digestive disorders... arthritis ... heart disease... diabetes...** and more. Plus, he exposes the so-called "health foods" that can make you sick!

**By Dr. Stephen Sinatra, M.D.**