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SUPERIOR COURT OF THE STATE OF CALIFORNIA
FOR THE COUNTY OF MONTEREY

PEOPLE OF THE STATE OF CALIFORNIA,

Plaintiff,

vs.

BRUCE WEST, an individual;
HEALTH ALERT/IMMUNE SYSTEMS, INC., a
California corporation; and
DOES 1 through 50, inclusive,

Defendants.

Case No.: 21CV001833

**COMPLAINT FOR PERMANENT
INJUNCTION, CIVIL PENALTIES,
AND OTHER EQUITABLE RELIEF**

(Bus. & Prof. Code §§ 17500, *et seq.* and
17200, *et seq.*)

Plaintiff, the PEOPLE OF THE STATE OF CALIFORNIA, by and through Jeannine M. Pacioni, the District Attorney of the County of Monterey, alleges the following on information and belief:

INTRODUCTION

1. Plaintiff brings this action against BRUCE WEST, an individual; HEALTH ALERT/IMMUNE SYSTEMS, INC., a corporation; and DOES 1 through 50, inclusive; (hereinafter collectively referred to as “Defendants”).

1 2. Defendants sell dietary supplements to consumers. In marketing the dietary supplements,
2 Defendants make various statements regarding their efficacy. Many of these statements made by
3 Defendants are unlawful because they are false, misleading, and lack adequate scientific substantiation.

4 3. Many of Defendants' advertisements also involve unapproved disease-related claims,
5 which promise to prevent, mitigate, treat, and/or cure disease conditions such as cancer, Alzheimer's
6 disease, heart disease, and diabetes. However, this is unlawful because none of the products sold by
7 Defendants are approved to treat or cure these diseases.

8 4. BRUCE WEST is not a medical doctor, yet, in marketing materials, BRUCE WEST
9 describes himself as "Dr. West," and he includes photographs of himself wearing a white medical coat
10 and stethoscope. He has even solicited health information and blood-sample laboratory results from
11 customers, and based on the results, subsequently recommended his dietary supplements to treat various
12 ailments and diseases.

13 **JURISDICTION, VENUE, AND TOLLING OF STATUTES OF LIMITATIONS**

14 5. Pursuant to Business and Professions sections 17508, 17535, and 17536, the District
15 Attorney may bring actions in the name of the People of the State of California in a superior court for a
16 permanent injunction against any person who engages in false advertising and for civil penalties for such
17 false advertising.

18 6. Pursuant to Business and Professions Code sections 17203, 17204, and 17206, the
19 District Attorney may bring actions in the name of the People of the State of California in a superior
20 court for a permanent injunction against any person who engages, had engaged, or proposes to engage in
21 unfair competition and for civil penalties for such unfair competition.

22 7. Defendants do business from and within the State of California and the County of
23 Monterey. The violations of law hereinafter described have been and are being carried out in and from
24 this County and this State.

25 8. This Court has jurisdiction pursuant to Article 6, section 10 of the California
26 Constitution.

27 9. On April 6, 2020, the Judicial Council of California adopted Emergency Rule No. 9 in
28 response to the COVID-19 global health pandemic, which tolled statutes of limitations for civil causes

1 of action until 90 days after Governor Gavin Newsom lifted the current state of emergency. The Judicial
2 Council of California subsequently amended Emergency Rule 9, effective May 29, 2020, providing that:
3 “Notwithstanding any other law, the statutes of limitations and repose for civil causes of action that
4 exceed 180 days are tolled from April 6, 2020, until October 1, 2020.”

5 **DEFENDANTS**

6 10. BRUCE WEST, an individual, is an owner and founder of HEALTH ALERT/IMMUNE
7 SYSTEMS INC.

8 11. HEALTH ALERT/IMMUNE SYSTEMS, INC., is a California corporation, with its
9 principal place of business in Monterey County, California. HEALTH ALERT/IMMUNE SYSTEMS,
10 INC. was formerly known as The Immune Systems Program.

11 12. BRUCE WEST resides in Monterey County, California.

12 13. Defendants’ primary place of business is located at 30 Ryan Court, Suite 100, in
13 Monterey, California.

14 14. Plaintiff is ignorant of the names and capacities of the Defendants sued herein as DOES 1
15 through 50, inclusive, and therefore sues such Defendants by fictitious names pursuant to California
16 Code of Civil Procedure section 474. Plaintiff will amend this complaint to allege the true names and
17 capacities of the fictitiously named Defendants once ascertained. Plaintiff is informed and believe that
18 DOES 1 through 50, inclusive, are in some manner responsible for the actions alleged herein.

19 15. At all relevant times, Defendants were legally responsible for compliance with all state
20 and local laws related to their business practices.

21 16. At all relevant times, Defendants, and each of them, were acting as the agents, servants,
22 employees, joint venturers, and/or representatives of each other, and were acting within the course and
23 scope of their agency, employment, and/or joint venture, with the full knowledge, consent, permission,
24 authorization, and ratification, either express or implied, of each of the other Defendants in performing
25 the acts alleged in this Complaint.

26 17. In this Complaint, when reference is made to any act or omission of Defendants, such
27 allegations shall include the acts and omissions of its owners, officers, directors, agents, employees,
28 contractors, vendors, affiliates, and representatives while acting within the course and scope of their

1 employment or agency on behalf of Defendants.

2 **STATUTORY BACKGROUND**

3 ***A. Overview of California's Drug Regulatory Scheme***

4 18. In 1943, California's legislature passed the Sherman Food, Drug and Cosmetic Law
5 ("Sherman Law"), codified in Health and Safety Code section 109875, *et seq.*

6 19. The Sherman Law defines a "Drug," as "an article intended for use in the diagnosis, cure,
7 mitigation, treatment, or prevention of disease;" or, as "an article other than food intended to affect the
8 structure or any function of the body." What the marketer "intended" is determined by an objective
9 review of all evidence, including the label, promotional materials, and any other sources. (Health & Saf.
10 Code § 109925.)

11 20. As a result, a dietary supplement becomes regulated as a Drug pursuant to the Sherman
12 Law if it is marketed to diagnose, cure, mitigate, treat, or prevent disease.

13 21. The Sherman Law prohibits the sale of "misbranded" Drugs, which are defined as a
14 product whose label or marketing is "false or misleading in any particular." (Health & Saf. Code §§
15 111330, 110390, 110395, 110398.)

16 22. The Sherman Law also prohibits the sale of a Drug unless it has been approved by the
17 Food and Drug Administration ("FDA") and/or the California Department of Public Health as either a
18 new drug or as a generic of an approved drug. (Health & Saf. Code §§ 110110, 111550.)

19 23. Moreover, it is specifically unlawful to advertise that a Drug has a specific curative or
20 therapeutic effect on cancer, diabetes, heart and vascular disease, and high blood pressure, among other
21 diseases and conditions, unless that Drug has been preapproved and cleared for marketing for that
22 specific curative or therapeutic effect by the FDA, pursuant to Health & Saf. Code §§ 110403, 110405.

23 ***B. State Laws Pertaining to the Practice of Medicine and the Advertisement Thereof***

24 24. Business and Professions Code section 2052 prohibits the unlicensed practice of
25 medicine, as follows:

26 ...any person who practices or attempts to practice, or who advertises or holds
27 himself or herself out as practicing, any system or mode of treating the sick or
28 afflicted in this state, or who diagnoses, treats, operates for, or prescribes for any
ailment, blemish, deformity, disease, disfigurement, disorder, injury, or other
physical or mental condition of any person, without having at the time of so doing

1 a valid, unrevoked, or unsuspended certificate as provided in this chapter or
2 without being authorized to perform the act pursuant to a certificate obtained in
accordance with some other provision of law is guilty of a public offense....

3 25. Business and Professions Code section 2054(a) prohibits the use of the words “doctor” or
4 “Dr.” in advertisements by those who are not certified as a physician, as follows:

5 Any person who uses in any sign, business card, or letterhead, or, in an
6 advertisement, the words “doctor” or “physician,” the letters or prefix “Dr.,” the
7 initials “M.D.,” or any other terms or letters indicating or implying that he or she
8 is a physician and surgeon, physician, surgeon, or practitioner under the terms of
9 this or any other law, or that he or she is entitled to practice hereunder, or who
10 represents or holds himself or herself out as a physician and surgeon, physician,
surgeon, or practitioner under the terms of this or any other law, without having at
the time of so doing a valid, unrevoked, and unsuspended certificate as a
physician and surgeon under this chapter, is guilty of a misdemeanor.

11 26. Title 16 of the California Code of Regulations section 310.2 prohibits the use of the
12 words “doctor” or “Dr.” by unlicensed chiropractors, as follows:

13 No person shall engage in the practice of chiropractic, as defined in Section 302,
14 without holding a license which is in an active status, issued by the Board. Any
15 person who advertises or promotes, in any manner, the words “doctor” or
16 “chiropractor”, the letters, prefixes or suffixes “Dr.” or “D.C.”, or any other word,
17 title or letters indicating or implying that he or she is engaged in the practice of
chiropractic, or who represents or holds himself or herself out as a doctor of
chiropractic without having, at the time of so doing, a valid, unrevoked, or
unsurrendered license, is in violation of the Chiropractic Initiative Act.

18 ***C. The False Advertising Law***

19 27. The False Advertising Law (“FAL”), found at Business and Professions Code section
20 17500, states:

21 It is unlawful for any person, firm, corporation or association, or any employee
22 thereof with intent directly or indirectly to dispose of real or personal property or
23 to perform services, professional or otherwise, or anything of any nature
24 whatsoever or to induce the public to enter into any obligation relating thereto, to
25 make or disseminate or cause to be made or disseminated before the public in this
26 state, or to make or disseminate or cause to be made or disseminated from this
27 state before the public in any state, in any newspaper or other publication, or any
28 advertising device, or by public outcry or proclamation, or in any other manner or
means whatever, including over the Internet, any statement, concerning that real
or personal property or those services, professional or otherwise, or concerning
any circumstance or matter of fact connected with the proposed performance or
disposition thereof, which is untrue or misleading, and which is known, or which
by the exercise of reasonable care should be known, to be untrue or misleading, or

1 for any person, firm, or corporation to so make or disseminate or cause to be so
2 made or disseminated any such statement as part of a plan or scheme with the
3 intent not to sell that personal property or those services, professional or
otherwise, so advertised at the price stated therein, or as so advertised.

4 28. Pursuant to Business and Professions Code section 17536, “any person who violates any
5 provision of this chapter shall be liable for a civil penalty not to exceed two thousand five hundred
6 dollars (\$2,500) for each violation, which shall be assessed and recovered in a civil action brought in the
7 name of the people of the State of California by the Attorney General or by any district attorney, county
8 counsel, or city attorney in any court of competent jurisdiction.”

9 ***D. The Unfair Competition Law***

10 29. The Unfair Competition Law (“UCL”), found at Business and Professions Code section
11 17200, states, in part: “[u]nfair competition shall mean and include any unlawful, unfair, or fraudulent
12 business act or practice and unfair.”

13 30. Business and Professions Code section 17203 provides that “[a]ny person performing or
14 proposing to perform an act of unfair competition within this state may be enjoined in any court of
15 competent jurisdiction.”

16 31. Business and Professions Code section 17206(a) provides that any person violating
17 section 17200 “shall be liable for a civil penalty not to exceed two thousand five hundred dollars
18 (\$2,500) for each violation, which shall be assessed and recovered in a civil action brought in the name
19 of the people of the State of California by the Attorney General or by any district attorney.” Under
20 section 17205, these penalties are “cumulative to each other and to the remedies or penalties available
21 under all other laws of this statute.”

22 32. Business and Professions Code section 17206.1 provides that any person who violates
23 section 17200 and the act or acts of unfair competition are perpetrated against one or more senior
24 citizens or disabled persons (as defined in section 17206.1[b]), may be liable for a civil penalty up to
25 \$2,500.00. This penalty is cumulative to all other civil penalties, pursuant to section 17205.

26 ///

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28 ///

1 **FACTUAL ALLEGATIONS**

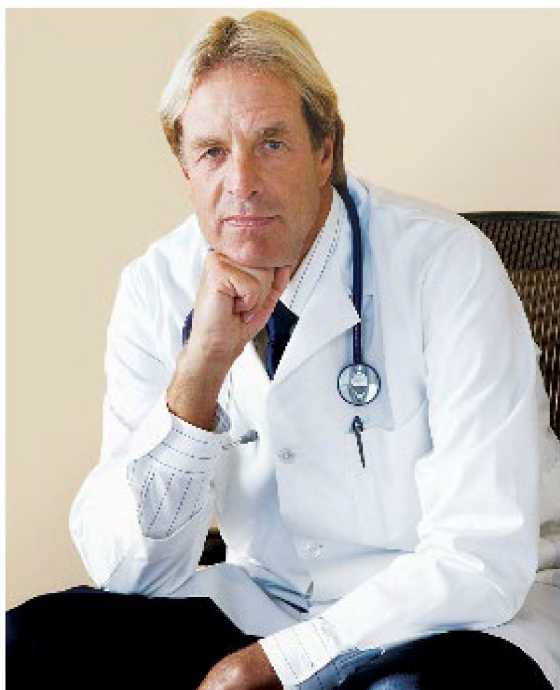
2 ***A. Overview of Bruce West's Operation of Health Alert***

3 33. From 1984 until the present, Defendants have created, sold, and distributed a monthly
4 periodical, titled "*Health Alert – When All Other Treatments Fail*," which promotes Defendants' sale of
5 dietary supplements. Defendants also distribute "quarterly health eBulletins" via email, in addition to
6 other periodic emails, which promote Defendants' sale of dietary supplements.

7 34. Defendants operate a website, found at www.healthalert.com, (hereinafter, "Website")
8 that sells and markets dietary supplements.

9 35. All periodicals, emails, and the Website, in addition to all other advertising statements
10 made by Defendants, are hereinafter collectively referred to as, "Marketing Materials."

11 36. The Marketing Materials repeatedly refer to BRUCE WEST as "Dr. Bruce West," and
12 depict him with a white medical coat and stethoscope, as seen in the below image taken from the
13 Marketing Materials:



25 37. BRUCE WEST was issued Chiropractor License Number 11036 on January 1, 1973. This
26 license expired on December 31, 1983, and has not been active since that date.

27 38. BRUCE WEST has never been issued a physician's license and has never been
28 authorized to practice medicine outside the chiropractic field in the State of California.

1 ***B. Dietary Supplements Sold by Defendants***

2 39. Dietary supplements sold by Defendants are referred to hereinafter as, “Dietary
3 Supplements.” Defendants sell the Dietary Supplements through their Website, by mail, and by
4 telephone. The Dietary Supplements, include but are not limited to, the following: Turmeric Forte,
5 Cardio-Plus® 330T, Butter Oil, Celtic Sea Salt, Digestive and Urinary Tonic, Cataplex A-C, Cataplex
6 ACP, Cataplex B, Cataplex C, Cataplex D, Cataplex E, and Cruciferous Complete.

7 ***C. Untrue or Misleading Statements in Marketing Materials***

8 40. Defendants create and distribute the Marketing Materials, and have done so for decades.
9 The Marketing Materials have a professional medical appearance, and the content centers on the
10 purported curative value of the Dietary Supplements sold by Defendants. Printed Marketing Materials
11 often include a mail-in Health Alert order form for the Dietary Supplements.

12 41. The Marketing Materials repeatedly claim that certain Dietary Supplements can cure,
13 mitigate, treat, prevent, or otherwise have an effect on numerous diseases, disease conditions, symptoms
14 of disease, and/or abnormal health conditions (hereinafter, collectively, “Disease Claims”), including but
15 not limited to, Alzheimer’s disease, diabetes, heart disease, and various forms of cancer.

16 42. Defendants also include specific “Protocols” in its Marketing Materials, which detail
17 daily dosages of the Dietary Supplements consumers should take to treat serious illnesses such as
18 cancer, heart disease, and Alzheimer’s.

19 43. Examples of the Disease Claims found in Defendants’ Marketing Materials, are described
20 more thoroughly below, and are false and misleading within the meaning of the Sherman Law, FAL, and
21 UCL.

22 44. No competent and reliable scientific evidence exists to support these Disease Claims, and
23 even if such evidence did exist, which it does not, the Dietary Supplements have not been approved by
24 the FDA and/or California Department of Public Health for the diagnosis, cure, mitigation, treatment, or
25 prevention of any disease or disease condition.

26 45. The Marketing Materials also encourage customers to disregard the medical advice of
27 their treating physicians, claiming that prescription medications and approved medical treatments are
28 ineffective and dangerous, particularly in comparison to the Dietary Supplements.

1 46. For example, the following claims were made in Defendants’ “Winter 2017” “Health
2 Today” newsletter, attached in relevant part as Exhibit 1, and which are representative of other false and
3 misleading claims made by Defendants during the relevant period:

4 a. “Dr. Bruce West, whose amazing new phytoceuticals were healing people with
5 hopeless conditions... restoring vitality and vigor to thousands ... and even saving lives....” (p.
6 1)

7 b. “To date, Dr. West has used this amazing new weapon in the war on pain and
8 disease to safely treat more than 100,000 people with more than 200 different medical issues,
9 including: Heart Disease,... Diabetes, Osteoporosis, ... High Blood Pressure, Cancer, Memory
10 Loss, Cholesterol Problems...” (p. 1)

11 c. “**Statistic #1: 92,697 grateful patients**...During the past 35 years, Dr. West has
12 successfully treated more than 90,000 people with a wide range of health problems: ATRIAL
13 FLUTTER/FIBRILLATION...CLOGGED ARTERIES...CONGESTIVE HEART
14 FAILURE...CYSTITIS...DIABETES...SEIZURES...” (p. 2)

15 d. “Dr. West has helped close to 90,000 people with a personal reply to their health
16 questions. The service is free to subscribers to Dr. West’s newsletter *Health Alert*...**It’s the most**
17 **unique (and potentially most valuable) health service on the planet – priceless personalized**
18 **service even your own doctor can’t provide!** *Health Alert* subscribers who are unable to find
19 the help they need in the newsletter can write to Dr. West for assistance. He’ll either address the
20 problem in a subsequent issue of the newsletter or send a personal reply with the requested
21 information. ‘Over the years,’ Dr. West says, ‘I’ve helped thousands of people obtain the relief
22 they sought when they had nowhere else to turn.’ **This personalized health service is**
23 **completely free to *Health Alert* subscribers.**” (p. 11)

24 e. “**FACT: Dr. West has helped more heart patients than any other doctor in**
25 **America, including big-name cardiologists.** ‘That one tablet did more for my patient’s heart
26 than any prescription drug or surgical procedure could ever do,’ Dr. West recalls.” (p. 12-13)

27 f. “And although patients with heart problems continue to dominate his practice
28 (which is understandable since heart disease is the #1 killer of Americans), Dr. West has used

1 phytoceuticals to treat people with a broad range of health problems, including individuals who
2 were at death's door.” (p. 13)

3 g. “What everyone 65 and older must know now – new FREE service from Dr.
4 Bruce West...Subscribers can write to Dr. West for assistance with any health problem they
5 can't find an answer for. He will then send a personal reply with the requested information or
6 address the problem in an upcoming issue of the newsletter.” (p. 13)

7 47. For example, the following claims were made in Defendants' 2018 mailer, attached in
8 relevant part as Exhibit 2, and which are representative of other false and misleading claims made by
9 Defendants during the relevant period:

10 a. “EXTREME MEDICAL ALERT: This issue of *Health Alert* contains my article
11 about the greatest breakthrough in healthcare in 25 years or longer. My article describes how you
12 can win the battle with *Alzheimer's, memory loss, dementia, type 2 diabetes, and chronic pain*
13 by using *Turmeric Forte* daily.” (p. 1)

14 b. “The highlights are: *Alzheimer's*: Specially activated *curcumin* found in
15 Turmeric Forte not only stopped the progression of Alzheimer's, but it also *dramatically*
16 *improved memory in 100% of medical-study subjects*. And even more remarkably, it actually
17 began reversing the plaque found in the specific areas of the brain where the plaque causes
18 Alzheimer's! There was *245x more free curcumin in the brain* (a pharmaceutical level) with
19 Turmeric Forte!” (p. 1)

20 c. “*Diabetes*: The same product was tested with people diagnosed with *pre-diabetes,*
21 *or metabolic syndrome*. In the medical studies, *100% of people in this situation did not become*
22 *diabetic!* None (zero) of the people taking activated curcumin (Turmeric Forte) progressed to
23 type 2 diabetes. And the same product can help you actually *reverse type 2 diabetes* if you
24 already have it.” (p. 1)

25 d. “If you suffer from memory loss, dementia, Alzheimer's, pre-diabetes, metabolic
26 syndrome, type 2 diabetes, or if you are in chronic pain, there is finally *a real medical*
27 *breakthrough*. And it is not diabetes drugs, Alzheimer's drugs, or opioids – of which do not
28 work, or are too dangerous to take. It is Turmeric Forte. And if you are suffering, you should

1 start taking Turmeric Forte immediately! I do! Two tablets daily is a good starting dose...Dr.
2 Bruce West, Founder, Health Alert.” (p. 1)

3 48. For example, the following claims were made in Defendants’ July 2018, Volume 35,
4 Issue 7 newsletter, attached in relevant part as Exhibit 3, and which are representative of other false and
5 misleading claims made by Defendants during the relevant period:

6 a. “Improve your memory and ***finally prevent and even treat Alzheimer’s with a***
7 ***phytoceutical (Turmeric Forte) that is safe, proven effective, inexpensive, drug-free, and***
8 ***simple***. Imagine, in 18 months or less, you can experience ***better*** memory instead of worse.
9 ***There is nothing on the market that can do this for you now – especially not toxic Alzheimer’s***
10 ***drugs.***” (p. 3)

11 b. “Virtually ***all*** the study subjects had improved memory in 18 months or less!
12 Compare that to worsening memory loss in virtually 100% of Alzheimer’s patients in 18 months
13 or less.” (p. 3)

14 c. “***Turmeric Forte – A Real Game Changer*** ... It’s been a long time since I’ve had
15 a game changer of this magnitude to reveal to you. The fact that it can help you with an incurable
16 condition for which medicine has ***zero effective treatments*** is even more amazing. It is not called
17 the heartbreak of Alzheimer’s for nothing. When the one you love one day does not know who
18 you are, it is worse than heart-breaking. Now you can do something, even for those who already
19 have Alzheimer’s. And you can definitely do something for those who may get it or who are
20 beginning to get it.” (p. 3-4)

21 49. For example, the following claims were made in Defendants’ September 2018, Volume
22 35, Issue 9 newsletter, attached in relevant part as Exhibit 4, and which are representative of other false
23 and misleading claims made by Defendants during the relevant period:

24 ***Every Adult Should Be Using Turmeric Forte***...Thanks to genius in the fields
25 of phytochemicals and phytonutrients at Standard Process, we now have Turmeric
26 Forte. The take-home message is to start taking Turmeric Forte. Then get to your
27 doctor to flush the drugs that cause memory loss and Alzheimer’s. Gradually do
28 the same with pain pills and opioids. Here are guidelines:

- Take 1 daily if you have no problem at all.

- Take 2 (1x2) daily if you are beginning to experience any memory loss or have prediabetes (metabolic syndrome).
- Take 4 (2x2) daily if you already have memory loss, dementia, Alzheimer's, or type 2 diabetes...

There are no side effects It is proven effective when *there is nothing at all medically that will help in these conditions.* (p. 5)

50. For example, the following claims were made in Defendants' December 2018, Volume 35, Issue 12 newsletter, attached in relevant part as Exhibit 5, and which are representative of other false and misleading claims made by Defendants during the relevant period:

a. "In dozens of top-quality studies, turmeric root has proven helpful to people with bladder, bone, brain, breast, colon, kidney, liver, pancreas, prostate, and ovarian cancer as well as leukemia. It has been proven to kill cancer cells without hurting normal cells. Studies have shown that it slows or stops tumor growth and metastasis, and slows or stops cell mutation from normal to cancerous." (p. 8)

b. "Standard Process has produced an *activated turmeric/curcumin supplement* by infusing the curcumin-rich turmeric into highly digestible and usable seed fiber from Fenugreek plants. The end result of this phytochemical magic is *Turmeric Forte*, a supplement that is metabolized and utilized in your body from 24.6 to 45.6 times greater than normal. And perhaps best yet, the turmeric plant material with curcumin actually passes through your blood/brain barrier to get into your brain *in pharmacological levels!*" (p.8)

c. "*Use Turmeric Forte to Prevent and Treat Way More than Just Cancer...* So, if you have cancer or you are prone to cancer; or you have memory loss, dementia or Alzheimer's; or if you have chronic pain; prediabetes or type 2 diabetes; or *if you just want to prevent these problems and diseases* (what an idea!); be sure to use the super-activated turmeric supplement, *Turmeric Forte*. For prevention, you can take 1 tablet morning and night. If you are prediabetic, have type 2 diabetes, or suffer with any type of chronic pain or memory loss, take 2 tablets morning and night." (p. 8)

1 51. For example, the following claims were made in Defendants’ July 2019, Volume 36,
2 Issue 7 newsletter, attached in relevant part as Exhibit 6, and which are representative of other false and
3 misleading claims made by Defendants during the relevant period:

- 4 a. “The only way to kill cancer stem cells is with natural treatments.” (p. 3)
- 5 b. “[C]**ancer stem cells are actually strengthened and stimulated** by the ‘gold
6 standard’ treatments!” [referring to “surgery, chemotherapy, and/or radiation.”] (p. 3)
- 7 c. “**Curcumin is proven to kill cancer stem cells** while leaving natural stem cells
8 unharmed.” (p. 3)
- 9 d. “[Standard Process’s] curcumin product, **Turmeric Forte**, is absorbed 25 to 45x
10 greater than normal. And Turmeric Forte passes through your blood/brain barrier to get into your
11 brain circulation in pharmacological amounts—about 240x greater than normal.” (p. 3)
- 12 e. “This form of curcumin [Turmeric Forte] actually helps people with Alzheimer’s,
13 dementia, and memory loss to **improve their memory**.” (p. 4)
- 14 f. “[Turmeric Forte] also will help you maintain better blood sugar control, with or
15 without type 2 diabetes.”
- 16 g. “In studies, 100% of subjects with prediabetes (an epidemic in the U.S.) did not
17 progress to type 2 diabetes [after taking Turmeric Forte].”
- 18 h. “Activated free curcumin will help you maintain health heart function and
19 circulation as it feeds and heals the linings of your blood vessels.”
- 20 i. “[A]ctivated curcumin also helps your body to **end inflammation naturally** once
21 healing takes place.”
- 22 j. “In studies, 100% of Alzheimer’s sufferers taking Turmeric Forte for 18 months
23 halted their Alzheimer’s progression and enjoyed **improved memory**—a medical impossibility.”
24 (p. 6)

25 52. For example, the following claims were made on page 4 of Defendants’ September 2019,
26 Volume 36, Issue 9 newsletter, attached in relevant part as Exhibit 7, and which are representative of
27 other false and misleading claims made by Defendants during the relevant period:
28

**PROTOCOL FOR PEOPLE WITH
OR PREVENTING CANCER**

For prevention...

Turmeric Forte: 1 daily

Cruciferous Complete: 2 daily

For those with a family history of cancer, especially female cancer...

Turmeric Forte: 2 daily

Cruciferous Complete: 3 daily

For those diagnosed with cancer, especially female cancer...

Turmeric Forte: 4 (2x2) daily

Cruciferous Complete: 4 daily (6 daily with female cancer)

Take Turmeric Forte with food that contains a little fat for best absorption and bioavailability

See "Cancer: Huge Cancer/Alzheimer's Breakthrough—
Cancer Stem Cells Killed by Turmeric" (at www.healthalert.com)

53. For example, the following claims were made on page 5 of Defendants' October 2019, Volume 36, Issue 10 newsletter, attached in relevant part as Exhibit 8, and which are representative of other false and misleading claims made by Defendants during the relevant period:

**PROTOCOL FOR PEOPLE WITH
OR PREVENTING ALZHEIMER'S OR DEMENTIA**

For prevention...

Turmeric Forte: 1 daily

For those with a family history of cancer, especially female cancer...

Turmeric Forte: 2 daily

For those already beginning to lose memory, have prediabetes, pain, or early heart disease...

Turmeric Forte: 3 daily

For those diagnosed with cancer (especially female cancer), type 2 diabetes, Alzheimer's/dementia, chronic pain, or heart disease...

Turmeric Forte: 4 (2x2) daily

Take Turmeric Forte with food that contains a little fat for best absorption and bioavailability.

54. Additionally, the following claims were made in Defendants' October 2019, Volume 36, Issue 10 newsletter, attached in relevant part as Exhibit 8, and which are representative of other false and misleading claims made by Defendants during the relevant period:

a. "And perhaps most important of all, Turmeric Forte ***kills cancer stem cells--*** making it a premiere anticancer agent that can be helpful to anyone at risk of or suffering from cancer." (p. 2)

b. "When it comes to preventing and fighting Alzheimer's/dementia, the most powerful poly-phenol of all is ***curcumin*** from ***turmeric root***. To date it is the only known compound that has been proven to improve Alzheimer's patients...Until now curcumin has been extremely difficult for your body to absorb and utilize...Fortunately, we have curcumin from turmeric root that has been ***activated for dramatically enhanced absorption***. This activated curcumin is found in the product ***Turmeric Forte***." (p. 4)

c. "For people with typical heart problems, like an enlarged and weak heart, any of the long list of heart arrhythmias, congestive heart failure, a pounding heart, and constant fatigue or exhaustion, take Cardio-Plus® (6 tablets daily), Cataplex® B (3 tablets daily), Cataplex® G (4 tablets daily), Cataplex® F (3 tablets daily), and Min-Tran® (6 tablets daily). Follow this protocol for six to nine months or until your heart begins to improve. Then schedule another appointment with your cardiologist to discuss ***weaning from heart medications*** that are no longer needed." (p. 3 of *Heart: Greatest Heart Secret You'll Never Be Told* Insert)

d. "If your heart beats too fast, your blood pressure is too high, and/or you are always tense and under stress, change Cataplex® G to 6 tablets daily." (p. 3 of *Heart: Greatest Heart Secret You'll Never Be Told* Insert)

e. "If you have inflammation in your arteries (usually determined by an elevated C-Reactive Protein or CRP level in your blood), you also need Cyruta®-Plus (6 tablets daily)." (p. 3 of *Heart: Greatest Heart Secret You'll Never Be Told* Insert)

f. "If you have plaque in your arteries, add Blue Ice™ Fermented Cod Liver Oil (3 to 4 capsules daily) and ***X-Factor Gold™ High Vitamin Butter Oil*** (6 capsules daily) for its vitamin K2 content." (p. 3 of *Heart: Greatest Heart Secret You'll Never Be Told* Insert)

1 g. “And if you suffer from atrial fibrillation you would also need *Calcium Lactate*
2 (6 tablets daily).” (p. 3 of *Heart: Greatest Heart Secret You’ll Never Be Told* Insert)

3 55. The Marketing Materials contain repeated false and misleading claims that the Dietary
4 Supplements sold by Defendants could cure and treat diseases and disease conditions, despite the
5 absence of any competent and reliable scientific evidence.

6 ***D. Untrue or Misleading Marketing on Website***

7 56. Beginning at a date unknown to Plaintiff, and continuing until the present, Defendants
8 have maintained their Website.

9 57. The Website contains and has contained false advertising of Dietary Supplements. The
10 Website has also contained Disease Claims for the Dietary Supplements, which renders such Dietary
11 Supplements unapproved and misbranded Drugs, within the meaning of the Sherman Law.

12 58. The Website contains various articles on health-related topics which objectively
13 communicated to consumers that the Dietary Supplements could diagnose, mitigate, treat, cure, or
14 prevent numerous diseases.

15 59. Examples of unsubstantiated claims from Website include, but are not limited to, the
16 following, which were observed on December 12, 2019 and existed for a period of time unknown to
17 Plaintiff:

18 a. Butter Oil – As described on the Website: “is rich in vitamins A, D, K2 and the
19 Wulzen (or Price) Factor, also known as Activator X. It is a critical nutrient-dense food for
20 people with arthritis, osteoporosis, joint problems and pain, hardening of the arteries, hormone
21 problems, and chronic stiffness. It is also critical for children who suffer from chronic colds and
22 bronchitis.”

23 b. Celtic Sea Salt – As described on the Website: “For anyone with heart or blood
24 pressure problems, this is the salt you need to use.”

25 c. Digestive and Urinary Tonic - As described on the Website: “This simple
26 colloidal silver liquid is a must have when issues arise with bad food. It is also is [sic] a must
27 with issues involving your gut and/or urinary tract. Antibiotics can be problematic for these
28 problems because they harm your microbiome (healthy bacteria in your gut). When you need

1 help maintaining the proper gut balance, you need a natural approach like Digestive and Urinary
2 Tonic™ (DUT). . . .No other silver colloid, silver hydrosol, silver citrate or mild silver protein
3 works as well. When bad food or gut/urinary tract issues affect you, simply drink 1-2 oz of DUT
4 on an empty stomach. Then repeat an hour later (also on an empty stomach). Proper balance is
5 usually achieved overnight. If your issues persist, you can repeat the same procedure for up to
6 five days. And be sure to see my articles on Digestive Issues on our website.”

7 60. The Website also contains and has contained false, misleading, and unsubstantiated
8 testimonials and endorsements for the Dietary Supplements, which objectively communicated to
9 consumers that those dietary supplements could diagnose, mitigate, treat, cure, or prevent numerous
10 diseases. The health claims made through these testimonials are not substantiated by any competent and
11 reliable scientific evidence, and may not even be from actual consumers. These testimonials claimed,
12 among other things, that the customers were “patients” of BRUCE WEST, that BRUCE WEST’S
13 “protocols” treated, cured, and mitigated their diseases and disease conditions, and that the
14 treatments/cures occurred after disregarding the medical advice of their licensed treating physicians.

15 61. For example, the following testimonials are representative of testimonials published on
16 the Website, were observed on the Website on December 12, 2019, and existed for a period of time
17 unknown to Plaintiff:

18 a. Peggy Foss, Wisconsin



DEFORMED AORTIC HEART VALVE

I have been your patient since 2006. In 1994 I was put in a study of 500 people to receive a human aortic heart valve. As you remember, I had a deformed heart valve, and you saved my life. I have never taken any of the toxic drugs, and have only followed your heart protocol.

When I went in to my cardiologist this Spring (2017), he tried to convince me that I needed to have my heart valve replaced. I said how can this be when I feel so great. I went for a second opinion and found out that my heart and valve were very healthy, and that no surgery was needed.

It turns out that they finally admitted that I was the only one left in the study of 500 people, and ***in order to finish the study they needed to replace my heart valve.*** And they were willing to do it even though my heart and valve were healthy!

I lead a very active life thanks to your protocol. You have truly saved my life. Thank you.

Peggy Foss, Wisconsin

b. Richard Hemsted, Kansas



ARTHRITIS/DIABETES/HEART/BLOOD PRESSURE

In my ignorance, I let my MD talk me into taking Lipitor for high cholesterol. That was before I found out how this drug can make you sick, and lower your level of CoQ10 and other compounds. Soon after I began taking Lipitor I subscribed to *Health Alert*. And as I read Dr. West's views on various ills, it dawned on me —the reason I felt so awful was ***the Lipitor!*** I stopped the drug and sent a letter with my symptoms to Dr. West. He answered right away and I followed his

directions. That was over 10 years ago. And now:

- My Arthritis is amazingly better.
- My blood pressure is normal.
- My energy has improved tremendously...
- and my A1C (diabetes) is NORMAL!

I will be grateful to Dr. West for setting me on the right path! I am a healthy 82 year-old, and I continue on Dr. West's regimen.

Thank You Dr. West!

Richard Hemsted, Kansas

c. Lillian Weberbauer, Florida



CANCER

Years of estrogen prescribed by my doctor caused uterine cancer. I had a hysterectomy, followed by radiation. I was told I was cured. Six months later, however, the cancer had spread to my lungs. I was told that even with more surgery, radiation and chemotherapy I probably only had 6 months to a year to live. That's when I came to see you. You put me on my first treatment, and have monitored my progress ever since. That "6 months to a year" death sentence has now become 15 years of a normal life. I'm almost 80 now, and I feel wonderful. I have no problems and feel strong and healthy.

Thank you from the bottom of my heart.

Lillian Weberbauer, Florida

d. Esther Schomp, Florida



CANCER

I had been helped by Dr. West a few years ago, so when I was diagnosed with lung cancer in April 2010, I wrote and asked again for help. I received a suggested protocol, but my doctors told me that I would die quickly and scheduled chemo. My second chemo treatment almost destroyed me and put me in the hospital for 18 days. I was totally dehydrated, had a white cell count below 1000, needed shock treatment for my heart, had an emergency ablation surgery on my heart, woke up on a ventilator from an allergic reaction to medication, lost all my hair and 30 pounds of weight, and came home in a wheelchair to die.

I told my family "no more chemo", and that I would like to start Dr. West's protocol. So here I am, 16 months later, feeling good, doing some housework, some shopping, driving my car and still taking the suggested supplements. I expect to celebrate my 85th birthday in December.

Do I recommend Dr. Bruce West...absolutely.

Esther Schomp, Florida

e. Bengt Strom, Colorado



CLOGGED ARTERIES

Before I began your phytonutrient protocol, and after 5 hospital admissions, my physicians were unable to help me with a deteriorating cardiovascular condition. Because of the drugs prescribed, I suffered 2 mini-strokes. I had angioplasty and a Teflon coated stint installed—all to no avail. When I started your protocol I could not walk a block without chest pain and weakness, and was having heart "events" regularly. Since beginning your protocol 2 ½ years ago I have had no cardiovascular events. I have a new lease on life. I have competed in the Rocky Mountain Senior Games and won gold medals 2 years in a row. I use only your protocol for my heart status and improvement.

Thank You.

Sincerely,

Bengt Strom, Colorado

f. W. Jesse Harber, Florida



W. Jesse Harber, Florida

ATRIAL FIBRILLATION

Well you did it! You have indeed cured me of Atrial Fibrillation. Thank you! Thank you! I was methodical in following your instructions and your specific phytonutrients. I have not had an episode of AF in months.

I've weaned off all prescription drugs, my blood pressure is normal, my pulse is normal, and my heart is doing great. What a wonderful feeling! I wish I could find adequate words to say more than just a plain 'thank you.' I'm just so very grateful.

62. Moreover, Defendants made the following false and misleading claims about BRUCE WEST on the Website, as depicted in the screenshot below, which was observed on the Website on December 12, 2019 and existed for a period of time unknown to Plaintiff:



Dr. Bruce West, DC •

Treat the *cause of the problem*, not the *symptoms*.

Dr. West is known as the most innovative doctor in America today. Instead of treating the symptoms of disease with drugs and surgery, Dr. West treats and corrects the underlying causes of disease—without drugs and surgery.

For over 3 decades Dr. West has been credited with one breakthrough after another—all based upon the fact that in order to get well, you have to address and cure the ***underlying cause*** of disease.

In 1984 Dr. West founded the health newsletter industry by publishing Health Alert—the first holistic health newsletter in America. Dr. West has developed phytonutrient treatments and protocols that are currently in use by physicians around the world. In fact over 20,000 doctors receive Health Alert monthly. Dr. West is considered the world's leading expert on the clinical use of therapeutic foods, plant and animal extracts, glandular extracts, and phytonutrients. He has helped and cured more patients than any other physician or doctor of any kind, living or dead.

Dr. West is an expert in clinical nutrition, kinesiology, pain control, and rehabilitation. His protocols for heart disease patients are world-renowned. And his success and results with heart patients are the best in the world. He has been trusted by more than 85,000 patients since 1974, and has written every word of Health Alert since its inception in 1984—all based on his 30-plus years of research.

a. “Dr. Bruce West, D.C. - Treat the ***cause of the problem***, not the ***symptoms***.”

b. “Dr. West is known as the most innovative doctor in America today. Instead of treating the symptoms of disease with drugs and surgery, Dr. West treats and corrects the underlying causes of disease—without drugs and surgery.”

1 c. “For over 3 decades Dr. West has been credited with one breakthrough after
2 another—all based upon the fact that in order to get well, you have to address and cure the
3 *underlying cause* of disease.”

4 d. “Dr. West has developed phytonutrient treatments and protocols that are
5 currently in use by physicians around the world.”

6 e. “Dr. West is considered the world’s leading expert on the clinical use of
7 therapeutic foods, plant and animal extracts, glandular extracts, and phytonutrients.”

8 f. “He has helped and cured more patients than any other physician or doctor of
9 any kind, living or dead.”

10 g. “His protocols for heart disease patients are world-renowned. And his success
11 and results with heart patients are the best in the world.”

12 h. “He has been trusted by more than 85,000 patients since 1974 and has written
13 every word of Health Alert since it’s [sic] inception in 1984—all based on his 30-plus years of
14 research.”

15 *E. Unauthorized Practice of Medicine*

16 63. Throughout the Marketing Materials, BRUCE WEST is referred to as “Dr. Bruce West”
17 and is depicted in a white physician’s coat and stethoscope. He also refers to consumers as his
18 “patients,” and claims that he “has helped and cured more patients than any other physician or doctor of
19 any kind, living or dead.” He has even solicited information regarding customers’ health histories, as
20 well as blood-sample laboratory results, and based on this information, has subsequently recommended
21 specific Dietary Supplements, at specific doses, to treat such customers’ ailments and diseases.

22 64. By practicing, attempting to practice, advertising, and holding himself out as practicing
23 “any system or mode of treating the sick or afflicted in this state” as well as treating and prescribing
24 systems or modes of treating ailments, diseases, disorders, and other physical and mental conditions,
25 within the meaning of Business and Professions Code section 2052(a), BRUCE WEST has unlawfully
26 practiced medicine without a license.

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66. Beginning at an exact date unknown to Plaintiff, but within three years prior to the discovery of the misconduct alleged in this Complaint pursuant to Code of Civil Procedure 338(h), plus the tolling periods, Defendants, with the intent directly or indirectly to dispose of real or personal property or to perform services, professional or otherwise, or anything of any nature whatsoever or to induce the public to enter into any obligation relating thereto, made or disseminated in this state statements concerning such property, services, or obligations which were untrue or misleading and which Defendants knew or reasonably should have known were untrue or misleading, as prohibited by Business and Professions Code section 17500.

68. Pursuant to Business and Professions Code section 17536, Defendants are liable for civil penalties of up to \$2,500 for each violation of this section. This civil penalty is in addition to any other civil penalty imposed for a separate violation pursuant to any other provision of law. Defendants are also subject to injunctive relief and the payment of restitution, pursuant to Business and Professions Code section 17535.

69. Plaintiff realleges and incorporates by reference paragraphs 1 through 68, inclusive, as though fully set forth herein.

70. Business and Professions Code section 17200 states, in part: “[u]nfair competition shall mean and include any unlawful, unfair, or fraudulent business act or practice and unfair.”

1 71. Beginning at an exact date unknown to Plaintiff, but within four years prior to the filing
2 of this Complaint, plus the tolling periods, Defendants engaged in a continuing course of conduct that
3 constituted acts of unfair competition, as defined by Business and Professions Code section 17200, by
4 committing the following acts and violations of law:

5 a. Disseminating unfair, deceptive, untrue, or misleading advertising statements in
6 violation of Business and Professions Code section 17200;

7 b. Violating the following California laws:

8 i. Business and Professions Code section 17500, as set forth in the
9 First Cause of Action;

10 ii. Business and Professions Code section 2052, by practicing
11 medicine without a certificate;

12 iii. Business and Professions Code section 2054(a), by using the words
13 “doctor” and “Dr.” in advertisements by those who are not certified as a
14 physician;

15 iv. Title 16 of the California Code of Regulations section 310.2, by
16 using the words “doctor” and “Dr.” and “D.C.” in advertisements by those who
17 are not licensed as a chiropractor;

18 v. Health and Safety Code section 110390, by disseminating false and
19 misleading advertisements of a food or drug;

20 vi. Health and Safety Code section 110395, by selling, delivering,
21 holding, and offering for sale a food or drug that is falsely advertised;

22 vii. Health and Safety Code section 110398, by advertising a food or
23 drug that is misbranded;

24 viii. Health and Safety Code section 110400, by delivering or
25 proffering for delivery a food or drug that is falsely advertised;

26 ix. Health and Safety Code 110403, by advertising a drug represented
27 to have an effect on the following conditions, disorders, or diseases, including by
28 not limited to, bone or joint diseases, cancer, diabetes, heart and vascular diseases,

1 high blood pressure, mental diseases, sinus infections, and diseases, disorders, and
2 conditions of the immune system;

3 x. Health and Safety Code section 111440, by selling, delivering,
4 holding, or offering to sell a drug that is misbranded;

5 xi. Health and Safety Code section 111445, by misbranding a drug;

6 xii. Health and Safety Code section 111450, by delivering or
7 proffering for delivery a drug that is misbranded;

8 xiii. Health and Safety Code 111550 by selling, delivering, and giving
9 away, a new drug without a new drug application approved by the FDA and/or the
10 California Department of Public Health; and

11 xiv. Civil Code section 1770, subdivision (a)(5), by representing that
12 goods or services have sponsorship, approval, characteristics, ingredients, uses,
13 benefits, or quantities that they do not have, in a transaction intended to result or
14 that results in the sale of goods or services to any consumer.

15 72. Pursuant to Business and Professions Code section 17206, Defendants are liable for civil
16 penalties of up to \$2,500 for each violation of the UCL. These penalties are in addition to other
17 penalties provided by law, including without limitation, the FAL.

18 73. The unlawful claims in the Marketing Materials were also made to senior citizens or
19 disabled persons. Business and Professions Code section 17206.1 provides that any person who violates
20 section 17200 and the act or acts of unfair competition are perpetrated against one or more senior
21 citizens or disabled persons (as defined in section 17206.1(b)), may be liable for an additional, separate
22 civil penalty of up to \$2,500 per violation. This penalty is in addition to any civil penalty imposed
23 pursuant to section 17206, for a total civil penalty of up to \$5,000 per violation perpetrated against a
24 senior citizen or disabled person.

25 74. Defendants' conduct is in continuing violation of the UCL, beginning at a time unknown
26 to Plaintiff, and continuing to within four years of the filing of this Complaint.

1 75. As a result of this conduct, Defendants are subject to civil penalties, pursuant to Business
2 and Professions Code sections 17206 and 17206.1, and to injunctive relief and the payment of
3 restitution, pursuant to Business and Professions Code sections 17203 and 17204.

4 **PRAYER FOR RELIEF**

5 WHEREFORE, Plaintiff prays for judgment as follows:

6 76. That pursuant to sections 17203 and 17535 of the Business and Professions Code, and the
7 Court's inherent equitable powers, Defendants, and their principals, employees, agents, representatives,
8 successors and all persons, corporations or other entities acting under, by, through or on behalf of
9 Defendants, or acting in concert or participation them or for them with actual or constructive notice of
10 the injunction, issued by this court, be temporarily, preliminarily, and thereafter permanently, restrained
11 and enjoined from engaging in any of the acts and practices Defendants are alleged to have violated as
12 set forth in the First through Second Causes of Action, above.

13 77. That Defendants be ordered to pay a civil penalty of up to \$2,500 for each violation of the
14 FAL as set forth in the First Cause of Action pursuant to Business and Professions Code section 17536,
15 in an amount according to proof.

16 78. That Defendants be ordered to pay a civil penalty of up to \$2,500 for each violation of the
17 UCL as set forth in the Second Cause of Action pursuant to Business and Professions Code section
18 17206, in an amount according to proof.

19 79. That Defendants be ordered to pay an additional and separate civil penalty of up to
20 \$2,500 for each violation of the UCL as set forth in the Second Cause of Action pursuant to Business
21 and Professions Code section 17206.1 perpetrated against a senior citizen (a person over 65 years of
22 age) and disabled person (as defined in 17206.1), in an amount according to proof.

23 80. Penalties under 17536, 17206, and 17206.1 of the Business and Professions Code are
24 cumulative to one another pursuant to 17535.5 and 17205.

25 81. That Plaintiff recover its costs of suit herein.

1 82. That Plaintiff be given such other and further relief as the nature of this case may require
2 and this Court grant such other and further relief as the Court deems just and proper.

3
4 **[The answer to this complaint must be verified. (See Code of Civil Procedure section 446(a))]**

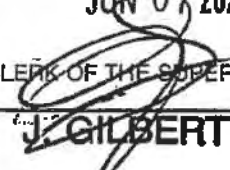
5
6 Respectfully Submitted,

7
8 Dated: June 7, 2021

JEANNINE M. PACIONI
Monterey County District Attorney

9
10 

11 _____
By: Christopher J. Judge
Deputy District Attorney

ATTORNEY OR PARTY WITHOUT ATTORNEY (Name, State Bar number, and address): JEANNINE M. PACIONI, District Attorney of Monterey County CHRISTOPHER J. JUDGE, Deputy District Attorney Bar No.: 274418 1200 Aguajito Road, Room 301 Monterey, California 93940 TELEPHONE NO.: (831) 647-7770 FAX NO. (Optional): (831) 647-7762 E-MAIL ADDRESS (Optional): ATTORNEY FOR (Name): People of the State of California		FOR COURT USE ONLY <div style="text-align: center;"> FILED JUN 07 2021  CLERK OF THE SUPERIOR COURT DEPUTY </div>
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MONTEREY STREET ADDRESS: 1200 Aguajito Road MAILING ADDRESS: 1200 Aguajito Road CITY AND ZIP CODE: Monterey, CA 93940 BRANCH NAME: Civil and Family Law Division		CASE NUMBER: 21CV001833
PLAINTIFF/PETITIONER: People of the State of California DEFENDANT/RESPONDENT: Bruce West, an individual, et al. <div style="text-align: center;">DECLARATION</div>		

True and correct copies of the Exhibits to the Complaint in this matter, Exhibits 1 to 8, are attached hereto.

I declare under penalty of perjury under the laws of the State of California that the foregoing is true and correct.

Date: June 7, 2021

Christopher J. Judge

(TYPE OR PRINT NAME)

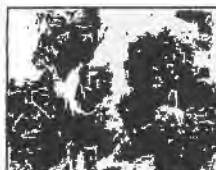


(SIGNATURE OF DECLARANT)

☒ Attorney for ☒ Plaintiff ☐ Petitioner ☐ Defendant
☐ Respondent ☐ Other (Specify):

EXHIBIT 1

Goodbye
Biopsies, So Long
Colonoscopies!
New technology
makes invasive
procedures obsolete.
See page 7.



HEALTH TODAY

New Hope for
"Hopeless"
Health Problems
Where to turn when
your doctor says
"there's nothing more I
can do." See page 2.



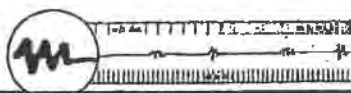
Complimentary Copy \$4.95 Value

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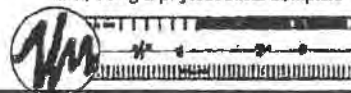
5-minute heart repair breakthrough:

If you have cardiovascular problems, the
"5 minute heart repair" could literally save
your life! See page 8.

BEFORE
A weak heart rhythm



AFTER
A stronger heart rhythm just minutes
later, using a phytochemical complex

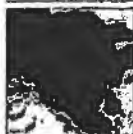


NEW HEALTH WARNINGS & BREAKTHROUGHS:



Memory & nasal spray warning:

If you use a nasal spray
for allergies or sinus
problems, turn to page 6
to find out what these
products could be doing to your brain.



Cancer breakthrough:

Woman with "6 months
to live" enjoys 15 cancer-
free years of active
living. Her inspiring

story appears on page 14.

Diabetes warning:

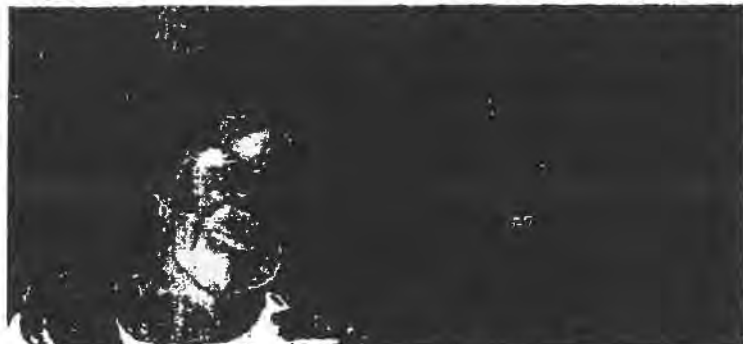
The FDA cautions that certain oral diabetes
drugs could land you in the hospital. Turn
to page 3 to find out if your medication is
on the list.

Infection breakthrough:

You can permanently cure urinary tract
infections—skip the antibiotics and treat
the underlying cause with the item
disclosed on page 12.

Prescription drug warning:

The prescription meds you're
taking may contain hypromellose
2208 or one of the other bizarre
substances in the A-to-Z list on p. 4



Doctors told Lillian Weberbauer she had just six months to a year to live. Then she turned to Dr. Bruce West, and what he revealed to her saved her life.

From a Doctor's Death Sentence at 65 to a Long, Active and Vigorous Life at 85

When she was just 65, Lillian Weberbauer's doctor
gave her just six months to live.

15 years later, she says, "I am cancer-free, play
golf and tennis, bowl and go dancing with my
husband regularly."

She turned to Dr. West for new, cutting-edge "phytochemicals" that often make
prescription drugs and invasive surgery obsolete...

Here is how these health breakthroughs could have transformed your health—even if
your doctor has given up.

By CHERYL AKIN

More than 15 years ago, Lillian
Weberbauer's doctor told her she was
going to lose her valiant battle with
cancer.

"You'd best get your affairs in
order," he said, as he gently told her
she had just six months to live ... "a
year if you're lucky."

She was only 65, but Lillian was
ready to give up. Sick, exhausted and
bedridden from endless rounds of
surgery, radiation and drugs, she'd
had enough. And she went home to
die.

But then Lillian heard about Dr.
Bruce West, whose amazing new
phytochemicals were healing people
with hopeless conditions... restoring
vitality and vigor to thousands ... and
even saving lives.

In desperation, she turned
to Dr. West and started on his
phytochemical protocol. And her life
was transformed. She went from

utter misery and the promise of an
early grave to 15 years of cancer-free,
healthy, vigorous living.

She wrote in a recent letter to Dr.
West, "I am cancer-free, play golf and
tennis, bowl and go dancing with my
husband regularly."

To date, Dr. West has used this
amazing new weapon in the war on
pain and disease to safely treat more
than 100,000 people with more than
200 different medical issues, including:

- Heart Disease
- Digestive Problems
- Chronic Pain
- Diabetes
- Osteoporosis
- Joint Pain
- Nerve Problems
- Hormone Problems
- Cold/Flu/Sinus/
- Bronchitis
- High Blood Pressure
- Cancer
- Memory Loss
- Cholesterol Problems
- Low Back Pain
- Chronic Fatigue
- Bowel Problems

This new approach to healing can
help patients avoid invasive surgeries
and toxic prescription drugs.

Dr. West's secret? Miraculous new
compounds called...

(continued on page 3)

Health Alert
30 Ryan Court, Suite 100
Menlo Park, CA 94025

041A 826102

*****ALTO*****5-DIGIT 85730
LAWRENCE BERNSTEIN
6800 E. SUNRISE DR. # 120-118
TUCSON AZ 85750-0738



To order now, use your smartphone to scan the QR bar code above.

THIS MONTH'S FEATURED EXPERT:

Dr. Bruce West, the world's foremost authority on phytochemicals

By TOM JOHANNSON

Your new hope for a cure and health

Brue West, DC, is a firm believer in the effectiveness of phytochemicals. That's not just because he knows the science behind these marvelous compounds, but because he's seen the miraculous effect they've had on him, his family and the lives of his patients.

"I personally use many of the phytochemical protocols that I prescribe for my patients," he says, "so I have firsthand experience with how well they work."

Two eye-opening statistics attest to Dr. West's success with phytochemicals...

STATISTIC #1: 92,697 grateful patients

During the past 35 years, Dr. West has successfully treated more than 90,000 people with a wide range of health problems:

■ **ATRIAL FLUTTER/FIBRILLATION.** "Dr. West provided me with a customized regimen based on my specific symptoms, and I very quickly experienced a smooth heartbeat; the anxiety is gone and my general health is excellent. I've got a wonderful life back."

—James Geiger, Michigan

■ **BACK PAIN.** "When my back started giving me a lot of pain, I followed Dr. West's recommendation, and after a few weeks, I was a changed, pain-free person."

—Jean Burgan, New York

■ **CLOGGED ARTERIES.** "I had angioplasty and a Teflon-coated stent installed—all to no avail. Because of the drugs prescribed, I suffered 2 mini-strokes. Since beginning Dr. West's protocol 2 1/2 years ago, I have had no cardiovascular events. I have a new lease on life. I have competed in the Rocky Mountain Senior Games and won gold medals 2 years in a row."

—Bengi Strom, Colorado

■ **CONGESTIVE HEART FAILURE.** "At age 63, I was diagnosed with congestive heart failure. Doctors said I had an ejection fraction of only 20 and that I needed surgery to replace a leaky aortic heart valve. Surgery was performed and I was put on four prescription drugs, which, for the next 18 months, did little to help. In order to counter this no-win situation, I got started on Dr. West's heart protocol. In less than 6 months, my ejection fraction doubled from 20 to 40, and all of the symptoms of congestive heart failure disappeared."

—Donald C. Jicha, Wisconsin



For over 35 years, Dr. Bruce West's phytochemical therapies have offered hope and healing to tens of thousands who were "left for dead" by their own doctors.

■ **CYSTITIS.** "After I had an attack of cystitis, I went the complete route of antibiotics, tests, cystoscopy, lab work, more drugs, etc. Drug reactions not only sent me to the hospital emergency room—they also compounded my original problem. After 3 months of following Dr. West's recommendations, my cystitis pain and all the drugs' side effects have disappeared."

—Arlene Paradis, Wisconsin

■ **DIABETES.** "After following Dr. West's advice for less than a month, I am off insulin and have lost five pounds."

—Billy Duncan, California

■ **ERRATIC SYSTOLIC BLOOD PRESSURE.** "Following Dr. West's recommendations, I have been able to eliminate all drugs and control my blood pressure to a consistent, acceptable level. I also improved or eliminated other aging annoyances." —Francis Daley, Florida

■ **SEIZURES.** "I'm a 62-year-old woman and have suffered from seizures ever since I was 21 years old. That's 41 years of medications, not to mention all the side effects that came with taking the medication. I started on Dr. West's protocol and no longer have seizures." —Carol Joiner, Ohio

STATISTIC #2: 25,000 admiring doctors

In addition to helping thousands of patients, Dr. West publishes the renowned *Health Alert* newsletter, the first (and largest circulation) health newsletter written in plain English for the general public.

Every issue of the newsletter reveals the newest, safest, most powerful health breakthroughs. It's also the only health newsletter that comes with free, personalized help from its editor. (See page 17 for details.)

While he may have been considered a medical pariah when he first started proclaiming the benefits of phytochemicals, Dr. West's reputation rapidly grew as word of his success with these miraculous products spread. Today, more than 25,000 of his fellow doctors get *Health Alert* every month!

Dr. West compiled the phytochemical protocols he has perfected over the last three decades into an extensive *Doctor's A-Z Phytochemical Guide*. See page 17 to claim your free copy of this treasure trove of information (a \$180 value).

Seen by over 30 million on national TV

Dr. Bruce West has been a respected expert in alternative health for more than 35 years. And his healing breakthroughs were seen on TV by over 30 million people nationally for over three years.

His program was packed with patients who were cured of terrible diseases that traditional medicine simply gave up on. Viewers saw a parade of Hollywood stars, doctors and ordinary people sharing their stories of miracle healings, thanks to Dr. West.



Hollywood stars and celebrities gave amazing stories of healing, thanks to Dr. West.

DISCLAIMER: This publication is not intended to provide medical advice and should be considered as a general informational source only. Readers should not expect self-treatment of any kind, and should not discontinue any medication or therapy or make any health-related decisions without the advice of a licensed medical professional. Dr. Bruce West, DC, and *Health Alert* disclaim any liability for any injury or damage, in whole or in part, resulting from the use and application of the contents of this publication. If you are unwilling to be bound by the disclaimer, you should discard this publication.

Continued from page 1

phytochemicals that allow him to fend off disease, vanquish pain, and maintain a healthy, active lifestyle.

They might look like the supplements sold in stores or the drugs your doctor prescribes, but phytochemicals represent an entirely new weapon in mankind's ongoing war against pain and disease.

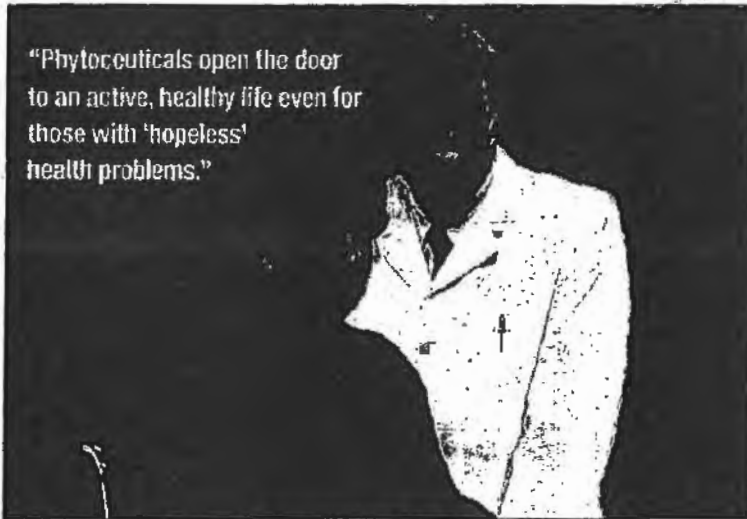
The term "phytochemical" is derived

from the Greek word *phyton* meaning "that which has grown" and the Latin *pharmaceuticus* meaning "medicinal preparation." Simply put, they're healing preparations made from plants and other living things.

Dr. Bruce West, a pioneer in their use, says phytochemicals merge the potency of modern pharmaceuticals with the safety

Continued on page 4

"Phytochemicals open the door to an active, healthy life even for those with 'hopeless' health problems."



Our staff has discovered miraculous cures from the California doctor using phytochemical protocols.

Inside this issue...

Here are some of the diseases and conditions covered inside:

■ Diabetes	3
■ Dementia & Alzheimer's	5
■ Peripheral Artery Disease	5
■ Stomach Flu and Food Poisoning	5
■ Senility	5
■ Chest Pain & High Blood Pressure	6
■ High Blood Pressure & Obesity	6
■ Memory	6
■ Cancer	7
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■ Osteoporosis	11
■ Urinary Tract Infections	12
■ Prostate Problems	13
■ Sinusitis	13
■ Arthritis	14
■ Digestion	14
■ Psoriasis	14
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■ Digestive Distress	15
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3 Rules Never to Break



Joan Rivers: Surprise death is a wake up call to all

Joan Rivers was having outpatient surgery... and died!

Dr. Bruce West is heartbroken for the family and friends of Joan Rivers.

The death of this famous comedian is a wakeup call to all.

Dr. West's Rule #1:
Never go into any surgery unless you must.

Rule #2: Strengthen your immune system first with his phytochemicals.

Rule #3: Try the correct phytochemical protocol first!

Dr. Bruce West, a pioneer in the use of phytochemicals, says they merge the potency of modern pharmaceuticals with the safety of most supplements.

Phytochemical (fahy-toh-suh-see-uh) is a healing nutritional complex made of concentrated, raw, organic plants, extracts, and glandular material that contains all (100%) of the bio-chemical nutrients from the plants and glandular ingredients as only nature can provide. Phytochemicals are painstakingly produced without heat or chemicals, using patented technology to retain their full life force.

FDA Issues Warning on Common Diabetes Drugs

The U.S. Food and Drug Administration has issued a warning about a newer class of Type 2 Diabetes drugs known as SGLT2 inhibitors. These drugs work by causing blood sugar to be secreted in the urine.

According to the FDA, these drugs may lead to ketoacidosis, a serious condition where the body produces high levels of blood acids called ketones. This is a condition that may require hospitalization.

Drugs affected by the FDA Notice include Farxiga (dapagliflozin), Invokana (canagliflozin), and Jardiance (empagliflozin).

If you have diabetes, instead of subjecting your body to dangerous drugs, learn how you can end Type 2 Diabetes in 45-90 days with the phytochemical protocol explained in

Diabetes: Anyone Can Get It ... and Cure It! by Dr. Bruce West. See page 17 to claim your free copy.



Phytochemicals bring new help for Type 2 diabetes

HEALTH NEWS 4

*Continued from page 3
of most supplements.*

Not just glorified supplements

Although phytochemicals and supplements are both safe when used as directed, they have little in common.

The key distinction is the fact that factory-made supplements contain only the "active ingredients" processed from plants or, more often these days, artificially produced in a laboratory.

Regardless of how it's made, the finished product doesn't contain the hun-

dreds, sometimes thousands, of enzymes, co-enzymes, trace minerals, and other nutritional partners found with the active ingredient in nature.

These "helper" substances are nutritionally important because they work together synergistically to allow the hu-

A WARNING FROM DR. WEST

Before you take another pill

BY MARGARET ALTEMAN

According to Dr. Bruce West, "Store-bought supplements made from food sources are of little value." That's because, in too many cases, the food used as a raw quality, grown using her chemicals.

He also points out that manufacturers of the supplements sold in stores don't have access to the patented, expensive equipment needed to process nutrients correctly. Instead, they "go the cheap way," using high heat, pressure and chemical solvents.

"And the supplements made from things other than food are even worse," he says, pointing to the calcium supplements sold in stores as a prime example of products that can be downright dangerous.

Believe it or not, research at Dartmouth University shows that people who take calcium supplements have a

20%-30% increased risk of heart attack.¹ That's because approximately 70% of calcium supplements on the market contain calcium carbonate made from ground up limestone rather than calcium from plant sources like vegetables.



Many store-bought supplements are downright dangerous.

As little as 5% of the calcium carbonate is absorbed by the body. Some of the rest is excreted, and some binds with plaque in the arteries, causing blockages that increase the risk of stroke or heart attack.²

People would be amazed at some

of the things used to make vitamins and supplements," Dr. West says. He points to the vast majority of vitamin C sold in stores and online. These products contain ascorbic acid, which isn't found in lemons, oranges or anywhere else in nature.

Ascorbic acid is created by applying chemicals, heat and high pressure to glucose extracted from corn starch. The resulting product is a chemical that the human body can't metabolize the same way it utilizes real vitamin C from foods.

According to Dr. West, other abominations range from Vitamin B1 (made from coal tar, arumonia, acetone and hydrochloric acid) to Vitamin K (made from coal tar, genetically modified and hydrogenated soybean oil, and hydrochloric acid.)

Compare this to phytochemicals made from totally organic sources processed without heat, solvents or chemicals.

DIGGING DEEPER

Another way to think of phytochemicals

BY CHERYL AKIN

"Phytochemicals are what pharmaceuticals could have been, absent the rise of Big Pharma."
—Dr. Bruce West

Although phytochemicals represent the newest weapon in mankind's war on pain and disease, in some respects, they're a return to what pharmaceuticals were before the emergence of Big Pharma.

The earliest pharmaceuticals were originally made from plants and other

living things. For example, aspirin was first made from the bark of the willow tree. Likewise, quinine pills to treat malaria came from the bark of a rainforest tree (*Cinchona ledgeriana*) discovered over 100 years ago.

In fact, many (if not most) pharmaceutical products, including many we think of as being "high tech" started out as plant extracts. But over time, scientists learned how to mimic nature in the

laboratory, artificially synthesizing many of the healing compounds originally extracted from plants.

Unfortunately, pharmaceutical companies don't just try to fool Mother Nature by creating replacements for these naturally occurring chemicals. They've added a bewildering array of decidedly unnatural components ranging from aluminum lake dyes to mercury, one of the most toxic substances on the planet.

An A-to-Z guide to what's hiding in the prescription drugs you take

Here's a partial list of things Big Pharma adds to the drugs it peddles to an unsuspecting public:

- | | | |
|----------------------------------|---|---|
| ✓ Ammonio methacrylate copolymer | ✓ Hypromellose 2208 | ✓ Polacrillin potassium |
| ✓ Benzalkonium chloride | ✓ Isobutylparaben | ✓ Silicified microcrystalline cellulose |
| ✓ Carboxymethylcellulose | ✓ Low substituted hydroxypropyl cellulose | ✓ Tromethamine |
| ✓ Dibutyl sebacate | ✓ Magnesium oxide | ✓ White wax |
| ✓ Erythrosine sodium | ✓ Mercury | ✓ Vanillin |
| ✓ Ferrousferic oxide | ✓ Nonoxonyl-100 | ✓ Xylitol |
| ✓ Glycyrhizin ammoniated | ✓ Oleic acid | ✓ Zinc stearate |



For more about the devastating impact prescription drugs can have on your health, be sure to read *The Toxic Time Bombs in Your Medicine Cabinet*. See page 17 to claim your free copy.

Do some prescriptions do more harm than good?

man body to absorb and use the active ingredient.

Almost all gone within 24 hours

Research shows that 95% of the typical store-bought supplement is flushed from

the human body through the kidneys within 24 hours. That means only 5% of the supplement is doing you any good. It's a colossal waste of the active ingredient, as well as your money.

With phytochemicals, the numbers are

reversed. Only 5% is excreted, with the remaining 95% providing medicinal benefits.

The destructive power of heat

These days, many of the supplements

Continued on page 6

PERIPHERAL ARTERY DISEASE

Doctor warning: 12 million Americans suffer from peripheral artery disease (PAD)—a blocked artery in the legs. And shockingly, it's responsible for 80% of all amputations in the U.S.

Yet, most of its victims are being treated improperly. That's because most doctors simply aren't aware of the most powerful way to help those who suffer from PAD.

Fortunately, there's a better, safer way to treat them—one that brings results in less than 60 days.

The Key: A phytochemical treatment that allows you to put a halt to inflammation and fatty deposit build-up in your arteries. This treats the cause of the problem, not the symptom—without harmful prescription drugs or surgery.

Before subjecting yourself to surgery or prescription drugs, be sure to read *Dr. West's Healing Heart Program*. See page 17 to claim your free copy.

Breakthrough For Stomach Flu and Food Poisoning—GONE IN 40 MINUTES!

Virtually every reader will get food poisoning or suffer from a stomach flu at one time or another.

However, according to Dr. West, both can be treated effectively with a powerful tonic called DUT. It takes on the often-deadly E. coli bacteria behind food poisoning, as well as the viruses that cause stomach flu.

In fact, as the accompanying graph shows, DUT has the ability to take on a bacterial colony in your gut and reduce it

by nearly 98% in just 15 minutes. And after 40 minutes, there is almost a complete kill of the bacteria.

Beating back a virus will take a bit longer, usually two to four days—but either way you'll get results Big Pharma can't hope to match.

Learn more about DUT and other powerful but safe phytochemicals in *Phytochemicals: The Key to A Long and Healthy Life*. See page 17 to claim your free copy.

Surviving Colonies of Bacteria vs. DUT

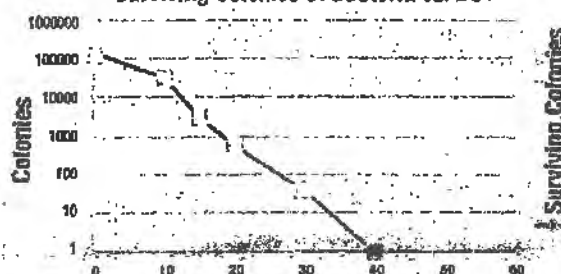


CHART: Cause of stomach problems: 94% gone! Time in Minutes



Big Pharma has discarded medicine's natural roots. That's why phytochemicals are so important.

As Dr. West puts it, "Big Pharma turned individualized, patient-centered healing into a mass production, assembly line process using Frankenstein ingredients that produce all sorts of unintended side effects."

Phytochemicals, on the other hand, are still created entirely from plants and other living things. And unlike both supplements and Big Pharma's version of pharmaceuticals, phytochemicals contain the crucially important "helpers" (enzymes, co-enzymes, trace elements, etc.) that allow the body to properly metabolize the active ingredients.

Dr. West's new handbook, *Doctor's A-Z Phytochemical Guide*, contains specific phytochemical-based protocols for treating people with over 100 medical conditions, from the merely annoying to the life-threatening. See page 17 to claim your free copy.

IT'S NOT SENILITY; it's a side effect of the drugs you're taking!

If you or someone you know is forgetful or confused, you might be tempted to chalk it up to an inevitable part of aging. Or you may fear that it's early indications of dementia or Alzheimer's.

But according to research published in the January 2015 issue of the *Journal of the American Medical Association (JAMA)*, there's a good chance anticholinergic drugs are the culprit.

But these drugs include many prescription and over-the-counter products routinely used by seniors, including:

- antihistamines
- sleep aids like Benadryl
- allergy medications like chlorpheniramine
- anti-depressants like doxepin and amitriptyline
- overactive bladder drugs like oxybutynin and tolterodine

The study followed people taking

these drugs over a ten-year period. Almost a quarter (23.2%) suffered some form of dementia. And of those, 79.9% developed Alzheimer's.

The study's authors wrote that this is "the strongest evidence yet" of a link between anticholinergic drugs and dementia. And although various forms of dementia are the most severe side effect, these commonly used products also subject their users to things like dry mouth, urinary retention, and constipation.



Forgetful or confused? Startling discovery.

Ironically, Dr. West tells subscribers to his *Health Alert* newsletter to use a product that allows them to enjoy better, longer lasting relief for sinus and allergy problems than the antihistamines used by people every day. His new report, *Doctor's A-Z Phytochemical Guide*, contains a protocol based on this amazing product that brings surprising relief.

HEALTH NEWS 6

Continued from page 5

you'll find on store shelves are artificial abominations created in a laboratory. But even those that start with a food source fail to deliver what they promise because of the way they're made.

Plant-based supplements are usually made by heating the plant material to a high temperature in a solvent bath to extract isolated nutrients.

As we saw above, the nutrients extracted using this process can't be properly metabolized by the body because they're not accompanied by their naturally occurring helper elements.

And to make matters worse, the high heat (and in some cases, the solvent used in the process) degrades the active ingredients that give the plant its medicinal properties.

What leaves the loading dock at the supplement factory may have started out as food (although not always, as we saw on page 4 with store-bought calcium), but whatever nutritional or medicinal value it once had has long since disappeared.

Phytochemicals, on the other hand, retain all of the original plant's healing properties.

SUPPLEMENT/CASE STUDY

89-year-old says, "You're never too old to enjoy life!"

"For nearly thirty years I took synthetic vitamins and supplements and nothing ever happened. I was overweight and had high blood pressure, until I started to follow Dr. West's advice.

"I scrapped all the synthetics and began taking phytochemicals. In a few months, I began to notice a subtle change in the way I felt. I was

calmer and had a new outlook on life. I lost the excess weight and my BP normalized.

"Today, I don't have an ache in my body, never have a cold, and never have a headache. I wish everyone could take up Dr. West's protocol and find the joy of life like I did!"

—Paul T. Robinson (age 89), Venice, Florida



Paul T. Robinson experienced a miraculous turnaround

SHOCKER: Why your antihistamine is causing you to lose your memory

By CUONG LUU

"The strongest evidence yet" is in a new article in the *Journal of the American Medical Association (JAMA)* described new research about the link between antihistamines and dementia, memory loss and Alzheimer's.

More than 20% of the older adult population take antihistamines and anticholinergics daily for many conditions, including sinus allergy. In other words, millions of Americans are taking chemicals known to cause memory loss on a daily basis!

And when combined with all the other drugs that cause memory loss, is it any mystery why so many people are suffering from dementia?

These drugs include antihistamines, over-the-counter sleep aids such as Benadryl, allergy medications such as chlorpheniramine, overactive bladder drugs such as oxybutynin and tolterodine, and even antidepressants such as doxepin and amitriptyline.

And the longer you take them and the higher the dose, the greater your odds of brain damage effects, such as memory loss and dementia.

However, even taking low doses of these drugs on a daily basis can have a dangerously negative impact on your brain.

Research shows that if you were to use an antihistamine nasal spray daily for three years, you would put yourself in the highest risk category for dementia.



Dangerous findings for anyone using sprays and medications for allergies or clear breathing

In fact, for more than 10 years, a long-term study tracked and followed older people who used these drugs. And researchers discovered that fully 23.2% of the study participants developed dementia. Of that group, a stunning 79.9% developed Alzheimer's!

Those numbers are downright scary.

That's why Dr. Bruce West takes issue with medical experts who recommend you take these drugs on a daily basis.

Instead, he recommends you use an all-natural, anti-allergy phytochemical

complex along with a soothing herbal nose spray. The nose spray contains seven herbs proven to bring relief from sinus allergies, but without the side effects and memory loss of conventional treatments.

This natural protocol is highly effective, 100% safe, and isn't habit-forming like conventional antihistamines.

You can get all the details about Dr. Bruce West's protocol in your free copy of his special report, *Doctor's A-Z Phytochemical Guide*. See page 17 for details.

A better way to heal

The first phytochemicals made back in the 20th century started with organically grown plants harvested from family farms. The plant material was carefully prepared using stone mills, grinders, and primitive dryers without heat or chemicals.

The finished products contained the

full array of nutrients and "helper" substances in the combination nature intended. They were both extremely effective and completely safe.

Unfortunately, these early phytochemicals were only available in limited quantities, and terribly expensive by today's standards. But as pioneers like Dr. Bruce West began proving the effectiveness of these products, demand grew and a

handful of companies responded.

Technology increases supply and lowers cost

Today's phytochemicals are still made from organically grown plants, but the farms are much larger, and the technology used is far more sophisticated than

Continued on page 8

The shocking truth about flu shots

The debate about flu shots has been going on for years. The drug companies that make flu vaccines say the shots can reduce the risk of getting the flu for many people. Opponents say the minimal protection the shots provide pales in comparison to the risks they carry.

That debate is likely to intensify with the introduction of a new high-potency flu vaccine. A recent study (paid for by the vaccine's manufacturer) shows the new vaccine is slightly better than an ordinary flu vaccine. Unfortunately, the slightly increased protection it affords comes at a potentially high price.

According to the study, some people who took the high-potency vaccine ended up with cranial nerve palsy and acute encephalomyelitis. Although, thankfully, none of the study participants died, acute encephalomyelitis can be fatal.

"The problem with flu vaccines," Dr. Bruce West says, "is they only work if they match the particular flu virus that's circulating that year." And there's no way the drug companies can know in advance which flu virus will appear each year.

Dr. West himself avoids flu shots, opting instead for safe, natural, antimicrobials that are effective against any disease-causing virus.



Seniors ask: "Should I get a flu shot?"

To learn more, consult *Doctor's A-Z Phytochemical Guide* by Dr. Bruce West.

See page 17 to claim your free copy.

Goodbye Biopsies, So Long Colonoscopies!

Cancer patients have traditionally had to endure surgical and needle biopsies to track the progress of their disease and its treatment. But a new type of blood test is making many of these invasive procedures unnecessary.

Called liquid biopsies, these new tests detect cancer cells that tumors shed into the bloodstream instead of removing tissue from the tumor itself.

Liquid biopsies were rarely used outside of research labs until just a few years ago. Now, there are several used in routine care, with dozens more in development. One in ten patients being treated for metastatic colon cancer at the University of Texas MD Anderson Cancer Center now get liquid biopsies.



New developments make biopsies and colonoscopies obsolete.

You can also say goodbye to colonoscopies. A simple stool sample delivered to the lab can provide a more accurate analysis of your colon than the traditional colonoscopy, without any of the dangers.

Another breakthrough that's helping to improve the lives of cancer patients is the use of phytochemicals to alleviate (and in some cases, even eliminate) the side effects of chemotherapy.

If you or someone you know has cancer, or if you want to minimize your chances of contracting this terrible disease, be sure to read *How to Make Yourself "Cancer-Proof"* by Dr. Bruce West. See page 18 to claim your free copy.

Continued from page 7

anything found on the typical family farm.

For example, before a single seed is sown, scientists check the soil to ensure it's free of pesticides and other chemicals, that it has the correct pH for the plants to be grown there, and that it contains the proper mix of natural nutrients. As Dr. West explains, "The nutrients a plant pro-

vides starts with the nutrients it draws from the soil."

Once harvested, the plant material is processed using the same basic techniques as in the past, but on a much larger scale. To ensure purity, only glass and stainless steel equipment is used. And every single pill or capsule is subjected to precise spectrum analyses to ensure it contains the proper combination of ac-

tive ingredients and helper substances.

The science behind phytochemicals

Dr. West and a handful of enlightened doctors who share his approach to healing have proven the effectiveness of phytochemicals by successfully treating tens of thousands of patients for decades.

POWERFUL HEART BREAKTHROUGH A healthier heart in just 5 minutes!

"The Medical Establishment is still largely in the dark about what does and doesn't cause heart disease." —Dr. Bruce West

Back in 1986, Dr. West wrote in his *Health Alert* newsletter that cholesterol was not the culprit behind heart disease. Since that time counter to what everyone "knew" at the time, he was immediately branded a "maverick" by his more restrained critics, and a "quack" by many others.

Fast forward to 2013 when the former Chief of Surgery at Banner Heart Hospital in Mesa, Arizona, published a groundbreaking book proving Dr. West was right all along. It turns out that much of what the so-called experts "knew" about heart disease is just plain wrong.

The low-fat diets and prescription drugs (statins) designed to reduce cholesterol are now shown to raise, not lower, your risk of heart disease!

But if cholesterol isn't the cause of heart disease, what is? According to Dr. West, there are two culprits, both often overlooked or misunderstood by many (if not most) doctors.

The "cure" that kills

More than a decade ago, Dr. West wrote in *Health Alert*: "There is no doubt that infection and inflammation in the

inner layer of blood vessels cause disruption of blood flow, potential clots and resultant stroke and heart attack."

The world's top cardiologists now belatedly agree that inflammation of the arteries, particularly coronary arteries, triggers heart problems.

And new research shows that a leading cause of that inflammation is the "heart healthy" low-fat diet the Medical Establishment and its government cronies have pushed for decades.

Carbs are the enemy

It turns out that a low-fat diet contains startlingly high concentrations of simple carbohydrates (sugar, flour, and the products made from them) and high levels of omega-6 vegetable oils from corn and soybeans.

As these carbohydrates are metabolized, the body produces inflammatory chemicals called cytokines as a byproduct. The cytokines irritate blood vessels, and the body responds by producing plaque in much the same way it generates a scab to heal a cut.

As the plaque builds up over time, it restricts blood flow, which can lead to a heart attack. And if some of the plaque is dislodged and carried to the brain, it can cause a stroke.



New discovery explains what could cause artery blocking and how to not only reverse it, but to make sure it never happens in the first place.

"Ironically," Dr. West says, "low-fat diets turned out to be a cause of heart disease rather than a cure."

An ancient scourge reemerges

The second major and completely misunderstood cause of cardiovascular disease is what Dr. West calls *beriberi* of the heart. Widespread in the 19th century, beriberi was thought to have been eradicated.

But this "eradicated" disease might simply have been hiding in plain sight. It turns out that a significant percentage of heart-related problems, including congestive heart failure, are caused by the same B-vitamin deficiency that causes beriberi.

"Without adequate levels of this vitamin," Dr. West explains, the heart becomes weak and unable to pump blood like it's supposed to." He cautions, how-

See "A Healthier Heart"
Continued on page 9

Cardiologists Come Clean

"Low fat diets and lowering cholesterol have been the Holy Grail for many decades, despite the fact that they do not work and are no longer scientifically or morally defensible."

The above quote from one of the nation's top cardiologists caused other courageous colleagues to step forward and admit what most of the profession knows but doesn't dare admit:

✓ "In a double-blind study, no cardiologist would want to be compared to a good physical trainer or nutritionist. The cardiologist would be trounced and the study would be terminated early due to the obvious superiority of the natural treatment."

✓ "Most doctors and almost all



Cardiologists are now coming to the same conclusion as Dr. West regarding heart disease and new breakthrough solutions.

patients never hear these truths because they're drowned out by the huge media

blitz about the latest hot drug or procedure."

✓ "Medical 'tricks' simply can't overcome nutritional deficiencies, over-eating, lack of exercise, excessive alcohol, and other lifestyle choices."

✓ "The pills and procedures customarily prescribed for heart patients might be making them sicker!"

✓ "The drugging of seniors for heart problems is a perfect example of an utter failure of doctoring and an utter apathy to the obvious."

Dr. Bruce West has been saying similar things in the pages of *Health Alert* for decades. See page 17 to learn how readers of *Health Today* can try Dr. West's newsletter on a risk-free basis.

Dr. West refers to this as pragmatic medicine. Laboratory tests, computer simulations and esoteric theories are fine for articles in medical journals, he says, "but out here in the real world where real people have real health problems, I use what really works. And I know from experience that phytochemicals work."

Recent research provides the scientific explanation for what Dr. West has proven

for decades on the front lines in the war on disease.

We've known for some time that living things like plants (and phytochemicals made from them) contain microRNA, molecules that regulate biological processes at the cellular level. But it was always assumed that these "messenger molecules" were destroyed by digestion.

But a new study reveals that microRNA survives digestion and enters the bloodstream, where it directs the phytochemical nutrition to the specific organ, gland or tissue where it's needed.

This explains why phytochemicals, which contain these important cellular regulators, have proven to be...

Continued on page 12

"Foods loaded with sugars and simple carbohydrates, or processed with omega-6 oils for long shelf life, have been the mainstay of the American diet for six decades. These foods have been slowly poisoning everyone."

—Former Chief of Surgery at Banner Heart Hospital in Mesa, AZ

"A Healthier Heart" *Continued from page 8*

ever, that the B vitamins sold in your local store probably won't do much for your heart. "Most off-the-shelf B vitamins are artificial abominations," he says, with "the low-quality imports from China" being the worst offenders.

How to avoid heart surgery

As a practitioner of what he refers to as "pragmatic medicine," Dr. West isn't completely opposed to surgery. But that doesn't mean he's a fan, either. "Surgery is sometimes necessary," he says, for things like fixing broken bones.

But when it comes to heart surgery, he contends that too many of these procedures are little more than "a quick fix."

"I've been using phytochemicals to treat people with heart problems for more than three decades," he says, "and nine times out of ten I can spare the patient the cost, pain, and side effects of dangerous invasive treatments."

Dr. West's *Healing Heart Program*, available free to our readers (see page 17), explains how phytochemicals can help you to:

- End angina pain in 10 minutes
- Safely control an irregular heartbeat or cardiac arrhythmia
- Normalize atrial fibrillation without surgery
- Reduce blood pressure without prescription drugs
- Quiet a pounding heart at night
- End leg circulation problems
- Solve mitral valve prolapse without surgery
- End the misery of congestive heart failure

See page 17 to claim your free copy of *Dr. West's Healing Heart Program*.

The Heart Graph That the Pharmaceutical Companies and Supplement Makers NEVER WANT YOU TO SEE!

What about store-bought heart supplements? Our researchers discovered this big difference between phytochemicals and store-bought heart supplements.

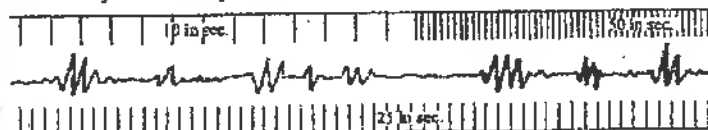


LOOK AT GRAPH #1

It's the near perfect endocardiograph recording of a man who previously suffered for years with multiple, long-term serious heart problems under standard medical care.

It depicts a strong heart beating powerfully and regularly with strength, tone and efficiency.

This near perfect graph was recorded after the man spent a few brief months on a phytochemical protocol. This protocol consisted of the Cardiotonic Nutrients with all their naturally occurring nutritional counterparts, which only nature can provide.



NOW, LOOK AT GRAPH #2

It clearly demonstrates a severely disturbed heart with arrhythmia, severe fibrillation, a murmur, valve problems and early heart block (block of the nerves to his heart).

The amazing thing about these graphs is that they are of the same man. The second graph was taken just 10 minutes after the first.

What had changed? Believe it or not, the only difference was that a doctor had placed a typical "high potency" heart supplement under his tongue, and the chemicals from the supplement were absorbed through his mouth, into his bloodstream, and to his heart within minutes! Clearly, this supplement was actually harming his heart instead of helping it.

The supplement, like almost all "natural" vitamin and heart products, consisted of synthetic and artificial "vitamins," some made in China.

Most of these products are produced for pennies and sold at high prices. The message is simple: If you are not going to use phytochemicals with the cardiotonic nutrients for your heart, *you are better off using nothing!* To learn more, claim your free copy of *Dr. West's Healing Heart Program*. See page 17 for details.

SPECIAL INVESTIGATIVE REPORT • AN EXCLUSIVE INTERVIEW

Truth or Fiction?

What we found out about Dr. West's protocols

Our team researched two astonishing healing stories.
Thanks to Dr. Bruce West and his phytoceutical therapies.

► **Health Today:** Dr. West, your stories of healing without prescription drugs and unnecessary surgery sound almost too good to be true.

► **Dr. West:** I understand. That's why I've asked two of my patients to share their stories with you. They've both experienced the remarkable healing power of the phytoceuticals I recommend in my newsletter *Health Alert*. Some folks use them before prescription drugs or surgery. But most are too afraid and use them during or after. Once they start they quickly learn what is really going on.

► **Health Today:** You chose Peggy Foss as an example for the heart.

► **Dr. West:** Yes, I have seen and helped tens of thousands of people with heart disease. Let me tell you about Peggy Foss. In her 40s, she was told she was going to die. She had gone through years of horrible medical experiences. I refused to let her die.

► **Health Today:** Peggy, tell us your story. What was wrong?

► **Peggy Foss:** I was born with a deformed aortic heart valve. And by 1993 I had already had my second valve replacement. The surgery did not go well, and I ended up in a coma for 5 weeks.

Some years later the doctor told me that my valve was already leaking at 75% and the left side of my heart was enlarging.

My doctor had drugs that he said might buy me some time, but they also might destroy my liver. I could not have another surgery due to the complications of the first surgery.

I was told that I had a 20% chance of living. That's when I contacted Dr. West.



Dr. West is energized by the thought of helping those who think their problem is hopeless.

► **Health Today:** Oh my! Dr. West, what did you say to her?

► **Dr. West:** When I first communicated with Peggy, we both understood that nothing can "undo" a defective aortic valve. But I questioned whether a weakened and damaged heart muscle was putting unnecessary stress on the replacement valve. Peggy said that no one had ever asked that kind of question before.

But this was a critical question, as Peggy had been told that she was going to die. She was told her only chance (and a slim one) was a heart transplant.

So I evaluated her heart and developed a phytoceutical protocol for her. For the first time, things began to change for the better—much better.

► **Health Today:** So what happened to you, Peggy?

► **Peggy Foss:** Well, I could actually feel my heart begin to heal and get stronger. Normally, I could barely do anything. Stairs were nearly impossible. It was like I was just preparing to die. Remarkably, when I went back for my first follow-up appointment with my cardiologist, just months after starting Dr. West's protocol, they were all shocked.

They expected a weak and dying invalid to walk through the door. Instead I was full of life.

► **Health Today:** Wow! Dr. West, explain this please.

► **Dr. West:** Well, phytoceutical therapy is powerful. For example, a phytoceutical protocol rarely helps only the organ with the disease. It also always improves the health of the entire person. It was obvious that Peggy's protocol not only



Peggy Foss was told she was going to die. But Dr. West begged to differ, and saved her life.

began to heal her heart, but it also began to heal her. She was becoming a different, healthy person.

► **Health Today:** So Peggy, tell me more. What were your results?

► **Peggy Foss:** When the doctors evaluated my heart, there was even more shock. My heart had come back to normal size. My valve leakage had diminished by 50%. And, best of all, I was taken off the heart transplant surgery list. At that time, I was 45 years old and had never felt that good in my entire life.

► **Health Today:** You're a walking miracle.

► **Dr. West:** Exactly. That's the power of phytochemicals. As soon as Peggy's heart began to strengthen from years of specific and powerful nutritional deficiencies, she literally became another person. She felt great and just kept feeling great.

► **Health Today:** Peggy, you're now in your 50's. How do you feel now?

► **Peggy Foss:** I am so alive now, so strong, and I feel so great. I go to the gym regularly, lift weights and do 60 minutes of cardio. Imagine me doing cardio! Upon re-evaluation my doctor tells me that my heart is now better than someone with no heart disease. I have been given the green light to do anything. And do I! I like the mountains, go ice skating, and even shovel snow.

And I owe everything to Dr. Bruce West.

Dr. West: Peggy still has an artificial aortic valve—the most important valve in the heart. But she is living proof that a healthy heart makes for better valve function. Her heart was suffering all her life with severe nutritional deficiencies. And the proper phytochemical protocol fed her heart, brought it back to normal, and saved her life.

► **Health Today:** Thank you Peggy and Dr. West.

Marceline and Osteoporosis

► **Health Today:** OK, let's talk to someone suffering from the pain of osteoporosis.

► **Dr. West:** It has been my blessing over the past 35 years to help thousands of people with agonizing, chronic, and often deadly pain. I want everyone to meet Marceline Jones.

She suffered pain daily, 24/7. Severe skeletal pain that grows worse by the month, never goes away, and eventually turns your skeleton to sand just before the pain pills kill you. I was not going to let this happen to Marceline.

► **Marceline Jones:** It all started for me with a back injury. After 6 months with an orthopedist it was acknowledged that I suffered from advanced osteoporosis. I suffered multiple fractures and



86 year-old Marceline Jones suffered from crippling osteoporosis pain. But then she contacted Dr. Bruce West, and his protocol brought her miraculous relief.

was in severe, daily pain.

► **Health Today:** Dr. West, tell us about osteoporosis.

► **Dr. West:** With osteoporosis, you'll have weak bones, weak joints, arthritis, and chronic pain. Her condition is extremely common.

► **Marceline Jones:** Well, my daughter located an "osteoporosis specialist" for me. It sounded great, but I ended up with nothing but Prolia shots twice a year. The side effects made this treatment impossible for me.

I finally contacted Dr. West. He sent me an anti-osteoporosis protocol, and I started on the phytochemical recommendations immediately. It has been over eight months now, and I won't mince words. It is a miracle. I feel like I have a new back. I am 86 years old. My life is great. I have no pain. And I have great health and enjoy life to the fullest.

► **Health Today:** Dr. West, how do you explain this?

► **Dr. West:** The severe pain caused by osteoporosis and weak and inflamed bones and joints is agonizing. But drugs are a dead end.

In order to overcome these syndromes, you must treat the underlying cause. And the cause of these skeletal problems is a deficiency of what I like to call the osteofactor nutrients. Her only hope was phytochemical therapy that would resolve the cause of osteoporosis. No dangerous drugs with side-effects. No hopelessness.

Marceline's body took up these nutrient-dense phytochemicals like a sponge, and her bones and joints actually rebuilt themselves.

Those who suffer osteoporosis find these results are the norm when the correct combinations of phytochemical complexes are utilized. Yet most people end up where Marceline was headed—to a cane, then crutches, then a wheelchair, then bed bound—helpless, still in severe pain, addicted to drugs, and thankful when death finally comes.

► **Health Today:** Thanks, Dr. West and Marceline Jones. Truly exciting proof that phytochemicals work miracles.

How Dr. West's New Phytochemical Breakthroughs Can Help You and Your Family with Personalized Service

Dr. West has helped close to 90,000 people with a personal reply to their health questions.

The service is free to subscribers to Dr. West's newsletter *Health Alert*—America's original and largest health newsletter. Note: details on page 18.

It's the most unique (and potentially

most valuable) health service on the planet—priceless personalized service even your own doctor can't provide!

Health Alert subscribers who are unable to find the help they need in the newsletter can write to Dr. West for assistance. He'll either address the problem in a subsequent issue of the newsletter or send a personal reply with

the requested information.

"Over the years," Dr. West says, "I've helped thousands of people obtain the relief they sought when they had nowhere else to turn." This personalized health service is completely free to *Health Alert* subscribers.

Continued from page 9

A potent weapon in the war on heart disease

Dr. West tells of his own personal "Eureka!" moment when he realized the incredible power of phytochemicals. He had just purchased an endocardiograph

machine that converts heart sounds into a graph, allowing the physician to clearly see if the heart is functioning normally.

He remembers hooking the machine up to a patient with a long history of heart disease and seeing the classic signs of an abnormal heartbeat (like the accom-

ppanying "before" graph on page 12).

Five minutes after taking a phytochemical that had recently become available, the patient had a strong, healthy heartbeat, as shown by the accompanying "after" graph.

FACT: Dr. West has helped more heart patients than any other doctor in America,

Begin to repair years of heart disease in just 5 minutes!



These endocardiographs of the same patient—taken minutes apart—show that the patient's heart is beginning to repair itself, thanks to a specific phytochemical complex.

WHY URINARY TRACT INFECTIONS ARE NOT BEING TREATED RIGHT A 30-DAY CURE

Urinary Tract Infections (UTIs) are not permanently cured with antibiotics. In fact, antibiotics almost guarantee more UTIs. For most, the underlying cause of chronic UTIs is a weakened set of cells that line the urinary tract.

To function properly, these cells require unique phytochemical compounds called bioflavonoid complexes.

You can end your agonizing, often life-long UTI problems when you use the correct protocol, which includes phytochemicals and antimicrobials.

In fact, to safely and effectively treat most any kind of infection, skip the antibiotics and use one of the phytochemical protocols with antimicrobials, explained in *A Better Way to Fight Infection*. See page 17 to claim your free copy.



Using antibiotics to treat urinary tract infections almost always ensures more infections.

SURVIVAL CHECKLIST: 5 Rules That Can SAVE YOUR LIFE

Millions of Americans are suffering terrible side-effects from prescription drugs. They suffer needless pain, memory loss, weakness and sometimes permanent disability and death.

More than 200,000 people are killed outright each year by prescription drugs.

So we asked Dr. West to create a survival checklist—rules that could save your life.

Before You Take Any Drug

☐ **Rule #1:** Proven—Never take any drug that has been on the market for

less than 7 years.

☐ **Rule #2:** Be suspicious—Always suspect your drug or drugs as the cause of any new symptoms or disease that you may get.

☐ **Rule #3:** Try phytochemicals first—Always consider treating the real, underlying cause of your problems with natural protocols like those in *Health Alert* before starting on a course of dangerous drugs that ignores the underlying cause of your problems and instead treats the symptoms.

☐ **Rule #4:** After seeing your doctor

always start treating the underlying cause of your problems with a phytochemical protocol—even while you are taking your prescriptions. This will help you reduce or eliminate drugs quickly. And most people understand "what's really going on with Rx drugs" within a couple weeks.

☐ **Rule #5:** Purchase a Drug Handbook so you can look up your prescription drugs, find the side effects, and see if your problems are caused by the side effects of your prescriptions.

including big-name cardiologists.

"That one tablet did more for my patient's heart than any prescription drug or surgical procedure could ever do," Dr. West recalls. "It showed me how to put that man back on the road to health and convinced me phytochemicals were

the wave of the future."

In the intervening years, Dr. West has used phytochemicals to help more than 90,000 people live a longer, healthier life without invasive surgery or prescription drugs with potentially dangerous side effects.

And although patients with heart problems continue to dominate his practice (which is understandable since heart disease is the #1 killer of Americans), Dr. West has used phytochemicals to treat people with a broad range of health problems, including individuals who were at death's door.

Continued on page 14

PROSTATE PROBLEMS CURED IN 30 MINUTES

An estimated 80% of men over the age of 65 suffer from some type of prostate problem, most commonly an enlarged prostate.

Until recently, there were only three choices for dealing with an enlarged prostate:

- (1) supplements that make big promises, but provide little relief;
- (2) prescription drugs that come with

nasty side effects; or

- (3) surgery that carries the risk of even nastier side effects.

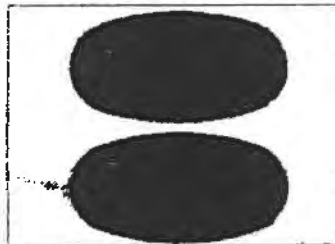
Now there are two new weapons in the war on prostate problems that are effective, but safe. The first is a phytochemical protocol that allows most men to get relief in a matter of days. And for the grossly enlarged or

blocked prostate, there's a new laser-based outpatient procedure that can undo years of suffering in just 30 minutes, with almost no side effects.

For additional information, be sure to read *The 30-Minute Cure for Prostate Problems*. See page 17 to claim your free copy.



The Breakthrough Difference: Pharmaceutical vs. Supplement vs. Phytochemical



PHARMACEUTICAL

Name: Azithromycin
Used to treat: Cold, flu, sinusitis, bronchitis
Cost per dose: \$2 and up
Effectiveness: Usually ineffective because colds, flu and bronchitis are caused by viruses
Side effects: Increases antibiotic-resistant organisms and destroys healthy bacteria in the gut, causing diarrhea, asthma, immune weakness, depression, and other problems.



SUPPLEMENT

Name: High potency remedies containing ascorbic acid
Used to treat: Cold, flu, sinusitis, bronchitis
Cost per dose: \$1-\$3
Effectiveness: No discernable relief for most users
Side effects: None known



PHYTOCHEMICAL

Name: Phytochemicals with antimicrobials like Respiratory Relief and Sinus Relief
Used to treat: People with colds, flu, sinusitis, bronchitis, tuberculosis and pneumonia
Cost per dose: Pennies
Effectiveness: Provides wonderful relief for most users
Side effects: None

Medicare Alert: What everyone 65 and older must know now — new FREE service from Dr. Bruce West

Washington, D.C.—Dr. Bruce West has just verified that Medicare is still refusing to cover new natural therapies, no matter how sick you are.

This includes phytochemicals, powerful natural healing compounds that are often more effective than prescription drugs, with none of the devastating side effects. They can sometimes even help you avoid dangerous surgeries.

Worse yet, most doctors don't know about or understand these remarkable new discoveries.

That's why you need to look out for yourself to make sure you don't become a victim of the often tragic side effects of prescription drugs and repeated surgeries.

Fortunately, you can get the help and

guidance you need with a FREE personalized service Dr. West now offers to subscribers to his *Health Alert* newsletter.

Subscribers can write to Dr. West for assistance with any health problem they can't find an answer for. He will then send a personal reply with the requested information or address the problem in an upcoming issue of the newsletter.

To help *Health Alert* readers, Dr. West has written a no-holds-barred Special Report called *Phytochemical Survival Guide for Medicare Patients*. In this report, he reveals his critical phytochemical protocols for the most common medical problems Medicare patients face. See page 19 to discover how *Health Alert* readers can receive a copy free of charge.



Medicare gladly covers prescription drugs with deadly side effects. However, it still refuses to pay for effective, side-effect-free natural phytochemicals.

Continued from page 13

New hope for people with "hopeless" medical conditions

The case of Lillian Weberbauer demonstrates the dramatic impact phytochemicals can have on a person's life, even for those suffering from life-threatening

diseases.

Ms. Weberbauer's problems started when she was diagnosed with cancer of the uterus. After undergoing a complete hysterectomy, she was given radiation treatments. Those treatments destroyed her bladder, bowels and the nerves to her legs, but failed to eliminate the cancer,



Lillian Weberbauer: Proof of how phytochemical treatments can help even "hopeless" cases.

Reviews Based on Actual Results

What Dr. West's phytochemical users are saying about his treatments. These ratings are based on the results his subscribers told us about and have been evaluated by his staff of professionals and Advisory Board of Doctors.

Health Alert Ratings	
★★★★★	Superior Results
★★★★	Outstanding Results
★★★	Good Results
★★	Fair Results
★	Poor Results

Paul Peters**SINUSITIS / CHRONIC RHINOSINUSITIS**

RATED:

"I've had serious sinus problems for as long as I can remember, and they sometimes lay me up for weeks at a time.

I tried over-the-counter medicine and antibiotics but they didn't work at all. It was only when I found Dr. Bruce West and his *Health Alert* newsletter that I was able to get any relief.

His natural protocols put an end to an ongoing sinus infection, and then I stopped getting them altogether.



Paul Peters

"Your doctor will never tell you about these natural protocols because he doesn't know about them. So now I tell everyone I know to read *Health Alert* and Dr. West's Doctor's A-Z Phytochemical Guide to find evidence-based natural solutions for their problems."

—Paul Peters, Connecticut

Barbara Donahue**MEDICAL SIDE EFFECTS / DIGESTION**

RATED:

"In June 2008, my heart and lungs completely stopped after a local hospital gave me an overdose of drugs and then had to put me in a medically induced coma for eight days. I am 85% recovered today but still have to lie down each day for an hour or two.

"Six months after this happened, I received an advertisement for *Health Alert*. It caught my attention and I couldn't read it fast enough. I subscribed and sent Dr. West some information about my health problems. He gave me a protocol to follow, and



Barbara Donahue

within days my energy began returning and my sleep improved. I was finally healing from the trauma I had been through and my body was actually responding to Dr. West's protocol.

"I still follow that protocol 5-1/2 years later. And my doctor tells me my blood tests are 'phenomenal' and my system is balanced. Dr. West worked a miracle for me thanks to his knowledge of how the human body works.

"If you want to improve your health and start feeling better all over, you should turn to Dr. West and *Health Alert*. He has the answer to any health question you could possibly have."

—Barbara Donahue, Massachusetts

Gary Moore**MACULAR DEGENERATION**

RATED:

"In 2012, I was diagnosed with age-related macular degeneration (ARMD) and glaucoma. My vision was very poor, especially my left eye. My eye doctor prescribed drops to control my eye pressure, but my vision continued to get worse.

In October 2013, I started taking Dr.

West's recommended protocol for my ARMD, and in 18 months my vision has improved dramatically!! Considering that there is no successful medical treatment to restore vision with ARMD, my eye doctor is very impressed. Thank you Dr. West and *Health Alert*!"

—Gary Moore, Texas



Gary Moore

Joseph Sharone**PSORIASIS**

RATED:

"Dear Dr. West, your *Health Alert* newsletter gives me all the latest health news. Before starting your protocol, I would scratch my psoriasis spots in my sleep until they bled, what a mess. My psoriasis improved so much that I'm not scratching any more. What a blessing Dr. West's protocol has been for me. Thanks again. Dr. West!"

—Joseph Sharone, Florida



Joseph Sharone

Ken Crowther**HEART / ARTHRITIS**

RATED:

"In 2007, I was a basket-case from the side effects of heart drugs like Lisinopril, Metoprolol, Aggrenox, Felodipine, Clonidine and more—all prescribed to me after a mild stroke. Two weeks after starting these drugs, my normal pulse of 70 jumped up over 100, became erratic and shot all over the place. Rather than stop the drugs, the doctors prescribed another, the blood thinner and rat poison Warfarin. This drug required frequent 120-mile round trips to get my blood drawn and tested—often 7-8 times a month! All I could think about was that with the prospect of stents, pacemakers, bypasses, etc., there must be a better way. Then, right on cue, I received a flyer from *Health Alert*, and it seemed like Dr. West was speaking directly to me personally.

"In less than 4 months, and under the scrutiny of my own doctor, I had weaned off all drugs and have not taken another prescription drug since—To this day this is still true, and I am now 84 years old! Thank you Dr. West."

Ken Crowther, California



Ken Crowther

which spread to her lungs.

Her doctors told her to get her affairs in order since they estimated she had only six months to live. That's when she turned to Dr. West for help.

He started her on a phytochemical

"There is no doubt that phytochemical therapy saved my life."

—Lillian Weberbauer

Joyce Kaltea
MACULAR DEGENERATION
RATED:

"I am 77 years old, and I was diagnosed with macular degeneration (MD) way back in the 1950's. Up to this year, my eyesight slowly deteriorated, and it had gotten so bad that I was going to have to give up my driving and my independence.



Joyce Kaltea

"I read your article on MD in the July 2012 issue of *Health Alert* and started immediately on your protocol. Within 2 weeks my vision in my right eye started improving, and the black spots began to disappear. Soon my left eye vision also started to improve, and now I am able to once again drive safely. By the way, all my medical and lab tests for high-blood pressure, cholesterol, and thyroid have also all improved. Thank you so much!"

—Joyce Kaltea, Montana

Lyle Seest
HEART
RATED:

"I was in terrible shape, exhausted with debilitating weakness and dizziness, with a pacemaker (just to buy time), taking blood thinners and toxic heart drugs, and having my doctor tell me that I did not have much time left because I had the heart of a 100-year old man."



Lyle Seest

"Within 30 days of starting Dr. West's protocol I was already getting better. And now it is years later—and it is great to

be drug free, my pacemaker is no longer needed, and I feel 10 years younger! This year I was able to shovel my snow and not even breathe hard! I am so thankful to God for sending me a *Health Alert* bulletin when my cardiologist told me I was finished. I feel great! I tell everyone about this miracle."

—Lyle Seest, Illinois

Shirley and Chester Sosnowski

JOINT PROBLEMS/DIABETES/HEART DISEASE

RATED:

"My health used to be a real mess. I was having problems with my knees, hips and joints. I suffered from diabetes, high blood pressure and irritable bowel. I had a sluggish thyroid and I felt exhausted and low on energy all the time.



"Then I subscribed to *Health Alert* and each issue felt like you were talking directly to me. So I decided to try following your protocols, and can truly say that you changed my life.



"Your protocols healed my bones and joints and I was able to get off all the drugs I had been taking. Better yet, I convinced my husband Chet to follow your protocols and he was able to cure his mitral valve heart problem without having surgery.

"Today, at age 80, I feel that I'm alive because of your protocols. And my husband is now strong and healthy at age 89! Thank you for saving us."

—Shirley and Chester Sosnowski, New Jersey

New Health Warning

Hidden "emulsifiers" found in your store-bought food could be making you very sick

Inflammatory bowel diseases like Crohn's and Colitis are increasing the odds for diabetes, heart attack and stroke. The culprit is "emulsifiers" found in:

- ice cream
- margarine
- mayonnaise
- creamy sauces
- candy
- packaged foods
- processed foods
- baked goods
- gluten breads

How do emulsifiers harm your gut? By altering your microbiome—the flora in your

gut made up of billions of microbes. Crohn's and colitis are not autoimmune diseases. Rather, they are gut problems induced by these store-bought goods.

If you have Crohn's, ulcerative colitis, or any other "autoimmune gut disease," you will never get better until you remove your microbiome and flora. Dr. West has prepared a special report for readers who suffer from these problems. *End Digestive Distress in Days.*



Common food additives like gluten bread and margarine are dangerous.

protocol, which was adjusted and altered over time based on continuing blood tests. The phytochemicals turned six months of misery into 15 years of active living.

Dr. West shows a letter he received from Ms. Weberbauer. In it she writes: *Continued on page 16*

Esther Stenerson
ENERGY / MEMORY
RATED:

"I was worn out all the time for no reason and no matter how tired I got, I couldn't sleep, which made my tiredness even worse. I was also unable to think clearly or to remember things. I was cold all the time and my skin itched so badly I'd scratch it until it bled.

"I went to several doctors, but none of them could help me. They didn't know what was wrong with me. My sister told me about *Health Alert* and I began following your protocol. And I can't believe how much better I feel already.



Esther Stenerson

I now have the energy to play and dance with my 3-year old son and 10-year old daughter.

"I was even able to help out at home! I did lots of heavy labor, which always made me sick before. But this time I did not get sick. My mind is also clear and I'm even going back to school. I'm so happy to be healthy again!"

—Esther Stenerson, Colorado

Nancy Pike
CLOGGED ARTERIES / DIABETES
RATED:

"I wish we had known about your 'clogged arteries protocol' sooner. I say that because my 71-year old wife had her left leg amputated at mid-calf thanks to diabetes, which she has had for 36 years. She had sores that didn't heal on her ankle and her doctor said she had no circulation below the knee.



Nancy Pike

"Soon after, the same thing started happening to her right leg. She had black toes, peeling skin and several ulcers. She was going to lose her right leg too.

"We were lucky enough to discover your 'clogged arteries protocol' and in just three months her leg was healed. Completely healed! Clogged arteries were opened, and capillary blood flow was restored. You saved her leg and I am so grateful."

—Nancy Pike, Ohio

HEALTH NEWS 16

Continued from page 15

"I am cancer-free, play golf and tennis, bowl, and go dancing with my husband regularly."

Where to get phytochemicals

Unlike supplements, phytochemicals aren't available at your corner grocery

store. And although an increasing number of doctors have experience with phytochemicals, finding these forward-thinking practitioners isn't always easy.

But you can have access to Dr. West's phytochemical-based protocols by subscribing to his *Health Alert* newsletter.

It comes with a no-risk, money-back guarantee. And readers who act now, can receive Dr. West's *Doctor's A-Z Phytochemical Guide* (a \$180 value), absolutely free. See page 17 for details.

Hollywood superstar secrets revealed: Energy, vigor... age doesn't matter!

(Hollywood) Some of Hollywood's superstars just keep going, going and going... despite their age. *Health Today* asked them their secret.



James Brolin

You'd never know that James Brolin, star of *Christmas with Tucker*, *Catch Me If You Can*, *Traffic*, *Capricorn One*, *The Amityville Horror* and much more, is 74.

His secret? He owes it to the Phytochemical Protocols of Dr. Bruce West of *Health Alert*. *Health Today* obtained from Dr. West the letter from Brolin himself:

"Dear Dr. West, thank you so much for your hard work and the new truths and facts you research and present—often in the face of fierce opposition.

"And thank you for your personal help and guidance with our health. We are thankful to have you as a trusted resource with any health problem."

—James Brolin (Actor), California



The Lennon Sisters

Some readers may remember seeing The Lennon Sisters—who are still active going on 60 years of entertaining.

Kathy Lennon says of Dr. West's health recommendations: "With your guidance, I discovered how I could dramatically improve my health and my performance following an individualized natural health program, all without drugs or surgery."

In fact, Kathy, Mimi and Janet—all three Lennon Sisters—said in a letter found on Dr. West's website: "We have been entertainers for over 55 years. We would not be able to be singing, dancing, and performing with such energy if it were not for Dr. Bruce West and his guidance with our health. We continually call upon him for advice and routinely utilize his protocols for diet, exercise and supplement protocols, with great success."



James Daris

Some readers may remember James Daris of *Police Story*. His praise for Dr. West's protocols are powerful:

"I never thought prostate problems would affect me, since I followed a healthy lifestyle. I also knew how the body functions. When prostate problems became problematic and I had to find a men's room fast, I knew there was a problem. Going to the bathroom six to eight times a night was not my idea of fun.

"After exhausting all the remedies available, with no significant results, I spoke to Dr. West. He told me about the new laser procedure for enlarged prostate problems. It's been over two years since I had the procedure, and I no longer get up in the middle of the night and no longer have to run to find a men's room. A major plus is my PSA went down three points."

Dozens of Hollywood stars follow Dr. West.... Why?
Because of the amazing healing and results that maintain youth and vigor!

Special Note to Parents & Grandparents

Dr. West has personally seen the dangers children face from misdiagnosis, harmful prescription drugs and common children foods.

That's why he wrote *Doctor's A-Z Phytochemical Guide*, so every parent and grandparent could help children be healthy and successful. See page 17 for your free copy.



Special Offer For Our Readers!

Subscribe to *Health Alert* at a special discount rate and receive this *Doctor's A-Z Phytoceutical Guide*, a \$180 value, absolutely FREE:

Phytoceuticals: The Key to a Long and Healthy Life

Here's the most up-to-date information about how Dr. West uses these miraculous compounds to treat people with a wide range of health problems, including patients whose condition has been deemed "hopeless" by their own doctors.

This comprehensive Handbook, based on Dr. West's real-world success with phytoceuticals, is arranged in alphabetical order by disease. For each of the hundreds of health problems covered, the Handbook explains:

- the usual symptoms,
- conventional treatments often prescribed, and their shortcomings
- the specific phytoceutical(s) recommended for people with this problem

Based on solid science instead of wishful thinking, this massive work is destined to become the cornerstone of your *Doctor's A-Z Phytoceutical Guide*.

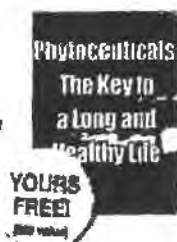
Dr. West's Healing Heart Program

Over the last three decades, Dr. West has treated more people with heart problems than any other doctor in America, including big-name cardiologists. He knows firsthand what works ... and what doesn't.

This invaluable volume details Dr. West's treatment protocols for people with heart disease. They combine proper diet (not an absurd, extreme low-fat diet!) with phytoceuticals to treat the underlying cause of heart problems. This commonsense approach to healing can help you avoid risky heart procedures and drugs with side effects that can make your life miserable—or even kill you.

Reclaim Your Eyesight in 30 Days

Macular degeneration and glaucoma don't have to lead to eventual blindness. This life-changing volume reveals a phytoceutical protocol for people with these eye diseases. It's been shown to work wonders for 70%-80% of glaucoma sufferers and addresses the underlying cause of macular degeneration, starting in as little as 60-90 days.



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(\$180 value)

The 30-Minute Cure for Prostate Problems

This special report reveals two new options for the treatment of men with prostate problems that are far better and safer than conventional surgery, prescription drugs or supplements. The first is a phytoceutical that provides relief for most men in a matter of days. The second is a new laser-based outpatient procedure that can undo years of suffering in just 30 minutes, with almost no side effects.

Diabetes: Anyone Can Get It... and Cure It!

This eye-opening volume explains what really causes diabetes, how to avoid getting it, and how to treat it if you already have it. If you think daily pills or insulin injections are your only option, you'll be relieved to know there's a phytoceutical protocol that allows Type 2 diabetics to correct the underlying cause of this terrible disease—quickly.

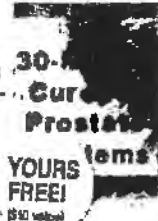
A Better Way to Fight Infection

Go to your doctor with a sinus infection, a urinary tract infection, or any type of infection, and chances are he'll prescribe an antibiotic. But as you'll discover in these pages, antibiotics often do more harm than good. Instead, learn about the safe, effective phytoceutical and anti-microbial protocols that Dr. West reveals in this invaluable resource.

The Toxic Time Bombs in Your Medicine Cabinet

The average person over the age of 60 typically takes between 6 and 12 different prescription drugs. Virtually all of these laboratory-created abominations come with an array of side effects, ranging from the merely annoying to life threatening. This revealing volume spotlights some of the worst offenders, including a widely prescribed heart drug that's known to cause liver damage and a blood pressure drug implicated in numerous cases of congestive heart failure.

More Special Reports



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In these special reports, you'll discover how phytoceuticals can help those who suffer from:

- Digestion:**
- ✓ Gas and Bloating
 - ✓ Heartburn and reflux
 - ✓ Diabetes
 - ✓ Obesity
 - ✓ Liver/kidney detoxification
 - ✓ Gallstones and gallbladder
 - ✓ Hiatal hernia
 - ✓ Chronic indigestion
 - ✓ Constipation
 - ✓ Diarrhea
 - ✓ The Elimination Program
 - ✓ Food combining
 - ✓ GERD
 - ✓ Mediterranean diet

Healing Heart Program:

- ✓ Angina
- ✓ High blood pressure
- ✓ Heart attack and stroke
- ✓ Congestive heart failure
- ✓ Heart risk factors
- ✓ Arrhythmias
- ✓ Heart block
- ✓ Atrial fibrillation
- ✓ Leaking heart valves
- ✓ Mitral valve prolapsed
- ✓ Heart pounding at night
- ✓ Bypasses, stents and angioplasty
- ✓ Cholesterol
- ✓ Leg circulation
- ✓ Clogged arteries
- ✓ Heart screenings

Diabetes:

- ✓ How to cure diabetes, heart disease, high cholesterol and obesity
- ✓ Diabetes and carbohydrates
- ✓ DDB: The deadly diabetes trio

Memory:

- ✓ Alzheimer's and coconut oil
- ✓ How to stay out of a nursing home
- ✓ Memory and fish
- ✓ Memory and your adrenals
- ✓ Mental health and nutrition
- ✓ Alzheimer's and exercise
- ✓ Your mind and your health

Sex and Staying Young:

- ✓ Waning sex drive
- ✓ Happy and Healthy over age 85
- ✓ 4 ways to look and feel younger and better in 30 days
- ✓ Kegel exercises
- ✓ Adrenal failure
- ✓ Stop your hair from falling out

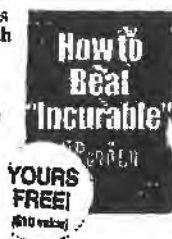
Continued on page 18

Continued on page 18

Continued from page 17

How to Beat "Incurable" Pain

Here's a compendium of Dr. West's proven techniques that help you safely vanquish backaches, headaches, joint pain, neck pain, and even those lingering pains your doctor says "you'll just have to live with." You'll also find a special protocol that gives you the proven ability to conquer the pain of arthritis in as little as 90 days!



Boost Your Memory With Phytochemicals

If you think forgetfulness is a natural part of the aging process, think again. In this informative volume you'll learn about phytochemicals that help you ensure that your mind and memory stay sharp. It also includes a rundown of prescription drugs that sap the memory and cause confusion in patients of every age.



How to Make Yourself "Cancer-Proof"

The only thing better than beating cancer is not getting it in the first place, and here's how to do just that. You'll find an easy-to-implement plan providing the best odds that you and your loved ones will be among those who live cancer-free. There are specific strategies to avoid most types of cancer, including colon cancer, lung cancer, breast cancer, and prostate cancer.



End Digestive Distress in Days

This eye-opening report shatters many of the misconceptions people have about digestive problems. For example, you'll learn that many cases of heartburn and acid reflux are caused not by excess stomach acid, but by too little. You'll also discover phytochemical protocols that can successfully treat people with constipation, diarrhea, colitis, irritable bowel, and gallbladder problems.



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Phytochemical Survival Guide for Medicare Patients

Medicare bureaucrats continue to ignore the proven healing power of phytochemicals, the most powerful natural compounds ever discovered. Instead, they'd rather load you up on prescription drugs — drugs that can endanger your health and even your life. In this no-holds-barred Special Report, Dr.

Phytochemical Survival Guide for Medicare Patients

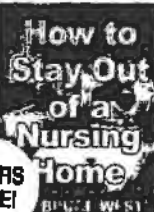
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Bruce West reveals a way to avoid medical mistakes that can cost you your life. It's a proven path to healing without the side effects.

How to Stay Out of a Nursing Home

Every senior must read this report to successfully keep their freedom, independence and active health.

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Health Alert subscribers who are unable to find the help they need in the newsletter can write to Dr. West for assistance. He'll either address the problem in a subsequent issue of the newsletter or send a personal reply with the requested information.

"Over the years," Dr. West says, "I've helped thousands of people obtain the relief they sought when they had nowhere else to turn." This personalized health service is completely free to Health Alert subscribers.



Dr. Bruce West

Continued from page 17

- ✓ Serious strength
- ✓ Insomnia
- ✓ Vertigo
- ✓ Dental and gum problems

Pain:

- ✓ Arthritis
- ✓ Joint pain
- ✓ Pets' pain
- ✓ Osteoporosis
- ✓ Bone spurs and joint degeneration
- ✓ Knee pain
- ✓ Arm, neck and hand pain
- ✓ Chronic pain
- ✓ Restless leg syndrome
- ✓ Carpal tunnel
- ✓ Muscle cramps
- ✓ Rib pain
- ✓ Serious spinal problems
- ✓ Rheumatoid arthritis
- ✓ Jaw pain
- ✓ Seizures
- ✓ Low back and leg stretches
- ✓ Chronic fatigue
- ✓ Lupus

Cancer:

- ✓ Cancer: the good news
- ✓ Cancer and protonomorphogens
- ✓ Skin cancer
- ✓ Bladder cancer
- ✓ Estrogen shocker
- ✓ Hot flashes and menopause
- ✓ Fibromyalgia

Infection:

- ✓ How to prevent and kill colds, flu, sinusitis, bronchitis, pneumonia
- ✓ Cystitis and UTI's
- ✓ Hospital infections
- ✓ Fevers and calcium
- ✓ Flu shots
- ✓ Bacterial infections
- ✓ Dental and gum problems
- ✓ Dermatitis and eczema

Prostate:

- ✓ Enlarged prostate
- ✓ Prostate cancer
- ✓ The 30-minute cure for BPH

The Toxic Time Bomb:

- ✓ Drugs that should never be used
- ✓ Drugs that can kill you
- ✓ Drugs listed by the EPA as cancer causing
- ✓ Bad drugs and big lies: the assault on your health
- ✓ 12 surgeries which should be avoided
- ✓ Flu shots
- ✓ Estrogen
- ✓ Prescription drug withdrawal

Eyesight:

- ✓ Macular Degeneration
- ✓ Glaucoma
- ✓ Macular degeneration markers disappear with phytochemicals

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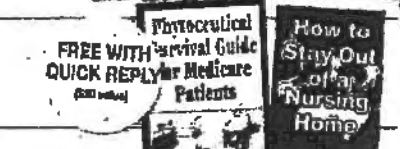
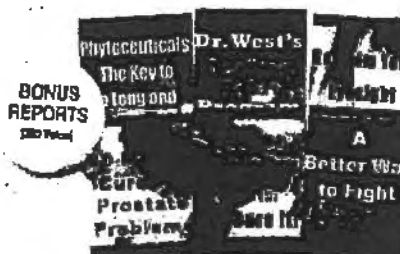
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Bruce West

3 Easy Ways to Subscribe!



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3 Rules Never to Break!



**Joan Rivers was in
outpatient surgery...
and died!**
See page 3.

The shocking truth about flu shots.



**"If I were a senior,
and perhaps I am at
age 68, I would never
take a flu shot."
—Dr. Bruce West
See page 7.**

It's not senility; it's a side effect of the drugs you're taking!



Brain damage from prescription drugs is common. To find out which common medications are the

The "Cure That Kills!"



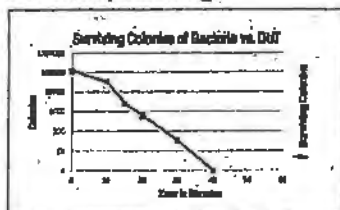
What that "healthy" low-fat diet does to your body. See page 8.

30-Minute Prostate Cure



**Breakthrough therapy
ends years of suffering
in just 30 minutes!**
See page 13.

**Instant relief for stomach flu
and food poisoning.**



Turn to page 5.

Medicare Alert: How everyone 65 or older can avoid medical disasters



Critical phytoceutical healing protocols for people with the most common medical problems Medicare patients face. See page 13.

Breakthrough of this decade?

Prescription Drug Wars Ahead?

New research shows phytochemicals safer, more effective than prescription drugs or supplements.

In this issue of *Health Today*, we highlight the work of Dr. Bruce West, a pioneer in the use of phytochemicals to safely treat people with a wide range of medical problems, including people whose condition had been deemed "hopeless" by other doctors.

Inside, you'll find his proven phytochemical protocols for treating people with...

- In this issue of *Health Today*, we highlight the work of Dr. Bruce West, a pioneer in the use of phytochemicals to safely treat people with a wide range of medical problems, including people whose condition had been deemed "hopeless" by other doctors.
- Inside, you'll find his proven phytochemical protocols for treating people with...
- Acid Reflux see page 18
 - Alzheimer's see page 5
 - Angina see page 9
 - Atrial Fibrillation see page 9
 - Back Pain see page 11
 - Cancer see page 7
 - Cardiac Arrhythmia see page 9
 - Clogged Arteries see page 15
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 - Congestive Heart Failure see page 8
 - Constipation see page 18
 - Cystitis see page 2
 - Dementia see page 6
 - Diabetes see page 3
 - Diarrhea see page 16
 - Digestive Disorders see page 18
 - Flu see pages 5, 13
 - Food Poisoning see page 5
 - Gallbladder Problems see page 18
 - Glaucoma see page 17
 - Heart Disease see page 8
 - Heartburn see page 18
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 - Irritable Bowel see page 18
 - Leg Circulation Problems see page 9
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 - Macular Degeneration see page 17
 - Memory Loss see page 11
 - Mitral Valve Prolapse see page 9
 - Peripheral Artery Disease see page 5
 - Pounding Heart see page 9
 - Prostate Problems see page 13
 - Seizures see page 2
 - Stomach Flu see page 5
 - Urinary Tract Infections see page 12

Your New Key to a Cure: MicroRNA means no dangerous side-effects.

You may be familiar with DNA and RNA, but if you're like most people, you've probably never heard of microRNA. Yet this mysterious substance plays a crucial role in your health.

The actions of microRNA in the human body explain why phytochemicals can safely and effectively help you eliminate the need for surgery or prescription drugs with potentially deadly side effects.

Phytochemicals are safer and more effective than prescription drugs or supplements. (See page 8.)

Prescription Drug Pain Killer Epidemic



Across America, prescription drug side-effects have had a devastating, sometimes deadly impact, but now there are new alternative breakthroughs to drugs—phytochemicals. (See page 4.)

Number of patients
prescriptions per
£100 people

- 62-71
 62-82.1
 62-83
 66-143

EXHIBIT 2

HEALTH ALERT

30 Ryan Court, Ste. 100, Monterey, CA 93940

Dear Friend and Subscriber,

EXTREME MEDICAL ALERT:

This issue of *Health Alert* contains my article about the greatest breakthrough in healthcare in 25 years or longer. My article describes how you can win the battle with *Alzheimer's, memory loss, dementia, type 2 diabetes, and chronic pain* by using *Turmeric Forte* daily. The highlights are:

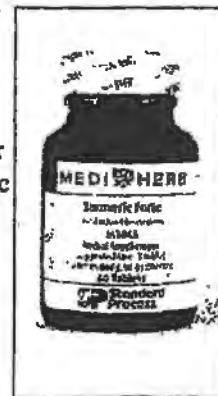
Alzheimer's: Specially activated *curcumin* found in *Turmeric Forte* not only stopped the progression of Alzheimer's, but it also dramatically *improved memory in 100% of medical-study subjects*. And even more remarkably, it actually began reversing the plaque found in the specific areas of the brain where the plaque causes Alzheimer's! There was *245x more free curcumin in the brain* (a pharmaceutical level) with *Turmeric Forte*!

Diabetes: The same product was tested with people diagnosed with *pre-diabetes, or metabolic syndrome*. In the medical studies, *100% of people in this situation did not become diabetic!* None (zero) of the people taking activated curcumin (*Turmeric Forte*) progressed to type 2 diabetes. And the same product can help you actually *reverse type 2 diabetes* if you already have it.

Chronic Pain: Curcumin has been known for at least a century as the premiere *anti-pain/anti-inflammation* herb. The amount of activated free curcumin measured in the blood while taking *Turmeric Forte* was from *24.6x greater at the low dose, to 45.6x greater at the higher dose* than any standard curcumin product.

Final Line: If you suffer from memory loss, dementia, Alzheimer's, pre-diabetes, metabolic syndrome, type 2 diabetes, or if you are in chronic pain, there is finally a *real medical breakthrough*. And it is not diabetes drugs, Alzheimer's drugs, or opioids—all of which do not work, or are too dangerous to take.

It is *Turmeric Forte*. And if you are suffering, you should start taking *Turmeric Forte* immediately! I do! Two tablets daily is a good starting dose.



Bruce West

Dr. Bruce West
Founder, *Health Alert*

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EXHIBIT 3



Dr. Bruce West, Founder
Health Alert/Immune Systems, Inc.

copy of newsletter

HEALTH ALERT®

July 2018 / Volume 35, Issue 7

WHEN ALL OTHER TREATMENTS FAIL

Dear Reader,

MAJOR ALZHEIMER'S BREAKTHROUGH!

ALZHEIMER'S. DEMENTIA. MEMORY LOSS. PAIN. AND THE AMAZING CURCUMIN BREAKTHROUGH

FINALLY—in what can only be heralded as a *major breakthrough—we now have an effective treatment for people trying to prevent or treat Alzheimer's, dementia, and memory loss!*

If these memory problems have hit you, your family, or your loved ones, you know how devastating it can be. And perhaps the worst part of it all is that there is little to nothing you can do about it. It is progressive, and no matter what you do, your memory just disappears. *Until now!*

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- And 37 other medical experts from every health field, including: medicine, chiropractic, osteopathy, naturopathy, dentistry, surgery, acupuncture, nutrition, physical therapy, rehabilitation and nursing

Bruce West, DC, Editor/Publisher

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INSIDE

- **Alzheimer's, Dementia, Memory Loss, Pain and the Amazing Curcumin Breakthrough,** p. 1
- **High Blood Pressure, Salt, and Your Gut Microbiome,** p. 4
- **News From Medicine: Digoxin and Statins,** p. 8
- **Tonsillitis, Sore Throat/Strep Throat: Cure Them in 2-3 Days Without Antibiotics,** p. 5

On March 1 of this year, Richard S. Isaacson, MD—director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine and New York Presbyterian in New York—reported a major breakthrough to *Medscape*. A study published in the *American Journal of Geriatric Psychiatry* tested a group of patients aged 50-90 with memory complaints and early Alzheimer's. They used a randomized study which gave these patients either a placebo or a *special supplement of curcumin!* The study was double-blind (no one knew who was getting the curcumin or a placebo).

This study by itself is amazing, since it is a study with *no prescription drugs involved*. It studied the herb curcumin, which has failed in all other studies to have any impact on memory loss. It turns out that curcumin failed in these earlier studies because *it was not being absorbed*—none could be found in the patients' blood or brain. The truth all along has been that the active form of curcumin needed by your body to control inflammation and needed by your brain for memory is *very poorly absorbed* by the body, and *never enters the brain*. All curcumin supplements, sold for years, have never been substantially absorbed and utilized by your body and brain.

Game Changer

The researchers in the latest study produced a curcumin supplement (Theracurmin) in a *nanoparticle form* (the curcumin is ground extremely fine into minute particles). It turns out that the new form of curcumin was absorbed and... **ARE YOU READY... all the patients getting the nanoparticle curcumin had improved memory at 18 months!** And that's not all. Patients with Alzheimer's have a particular type of *amyloid plaque* in their brains. The patients getting the activated curcumin *actually had less amyloid plaque in specific parts of their brain that correlated with Alzheimer's disease!*

This is a *game changer*. If curcumin did nothing more than keep patients from getting worse, the study would have been a smashing success. The fact that it *actually improved the*

memory in Alzheimer's patients makes it remarkable. And that it actually *reduced the plaque in the Alzheimer's area of the brain* of these patients makes it *astounding*.

Experts called this an *exciting study* and summed it up by saying that curcumin's benefits with Alzheimer's and memory loss look exciting. I would also add that this is a study that *was not tainted by pharmaceutical industry influence*—because no drugs were being tested. It was straight forward, and for the first time took into account how supplements are not well absorbed. And that activating the raw ingredient, in this case curcumin, made all the difference. And we now know that curcumin is a *safe and effective treatment for people with memory loss, Alzheimer's (prevention and treatment), and dementia!*

Curcumin

Curcumin has been heralded as the queen of all herbs. It is actually a yellow substance from which curry is made. It comes from the turmeric plant root. Curcumin has been proven effective for people with pain and inflammation, digestive problems, heart problems, exposure to toxins, stress, fatigue, anxiety, and more. And in the past there have been claims that it helps the brain.

The problem has always been that curcumin is difficult to absorb, and none of it enters the brain past the blood/brain barrier. Most curcumin products contain high levels of the *conjugated* form of curcumin, which is much less active in your body than the *"free" or unchanged curcumin*. Most curcumin products also have a very short half-life (the amount of time they stay in your body to impart any of the benefits).

Some products use "enhancing" technology to "activate" curcumin (like nanoparticle Theracurmin). At best these showed a *6–7 times increased absorption and bioavailability* over unenhanced curcumin. So again, we have been stuck with an amazing herbal substance that we just can't get into our system to do much good.

How to Supercharge Curcumin

Standard Process is a company considered to be the expert in raw, active phytonutrients and phytochemicals for over 80 years. After much work with their Australian counterparts, they were able to create *Curcuminoid Galactomannosides (CGM)*. They basically took the fiber from the seeds of the Fenugreek plant and impregnated this

plant material with curcumin from turmeric. The result was that the bioavailability of this CGM form of curcumin was dramatically increased. Much more *free* curcumin (the most active form) was found in the blood. And this type of curcumin, easily absorbed and in the blood in much higher quantities, has a longer half-life (time for healing) and more easily crosses membranes and infiltrates the tissues in your body.

The new activated CGM curcumin product, *Turmeric Forte*, was rigidly tested using double blind studies. The results were as follows, depending on the dose:

- Turmeric Forte increased bioavailability (use by the body) of *free curcuminoids* (the active form) from *24.6 times at a lower dose to 45.6 times at a higher dose*.
- Turmeric Forte had a more than *3 times longer half-life (time of activity) in the body*.
- The concentration of free curcuminoids in the body were *well above the threshold for key pharmaceutical activities*. These levels were *never reached* by other unenhanced curcumin products.
- Turmeric Forte was the *only product* that showed a strong bioavailability or "uplift" combined with the preservation of the *free curcumin* (the most active form of curcumin) levels in the body.
- *Turmeric Forte passes through the blood/brain barrier!* The studies proved that there was increased distribution of free curcumin to the heart, liver, kidney, spleen, *and in particular to the brain!* Levels of free curcumin in the brain were *245 times more than unenhanced curcumin!* This explains the remarkable curcumin study results of improved memory, improved Alzheimer's, and decreased Alzheimer's amyloid plaque in the brain.

What Does Curcumin Do?

As mentioned, curcumin is considered the queen of herbs. And the activated form, Turmeric Forte, makes it the king of herbs. Even though hardly any curcumin is absorbed from standard herbal products, the unscrupulous manufacturers still have no problem listing curcumin's benefits as they relate to their product—even though almost none is ever absorbed, and almost zero passes the blood/brain barrier. Thankfully, that is now a thing of the past. Turmeric Forte contains free curcumin infused into the plant fiber of fenugreek seeds. This provides increased bioavailability and increased rates of absorption by 25 to 245 times.

And this form of curcumin passes the blood/brain barrier for distribution to the brain! So finally, all of curcumin's benefits can be yours. Curcumin research shows what you can now accomplish with Turmeric Forte. You can...

- Relieve occupational stress, fatigue and anxiety.
- Make your arteries more pliable with improved circulation.
- Relieve osteoarthritis: Dramatic reductions in pain scores in 2–3 months. Curcumin is the premiere anti-inflammatory herb.
- Finally start to reduce chronic pain: Enhanced curcumin reacts with pain receptors to bring an end to never-ending chronic pain by helping *complete* the inflammatory process, which is normal and needed by everyone. You run into trouble when your body cannot complete the inflammatory cycle. In these cases, the inflammation just becomes chronic or even permanent. Curcumin helps end chronic pain by helping your body complete the inflammatory process each time any injury occurs.
- Improve vision.
- Reduce uric acid levels in the blood (gout), and improve liver function.
- Improve bone strength.
- See improvement in enlarged prostate (benign prostatic hyperplasia).
- Relieve depression.
- Prevent the development of type 2 diabetes.
- Improve your heart and lower your triglycerides if you are obese. In higher doses enhanced curcumin decreased the incidence of heart attack by more than 50% in patients undergoing coronary bypass surgery.
- Improve your blood sugar status with type 2 diabetes. If you are diabetic (type 2), you can increase your HDL-C (good cholesterol) levels.
- Reduce inflammatory bowel disease.
- Improve your memory and *finally prevent and even treat Alzheimer's with a phytochemical (Turmeric Forte) that is safe, proven effective, inexpensive, drug-free, and simple.* Imagine, in 18 months or less, you can experience *better* memory instead of worse. *There is nothing on the market that can do this for you now—especially not toxic Alzheimer's drugs.*

Memory and Pain

This is truly a eureka moment, a game changer. *You can finally do something, take action, and begin to take charge again, vs. slowly sinking into the dark world of memory loss, Alzheimer's,*

and a nursing home. Let's say that you think your memory is beginning to disappear. Or Alzheimer's runs in your family. Or you just want to prevent Alzheimer's and memory loss even though you don't have it now. You can simply start taking Turmeric Forte (1 daily if you have no memory loss and 2–4 daily if your memory is deteriorating or you have been diagnosed with Alzheimer's.)

Thanks to the phytochemical magic of infusing curcumin into fenugreek fiber, curcumin goes right past the blood/brain barrier to get into your brain in quantities that match pharmaceutical drugs. And this is *the game changer* when it comes to brain, memory, dementia, and Alzheimer's. Virtually *all* the study subjects had improved memory in 18 months or less! Compare that to *worsening memory loss* in virtually 100% of Alzheimer's patients in 18 months or less. Let's face it, 18 months is going to come and go anyway. Do you want improved memory, or a fast track to a nursing home. Simply take 1–4 tablets daily for life. What could be easier.

And the same goes for chronic pain. Rather than just enduring never-ending pain or resorting to pain killers or opioids, you can become proactive and take the anti-inflammatory Turmeric Forte to help your body complete its natural inflammatory processes just like normal people. The curcumin herb in Turmeric Forte is a well-tolerated herb. There are no real side effects. A little goes a long way, which makes it inexpensive. And once it gets into your blood, joint fluids, and brain, your body will begin to react normally to inflammation.

And even if you have severely degenerated joints, you can combine Turmeric Forte with the *osteofactor nutrients* to help rebuild your joints as your inflammatory processes are being normalized. What a concept. You can find the osteofactor nutrients, which are based around *raw bone powder (Calcifood Powder and Wafers)*, in your free book that came with your subscription and in dozens of my articles over the years.

Turmeric Forte—A Real Game Changer

It's been a long time since I've had a game changer of this magnitude to reveal to you. The fact that it can help you with an incurable condition for which medicine has *zero effective treatments* is even more amazing. It is not called the heartbreak of Alzheimer's for nothing. When the

one you love one day does not know who you are, it is worse than heartbreaking. Now you can do something, even for those who already have Alzheimer's. And you can definitely do something for those who may get it or who are beginning to get it.

This is truly amazing. It is enhanced *free curcumin* (the most effective form of curcumin). It is infused into plant seed fiber so it is absorbed 25 to 245 times better. The amount of free curcumin that ends up in your blood reaches pharmaceutical levels. It has triple the half-life in your blood (for effectiveness) compared to all other products. And perhaps best of all, it passes through the blood/brain barrier in measurable quantities to help reduce brain inflammation, put the brakes on amyloid plaque formation, and thus help with memory loss, dementia, and Alzheimer's. I started taking Turmeric Forte (2 tablets daily) a week ago.

HIGH BLOOD PRESSURE, SALT AND YOUR GUT MICROBIOME

"Medicine has had to report some findings on your microbiome [the bacteria—both healthy and unhealthy—in your gut] because using this microscopic world has produced cures that have alluded all of medicine and even their most potent drugs."

Health Alert, Vol. 31, No. 3

Everybody knows that if you eat tons of salt, especially table salt, your blood pressure will go up. But what if it wasn't really the salt causing the rise in blood pressure. What if, instead, it was the salt's effects on an unhealthy gut and microbiome that causes high blood pressure? A new report in the journal *Nature*, 2017, Nov 30 shows how this is true.

In a really short time for medicine, we have proven that the old-time healers who said "first heal the gut" were right. They were amazingly accurate, and those in medicine who called the natural healers quacks were wrong. We now have proven that an unhealthy gut and its microbiome play a major role in causing obesity, type 2 dia-

betes, atherosclerosis, heart disease, and more. We can now add *high blood pressure to the list*.

It turns out that eating too much salt depletes several types of the healthy *lactobacillus* bacteria in your gut. This *lactobacillus* depletion causes an increase in certain immune cells that cause autoimmune diseases and *high blood pressure*. This is all made worse by an unhealthy gut which harbors lower numbers of *lactobacillus* bacteria.

Fortunately, supplementing with a probiotic containing the depleted types of *lactobacillus* bacteria reversed this amazing gut-related health damage, including the high blood pressure. Previous medical findings have established that taking a *lactobacillus*-rich *probiotic reduces blood pressure*. And we now know one of the reasons why. This occurs for millions of people with a poor diet and antibiotic abuse.

You Are Only As Healthy As Your Gut

For decades organized medicine called alternative doctors quacks and charlatans for espousing the (then) theory that your gut health and its microbiome were critical to your overall health. Doctors were ridiculed and the entire concept was dismissed out-of-hand by medicine. Things have not just changed—they have reversed themselves, and in a world-record-shattering short time for medicine.

What should be dismissed out-of-hand is the medical protocol for treatment of high blood pressure. There are dozens of causes of high blood pressure—including salt, gut microbes, stress, anxiety, kidney disease, adrenal disease and weakness, vitamin G deficiency, mineral deficiencies, prescription drugs, and much more. Yet medicine treats high blood pressure the same way it treats almost all health problems—*one way for all*. This truly does not make any sense, and only appears to work when medical treatments are designed to treat *symptoms (for life) while ignoring the underlying causes*.

Rather, treat the underlying causes of your problem. Monitor your success, feel better, and reduce your odds of heart attacks and strokes. By working this way with your high blood pressure,

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and working with your physician to *deprescribe* (slowly eliminate prescription drugs), you can avoid disasters caused by blood pressure drug side effects. These include dizziness, weakness, heart arrhythmias, falls and broken bones, kidney damage, impotence, heart failure, and more.

For most of us, we can rejoice in the rapid acknowledgement of the gut and the microbiome's role in health and disease. And for sure, when it comes to high blood pressure, these gut discoveries can help us all. The average person with high blood pressure eats too much table salt and has an unhealthy gut and microbiome. The low numbers of lactobacillus species in an unhealthy gut can cause and worsen high blood pressure. Treating high blood pressure that is caused by an unhealthy gut with Rx drugs is ridiculous. To get well—either with high blood pressure and/or any other health problem—you need to treat the cause of disease.

What You Can Do

Recognize that there is a cause, a reason for your high blood pressure. Take steps to treat the cause by doing the following:

- 1) Throw out all table salt and use only *Celtic Sea Salt* as your condiment. Its mineral content will help balance the sodium in the salt.
- 2) Drink plenty of pure water.
- 3) Exercise with at least a powerful walk daily.
- 4) Eat a healthy diet like the Mediterranean diet and eliminate fast and processed foods.
- 5) Stop smoking and reduce alcohol if you drink too much.
- 6) Take a vitamin G and an organic mineral supplement. We recommend *Cataplex G* (3–6 daily) and *Organically Bound Minerals* (2–3 daily).
- 7) Take a probiotic that contains colonies of lactobacillus species—*ProSynbiotic* (1–2 daily).

Even medicine, as noted in the *Nature* article, now recognizes that *probiotics reduce blood pressure in humans*. And they now speculate that we might someday treat salt-sensitive high blood pressure with probiotics—what a turnabout! Don't wait for medicine's someday. Start normalizing your blood pressure now by treating the underlying causes safely, effectively, inexpensively, pragmatically, and *without drugs*.

8) And if you have gut and/or digestive problems, *please get a copy of my GUT REPORT*. It will

take you through healing your gut from the beginning to the end, starting in the mouth. Every step of how to rebuild healthy digestion and the proper absorption of nutrients from fats, proteins, and carbohydrates is detailed. It addresses your stomach, gallbladder, liver, small intestine and colon, as well as heartburn, reflux, cramps, diarrhea, constipation, colitis, irritable bowel, unhealthy microbiome, and more. If you have digestive and/or gut problems, get my report by calling my office at 1-800-231-8063 (M–F, 8–5 PST) and speak with one of my Subscriber Support Specialists. We will send you this report—for free.

Go Ahead! Astound Your Physician!

Treat your high blood pressure without drugs with your physician's knowledge and approval? What a concept. We recently helped a man with insulin-dependent type 2 diabetes reduce his A1C level from 12 to 6.5 *while getting off insulin* and all drugs! His physician was dumbfounded! Go ahead—astound your doctor.

If you need help with Celtic Sea Salt, it is available in the *Health Alert* store at discount prices (www.healthalertstore.com), or call our office at 1-800-231-8063 (M–F, 8–5 PST). I recommend the *light gray salt* that I use myself and with my family and patients. It is the best—unprocessed and unheated. You will need to use a *ceramic grinder* to serve this salt because all real, unheated, unprocessed sea salt will rust any kind of grinder but a ceramic grinder. And we even have a great little ceramic grinder for you, also at discount prices.

Treat and lower blood pressure with probiotics? Who would'a thunk it! Only the old timers who knew the truth all along.

BASIC HIGH BLOOD PRESSURE PROTOCOL

Replace regular table salt with Celtic Sea Salt
Cataplex G: 3–6 daily
Organically Bound Minerals: 2–3 daily for 6 months
ProSynbiotic: 1–2 daily

SECRET TREATMENT OF THE MONTH

CURE THE WORST TONSILLITIS OR STREP THROAT IN 2–3 DAYS

Well, it was January 2018 and the people of the U.S. were in one of the worst flu seasons ever. The

CDC reported that flu was more widespread than at any time since the 2009 "influenza pandemic." This, despite the fact that *the highest % of people ever recorded got their flu shot!* Kids were out of school. Parents were out of work. And people were dreadfully sick and suffering—often for weeks or even months! People were experiencing bronchitis, coughs, sinusitis, exhaustion, fever, sore throats, chills, diarrhea, and more. And still, just like all other years, lots of people were made sick by the vaccine itself—something the medical profession vehemently denies. Does all this tell anyone anything about the flu shot?!

And yet the CDC's recommendation, even in February, was to get a flu vaccine shot! They said that "there was still a lot of flu season to go, and vaccination could still have some benefit." This is the recommendation you get from the CDC? With the least effective flu vaccine ever? If you get the flu, the CDC recommendation is to get to your physician or an emergency room to get all but useless antiviral drugs. And people must have been clamoring since "spot shortages" of them were being reported. The CDC was "working hard" with manufacturers to address the shortage. What a waste and what a sham.

Why Are So Many People Sick?

Consider the progression within the medical model...

- The vast majority of patients, trusting and obedient, get their flu shots.
- The flu shot does not work and is dangerous.
- The antiviral drugs do not work.
- Since medicine has abused antibiotics for decades by treating viral infections with these drugs (for which they are useless)...
- This has cumulatively damaged the microbiome (the gut flora) of most Americans.
- This long-term insult to your microbiome has caused millions of cases of immune system weakness. And so many people have been so damaged by antibiotic abuse that a new disease has arisen—with a new name—*antibiotic syndrome*.
- This same antibiotic-induced damage to your microbiome has also created mutated strains of microbes that are now powerful and drug-resistant. Those that are the most resistant to the most drugs are now deemed *superbugs*—considered the #1 calamity in all of medicine.
- Your immune system is dependent upon a healthy

microbiome. In fact, the microbiome is where much of your immune system resides. Thanks to medicine's hubris (feelings of superiority) and its decades of antibiotic abuse, we now have super-powerful bugs and legions of people who are weak, immune-compromised, prone to all types of disease and infections, fraught with all types of autoimmune diseases, and constantly sick with the flu.

- Yet by far, the main reason people are so sick is that we treat colds and flu completely wrong.

You Can Cure the Worst Tonsillitis or Strep Throat in 1-3 Days

Lots of people this year are suffering from a severe sore throat. Others have severe tonsillitis. Still others have a severe strep throat. If you told the average physician who understands nothing but drugs that you could cure your worst tonsillitis or even strep throat in 1-3 days, he or she would think you are crazy and a danger to your kids or grandkids. The average medical patient with one of these exquisitely painful sore throats will languish in pain for a week to a month—*with medical treatment!* Yet our patients routinely cure their amazingly painful, bloody, pus-laden tonsillitis or strep throat in 1-3 days. Perhaps the worst of the worst might require 3-4 days, but they are already much better in 1-3 days.

There are three requirements to accomplish this feat considered medically *impossible*.

- 1) You will need to use the right suspension of colloidal silver antimicrobial liquid.
- 2) You will need to use the right nutrition.
- 3) And you will need a doctor who can think out-of-the-box and finally forego the medical mantra of "prescription drugs for everything and *nothing but prescription drugs* for anything."

If you don't have an open-minded physician, or if you've had the bejeezus scared out of you by your doctor, you can use our correct treatment while taking the medically prescribed antibiotics. You will still suffer damage to your microbiome, but our treatment will get you better so much faster that you will finally realize the truth...that antibiotics are useless against viruses, are often only partially effective against bacteria, are always damaging, and always contribute to the superbug catastrophe. Here is what you need to do...

Step 1: The Immediate Response

At the first sign of a sore throat, tonsillitis,

or strep throat, you will need to *continually spray* your tonsils and the back of your throat (whether you have tonsils or not) with the amazing antimicrobial liquid, *Oral and Dental Therapy (ODT)*. This amazing tonic has a highly successful kill-ratio (better than antibiotics) over bacteria, including strep, as well as viruses, and even fungi.

In the case of tonsillitis, you pour the ODT liquid into a small spray bottle and spray the back of your throat and tonsils (right on top of the blood and pus). You continue to spray very often—every 10–15 minutes if possible. You try to do this around the clock (especially if you initially cannot sleep). You will begin to feel better and your throat will begin to look better in a day or two. When your throat pain is gone and your pus and inflammation cannot be seen, you will have cured your tonsillitis or strep throat. Continue to spray 4–6 times daily for two more days since viruses and strep bacteria are always around and can easily return thanks to their phenomenal reproduction rates.

Step 2: Rebuild Your Gut, Microbiome, and Immune System

From the very first symptoms, you must begin to rebuild your microbiome and power up your immune system with the correct nutrition. You start by taking the probiotic *ProSynbiotic* (2 daily) for 6 months to begin to offset the years of damage caused by antibiotic abuse. ProSynbiotic is the best probiotic because it contains friendly bacteria for your microbiome that actually reach your gut alive, combined with *prebiotics* (food for your newly introduced friendly bacteria). This will also help rebuild your immune system and make you stronger.

At the same time, power up and rebuild your immune system with the very best product for this job—*Congaplex*. Congaplex is one-third *whole, raw, organic vitamin C complex* (including vitamin P, bioflavonoids, organic copper, and much more). It is also one-third *thymus gland extract*. Your thymus gland is critical in delivering infection-fighting killer immune cells where needed. And the final third of Congaplex is *Calcium Lactate*. This is calcium from vegetables (not crushed rock). Your immune system depends on calcium for all of its functions.

From the minute you start to feel sick, take 2 Congaplex every 2 hours until your Strep, cold,

tonsillitis, or flu is resolved. Thereafter, take 6 Congaplex daily for 6 months, upping the dose to 2 every 2 hours at the first sign of any new or returning strep, cold, tonsillitis or flu.

For Other Colds/Flu Symptoms

You can use this same protocol for other colds and flu symptoms. With sinusitis, spray the antimicrobial spray *Sinus Relief* into your sinuses every 1–2 hours until it is resolved.

And if your cold or flu makes it to your bronchi or you need to prevent pneumonia at all costs, place 2 ml of *Respiratory Relief* into a nebulizer and breathe in the mist deeply until it is gone. Do this 4–6 times daily until your cough, bronchitis, or pneumonia is resolved.

Remember...

- Remember that all medical treatments for flu, colds, sinusitis, tonsillitis, and bronchitis are *wrong*.
- Remember that microbes and bugs are now powerful.
- Remember that microbes have an amazing reproductive rate, so you must be stubborn and treat quickly and very often with your antimicrobials.
- Remember that with colloidal silver suspensions, it is *the amount of time* the antimicrobial suspensions and liquids remain in contact with the bugs that makes it more effective.
- And remember that you must regain a strong immune system. This is the system that *mops up* any infection after your antimicrobial sprays, mists, and liquids do their work killing offending microbes.

So deliver these miracle products directly to where the bugs live, deliver it frequently, and continue until the offending microbes are completely killed and your condition is completely resolved, then at a lower dose for another 2 days. At the same time, *rebuild your gut and immune system*.

These products are the only ones that work. They are the ones I use for myself, my family, and my patients. And there are no substitutes. We have all the antimicrobials, even a great handy nebulizer for you at discount prices. Just go to the *Health Alert* store (www.healthalertstore.com), or call 1-800-231-8063 (M–F, 8–5 PST) and speak with one of my amazing Subscriber Support Specialists.

This is the real, effective, safe, inexpensive, pragmatic, and powerful way to treat tonsillitis, strep, colds, flu, sinusitis, bronchitis, and pneumonia. And remember...

What Works?

- It *is* not antibiotics.
- It *is* not antivirals.
- It *is* not steroid hormones.
- It *is* not antihistamines.
- It *is* not ascorbic acid.

So Then, What Does Work

- It *is* antimicrobials to kill bugs where they live and attack.
- It *is* the right nutrition to rebuild your immune strength.
- It *is* the right probiotics to help rebuild your gut and its microbiome from years of antibiotic abuse.

TONSILLITIS / STREP THROAT PROTOCOL

Oral and Dental Therapy: spray the back of your throat and tonsils every 10–15 minutes for 1–2 days
Continue to spray 4–6 times daily for 2 more days

COLDS / FLU / SINUS / BRONCHITIS / PNEUMONIA

ProSynbiotic: 2 daily for 6 months

Congaplex: 2 every 2 hours until resolved, then 6 daily for 6 months

Sinus Relief: Spray every 1–2 hours until sinus is cleared

Respiratory Relief: Breathe 2 ml through a nebulizer
4–6x daily until cough, bronchitis, or pneumonia is resolved

NEWS FROM MEDICINE: DIGOXIN AND STATINS

"Old habits die hard in medicine, even when science proves them wrong."

Dr. Bruce West, *Health Alert*

Statins

Let's say you are between 65 and 75 years old. And maybe you have high blood pressure, high cholesterol, and high LDL (bad) cholesterol. So your doctor tells you that you are at risk for a heart attack and you need to take a statin (cholesterol-lowering) drug for life to lower your risk. Sounds pretty good to you. You know there are side effects and expense, but who wants a heart attack.

This prescribing of statins for older adults as a form of *primary prevention* (prevention of heart disease or heart attack in people with no history of either) is common, with tens of millions of prescriptions yearly. Some of this old habit came from the medical study called the ALLHAT trial,

which showed that statins as prevention to this group of people was beneficial.

Yet when a *secondary analysis* of the ALLHAT trial was done, the findings were as follows: Statin therapy given as primary prevention to older adults aged 65 years and older *produced no (zilch, nada, zero) benefit*. After 6 years, there were 141 deaths among patients taking statins and 130 among those not taking statins. For those folks over age 74, there were 92 deaths with statins and 65 without.

- The take home message to cardiologists: No benefit from statins for this group.
- The end result to date: Statin prescriptions for this age group are growing rapidly.

Digoxin for Atrial Fibrillation

There are 7 million digoxin users world-wide with heart conditions. A large number suffer with *atrial fibrillation*. Yet an astounding medical study—the *Aristotle trial*—showed that patients with atrial fibrillation who were treated with digoxin have a *grossly increased rate of death and sudden death*. And the rate increases with the amount of the drug in the bloodstream. Soon after starting digoxin, patients were *400% more likely to suffer sudden death*.

- The take home message to cardiologists: Never prescribe digoxin for an atrial fibrillation patient.
- The end result to date: Digoxin is prescribed to almost one third of all atrial fibrillation patients, despite world-wide warnings and guidelines.

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EXHIBIT 4



Dr. Bruce West, Founder
Health Alert/Medicine Systems, Inc.

HEALTH ALERT®

September 2018 / Volume 35, Issue 9

WHEN ALL OTHER TREATMENTS FAIL

Dear Reader,

MEDICAL SCREENINGS NOW CALLED AN EPIDEMIC BY MEDICINE!

"The medical mantra of health screenings for everyone has become absurd. Touting itself as preventive, organized medicine is promoting early detection—which is dependent upon health screenings for everyone. The problem is that medical screenings of just about any and all types are statistically useless." And that screenings are now big business, generating billions of dollars in medical and pharmaceutical profits from testing that is most often unnecessary. And medical screenings can get people into trouble—even killing them—by sending them on a fast track to invasive and dangerous medical procedures that were never needed in the first place."

Health Alert, Vol. 28, No. 2

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Bruce West, DC, Editor/Publisher

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- **Medical Screenings Now Called an Epidemic, p. 1**

Epidemic is defined as a pervasive, rampant and widespread outbreak, plague, or pandemic. Medicine is now calling medical screenings an *epidemic* as in *they can kill you!* Over the years, I have tried to call attention to this epidemic. The amazing fact is that *medicine cannot get along without screenings*—there simply would not be enough business! Hence it has become necessary for organized medicine to continue to promote the widespread epidemic of medical screenings.

Over the decades, I have written the following about screenings:

- Medical screenings are too often the same thing as *overdiagnosis*, which is also epidemic in America.
- More than half of all prostate cancers are overdiagnosed, and more than a third of breast cancers are overdiagnosed.
- Overdiagnosis occurs when physicians subject patients to serious, often life-threatening procedures that are often based on screenings for a disease that would never affect them in their lifetime.
- Screenings and the resulting overdiagnosis and treatments cost US taxpayers *billions of dollars* year-in and year-out.
- Medical screenings have become the holy grail for medicine. They are the direct result of medical culture, aggressive "awareness campaigns," and financial incentives to doctors and Big Pharma.
- By looking for cancers in people who most likely could not benefit, we discover something that would never hurt the patient in their lifetime.
- Women are often screened for tumors in organs *that have already been surgically removed*.
- In screening the very old in our society, we cause unnecessary anxiety, invasive procedures, and harsh treatments that all inflict more harm than good—all for naught.
- Older people with other health problems will statistically not benefit from screening.
- Medical screenings are statistically useless. This even pertains to breast cancer screenings, where over 1,000 women must be screened for over 10 years to prevent one breast cancer death. And based on screening mistakes and over-zealous physicians, tens of thousands of women are subjected to drugs

looking skin and hair.

What to Do: The Betafood Remedy

Everyone can start by eating a Mediterranean diet. Unless you are diabetic, add beets a couple times a week. And instead of throwing away the leaves and stems, wash them well and make a *Betafood Remedy*. Simply take some beets (preferably organically grown), wash them and their tops well, and put them into a food processor or fine chop the entire mixture. Add some extra-virgin, first-pressed olive oil, lemon juice, ginger, and even some garlic if you like. You can store this in your refrigerator safely for several days.

Eat a cup of this between breakfast and lunch, and again between lunch and dinner daily for 10 days. If you are diabetic, you will only be able to use the stems and leaves due to the natural sugar content of the beet itself. If you have heart or blood fats problems, you can make it interesting. Have some blood lipid lab tests taken before starting. Follow the procedure for 10 days, once a month for three months. Then have another blood test.

While you are doing the Betafood Remedy, your stools should improve and become easier and more normal. Note that your stools may pass some red color into the toilet water. Also the stools themselves may take on a slight green/gray color. That is just stale bile and toxins being eliminated from your body.

And of course if you just can't do this, but you still suffer from the urps, burps, thick bile, bowel problems and indigestion, you can get the benefit from beets by using the product *A-F Betafood* (2-4 per meal). A-F Betafood is very rich in betafood which is rich in betaine.

Combine the use of betafood with a healthy Mediterranean diet, some exercise, pure water, and *Celtic Sea Salt*, and watch the difference in your skin, hair, energy, digestion, bowel habits, and more in the next 3-6 months. You will be amazed. And of course you can get a copy of the Mediterranean diet from my office (1-800-231-8063, M-F, 7-5 PST). And you can find Celtic Sea Salt at a discount price from the *Health Alert* store

(www.healthalertstore.com), or again, just call our office.

GALLBLADDER/LIVER CONGESTION PROTOCOL

A-F Betafood: 2-4 per meal

Mediterranean diet

Celtic Sea Salt

10-Day Liver/Gallbladder Cleanse (Betafood Remedy):

- Fine grind fresh organic beets and tops in a food processor
- Add some extra-virgin, first-pressed olive oil, ginger, lemon juice, etc., to taste
- Eat a cup between breakfast and lunch, and again between lunch and dinner daily for 10 days

YOU CAN BEAT THE AGONY OF ALZHEIMER'S, DEMENTIA, DIABETES, AND CHRONIC PAIN

"Is it any wonder that huge percentages of our older population are suffering with dementia and Alzheimer's when so many drugs can cause such damage? I'm amazed that anyone today safely reaches their senior years with their brain still intact. Simple antihistamines, sleeping pills, and anti-depressants...who would have thought? I would. That is why I have been saying for over 35 years that no drug is safe at any dose.

"In fact, with any medical condition at all--and that means any problem at all--your prescription should automatically be considered the cause of the problem until proven otherwise. Experimental drugs? Are you kidding? New drugs? Never. Cheaper drugs? More drugs? Free drugs? Who cares?! What is needed is fundamental change. We are that change.

Health Alert, Vol. 32, No. 5

Perhaps the greatest fear for seniors is memory loss, dementia, and Alzheimer's. Yet seniors gobble up certain drugs that actually contribute to or cause these conditions. Why? Because almost no one, including their physician, ever tells them. And no one will admit just how dangerous drugs

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really are. In the case of memory loss, some of the offensive drugs are sleep aids like *Benadryl*, prescribed and over-the-counter allergy drugs, overactive bladder drugs, and antidepressants.¹ And just who is prescribed the most, and uses the most, of these drugs? *Seniors*.

You Can Win Against Memory Loss!

It is a sad situation indeed. But you can win. First of all, we have simple, safe, effective, and inexpensive alternatives for all the conditions for which you might take the drugs listed that cause memory loss. Simply get to your physician and tell him/her that you need *deprescribing* (prescription drug withdrawal) so that you can start to treat the *cause* of your conditions with my protocols—while sparing yourself the potential of disastrous memory loss.

And best yet, thanks to an amazing new breakthrough, we now actually have a real, effective treatment to help you prevent, avoid, and yes, even treat memory loss, dementia, and Alzheimer's. You see, we have known all along that *curcumin from the root of the turmeric plant* is amazingly effective at preventing, stopping, and even reversing memory loss of all types. Unfortunately curcumin is very poorly absorbed by your body and almost none ever gets past the blood/brain barrier to make it into your brain where it is needed...*until now*.

The biochemical experts at Standard Process—the masters at the seeding, planting, growing, harvesting, dehydrating, concentrating, and activating plant chemicals (like curcumin)—have developed a first-of-its-kind procedure where they infuse curcumin into the fiber from the seeds of the Fenugreek plant and make it into a tablet. Fenugreek is highly absorbable and passes through the blood/brain barrier.

The end result is a curcumin-rich product (*Turmeric Forte*) where the curcumin is absorbed and utilized up to 45 times greater by your body than standard curcumin products. And best yet, *Turmeric Forte* makes it past your blood/brain barrier and is carried into your brain's circulation in pharmaceutical-activity quantities. The results? Nothing short of amazing...

Virtually 100% of all study subjects given *Turmeric Forte* had *dramatically improved memory* after 3 years. We already know that 100% of people with dementia, memory loss, or

Alzheimer's will be *worse* in 3 years—with most already in a nursing home. The activated curcumin in *Turmeric Forte* not only prevented worsening memory, it actually *improved memory in every single test subject!* And even more shocking, brain studies of the subjects showed that the curcumin also began to *reduce the amyloid plaque in the exact areas of the brain where we know it to be related to Alzheimer's!*

You Can Win Against Type 2 Diabetes and Chronic Pain

Curcumin is also a powerful glucose modulator. It can help you maintain proper glucose levels in your blood. In the same studies, virtually *100% of all study subjects with prediabetes did not progress to type 2 diabetes!* This is another medical impossibility as most people with prediabetes do progress to type 2 diabetes. And even if you already have type 2 diabetes, activated curcumin like *Turmeric Forte* helps you maintain better glucose control. And activated curcumin is also the most powerful *anti-inflammatory*. It will help you with pain that never goes away—even severe pain.

Every Adult Should Be Using Turmeric Forte

Thanks to genius in the fields of phytochemicals and phytonutrients at Standard Process, we now have *Turmeric Forte*. The take-home message is to start taking *Turmeric Forte*. Then get to your doctor to flush the drugs that cause memory loss and Alzheimer's. Gradually do the same with pain pills and opioids. Here are guidelines:

- Take 1 daily if you have no problem at all.
- Take 2 (1x2) daily if you are beginning to experience any memory loss or have prediabetes (metabolic syndrome).
- Take 4 (2x2) daily if you already have memory loss, dementia, Alzheimer's, or type 2 diabetes.
- Take 2 (1x2) daily if you have any kind of chronic pain (*curcumin is the premier herbal anti-inflammatory!*).
- Take 4 (2x2) daily if you have severe chronic pain or inflammation.
- Be sure to take *Turmeric Forte* with food, and best yet, food with a little fat.

There are no side effects. It is proven effective when *there is nothing at all medically that will help in these conditions*. And it is easy, safe, and inexpensive. I believe that everyone over age 25

Minerals. It feeds the relaxing half of your ANS—the parasympathetic system.

During the time you use clinical nutrition in the form of Organically Bound Minerals and Cataplex G, you should also practice *Deep Breathing*. This is a highly effective way to help bring your ANS into balance.

Simply sit quietly and take a deep breath in through your nose to a slow count of 4. Fill your abdomen first, then your lungs. Hold the breath in to a slow count of 4. Then slowly release the breath through your nose to a slow count of 6. Then hold the breath out to a slow count of 2. Perform this 10 times twice daily.

Once you normalize and balance your ANS and all your anxious heart symptoms melt away with no medication at all, you will be able to clearly see how an out-of-balance ANS was the cause of your problems. And what will become crystal clear is that the only proper, scientific, and pragmatic therapy is to treat the underlying cause of your problems.

ANXIOUS HEART PROTOCOL

Organically Bound Minerals: Begin with 1 tablet 2x daily. If not sufficient, increase to 3 tablets daily.

With severe oversimulation ... take up to 2 tablets in the morning, at noon and at bedtime, depending on symptoms.

With high blood pressure ... or when Organically Bound Minerals does not completely resolve your anxious heart symptoms ... add ...

Cataplex G: 1-2 tablets taken in the morning, at noon, and at bedtime.

GUIDELINES TO STOP EATING FAT ARE FINALLY LABELED "FAKE NEWS"

"The American Heart Association (AHA) issued a 'Presidential Advisory' on dietary fats and cardiovascular disease to 'set the record straight.' Wow, this is really important! They once again strongly recommended that you eat almost no saturated fats like lean meat, eggs, butter, cod liver oil, coconut oil, and more. And instead they recommended that you consume unsaturated and monounsaturated vegetable oils to help prevent heart disease. Other than some first-pressed, extra-virgin olive oil (a monounsaturated oil), the other polyunsaturated oils

are industrially-processed abominations. According to mountains of evidence, these do not contribute to a healthy heart or blood vessels."

Health Alert, Vol. 35, No. 1

We have continually maintained for over three decades that there is no relationship whatsoever between consuming the kind of fats listed in the lead quote of this article and heart disease or coronary artery disease. And once again we have been vindicated—this time in spades. A systematic review of *all the studies currently available* that examined the relationship between dietary fat, blood levels of cholesterol, and the development and mortality of heart and coronary heart disease was undertaken and reported.¹

Heart Association Guidelines Are a Scam

The results verify that the newest AHA guidelines are a scam. The conclusion of the examination of all the studies—involving 89,861 participants—were as follows. *All the evidence to date found no significant difference in heart and coronary artery disease (CHD) mortality and the total fat or saturated fat intake in the diet. Thus there is no (zero) evidence to support the newest dietary fat guidelines issued by the American Heart Association. Period! The truths are:*

- Most people trying to prevent heart disease or a heart attack will not be helped by avoiding healthy fats.
- All but a tiny subset of people will likewise do themselves no good and likely harm themselves by avoiding fat and eating only vegetable matter.
- There is no relationship between eating healthy fats and heart disease.
- And the one that really kills them—cholesterol has little to nothing to do with heart disease.

Just how long will these scam guidelines be prescribed to the public? Your guess is as good as mine. Just follow the money.

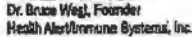
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¹ Zoe Harcombe, John B. Heber, Bruce Davis, "Evidence from prospective cohort studies does not support current dietary fat guidelines," *A Systematic Review and Meta-Analysis*, *Br J Sports Med* 41(123017):51(24):1-47-1799

IRRITABLE BOWEL COLITIS, FOOD POISONING

Millions of people suffer from irritable bowel syndrome (IBS) and colitis. Most never find a satisfactory cure or even relief. If your irritable bowel is not caused by wheat, here is what you

EXHIBIT 5



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WHEN ALL OTHER TREATMENTS FAIL

WHOLE TURMERIC IS NEEDED TO HEAL A BRAIN

In the case of turmeric, as with almost all other natural products, it is not the amount, the concentration, or the size of the dose of the "active ingredient," in this case curcumin. Rather it is the blend of the entire turmeric root, which is rich in free curcumin. This material must be processed properly to maintain its life force. It must then

This kind of healing material (raw, organic, nutritional concentrates or complexes) will feed your body with *all the healing compounds* in their proper healing ratios as only nature can

[illegible]

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provide. All nutrients in these compounds are 100% naturally synergistic—they naturally support and enhance one another for maximum healing power. And this is particularly critical for turmeric/curcumin.

All plant phytochemicals, including turmeric root, contain a natural intelligence of sorts. This has been proven by science, which has identified how certain plants naturally have an affinity to heal certain body parts or body functions. Perhaps the greatest example is the turmeric root with its natural curcumin content. This particular plant material has a specific affinity to *heal a damaged brain*—as in Alzheimer's, memory loss, and dementia; to *improve glucose metabolism*; to *relieve pain*; and to *normalize abnormal inflammation*.

So if you want to begin to regain your memory, improve your glucose (blood sugar) maintenance, and beat chronic pain and inflammation, be sure to use the product that contains the turmeric root, which is naturally rich in curcumin. Isolating and then taking a megadose of isolated curcumin will just not work.

Instead, use the real nutritional complex that contains *all the healing compounds* found in turmeric root, including free curcumin. And use the product where this healing material, usually extremely difficult for your body to absorb, has been infused into highly absorbable fiber from the seeds of the Fenugreek plant. This product is *Turmeric Forte*. It has been proven to improve absorption by 24.6 to 45.6 times. And perhaps most important, it has been proven to pass through the blood/brain barrier into your brain in pharmacological doses.

All this has led to studies showing that 100% of subjects with Alzheimer's and memory loss who consumed this natural turmeric root material *improved their memory after 18 months*. And where 100% of subjects with prediabetes *did not progress to type 2 diabetes*. This is the formula that contains an activated form of all the phytochemical healing components of the turmeric root, including curcumin. You will need 1–2 tablets taken twice daily with food that contains some fat. Improving your memory with Alzheimer's, improving your glucose metabolism, and beginning to end chronic pain and inflammation with one product are medical feats long considered *impossible to accomplish*.

Impossible? Not with *Turmeric Forte*.

SECRET TREATMENT OF THE MONTH

A WOUND RELIEF TRUE STORY

We were surfing deep in Mexico, off a dirt road two hours from the nearest clinic, when my son wiped out on a large wave. His surfboard kicked back, and the sharp fin jabbed him in the chest—hard enough to rip the fiberglass fin out of the surfboard. There was blood everywhere, and we knew we were in trouble. His wound needed stitching (inside and out). But I was more concerned about the force of the blow which could have broken one or more of his ribs. Any of these could be piercing the pleura of his lung which could cause a life-threatening infection. There was no way we were going to just apply first aid without x-rays of his ribs to rule out a punctured lung. So, we applied *Wound Relief*, bandaged him up, and headed off to the clinic for x-rays and stitching.

We arrived hours later and got expert service. X-rays—with interpretation between myself and two other physicians, including a radiologist—ruled out any broken ribs. The wound doc then got to work, thoroughly cleaning the wound (with his finger in my son's chest making sure to clean out any residual sand). He then stitched up the internal tissues and muscle, then finally the surface tissues and skin. The entire visit took less than one hour and the entire bill was \$200! In California that would have been a 4 to 8 hour ER visit with a bill of from \$3,000 to \$10,000.

We left the clinic to drive back, halfway on a dirt road in the dark with dust, bumps, potholes, dirt, and who knows what else. We certainly did not want his wound to become infected—which would have been a major new problem we did not want. My son's surfing and spearfishing was already over for the week, and we did not need any more complications. But we also did not want the complications and diarrhea of antibiotics. Since my son had never taken these drugs, his reaction could have been severe.

But without an alternative treatment, we would have been forced to take 7 days of antibiotics. So, we made it impossible for the surface wound to become infected by applying *Wound Relief* around the clock. I never let the wound dry out, and instead kept it covered with *Wound Relief* under

a bandage for the first 5 days. Wound Relief is an amazing colloidal silver gel that acts as a complete antimicrobial barrier that will kill infecting microbes on contact, stopping them from infecting any skin or surface wound, burn, abrasion, rash, or damage. We literally examined my son's severe wound every few hours, reapplying Wound Relief each time. After 5 days, it looked absolutely amazing and didn't even need a bandage except to relieve the irritation from the stitches.

Back home after a week, we removed the stitches and the big, nasty, gaping wound was beautifully healed and looked like a small cut! We avoided infection, diarrhea and worse from antibiotics, and managed to survive an experience that could have been a disaster—all thanks to expert medical care at the Mexican Clinic and Wound Relief.

Don't Be Without Wound Relief

What more can I say, besides...no family should be without one or two tubes of Wound Relief for any type of surface wound or rash. We have Wound Relief for you at discount prices at the *Health Alert* store. Just go to www.healthalertstore.com, or call 1-800-231-8063 (M-F, 7-5 PST) where one of my Subscriber Support Specialists will help you. Thank the Lord we had Wound Relief with us in Mexico!

HOW TO SELL DRUGS IN AMERICA

"There is simply no doubt any more. Unless you take care of yourself, you can be horribly injured or killed by [prescription drugs]. This is especially true when it comes to the medical guidelines (that all physicians follow) for heart disease and hypertension in seniors—with aggressive drug therapy to lower blood pressure to ridiculous levels.

Health Alert, Vol. 35, No. 8

Big Pharma can make *billions* of blood pressure pills for cheap and sell them for a lot. But people are wising up and not taking their blood pressure drugs so willingly. Maybe they know someone or have a loved one who was terribly injured with blood pressure pills. Perhaps a drastic fall and a broken hip or cracked open skull. Perhaps they were transformed into an invalid with no energy. Perhaps they suffered kidney damage. Perhaps they suffered heart failure. Or perhaps

they died from any of these and other side effects from blood pressure drugs?

People are actually becoming educated about blood pressure drugs, having learned that taking blood pressure drugs daily for 30 years extends life for *a few weeks!* Or perhaps people are just wising up to the scam Big Pharma plays on the public regarding the way blood pressure drugs are hyped, marketed, and sold. So what is a good drug company supposed to do to increase their sales? Simple.

The New Hype

Work with organized medicine to do new medical research on blood pressure drugs. This "new research" always produces different results from the old research. Based on the new research findings, medical experts issue new blood pressure guidelines to all physicians. The new guidelines tell physicians:

- 1) Their patients (up to age 75) have hypertension if their blood pressure is higher than 130/80!
- 2) Drug treatment for life should start for some patients with any blood pressure between 130/80 to 140/90. And...
- 3) *All people* with blood pressure over 140/90 need to be on drugs for life,

The Truth

The facts show that treating older people with these blood pressure levels is ridiculous. The risks of anything from dizziness, to a fall, to a broken hip, to a fractured skull, to heart failure, to death far outweigh any purported benefits. These real life facts don't seem to play a role in the development of new guidelines—after all, there are drugs to sell, and people are not buying like they should!

So, new guidelines are issued. In the case of blood pressure pills, the newest guidelines were issued in 2017 by the American College of Cardiology and the American Heart Association (whose President recently suffered a heart attack at age 52 at a convention of cardiologists about preventing heart attacks). These guidelines, in one moment, increased the number of Americans with hypertension (high blood pressure) by 27% compared to guidelines by the same experts in 2014!

And what does this mean to Americans? It means that *7.5 million people* will become new high blood pressure patients taking drugs. And

it means that **14 million other people** already on blood pressure drugs will have their drug doses increased. So if you are a good drug company, how do you sell billions of blood pressure pills when people are beginning to wake up and take less pills?

Simple—encourage your friends in medicine with new “research” to develop a new set of **hypertension guidelines**. And voila, you instantly have **7.5 million new patients** taking blood pressure pills and **14 million old patients** taking more blood pressure pills. And here’s the best part of all. This example of hypertension is just one disease. Drug companies can and do the same thing with dozens of other diseases!

You Are Way Smarter Than This

These days you have no choice but to take your blood pressure into your own hands. Be sure to read my article, “Lowering Blood Pressure to Ridiculous Levels Is Hurting Seniors,” *Health Alert*, Vol. 35, No. 8. In this article I show you how to use the simplest techniques to manage your own blood pressure—what a concept! You can switch to a Mediterranean diet, drink pure water, get daily exercise, throw out all table salt and switch to light gray **Celtic Sea Salt**, practice the **4-4-6-2 deep breathing** technique twice daily, and use a few whole food supplements that will help you relax your blood vessels and your mind while strengthening your heart muscle.

The 4-4-6-2 deep breathing technique is excellent to help you with blood pressure. And it is also excellent at bedtime for anyone with insomnia. Use it if you are stressed, anxious, wound up, and can’t relax. Just get comfortable (lying on your back may be best). Then...

- 1) Take in a deep breath through your nose to a slow count of 4—filling your belly first, then your upper lungs.
 - 2) Hold this breath to another slow count of 4.
 - 3) Let the breath out through your nose slowly to a count of 6.
 - 4) Hold the breath out to a slow count of 2.
- Repeat 10 times twice or more daily.

If you are already on blood pressure drugs, once your blood pressure is under control you can get back to your physician for **deprescribing**—the weaning off of unnecessary drugs. For your convenience, I’ve included the Basic High Blood Pressure Protocol for you again at the end of this article. Now this is a pragmatic approach to blood pressure.

BASIC HIGH BLOOD PRESSURE PROTOCOL

Mediterranean diet, plenty of pure water, exercise daily,
switch from table salt to Celtic Sea Salt
Deep Breathing: 4-4-6-2 method
Cataplex G: 4-9 daily
Organically-Bound Minerals: 4-6 daily
Deprescribing with your physician

NO MORE SUFFERING FROM COLDS, FLU, SINUSITIS, BRONCHITIS AND PNEUMONIA

I am determined to end your suffering from colds, flu, etc., just like I did for myself and my own family. We suffered through colds and flu seasons like everyone else—days or weeks of sickness, missed work or school, and all the rest of the mess caused by colds and flu. But long ago I decided to put an end to our suffering. And I learned the exact secrets (and they are secrets!) that ended my suffering completely (I’ve never had the flu and I have not had a cold in 15-20 years). I also greatly diminished my family’s suffering—from 4 severe colds that lasted days or weeks each year to one cold that isn’t really that bad, and soon none.

Do You Know These Important Facts?

Now I am going to tell you the exact secrets and procedures that can end your suffering too. But first, there are some colds and flu facts you need to know:

- 1) Flu shots rarely prevent anyone from getting the flu.
- 2) Flu shots do produce flu-like symptoms in some people (just like getting the flu).
- 3) Flu shots are dangerous because of their infrequent but deadly neurological side effects of

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nerve and brain damage (like Acute Inflammatory Demyelinating Polyneuropathy) that causes memory loss and crippling diseases that will leave you in a wheelchair.

4) Antiviral drugs are almost 100% useless—lessening your suffering from a week or longer by 12 hours at best.

5) Antibiotics are useless against colds and flu and most upper respiratory infections and sinusitis.

6) Each dose of antibiotics leaves you more prone to more and worse colds, flu etc., because they kill off much of the friendly bacteria in the microflora of your gut. These friendly microbes make chemicals and materials used by your immune system to fight colds and flu.

7) Antibiotics destroy your friendly flora, not only in your gut, but everywhere in your body—leaving you prone to diarrhea, yeast infections, fungal infections, skin problems, and more. In other words you are weaker and sicker after each dose of antibiotics.

8) Antihistamines are addictive, they cause rebound problems in your sinuses, and they cause memory loss.

9) Steroid drugs sprayed into your sinuses do not resolve the cause of any sinus problem.

10) Almost all over-the-counter colds and flu medications are useless.

• Why Use These Non-Drug Alternatives

Sounds grim? Not at all! These facts actually bring you back to the real cause and treatment of colds, flu, sinusitis, bronchitis, and pneumonia. There are no medical alternatives. But thanks to specific nutrition, powerful *antimicrobials*, and a technique to use both safely and effectively, you have alternatives. Here is how we ended suffering at our house, step-by-step. It will do the same for you.

You may not become colds and flu free the first season, even though this does happen for some people. But you will suffer less. Then you will suffer less frequently, then you will be able to stop a cold in 1-2 days, then overnight, then finally you will be able to prevent colds, flu, sinusitis, bronchitis, and pneumonia. I haven't had a cold in 15-20 years, even if I eat off my son's plate when he has a cold! But every once in a long while, I will get a very early sign or symptom that I may be getting a cold. I do not wait to make sure I am coming down with anything. I, instead,

immediately use the steps I am about to teach you, and after a few hours to overnight, I feel so fine that I cannot even tell if I was really catching a cold or not!

1) Do Not Wait. To be successful, you cannot wait and must treat immediately—before you are even 100% sure you are getting a cold. If it is in your head or throat, you will begin to use the incredible colloidal silver spray, *Sinus Relief*. I know there are lots of colloidal silver products around, but the ones I'm going to tell you about have been rigorously tested for their kill ratio over bacteria, viruses, and even fungus. And of course, I've tested them all myself for years and years. These are the ones that work.

2) Use Sinus Relief and Sinus Support. Start one spray of Sinus Relief in each nostril immediately. Then spray every hour until your cold does not materialize or clears. With sore throats, you can spray Sinus Relief directly on your tonsils on each side as well as into your sinuses. As I said, in the beginning, especially after years of antibiotics and drugs, your colds may still linger, causing your need to spray for days at a time.

If this is the case, and if the spray irritates your sinuses after a few days, you can soothe your sinuses with an herbal spray you can safely use as often as you wish during your treatment period. The soothing herbal spray of choice is *Sinus Support*. It is made by the same expert who makes our antimicrobials, Steve Frank. And when I say expert in antimicrobials and herbal preparations, Steve is truly that. I routinely call him myself with questions. He actually started out growing his own herbs in Colorado.

With all sinus and throat spraying, you must be stubborn and dogged. Simply treat until all symptoms are gone, then spray for another day or two (just to make sure). This process actually destroys 100% of the offending microbes, unlike drugs or antibiotics that only kill a percentage, leaving the rest to burrow deeply into your tissues and even mutate into more powerful bugs, or even superbugs that become immune to all drugs.

3) If Your Cold or Flu Starts with a Cough, Use Respiratory Relief and a Nebulizer. Most colds and flu will start in the sinuses and throat, so Sinus Relief will almost always be needed, at least initially. But often a cough or bronchitis is involved. *At the very first sign of a scratchy*

throat or cough, you must begin to kill offending microbes in your upper respiratory tract. For this part, you will use the miracle antimicrobial colloidal silver product *Respiratory Relief*—also designed by Steve Frank.

Again, at the first sign, you will place 2 ml of *Respiratory Relief* in your *nebulizer*. When turned on, the nebulizer will transform the liquid into a fine mist. You will place the breathing applicator on your tongue, as far into your throat as possible, and simply breathe deeply until the liquid is gone—about 5 minutes. This is considered one treatment. You will perform six or more of these treatments daily until your cough is gone. The very same treatment is used for pneumonia, with or without antibiotics.

The same stubbornness and dogged treatment is necessary for upper respiratory tract infections and pneumonia. You will treat until your symptoms and infection are gone, then for another day or two. This will kill 100% of the microbes and clear the infection completely vs. the partial kill ratio you get with drugs that set you up for the next infection and the next, each one getting worse than the one before.

4) At the Same Time, Strengthen Your Immune Response. In the end it is your own immune system that mops up all infections. And the nutrition, phytonutrients, and phytochemicals that supercharge your immune system are the whole vitamin complexes of vitamins A, C, D, E, and P, as well as B6, B12, folic acid, iron, zinc, chromium, copper, selenium, omega-3 fatty acids, and thymus gland extract.

You must get these in their whole, raw, natural form. For example, there are dozens of different forms of vitamin D we know of—and possibly hundreds we have yet to discover. So taking the whole form of nutrition is critical. The best example is unprocessed raw cod liver and fish oils to get all the forms of vitamins A, D, and the fatty acids. Our nutrition is whole nutrition. And the combination of nutritional products in our protocol contains all the nutrients your immune system demands.

During colds and flu season, take *Immuplex* (3 daily) and *Blue Ice Fermented Cod Liver Oil* (3 daily). *Immuplex* contains a broad spectrum of all the nutrients your immune system requires. *Blue Ice Fermented Cod Liver Oil* is raw, pristine cod liver oil processed only by fermentation. It

contains the entire spectrum of all the various forms of the vitamins A and D complex, as well as omega-3 fatty acids.

At the very first sign of a cold, flu, bronchitis, or pneumonia, you will up your dose of cod liver oil to 6 capsules daily until your infection is gone. You will also start to take *Congaplex* (2 capsules every two hours) until your infection is gone. This remarkable product contains whole, raw vitamins A, C, and P complexes, with Calcium Lactate (needed by every immune system function), and a thymus gland extract. Your thymus gland is critical in spearheading and directing your immune system killer cells to infections.

Being stubborn with your nutrition is also critical. *Congaplex* should be taken every 2 hours until your cold or flu is completely resolved, then for another day or two. And remember, your friendly gut microbes (flora or microbiome) produce chemistry that your immune system uses to fight infections. If you have taken multiple doses of antibiotics, this entire system is compromised and you need to restore your gut flora.

5) Restore a Healthy Gut. If you have had lots of drugs and/or antibiotics, you will need to start rebuilding your gut flora. You can do this by eating lots of fiber and taking a good *probiotic*. We use *ProSynbiotic* because it will survive past your acid stomach to make it to your bowel. It also contains the major strains of friendly bacteria that will start repopulating your compromised gut.

In addition, *ProSynbiotic* contains *prebiotic material*, which serves as food for the new, friendly bacteria being introduced into your gut. This product uses *inulin* from chicory, as well as *galactooligosaccharide* to feed these bacteria. Take *ProSynbiotic* (2 daily for six months, then 1 daily for another year). At the same time switch to a *Mediterranean diet*, with plenty of fruits and vegetables, with one quarter of those eaten raw to provide fiber and roughage to your gut.

The Secrets

This article shows you exactly what to do to end your suffering. And these are indeed secrets. Less than 1% of doctors or physicians knows about antimicrobials. Even less know about raw cod liver oil. Almost no one knows about a thymus gland extract. And possibly a handful know about using antimicrobials in a nebulizer as breathing treatments for bronchitis and pneumonia.

These are the secrets and protocols that can change your life. And they are evolving and improving with the newest research. Remember, bugs are tough and getting tougher. Decades of antibiotic abuse has caused super-strains of bugs. Antibiotics don't work as well as they once did. And the newer drugs are very powerful with strong side effects that can ruin your life. Be armed and prepared. And make sure you stock up on supplies of real cod liver oil, plus the other nutrients, antimicrobials, and a nebulizer to help you fight the newest and strongest colds and flu—even including "pandemics."

Now Imagine This...

- No shots that really don't work and carry a risk of neurological or brain damage and memory loss.
 - No antibiotics that are useless against viruses and that damage your critical microbiome (healthy bacteria in your gut).
 - No antiviral drugs that are mostly ineffective.
 - No doctor's visits.
 - No hospitalizations.
 - No weeks to months of suffering.
 - No chronic—often lifelong—sinusitis, rhinosinusitis, or sinus infections caused by viruses, bacteria, or fungus.
 - No agonizing sinus headaches.
 - No chronic hacking cough that never seems to go away.
 - No fever, chills, shakes, and insomnia.
 - No ear infections.
 - No missed school or work.
 - No money lost on expensive doctors' visits and prescription drugs.
- What a concept!

Welcome to the Future!

This futuristic protocol will first allow you to get through a cold or flu without antibiotics or antivirals. Then your colds and flu will be less severe. Then you will get less colds and flu. And finally you will get no colds or flu. This is what I and my family do. And after 71 years, I still have never had the flu and I have not had a cold in over 15-20 years (I can't even remember what a cold is like).

You no longer have to just let viruses, bacteria, or even fungus run their course—from a week to months. You don't have to run to the doctor or hospital and spend hundreds of dollars on treatments that don't work and that cause serious

side effects. And most important, you don't have to fall for the flu vaccine scam and risk your brain, your nerves, even your life. *Welcome to the future—pragmatic medicine at its best.* Everything else is old, ancient, used, routine, ineffective, costly, dangerous, or simply a scam.

Are you ready for colds and flu? For sinusitis and bronchitis? For whooping cough and pneumonia? Arm yourself now and get ready to fight. We can help with the ammunition you need to fight these infections. If your doctor is not familiar with the products in this article, we can provide them for you. There are no substitutes. We also have absolutely *the best* antimicrobial products and a nebulizer. They have been tested for their kill ratios over microbes—something no other colloidal silver products do. And we have bought them in large quantities to get you a great discount. You'll find them here at www.healtheartstore.com, or call 1-800-231-8063 (M-F, 7-5 PST).

Once you start using this protocol, you will wonder how you ever got along without it. You'll never be scared about colds and flu season or the dangers of getting a flu shot again. And your worry will no longer be colds, flu, sinusitis, bronchitis, or pneumonia. Instead it will be—"did I stock up on Sinus Relief, Respiratory Relief, Congaplex, Immuplex, and Blue Ice Fermented Cod Liver Oil," or any of the other weapons you will use to fight infections. *Get armed. Get strong. And move into the future.*

Now that is pragmatic medicine at its best!

THE PROTOCOL

If you are prone to colds, flu, bronchitis, sinusitis, and pneumonia, take:

Immuplex: 3 daily during colds and flu season
Blue Ice Fermented Cod Liver Oil: 3 daily during colds and flu season

At the first sign of a cold or flu, up your dose.
Blue Ice Fermented Cod Liver Oil: 6 daily until resolved.

At the first sign of the sniffles or sore throat:
Sinus Relief: spray every 1-2 hours until resolved

At the first sign of a raspy cough, start breathing treatments using your nebulizer.

Respiratory Relief: 2 ml in a nebulizer 6 or more times daily until resolved

At the first sign of a cold or flu:
Congaplex: 2 every two hours until resolved.

If you have taken lots of antibiotics, take:
ProSynbiotic: 2 daily for 6 months, then 1 daily for a year

CANCER AND TURMERIC

The active phytochemical in *turmeric root* is *curcumin*. For that reason most supplement makers isolate the curcumin fraction of turmeric for their products. But as with all things in nature, the source of curcumin, which is turmeric root, is loaded with healing plant chemicals and other factors that provide even more benefit than curcumin alone. And again, as with all things in nature, there are synergistic nutritional factors in turmeric root that make curcumin even more effective for you. That is why, with almost all supplements, the whole nutritional concentrate, which naturally contains the active ingredient, is on average about 100 times more effective than isolated, fractionated, or synthetic versions.

And perhaps this is most vividly demonstrated by turmeric root's effects on people with *cancer*. Hundreds of excellent studies have proven that, when it comes to phytochemicals and phytonutrients, turmeric root may be the most premiere cancer fighter of all. Whether it is the curcumin in turmeric root, or whether it is another phytochemical, or whether it is the combination of phytochemicals as only nature can design, turmeric root is a powerful *anti-cancer agent*.

In dozens of top-quality studies, turmeric root has proven helpful to people with bladder, bone, brain, breast, colon, kidney, liver, pancreas, prostate, and ovarian cancer as well as leukemia. It has been proven to kill cancer cells without hurting normal cells. Studies have shown that it slows or stops tumor growth and metastasis, and slows or stops cell mutation from normal to cancerous. And best yet, it is involved in every stage of cancer development.

The only problem has been that turmeric root and root supplements have been very difficult for your body to digest and utilize. And none of it ever passed through the blood/brain barrier to get into your brain. So recommending it, even in high doses, did not help people with serious problems... *until now.*

Standard Process has produced an *activated turmeric/curcumin supplement* by infusing the curcumin-rich turmeric into highly digestible and usable seed fiber from Fenugreek plants. The end result of this phytochemical magic is *Turmeric*

Forte, a supplement that is metabolized and utilized in your body from 24.6 to 45.6 times greater than normal. And perhaps best yet, the turmeric plant material with curcumin actually passes through your blood/brain barrier to get into your brain *in pharmacological levels!*

Use Turmeric Forte to Prevent and Treat Way More than Just Cancer

So, if you have cancer or you are prone to cancer; or you have memory loss, dementia or Alzheimer's; or you have chronic pain; prediabetes or type 2 diabetes; or *if you just want to prevent these problems and diseases* (what an idea!); be sure to use the super-activated turmeric supplement, *Turmeric Forte*.

For prevention, you can take 1 tablet morning and night. If you are prediabetic, have type 2 diabetes, or suffer with any type of chronic pain or memory loss, take 2 tablets morning and night. And always take these with food that contains a little fat. I can now wholeheartedly recommend a turmeric supplement because I know it will actually be digested, metabolized, and utilized. I have none of the problems listed in this article, but you can be sure I am taking *Turmeric Forte* daily, and will do so for life.

RECEIVE MY HEALTH ALERT BULLETINS

Want health information that is too important to wait for the next issue of *Health Alert*? You can get it by email in my new *Health Alert Bulletins*. Send us an email with your name, zip code, and email address to info@healthalert.com and say I want to receive the *Health Alert Bulletins*.

Or go to <http://healthalert.com/bulletin> where you can sign up directly with our online form. Your email is 100% safe and there is no charge.

Coming in Future Issues

- Medicine reports that the greatest cost to your health care, and even to your health, is medical guidelines and too many drugs. We'll show you how to see through medical guidelines that cause polypharmacy and are only designed to sell drugs. At the same time, we will show you how to improve your health by taking less drugs.

HOW TO REACH US: Address all questions to *HEALTH ALERT*, 30 Ryan Court, #100, Monterey, CA 93940 (834-372-2403). First-time subscription: 1 year (12 issues) \$39; 2 years (24 issues) \$77. Back issues are \$3 each. Copyright © 2018 by *Health Alert*.

EXHIBIT 6



Dr. Bruce West, Founder
Health Alert/Immune Systems, Inc.

HEALTH ALERT®

July 2019 / Volume 36, Issue 7

WHEN ALL OTHER TREATMENTS FAIL

Dear Reader,

ASPIRIN FOR YOUR HEART: LONG PAST TIME TO QUIT

"Do not participate in the aspirin craze. Get good nutrition for your heart and save the aspirin for an occasional headache. Did you know that a daily aspirin can be a contributing factor in macular degeneration? This is the single greatest cause of blindness in older Americans. Did you know that each time you take aspirin, you risk the chance of hemorrhage? Or that aspirin combined with megadoses of vitamin C (ascorbic acid) can cause your stomach to bleed into your gut? Is aspirin therapy science? Not in my mind."

*Health Alert, Vol. 11, No. 2
(over 25 years ago!)*

Did you know that over five years ago the Japanese Primary Prevention Project (JPPP) proved and published (online November 17, 2014,

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Bruce West, DC, Editor/Publisher

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in *JAMA*) that there is *no cardiovascular or stroke benefit from a daily dose of aspirin*? That includes the specially designed low-dose aspirin for heart patients. And that also includes no (as in zero) net benefit from aspirin even if you have high blood pressure, diabetes, high cholesterol, and abnormal blood fats.

Causing Harm?

Did you know that the FDA also warned over five years ago that after a review of all the literature, the evidence does not support the use of aspirin? Of course, you didn't know this because you are told over and over by your physician, by television, by the news, and by your hospital that you should be taking a daily aspirin to prevent a heart attack or stroke.

And over the decades, aspirin has been causing hemorrhage, bleeding into the gut, macular degeneration, even hearing loss and tinnitus—all for no benefit. Or are you really mad because you got an ulcer from aspirin? Or maybe your hearing or vision has deteriorated thanks to aspirin. Or worse, maybe you suffered a brain-bleed and stroke thanks to useless aspirin therapy.

In fact, the aspirin and low-dose-aspirin craze has been going on for *decades*, with billions of bottles sold, *for no net benefit!* And that's how long it takes medicine to finally admit that *the experiment did not work*. Even after both the FDA and the Japanese study proved the futility and danger of aspirin therapy, I wrote, "If you watch TV this month, or you go to your doctor, you will not hear anything about the end of the road for aspirin." And I begged the question, "will prescribing of aspirin end—even with an FDA warning? No. It will take years." And it did...

Finally... New Guidelines

Five years after the FDA warning, and 30 years too late, finally the new heart guidelines submitted jointly by the American College of Cardiology and the American Heart Association contradict and "take back" decades of routine medical advice for aspirin therapy. But even now they hedge their bet by saying that the daily use of low-dose

or baby aspirin as a preventive health strategy against stroke or heart attack in most cases is contraindicated.

Specifically, they say that "*Aspirin should be used infrequently in the routine primary prevention of ASCVD (atherosclerotic cardiovascular disease risk) because of lack of net benefit.*" The hedged bet comes in the words "in most cases" and "infrequently."

What to Do

If you are worried about having a stroke or heart attack, instead of useless aspirin, use the *cardiotonic nutrients*. They are primarily found in specific plants and foods, which we discuss endlessly in *Health Alert*. They can be used in their live form in the supplements *Cardio-Plus*, *Cataplex B*, *Cataplex G*, *Omega Nutrition H-Lignan Flax Oil*, *Blue Ice Fermented Cod Liver Oil*, *Min-Tran*, and others. Simply refer to our articles or go to our website.

And when it comes to pain, instead of 2-4 aspirin daily, use *Turmeric Forte* (2-4 daily)—the amazing supplement from turmeric root that is rich in activated *curcumin*. It is one of the most anti-inflammatory substances we can consume.

Any protocol of any combination of these nutrients is *thousands of times better than aspirin*. And even better, this kind of prevention with these kind of nutrients will not cause you to bleed into your brain or gut. And these nutrients will provide all kinds of side benefits—like improved memory and blood sugar control. They are reasonably priced and they have a combined track record *in the hundreds of years!*

SECRET TREATMENT OF THE MONTH

BURNS AND SUNBURN: HOW TO TREAT BURNS

One night I was grilling some salmon and a splash of boiling hot oil "jumped out of the pan" onto my thigh—I was wearing shorts. The pain was instant and severe, and it only increased minute by minute. Soon it was nearly unbearable, so I decided to try an herbal remedy created by my friend and brilliant herbal scientist, Steve Frank, the founder of Nature's Rite.

Fortunately I had a bottle of his burn treatment, *Maui Aui*, on hand and immediately sprayed it

onto my burn. It stung, and for a few minutes, I thought it was making the burn worse. So I did what I knew Steve would want me to do—I sprayed it on again. This time it did not burn as much. I waited 15 minutes and sprayed again—now it was actually feeling better. I sprayed three more times and once just before bed—by that time the burning pain was gone. When I woke up in the morning, my burn was already healing and there was literally no pain at all.

I thought, "Steve has done it again." And I was right. If you know burn remedies, you know that a hot oil burn does not respond to any remedy like mine did to Maui Aui. So how could this remedy relieve pain and begin healing so quickly? Simple. It is Steve's unique blend of herbs and oils.

The ingredients in Maui Aui deliver cooling, soothing pain relief while providing the essential nourishment to help your skin repair itself. Maui Aui contains:

White willow bark that works as an analgesic (pain reliever) to provide fast and lasting pain relief.

Lavender and St. John's Wort that relieve the itch of the damaged skin.

Calendula that soothes and reduces inflammation, bringing balance back to your skin quickly. And...

Comfrey and Arnica that work together to repair damaged skin cells and replace dead cells with new ones.

This herbal recipe is blended with *tropical oils* that contain skin nutrients for repair and protection. And all the ingredients are embodied in an *Aloe Vera* base which adds to the soothing and healing.

Maui Aui comes in a convenient spray bottle so there's no rubbing of oils on your burned skin. And it is free of the chemical ingredients found in most burn sprays. When it comes to burns, everyone should have Maui Aui on hand. Maui Aui also works amazingly well on *sunburns*. Let's face it, nothing ruins a summer vacation like a bad sunburn. Now you no longer have to worry about that. And a little Maui Aui goes a long, long way.

For best results with Maui Aui, follow these simple steps:

- 1) Spray the affected area.
- 2) Spray again in 10-15 minutes.
- 3) Then to really get quick relief, *spray at least five more times.*

With each spray, the burn will be less and less painful. And after five or more sprays, your pain will be disappearing completely.

There are lots of burn products on the market, and I've tried most of them. There is nothing like this formula. If you need a tested and truly amazing burn product, Maui Aui is for you. As always, we've procured large quantities of Maui Aui so you can buy it at a discount from our website, www.healthalert.com, or by calling my office at 1-800-231-8063 (M-F, 7-5 PST).

This summer, enjoy the sun and your barbecues, knowing that if you get burned, you have the remedy.

CANCER: REAL CANCER BREAKTHROUGHS

If you have been diagnosed with cancer, or if you have had cancer and are in remission, or if you are prone to cancer, or if there has been cancer in your family, you need to know that cancer is not a death sentence. It is a wake-up call that you need to take action. And with cancer, because of the virulence of *cancer stem cells* that resist all medical treatments, you must make the right decisions.

If you have been diagnosed with cancer, you will be prescribed the "gold standard" of surgery, chemotherapy, and/or radiation. You may also be prescribed *immune therapy*, but only on an experimental basis. Despite dismal survival statistics, you will be recommended the "gold standard" treatments because that is what all oncologists know. They never learn any other protocols that offer better survival statistics and that are used by literally *millions of people* in other countries.

And yet there is so much more you can do to help yourself. And much of it is proven effective in endless scientific studies, it is inexpensive, it is safe, and perhaps most important, unlike the "gold standard," it is *nontoxic*. This is extremely important, because chemotherapy and radiation can make you desperately ill and eventually kill you. Even surgery, often needed to de-hulk and reduce cancerous masses and tumors to help you initially survive, can also kill you. But it is important to know that none of the three "gold standard" treatments can cure cancer. And none of them can kill the most deadly and virulent of all

cancer cells—*cancer stem cells*.

These cells are impervious to chemo, radiation, and even surgery. They are amazingly virulent, can direct cancer tumor formation, and are responsible for most tumor development and growth as well as metastasis and spreading of cancer. And even worse, *cancer stem cells are actually strengthened and stimulated* by the "gold standard" treatments!

The only way to kill cancer stem cells is with natural treatments. The most effective way for you to reduce and kill cancer stem cells is with *cruciferous vegetables, a low-carb or ketogenic diet*, and natural herbs, especially *curcumin*. *Curcumin is proven to kill cancer stem cells* while leaving natural stem cells unharmed—the *unattained holy grail in medicine*.

The problem with curcumin from turmeric root is that it was *very poorly absorbed* by your body—at least until now. Standard Process has resolved that problem by infusing free curcumin-rich turmeric into the seed material from the highly absorbable Fenugreek plant. Their curcumin product, *Turmeric Forte*, is absorbed 25 to 45x greater than normal. And Turmeric Forte passes through your blood/brain barrier to get into your brain circulation in pharmacological amounts—about 240x greater than normal.

Curcumin and Cruciferous Vegetables

In addition to active, free curcumin from turmeric root, you should be eating plenty of *cruciferous vegetables*, like kale, Brussels sprouts, broccoli, and more. And this is particular true with any reproductive cancer in women—like breast, uterine, cervical, or ovarian cancers. And if you have one of these, you will need more of the phytonutrients and detoxifying chemicals in cruciferous vegetables than you can eat. In this case, we always recommend *Cruciferous Complete*.

Cruciferous Complete is concentrated, organic, raw kale and Brussels sprout powder in capsules. You would need 6–9 daily to help your body detoxify from the incredible toxic load produced by cancer. You would also need this to help flush excess estrogen—which is often a fuel for reproductive cancers—from your system. While performing these two critical functions with Cruciferous Complete, you will also be getting the rich tapestry of phytonutrients and antioxidants

that only nature can provide.

These phytonutrients help your body mount an immune defense against cancer—whether you have achieved remission with early chemotherapy or not. Remember, chemo and radiation do not cure cancer. With or without chemo, your body must go to work to actually destroy cancer cells. And this is where cancer stem cells come into play.

Curcumin kills cancer stem cells while leaving normal stem cells unharmed. This is critical because cancer stem cells resist all medical treatments. They are the most virulent of all cancer cells. And they direct and stimulate cancer tumor growth and metastasis (spread) of cancer. So you will need **Turmeric Forte** (4 daily), 2 in the morning and 2 in the evening taken with food that contains a little fat. If you have cancer or had cancer, you will need to take this form of **activated, free curcumin daily for the rest of your life**. If you are at risk for cancer, you can take 2–3 tablets daily for life. And if you are just trying to prevent cancer, you can take 1–2 tablets daily for life.

And now, you don't have to just start a low-carb or ketogenic diet, take Cruciferous Complete and Turmeric Forte, and then keep your fingers crossed. Thanks to the highly sensitive **circulating tumor cells (CTC)** blood test, you can monitor your treatment. This blood test can be ordered by your physician. It will provide a strong biomarker for cancer progression and **treatment effectiveness**. An increase in your CTC number means your cancer is progressing and you need to take further action. In this case you would want to add further anti-carcinogenic nutrients to your diet. Some of these are flax oil, **Blue Ice Fermented Cod Liver Oil** (3–4 daily), coconut oil, **Immuplex** (3–4 daily), **Cataplex A-C-P** (3–6 daily), **Thymex** (3–6 daily for 90 days), and more.

A decreased CTC number than your baseline number means you are containing your cancer and you are headed toward remission. You can even use the CTC test without cancer—if you have a family history of cancer or high-risk factors. When you are detoxifying your system, when you

are eating a diet that is anti-cancer, when you are starving cancer cells by removing excess estrogen, etc., and most important when you are killing cancer stem cells, you are giving yourself the best odds of preventing and killing cancer. And perhaps killing cancer stem cells is the most important of all.

The Amazing Benefits of Free, Activated Curcumin from Turmeric

There is nothing in medicine that can kill cancer stem cells. And chemo and radiation can actually stimulate them. But Turmeric Forte, with its activated curcumin, can kill these virulent cells. But that is not all. This form of curcumin actually helps people with Alzheimer's, dementia, and memory loss to **improve their memory**. All study subjects taking activated curcumin enjoyed **improved memory** after 18 months—an otherwise medical impossibility. It also will help you maintain better blood sugar control, with or without type 2 diabetes. In studies, 100% of subjects with prediabetes (an epidemic in the U.S.) did not progress to type 2 diabetes.

And that's still not all. Activated free curcumin will help you maintain healthy heart function and circulation as it feeds and heals the linings of your blood vessels. It even helps people suffering from **chronic inflammation and pain**. Better than pain killers, this amazing phytonutrient helps your body undergo **normal inflammation**, which is needed by your body. But unlike inflammation that never turns off (chronic pain sufferers), activated curcumin also helps your body to **end inflammation naturally** once healing takes place. This makes it the perfect natural healing agent to reduce chronic pain. With its anti-cancer, anti-heart and circulatory disease, anti-pain, anti-diabetes, and anti-Alzheimer's properties, **every-one over age 50 needs to take Turmeric Forte**. Anything else is just foolish.

So remember, cancer is not a death sentence. Most of the world's population are not treated with the American "gold standard" of chemo, radiation, and surgery. Killing cancer stem cells that resist chemotherapy and radiation is key to your re-

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covery. Using Turmeric Forte and Cruciferous Complete is essential. The right diet, plenty of pure water, exercise, being in the right spiritual place, and family are powerful aids in your battle with cancer. You don't have to just take the "gold standard" treatments, bury your head in the sand, and then cross your fingers. Rather be proactive and use effective, safe, and inexpensive treatments. And monitor your success with CTC tests as you go through your healing journey—what a concept.

PROTOCOL FOR PEOPLE WITH CANCER

Hi-Lignan Flax Oil: 1 tbsp daily
Coconut Oil: 2 tbsp daily
Blue Ice Fermented Cod Liver Oil: 3–4 daily
Immuplex: 3–4 daily
Cataplex A-C-P: 3–6 daily
Thymex: 3–6 daily for 90 days
Turmeric Forte: 2 taken 2x daily

PROSTATE: HOW TO AVOID A BIOPSY AS YOUR PSA CREEPS HIGHER

Very few men enjoy a prostate finger exam. And none like a *prostate biopsy*. A new study shows how a simple lifestyle change can help men avoid a prostate biopsy when their PSA is creeping up. Lots of things besides an enlarging prostate or prostate cancer can cause PSA numbers to rise. And when it rises past the threshold where a biopsy is in order, things get scary.

It turns out that many men in this situation—a creeping-up PSA toward the biopsy threshold—were able to lower their PSA and avoid a biopsy by *avoiding eating spicy foods, avoiding drinking alcohol and/or coffee, and avoiding riding a bicycle* for 8 weeks.¹ Men without prostate symptoms who had a normal finger prostate exam and a rising PSA of from 2 to 10 were tested. One third made the lifestyle changes for 8 weeks. Two thirds did not. There were no statistical health differences between the two groups.

Remarkably the men in the lifestyle-change group had a significantly lower PSA after 8 weeks than the control group. And amazingly 65.7% of the lifestyle-change men who were facing a biopsy due to PSA rising past the threshold were spared a first or even a follow-up biopsy while only 7.4% of the control group were spared. I find this absolutely great and encouraging news for men.

We have always known that the PSA is a good

test for prostate enlargement. It is also a good test for prostate inflammation and infection. It is not a good test for prostate cancer. It turns out that spicy foods, peppers, alcohol, coffee, and bicycle seats are inflammatory for your prostate. And it could be just these things that are pushing your PSA up.

And better yet, for best PSA-lowering results, put yourself on our enlarged prostate protocol for the same eight weeks of lifestyle changes. Simply take the following protocol to encourage prostate normalization: *Prostate PMG* (prostate extract): 3 daily, *Cataplex F* (omega-3 fatty acids): 6 daily, *Palmettoplex* (herbal formula for a healthier prostate): 3 daily.

This is great news for men. You can actually be spared a prostate biopsy with lifestyle changes. And your odds are even better with our protocol.

NOTES

¹ "Lifestyle changes do a number on PSA values." *Medscape*, March 16, 2019.

PROTOCOL FOR MEN WITH PROSTATE PROBLEMS

Prostate PMG: 3 daily
Cataplex F: 6 daily
Palmettoplex: 3 daily

SAVE YOUR MEMORY WITH EXTREME BLOOD PRESSURE LOWERING?

Based on data from yet another medical study, the *Sprint Mind study*, a major announcement came through that a "game changer" had been discovered to help people maintain their memory. The game changer was using prescription drugs to lower systolic (first number) blood pressure to 120 or lower. This blood pressure lowering, even in seniors, would provide a 19% reduction in mild cognitive impairment (mild memory loss) over five years—the "game changer" that produced *glowing headlines* in the summer of 2018.

So, in theory, anyone over age 50 with a systolic blood pressure over 120 with any dementia or memory loss, or even a predisposition to dementia or memory loss, should be treated aggressively with blood pressure drugs. This would provide an almost 20% reduction in the possibility of memory loss. And this would almost always require at least *two blood pressure drugs*.

However...

Reevaluating the Sprint Mind study data provided a slightly different interpretation. In fact,

the actual results of preventing dementia that produced the glowing headlines were actually *mixed*. Or put another way, the Sprint Mind study *did not demonstrate* that intensive blood pressure lowering with prescription drugs prevents dementia. The results were *statistically insignificant*.¹ You have to wonder (or do you?) how medical study results can cause such dramatically different conclusions!

It is actually pretty simple. The study results showed an almost 20% reduction in memory loss because it used *relative risk reduction* figures of 19% over five years, which sounds impressive. However, the *absolute risk reduction* figure was just 1.34%. That means the study needed to aggressively treat 75 patients for five years to prevent one case of mild cognitive impairment (mild memory loss).² And, as everyone knows, there are millions of people with mild memory loss who *never go on to develop dementia*.

And this treatment is not benign. With all aggressive blood pressure lowering, especially lowering of the systolic blood pressure to below 120 in seniors, there is great risk. These patients risk *low blood pressure with dizziness, falls, broken bones and hips, or a cracked skull*. They risk kidney damage, impotence, decreased energy, and lots more. Are these risks worth treating 75 people for over five years to prevent one case of mild memory loss that may never even be important? Is this a "game changer?" It is if you make blood pressure drugs.

More Evidence

All physicians understand the risks of blood pressure lowering with drugs to prevent heart attacks and strokes. But the benefits of this treatment to prevent the risk of developing dementia are just not there. The Cochrane review of studies of 16,000 patients with an average age of 75 years clearly showed *no difference in the rate of dementia between those people getting aggressive blood pressure lowering drugs and those getting a placebo*.³

And the *ACCORD trial* proved that in people with diabetes, lowering systolic blood pressure to 140 vs. the new game changer of 120 *made no difference at all in memory loss after 7 years*.⁴ But no matter what the real conclusions of medical studies are, they can always be twisted and biased to produce a "game changer." The end result of

the study then becomes "successful"—prompting increased sales of drugs.

An Amazingly Better Way

I've always said, "new drugs, better drugs, cheaper drugs, free drugs, who cares! What is needed is fundamental change." That change is using *effective, safe, inexpensive, and common-sense alternatives to prescription drugs* whenever possible. And in this case, if you are a senior and want to save or improve your memory, forget about lowering your systolic pressure to 120 with drugs. We have a much better alternative for you.

You can use the power of *turmeric root/curcumin* to help you maintain and improve your memory while you incorporate a few simple lifestyle changes that can help you accomplish your goal of maintaining normal blood pressure. All you need to do is:

- Eat a healthy Mediterranean diet.
- Throw out all table salt and replace it with Celtic Sea Salt. I prefer the light gray salt served out of a ceramic grinder. We have the salt and grinder for you at steep discounts at the *Health Alert* store.
- Exercise 4–5 days a week with at least a powerful walk.
- Drink plenty of pure water.
- Practice the 4-4-6-2 deep breathing technique at least twice daily. If you don't know what this is, go to my website (www.healthalert.com) and read my article, "Stubborn Hypertension and Deep Breathing," or call my office.
- Use a few simple, whole-food supplements that can help you relax your body, mind, and blood vessels. They are *Cataplex G* (6 daily), *Organically Bound Minerals* (3 daily), *Blue Ice Fermented Cod Liver Oil* (3–4 daily), and *Turmeric Forte* (2–4 daily taken with food that contains a little fat).

In studies, 100% of Alzheimer's sufferers taking Turmeric Forte for 18 months halted their Alzheimer's progression and enjoyed *improved memory*—a medical impossibility. Your dosage should be 2 daily for prevention, 3 daily with early problems or family history of dementia/Alzheimer's, and 4 daily (2x2) if you already have blood-pressure/dementia/Alzheimer's problems. Allow 12–18 months for significant memory improvement.

Extreme blood pressure lowering in seniors to prevent memory loss? The evidence for this comes from a medical study that turned out to have no

real evidence. And the dangers of this prescription protocol can be great. My Dad fainted, fell back on his kitchen chair and cracked his skull open on the tile floor thanks to blood pressure drugs used to "relax his bladder." Luckily, we saved him. Others have not been so lucky.

NOTES

1 "A game-changer to prevent cognitive loss? Maybe not." *Medscape*, March 15, 2019.
2,3,4. *Ibid.*

BLUEBERRIES RIVAL MEDICATION IN LOWERING BLOOD PRESSURE

An interesting study showed that eating blueberries twice daily lowered systolic (the first number) blood pressure *as well as* blood pressure-lowering drugs in healthy people.¹ And there isn't anything magical about blueberries. But there is something magical about the *phytonutrients, phytochemicals, and polyphenols* that blueberries and all fruits and vegetables contain.

Over the years, we have proved how these *bioactive compounds* protect individuals from cancer, neurologic problems and diseases, heart disease, blood vessel disease, and more. Raw, whole, organic plants, vegetables, and fruits (including blueberries) are loaded with these compounds. And the food-concentrate supplements and extracts we use—grown from the right seeds, nurtured organically, and then processed without heat or chemicals—are *also loaded with these compounds*. Synthetic and isolated vitamin-fraction supplements (almost all other supplements) *are not*.

The blueberry study clearly demonstrated this. It was determined that the most active polyphenol in blueberries helping to lower blood pressure and improve your arteries was *anthocyanins*. Yet when anthocyanins were isolated and given to study subjects, even *in higher doses*, the advantages to blood pressure and circulation *were not as great*.

The researchers noted correctly that anthocyanins *do not exist in isolation in nature*. So, when offered alone in supplements, the *matrix of other compounds found in the whole food* were absent. These accompanying nutrients, phytochemicals, polyphenols, and more actually work synergistically in your body to enhance and free, in this case the anthocyanins, to perform their miracles for you.

This is true for all supplements. It's the reason

whole-food concentrates and extracts work so well. And it explains why most other supplements simply fail to perform as the hype promises. The accompanying phytonutrients found in whole foods—plants, fruits, and vegetables—can have *synergistic effects* that enhance the absorption and effectiveness of the most active ingredient, in this case anthocyanin.

The Magic of Deep Blue, Red, Orange, Green, Purple, and Even Black Foods

Some of the most powerful nutrients, phytochemicals, and polyphenols are found in the most colorful plants, fruits, and vegetables. For example, it is well known that if you have problems with your eyes or circulation, you need to eat colorful foods, especially deep blue, red, orange, and green. Perhaps one of the richest polyphenols, curcumin, comes from the *very orange-yellow turmeric root*. This root is almost magical when it comes to helping people with memory, blood sugar problems, circulation problems, chronic pain, cancer, and so much more. We use the power of this superfood in the product *Turmeric Forte*.

The same is true for *deep green buckwheat leaves*. These leaves are truly loaded with the phytonutrient *bioflavonoids*, in particular *rutin*. The matrix of nutrients found in the juice of these leaves is a tonic for people with circulatory problems, heart and coronary artery disease, blood vessel inflammation, and more. We use the power of this superfood in the product *Cyruta-Plus*. But if someone were to isolate *only* the active bioflavonoid and make a supplement, it would not perform as well, if at all.

Blueberry Excitement

And the same is true for blueberries. The phytonutrients in blueberries are part of our protocol for people with macular degeneration. And blueberries can be part of a high blood pressure protocol for healthy individuals with moderate high blood pressure. But if the anthocyanin was isolated and made into a supplement, it would not perform as well, if at all.

I think you get the picture of how things work nutritionally in the human body. Isolated, fractionated, and synthetic nutrients fail to perform as advertised. Your body innately knows the difference and struggles to, or can't utilize, these kinds of nutritional supplements. The blueberry/blood pressure study is just another example.

Medical experts are repeatedly dumbfounded when supplement sales go up because just about all their studies show that supplements do not work for heart disease, circulation, macular degeneration, etc., etc., etc. It must be noted, however, that *all their studies are performed using standard vitamin supplements*, all of which are synthetic, fractionated, or isolated. With repeated failure after failure of any of these kinds of supplements to do any good, can anyone blame the medical powers-to-be for rejecting supplements?

But what do the medical experts say about the blueberry study and phytonutrient consumption in general? They say that the study clearly pointed out that eating healthy—and in particular choosing a diet rich in *phytochemicals*—is *beneficial to overall health*. I agree. And when you don't eat a healthy diet, or it is impossible to get these nutrients in your diet, be sure to use only *supplements rich in phytonutrients, phytochemicals, and all the ancillary nutrients like vitamins, minerals, microRNAs, polyphenols, enzymes and coenzymes, fatty acids, trace minerals, and all other nutritional factors both known and unknown as only nature can provide*. These are the only nutrients I use and recommend.

NOTES

1 *J Gerontol: Series A*. "Polyphenols and blueberries." Published online February 16, 2019. Abstract.

A DOCTOR'S PRESCRIPTION FOR HEALTHY FOOD AND NUTRITION SAVES LIVES

An amazing study in *PLoS Medicine* shows that a prescription written for healthy food and nutrition vs. drugs would lower the risk of costly chronic illnesses like diabetes and cardiovascular disease while at the same time dramatically lower the costs of care.¹ The prescriptions for Medicare and Medicaid patients would include a 30% discount on healthy foods, including fruits and vegetables. What is amazing about this concept is that for decades, organized medicine has maintained that foods and nutrients have little to nothing to do with disease, and you get all the nutrients you need from a standard diet.

Just how wrong has and is this medical dogma about nutrition? Computer models used in the *PLoS* research showed that healthy food

prescriptions could...

- 1) Prevent as many as *3.2 million cardiovascular events*, like heart attacks and strokes.
- 2) Prevent *120,000 diabetes cases*.
- 3) Save as much as *\$100.2 billion* in health care costs.

...Whoops! So much for medical dogma about a healthy diet having nothing to do with disease.

Let's see—make people healthier, prevent heart and blood vessel disease, prevent diabetes, and save billions of dollars—all with decreased prescription drugs and increased *phytonutrients*. Just how many times have I said if heart patients took our phytonutrient protocols, cardiac clinics around the country would have to shut their doors? I have been saying the exact same thing as this study for *over four decades*! We are only now beginning to see just how true my statements have been—truth is, indeed, timeless.

And remember, not everyone will eat healthier, even with a 30% discount prescription for fruits and vegetables. But you can get the same whole, live phytonutrients from the organic whole-food nutritional supplements, concentrates, and extracts we use with all our patients. What a concept.

NOTES

1 *PLoS Medicine*. 2019 (<https://doi.org/10.1371/journal.pmed.1002931>).

Coming in Future Issues

- *Medical Treatments: A Real Exposé*—less than 1 in 10 medical treatments are based on real evidence. Most are based on the *opinions* of experts. With heart valve problems and congenital heart problems, less than 1 in 50 treatments are based on real evidence!
- *Osteoporosis*: You are not relegated to pain, a nursing home, and an early death with osteoporosis and medical treatment for osteoporosis. Rather, you can stabilize your bones, strengthen your skeleton, and actually *roll back your biological clock by 20 years* in the process. With osteoporosis, medical therapy is a dead end. You must treat the cause. There are no options, no shortcuts, and no substitutes. But your results can end your pain, rebuild your skeleton, save your life, and make you feel *20 years younger*.

Health Alert is not affiliated with any health products company. If you need information about the nutritional products discussed, please write us at the address below.

HOW TO REACH US: Address all questions to *HEALTH ALERT*, 30 Ryan Court, #100, Monterey, CA 93940 (831-372-2103). First-time subscription: 1 year (12 issues) \$39, 2 years (24 issues) \$77. Back issues are \$3 each. Copyright © 2019 by *Health Alert*.

Pain And Inflammation: End It Now

Your chronic pain can be caused by inflammation that NEVER turns off! Here's what you can do!

Millions of people are plagued with chronic inflammation and pain that takes many forms—from muscle and joint pain, to bone pain, to gut pain, to head pain, and more. Your body produces *normal* inflammation 24-7/365 days-a-year to keep itself in order and to help heal tissues. This is done through brain and immune system functions, and indeed, without normal inflammation you would die within a very short time.

But the problem for lots of people with chronic inflammation and pain is that *the inflammatory process fails to complete its cycle and turn itself off*. This produces a never-ending cycle of inflammation that is the *root cause* of aging, diminished brain and heart function, painful joints and muscles, low energy levels, brain fog, emotional problems, digestive problems, blood vessel problems, heart attacks and strokes, and much, much more. If you suffer with constant inflammation and pain that is not caused by normal injuries, invading microbes, or everyday stresses on your body, you can get locked into very serious health problems.

What Causes Pain and Inflammation

There are lots of *abnormal* things that can trigger your immune system to cause chronic inflammation and pain. The breakdown of joints, muscles, and tissues due to nutritional deficiencies is a major one. This is why—if your problems with pain and inflammation are in your joints and muscles—feeding your joints the *osteofactor nutrients* necessary to heal is a big part of any anti-pain protocol.

Other things that can trigger your immune system to produce chronic inflammation are emotional stress, job stress, lack of sleep, chemical and environmental toxins, prescription drugs, inflammatory foods, abnormal brain function, and more. These should be identified and eliminated as best you can. For example, eliminating wheat, sugar, dairy, and nightshade vegetables for 2 to 3 weeks is the first essential remedy for anyone suffering from chronic pain and inflammation. But in the end, without feeding your joints and eliminating other immune system inflammatory triggers, the inflammatory process will remain *turned on indefinitely, keeping you in misery*.

The Anti-Inflammation Power of Turmeric Forte

For years we have used the *End Your Joint Pain* protocol, which is proven effective at rebuilding joints, rebuilding your skeleton (if you have osteoporosis), and relieving joint pain. The problem was that it was somewhat cumbersome and expensive. Thanks to the new enhanced curcumin product

it maintains the vitamin A and fatty omega-3 acids in the oil, it also helps you control and normalize the inflammatory response in your body. Take 3 to 6 capsules daily.

- **Cataplex® C:** It is impossible to maintain and rebuild strong, healthy bones and joints without adequate whole, raw vitamin C complex. And that complex is *definitely not ascorbic acid*. Cataplex® C contains the whole vitamin C complex, including enzymes like tyrosinase (organic copper). It also contains the vitamin P factors (bioflavonoids). You cannot build strong bones or maintain a strong, functional immune response without adequate amounts of the real, whole, and raw vitamin C complex. Take 3 tablets daily.
- **Turmeric Forte:** This amazing product is made from the turmeric plant root, which contains curcumin. It is *activated* by infusing turmeric root (with the curcumin) into the fiber of seeds from the Fenugreek plant. This makes it highly absorbable by your body and allows it to pass through the blood-brain barrier to make it into your brain where it is needed most to maintain healthy memory. Take 3 to 4 tablets daily.

The activated curcumin in Turmeric Forte is also *highly anti-inflammation and anti-pain*, playing a major role in normalizing your inflammatory response. In fact, its ability to promote a healthy inflammatory response is so strong that it may just be the greatest natural breakthrough or remedy of the decade, if not the century! Most experts feel that it is the most powerfully effective nutrient on earth at promoting a normal, healthy inflammatory response. It actually seems to allow your body to turn on inflammation when needed, complete the cycle, then *turn it off!*

How to Use Turmeric Forte

In normalizing your inflammation response, curcumin can powerfully but normally inhibit the *COX-2 enzyme* that is all too often responsible for locking you into inflammation and pain for weeks, months, or even a lifetime. It is also effective at lowering the key marker of chronic inflammation—blood levels of *C-Reactive Protein (CRP)*. There is no longer any doubt that everyone can benefit from the *correct curcumin supplement—Turmeric Forte*.

With inflammatory syndromes and chronic pain, you can use four (2 tablets, twice daily) Turmeric Forte tablets daily. *Be sure to take them with food, and preferably with food that contains some fat.* Look for less inflammation and pain within 90 days, and better brain and heart function within six months. You can also enjoy better glucose control. Studies prove that 100% of people with pre-diabetes did not progress to type 2 diabetes when taking activated curcumin (take Turmeric Forte at a dose of 3 to 4 tablets daily). And it will help even if you already have type 2 diabetes.

And of course, there is that amazing benefit of *improved memory—even with Alzheimer's patients!* In studies, 100% of Alzheimer's patients enjoyed *improved memory and health* within 18 months when taking activated curcumin (found in Turmeric Forte at a dose of 4 tablets daily). This by itself is a medical impossibility, since the memory and condition of 100% of all medically treated Alzheimer's patients *worsens* in 18 months. Actually, you will begin to see improvements much

from tumeric root, ***Turmeric Forte***, we have been able to develop an anti-inflammation and anti-pain protocol that attacks inflammation at its cause (in addition to providing nutrients for your joints). It is simpler, less expensive, and more effective.

And best yet, it is multi-faceted. It helps with all kinds of inflammation-related problems. Now, while allowing you to resolve your chronic pain, your new protocol will also help you with other health issues—like brain problems, as in Alzheimer's, dementia and memory loss; like prediabetes, metabolic syndrome, and type 2 diabetes; like heart disease and weakness, loss of energy and chronic fatigue, neurotransmitter imbalances that cause problems with your brain and mood, fragile blood vessels, and more. This protocol will actually help your body produce normal inflammation when needed, allow the cycle to complete, and *then properly turn it off*.

End Your Pain and Inflammation Protocol

These are the products and nutrients in the new ***End Your Pain and Inflammation Protocol...***

- **Calcifood® Wafers** and/or **Calcifood® Powder** : Since a great majority of chronic pain involves the skeleton and joints, the osteofactor nutrients found in *raw bone* are still a mainstay of the protocol. We use Calcifood® Wafers or Calcifood® Powder to fulfill this requirement. This is the only raw bone product that I know of that uses the whole bone with the marrow. The grease is removed without boiling, heat, or chemicals using a patented process that maintains the life force and all the nutrients found in raw bones with the marrow.

In days gone by *bone meal* has been sold at premium prices as a "bone-building supplement". These products are made from bones that are boiled for days to remove all the marrow. The marrow is then skimmed off the top of the vat to make gelatin. What is left is then steam dried, ground fine and tableted or placed in capsules. The problem is that this powder is almost nutritionally useless due to its processing—leaving it more like sand than a supplement. And still these products are sold for up to \$50 a bottle!

Just the opposite is true with Calcifood®. It is raw, uncooked bone with the marrow still in it. It is the single best product for supporting strong bones. And at the same time, it helps you build healthy red blood cells.

Depending on the severity of your joint pain, you can use 6 to 12 Calcifood® Wafers daily, or you can take two tablespoons of Calcifood® Powder in your daily smoothie.

- **Blue Ice™ Fermented Cod Liver Oil**: This amazing oil is the last of its kind, a sacred food used for centuries to maintain health and supply omega-3 fatty acids, *all* the forms of vitamin A, vitamin D, and many other nutrients. It is processed only by the age-old technique of fermentation. There is no boiling, refining, stripping away the natural vitamins, adding in synthetic "vitamins", deodorizing, stabilizing, and more. Because it is simply oil from the livers of pristine cod, it maintains a high vitamin D content to help you build strong bones. Because

faster than 18 months with Turmeric Forte.

When you combine the anti-inflammation and anti-pain properties of Turmeric Forte (and all its other benefits) with the osteofactor nutrients (for joint pain sufferers), you'll have the ***NEW End Your Pain and Inflammation Protocol***. I've made it easier, more effective, less expensive, and completely safe for you. Compare this to anti-inflammatories that can ruin your stomach, opioids that can kill you, Alzheimer's drugs that can turn you into a psychotic, steroid drugs that can destroy your skeleton and more, and anything else that medicine has to offer—*there is simply no contest*.

Great for Prevention, Too!

If you do not have aches and pains and just want to improve your heart, brain, blood vessels, and prevent serious problems with memory, Alzheimer's, diabetes, and more, then Turmeric Forte is for you. Everyone can benefit. I have no aches, pains, heart, or memory problems. But I take Turmeric Forte daily, and will take it for life. If you have no problems, a dose of two daily would be sufficient. If any problems develop, increase the dose to four tablets daily.

It took some time to get it right. Curcumin supplements have always been next to useless because the curcumin was simply not absorbed. And it took time to develop the activation process of infusing turmeric extract with curcumin into plant seeds. But you can now begin ending your pain (and memory problems) today.

FOR PEOPLE WITH PAIN AND INFLAMMATION

Calcifood® Wafers or Calcifood® Powder: 6 to 12 wafers or 2 tbsp powder daily

Blue Ice™ Fermented Cod Liver Oil: 3 to 6 capsules daily

Cataplex® C: 3 tablets daily

Turmeric Forte: 2 tablets, 2 times daily with food that contains some fat

For those with osteoporosis add...

Calcium Lactate: 6 tablets daily

Cal-Ma Plus®: 1 tablet daily for one year—one week on, one week off

For people with memory loss, dementia, Alzheimer's, pre-diabetes, type 2 diabetes, heart/brain/blood vessel problems...

Turmeric Forte: 2 tablets, 2 times daily with food that contains some fat

Prevention for those with no problems...

Turmeric Forte: 2 tablets daily for life

General Recommendations
for your Good Health!

HEALTH ALERT

Please START your order HERE. Continue to the back page to complete your order.
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PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST	PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
A-C Ceramide	0636	270C	\$54.50			Digestion & Urinary Tonic	8718	6 oz	\$28.00		
A-F Betafood™	0800	180T	\$25.50			Ferofood	4325	40C	\$10.50		
Albaplex	0825	360T	\$46.00			Flex Oil Omega-Fix	8000	18 oz	\$15.00		
Allenplex	0825	150C	\$35.00			Folic Acid B12	4410	180T	\$21.50		
Arginax	1000	160C	\$26.50			For-Tri B12	4435	90C	\$18.50		
Beta-Nicotinamide	1145	180T	\$57.50			Gastro Fiber	4815	150C	\$20.50		
Betacel	1276	90T	\$12.00			Glucosamine Synergy	4835	90C	\$33.00		
Betaine Hydrochloride	1390	90C	\$24.00			Herbal Throat Spray	M4465	25ml	\$23.50		
Bilberry 6000 mg	1525	180T	\$19.50			Immunplex	4950	150C	\$49.00		
Bio-Dent	M1140	60T	\$37.50			Iplex	5100	150C	\$32.00		
	1580	360T	\$35.00			Lactic Acid Yeast	5150	100W	\$21.50		
	1600	800T	\$72.00			Lipaplex II	5300	150C	\$31.00		
Biot	1612	180T	\$42.50			Livaplex	5375	90C	\$24.50		
	1815	360T	\$78.50				5616	330T	\$23.50		
Butter Oil Capsules (X-Factor Gold Concentrated)	9175	120C	\$46.00			Min-Tran™	5625	900T	\$47.00		
Calcifood Powder	1775	10 oz	\$58.50			Multizyme	6700	150C	\$40.00		
Calcifood Wafers	1825	100W	\$26.50			Nebulizer	8714	1 UNIT	\$39.00		
Calcium Lactate	1865	90T	\$10.50			Neuroplex	5855	90C	\$45.00		
	1900	800T	\$50.50			Okra Papain E3	6087	150C	\$52.00		
Calcium Lactate Powder	1925	12 oz	\$43.00			Organically Bound Minerals™	6285	180T	\$31.00		
Car-Ma Plus	1980	90T	\$25.50			Palmettoplex	6540	150C	\$45.50		
	2065	90T	\$17.00			Prostate PMG	6950	90T	\$32.00		
Cardio-Plus	2080	330T	\$50.00			Procybolic	7080	90C	\$40.00		
	2140	90T	\$14.50			Protefood	7100	90C	\$31.00		
Catalyn	2150	360T	\$48.00			Purification Program	OPK12	33 wks	\$298.00		
Cataplex A-C	0580	180T	\$25.50			Renefood	7120	180T	\$33.00		
Cataplex A-C-P	0726	180T	\$23.50			Respiratory Relief	8711	4 oz	\$26.00		
	0750	360T	\$42.50			Ribonucleic Acid (RNA)	7230	180T	\$41.00		
Cataplex B	1225	180T	\$22.50			Sesame Seed Oil Pastes	7400	60P	\$13.00		
	1250	360T	\$43.00			Sinus Relief	8701	1.6 oz	\$12.00		
Cataplex C	1850	90T	\$15.50			Sinus Support	8705	1.6 oz	\$10.00		
	1855	360T	\$51.00			Shingles Relief	8708	1.6 oz	\$25.00		
	3775	90T	\$19.50			Sleep Apnea Relief	8709	30C	\$40.00		
Cataplex E	3825	360T	\$66.50			Soybean Lecithin	7475	240P	\$34.00		
	3850	90T	\$17.00			Spanish Black Radish	7510	80T	\$10.50		
Cataplex E2	3855	360T	\$66.50			Spleen Deobscured	7600	90T	\$20.50		
	4150	90T	\$14.50			Super-EFF	7877	90C	\$20.50		
Cataplex F™	4200	360T	\$46.00				7780	90T	\$18.50		
	4500	90T	\$14.00			Symplex F	7785	390T	\$64.50		
Cataplex G	4530	360T	\$44.50				7830	90T	\$19.50		
Cataplex GTF	4680	180T	\$28.00			Symplex M	7835	360T	\$66.50		
Chazyn (Zinc)	2175	90T	\$11.50			Thymex	7925	90T	\$19.50		
Chlorophyll Complex Perles	2276	60P	\$26.50			Thymus	7975	90T	\$21.50		
	2325	240P	\$86.50				8025	90T	\$21.50		
Cholacol	2425	90T	\$16.00			Thyrophin PMG	8030	350T	\$69.50		
Choleplex™	2525	150C	\$41.50			Turmeric Forte	M1448	60T	\$35.50		
Circuplex	2650	150C	\$54.50			Vasculin	8165	90T	\$16.50		
Cod Liver Oil Capsules (Bite to Females)	9250	120C	\$30.00			Veg-E Complete Pro (Vanilla)	8185	22 oz	\$61.00		
Collinsaria Rock	2775	150C	\$29.00			Veg-E Complete Pro (Chocolate)	8180	22 oz	\$61.00		
Conaplex	2825	150C	\$34.00			Whey Pro Complete	8325	19 oz	\$54.50		
Congestion Relief	8708	1.5 oz	\$10.00			Zymex	8445	150C	\$33.00		
Crutaneous Complete	2960	60C	\$28.00				8440	90C	\$32.00		
	3325	90T	\$15.00			Zymex II	8430	90T	\$15.50		
Cynula-Plus	3330	360T	\$49.50				8480	330T	\$50.50		
Diaplex	3550	150C	\$41.50								
Drenamin	3650	90T	\$14.50								
	3700	360T	\$45.00								

* Do not take this product if you are allergic to iodine.
T=Tablet, C=Capsule, P=Perles, W=Wafers.

GUARANTEES: If you decide these products are not for you, please contact our offices at 800-231-0063 within 30 days of the order date to receive instructions (only unopened medicine bottles/unused/unopened products and packages accepted) and a RMA (Return Merchandise Authorization) number that is required in order to process product refunds. NOTE: These products are not designed to take the place of medical care, which you should get from a licensed medical physician. Prices subject to change without prior notification.

Total from this front side of Order Form



Dr. West's Top Recommended Products
from www.HealthAlertStore.com

ORDER FORM

PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
Apple Cider Vinegar	9409	12 oz	\$4.00		
Balsamic Vinegar	9450	12 oz	\$6.00		
Butter Oil X-Factor Gold Concentrated	9175	120C	\$46.00		
Celtic Sea Salt (fine)	9700	1 lb	\$10.00		
Celtic Sea Salt Grinder (filled w/ light grey salt)	9715	3 oz	\$8.95		
Celtic Sea Salt Shaker	9750	6 oz	\$8.00		
Grey Celtic Sea Salt (coarse)	9725	1 lb	\$4.95		
Kyocera Ceramic Salt Grinder	9776	1 UNIT	\$19.00		
Coconut Oil - Flavorless	9390	16 oz	\$10.00		
Coconut Oil - Full Flavor	9390	16 oz	\$14.00		
Cod Liver Oil Capsules Blue Ice Fermented	9250	120C	\$30.00		
Congestion Relief	8706	1.5 oz	\$10.00		
Digestive And Urinary Tonic	8718	8 oz	\$29.00		
Flax Oil Omega-3s	8030	16 oz	\$15.00		
Food Poisoning Relief (4 - 2 oz bottles)	8731	1 pkg	\$24.99		
Maul Aul Burn Spray	8719	4 oz	\$10.95		
Nebulizer-Orron Comp Air**	8714	1 UNIT	\$39.00		
Neti Pot	8704	1 UNIT	\$4.50		
Nutri Flax Powder	8075	16 oz	\$10.00		
Oral & Dental Therapy	8723	8 oz	\$29.00		
Ph Paper With Dispenser	9007	1 ROLL	\$5.00		
Rainforest Soap	9900	1 BAR	\$5.00		
Rash Relief	8707	1.6 oz	\$24.00		
RAW Lip Balm					
Lemongrass & Coconut	8724	1 TUBE	\$4.75		
Orange & Tangerine	8725	1 TUBE	\$4.75		
Pineapple & Coconut	8726	1 TUBE	\$4.75		
Pomegranate	8727	1 TUBE	\$4.75		
Rose & Mint	8728	1 TUBE	\$4.75		
Vanilla & Chamomile	8729	1 TUBE	\$4.75		
Respiratory Relief	8711	4 oz	\$28.00		
Shingles Relief	8708	1.6 oz	\$25.00		

PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
Sinus Relief	8701	1.5 oz	\$12.00		
Sinus Support	8705	1.5 oz	\$10.00		
Sleep Apnea Relief	8709	30C	\$40.00		
Super Nail Juice	8702	8 oz	\$44.00		
Throat Relief	8730	4 oz	\$22.98		
Wound Relief Gel	8717	4 oz	\$17.00		
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Low Fat Lies	SS	1 FORM	\$39.00		
Managing Sinus Health	LFL	1 BK	\$15.00		
Master Index	MD3	1 BK	\$16.00		
Rays of the Dawn	INDEX	1 BK	\$13.00		
Slow Burn Fitness Revolution	ROTD	1 BK	\$12.00		
The New Encyclopedia of Pragmatic & Holistic Medicine	SBR	1 BK	\$18.95		
	NPAC	1 BK	\$120.00		
Loesch Scalp Products*					
Conditioner*	9925	8 oz	\$18.00		
Shampoo*	9950	8 oz	\$14.00		
Scalp Defense*	9975	8 oz	\$17.00		
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Dr. Bruce West, Founder
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HEALTH ALERT®

September 2019 / Volume 36, Issue 9

WHEN ALL OTHER TREATMENTS FAIL

Dear Reader,

CANDIDA AURIS: A NEW DEADLY SUPERBUG

As if superbugs that are resistant to all antibiotics was not enough, we now have a new, alarming, global problem with the yeast (fungus) *Candida auris* (*C. auris*). *Candida auris* infections can be deadly, and some strains resist all medications. *C. auris* infections are commonly found in wounds, in the ear, and in the bloodstream. The fungus has also been isolated in the lungs and bladder. Most patients get *Candida auris* while in a hospital, other healthcare facility, or a nursing home where the fungus lurks in catheters (central line catheter in your vein), and other tubes entering your body, like breathing or feeding tubes.

As usual with superbug infections, those at highest risk are those who have surgery, have diabetes, have previously received antibiotics or antifungal drugs, or who are hospitalized, in a nursing home, or in a healthcare facility. To

date 30–60% of *C. auris* patients die from their infection—one more reason to stay out of hospitals and nursing homes.

C. auris has always been around, but it has only recently become a *superbug*. The timing coincides with the use of more and more powerful antifungal drugs, as well as continued abuse of antibiotics in the medical profession. Additionally, within the last 5–10 years, farmers across America have been using the newest, latest, and largest amounts of antifungals on their crops. It is possible that all these uses and abuses of today's modern drug therapy and crop chemicals have combined to produce the perfect storm. Many benign strains of fungus are killed which could allow *C. auris* to become more prevalent.

What to Do

This is yet another reason to stay strong and healthy to avoid hospitalizations and eventually a nursing home. And it is just one more reason to try to stay out of any hospital or healthcare facility whenever possible. Today any hospital can be extremely dangerous. Even smart physicians state that the only safe hospital bed is an empty one.

If you are in one of these facilities and you acquire a *C. auris* infection, you may survive using an onslaught of super powerful antifungal drugs. But the odds are only 50-50, and they are getting worse. And while at home, if you develop any kind of unusual wound infection, ear infection, or lung/bladder infection, you must immediately take action.

We already know that the right colloidal silver solution will kill fungus. And even though our colloidal silver solutions have not been tested against *C. auris*, we do know that they are extremely effective at killing harmful microbes including yeasts and fungus. So once again, the call is to be sure you are prepared—just in case. Have *Wound Relief*, *Digestive and Urinary Tonic*, and *Respiratory Relief with a nebulizer* on hand.

If you develop an infected wound; food poisoning or any type of stomach or intestinal flu; a urinary tract infection; a cough, bronchitis, or

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Bruce West, D.C., Editor/Publisher

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pneumonia, especially if you have been previously treated with antibiotics or anti-fungal drugs; or you have been in the hospital or visited anyone in the hospital; you must start treatment immediately, even before you get to your physician.

With all wounds, apply Wound Relief liberally and then bandage the wound, changing the bandage and reapplying Wound Relief liberally throughout the day.

With any food poisoning or stomach flu, take 1–2 ounces of Digestive and Urinary Tonic on an empty stomach, and repeat an hour later on an empty stomach, twice daily for 2–4 days.

With a urinary tract infection, use the same protocol.

With a cough, bronchitis, pneumonia, or a lung infection (especially if you have been previously treated with antibiotics or antifungal drugs), put 3 ml of Respiratory Relief in your nebulizer, place the applicator deep toward the top back of your tongue, and breathe deeply until it is all gone. You will need to do this 4–6 times daily.

Remember, all these colloidal silver products have been laboratory tested for their kill ratio over bacteria, viruses, and *fungus*. Immediate and steady treatment is not just an option anymore. Thanks to the superbug debacle—including *C auris*—it is a treatment you need to use properly before, during and after any drug therapy from your physician. Remember, with a *C auris* infection that turns deadly, all drugs are useless, *making our treatments your only chance to save your life*.

As always, we have procured Wound Relief, Digestive and Urinary Tonic, Respiratory Relief, and a small, handy nebulizer for you in quantity so you can enjoy a discount. These are available from www.healthalert.com, or by calling my office at 1-800-231-8063 (M–F, 7–5 PST). *C auris* is just a new example of yet another terrible problem that can result from abuse of powerful drugs and chemicals. We continue to create these life-threatening problems at an alarming pace. You must be prepared for what might happen to you. And even though these products have not been tested specifically against *C auris*, they have powerful kill ratios over all other harmful microbes, including fungus.

So keep a nursing home, hospital, or healthcare facility as treatment centers of last resort. The best

way to do this is to get healthy, stay healthy, get armed with the products you need now, and be prepared *just in case* you or a loved one needs one of these products right away.

SECRET TREATMENT OF THE MONTH

CANCER: BRIGHTER PROGNoses WITH STARTLING TREATMENTS

Cancer is indeed frightening. One of every three people will die from it. And the cancer industry in America today is producing dismal results—despite endless fund raising and billions of dollars being spent. The reason for these poor results is mostly financial. Cancer is *very lucrative*. Hence, we keep using the *medical gold standard* of cutting, burning, and poisoning cancer and tumors, most often only to fail initially or to have recurrence and metastases.

Through the decades of cancer care, Big Medicine has failed to confront the *cancer stem cell (CSC)* phenomenon. CSCs are the most virulent of all cancer cells because they are mother cells that can start and orchestrate any kind of cancer. They cause tumor development as well as cancer recurrence and metastases. Big Medicine and Big Pharma have no treatment that can kill CSCs. Indeed, chemo and radiation—and possibly even surgery—seem to *stimulate* cancer stem cells. Yet without killing CSCs, there can be no cancer cure. And when stimulated, CSCs can quickly cause cancer to come back or to metastasize.

Cancer Treatment Outside the U.S.

Nonetheless, if nothing else, Big Medicine sticks to its guns. Anything other than chemotherapy, radiation, or surgery is considered quackery and is often outlawed by medical powers-that-be. Yet did you know *more than half the population of the entire world* relies upon traditional medicine—primarily *plants, herbs, and their concentrates and extracts*—for their *primary cancer care needs*!

That is *several billion (with a B) people* who *first* use what American Big Medicine calls quackery. And the kicker is that statistically, their treatments are *far more effective—with results that far surpass ours*, the cost of their treatments is a tiny fraction of ours, the patients do not suffer

devastating and life-threatening side effects as we do, and in almost every measurement of health—including cancer survival, life expectancy, and even infant mortality—they are healthier than us!

Things Are Changing

Despite the immense profits in standard Big Medicine cancer care, many researchers and even clinicians are discovering, developing, and using ***natural products*** to help their cancer patients. The most successful of all these natural alternatives are the ones that can ***kill cancer stem cells while leaving natural stem cells unharmed***. And of these, ***polyphenols*** are the most exciting and effective, clearly demonstrating the medical Holy Grail of killing cancer stem cells.

This is dramatic because CSCs resist all treatments. They are extremely diverse, able to produce dozens of different types of cancer cells making up just one tumor. Not only are they unharmed by chemo and radiation, these treatments ***seem to stimulate CSCs***. Many medical scientists believe this is the reason why a cancer patient often experiences rapid recurrence, metastasis, the cancer developing resistance to treatments, or even new tumors following standard medical cancer treatments. Hence the desperate call for a ***new, natural treatment to target cancer stem cells*** is being made by most all sincere cancer scientists.

And according to the real experts, the most exciting of all the natural therapies is ***polyphenols***. These include plant compounds like flavonoids, stilbenes, tannins, lignans, and more. Polyphenols have been demonstrated to regulate ***inflammation***, making them effective in helping people with chronic pain and possibly providing aid in the fight against the opioid epidemic. They regulate ***angiogenesis***—the rapid development of new blood vessels that supply rapidly growing cancerous tumors. They regulate ***cell growth***—out-of-control cell growth is the definition of cancer. They regulate the ***invasiveness of cancer***—how virulent and toxic a cancer becomes. In studies, they regulate ***apoptosis***—the dying of cancer cells. And best yet, the most effective of polyphenols ***“exhibit cytotoxic effects on CSCs”***—meaning they kill cancer stem cells.

Curcumin

The most effective anticancer polyphenol of all is ***curcumin*** from turmeric root. It has been thoroughly investigated for its anticancer proper-

ties.² Curcumin has been shown to be a powerful ***anti-inflammatory*** (anti-pain) compound, and it promotes ***apoptosis*** (causes cell death in cancer cells).³ It is extremely safe even at high doses, and in studies, it has demonstrated effectiveness against pancreatic cancer.⁴ It has been used to reduce and stop the formation of breast cancer tumors by 50% and even by 100% in high doses.⁵ It induces cancer cell death and diminished tumor formation in colon cancer.⁶ And it clearly demonstrated the ability to ***target tumor initiating cells (CSCs)***.⁷

If there were any downside to curcumin, it is that it is difficult to absorb and maintain in the bloodstream to do its work. It is metabolized and excreted rapidly, demonstrating ***low bioavailability***—at least until now. New ***activated curcumin*** like ***Turmeric Forte*** has overcome most of the problems of low bioavailability. By infusing raw, curcumin-rich turmeric root powder into Fenugreek (plant) seed material, ***Turmeric Forte*** is absorbed and utilized from 25 to 45 times better than normal. And the new activated ***Turmeric Forte*** passes through the blood/brain barrier to make it into your brain in pharmacologic doses.

By targeting and killing cancer stem cells, polyphenols—like curcumin found in activated products like ***Turmeric Forte***—are now at the forefront of the “new” cancer therapies. Cancer stem cells explain the many issues facing cancer treatment today. CSCs provide the mechanism underlying ***cancer recurrence, metastasis, and even multiple drug resistance***.

But cancer treatments aimed toward killing and eradicating CSCs could lead to ***higher survival rates, less cancer regression, elimination of toxic side effects*** from standard cancer care, less fear of ***cancer recurrence***, and ***brighter prognoses*** for cancer patients and anyone prone to cancer. For these reasons, real experts state that natural treatments like curcumin should continue to be tested as potential chemotherapy agents and cancer prevention molecules.⁸

Prevention Is Key

When it comes to cancer, ***prevention is key***. And that doesn't just mean preventing cancer, it also means ***preventing cancer recurrence***. You must eat real food. You must eat a Mediterranean diet. And you must eat ***cruciferous vegetables*** regularly. Cruciferous vegetables from the family

of brassica vegetables are the most powerful anticancer veggies of all. Cruciferous and other anticancer vegetables include broccoli, Brussels sprouts, kale, turnips, cabbage, cauliflower and more.

A wonderful study from Canada (the *ComPARe study*) clearly showed how powerful diet and anticancer vegetables can be. The calculations showed that just *one serving of vegetables and fruit per week* could prevent more than 25,000 colon cancer cases in Canada alone over 25 years. And cruciferous vegetables are even more powerful for women as they fight female cancers like breast, vaginal, cervical, and ovarian cancer. These vegetables tend to sop up excess estrogen in the female body. Excess estrogen is strongly related with female cancers.

Yet if you simply cannot tolerate eating these vegetables, we have an answer. If you have cancer (especially female cancer), or if there is any cancer in your family, or you are trying to prevent cancer, or if you have already had cancer and are trying to prevent a recurrence, you need the phytochemicals found in cruciferous vegetables. So if you simply cannot tolerate these vegetables, use the product *Cruciferous Complete* from Standard Process. It is an organic, raw concentrate of kale and Brussels sprouts. And it is loaded with cruciferous phytochemicals. See protocol box at the end of this article for the dose.

And finally, cancer scientists are calling for the engineering of robust formulations and delivery systems of polyphenols like curcumin due to their limited bioavailability.⁹ Fortunately, the robust formulation and activated delivery system of curcumin has already been worked out. The result is the most active form of curcumin—Turmeric Forte. And for anyone with a cancer diagnosis, be sure to see the additional therapies to make your Turmeric Forte treatment even more powerful. Go to my website and read the article, “Cancer: Huge Cancer/Alzheimer’s Breakthrough—Cancer Stem Cells Killed by Turmeric,” at www.healthalert.com.

NOTES

1-9 *Am J Cancer Res*. 2017;7(7): 1588-1605. Published online 2017 Jul 1.

PROTOCOL FOR PEOPLE WITH OR PREVENTING CANCER

For prevention...

Turmeric Forte: 1 daily

Cruciferous Complete: 2 daily

For those with a family history of cancer, especially female cancer...

Turmeric Forte: 2 daily

Cruciferous Complete: 3 daily

For those diagnosed with cancer, especially female cancer...

Turmeric Forte: 4 (2x2) daily

Cruciferous Complete: 4 daily (6 daily with female cancer)

Take Turmeric Forte with food that contains a little fat for best absorption and bioavailability

See “Cancer: Huge Cancer/Alzheimer’s Breakthrough—Cancer Stem Cells Killed by Turmeric” (at www.healthalert.com)

CIRCULATION: IS ULTRASOUND SCREENING GOOD?

A new direct-to-consumer screening is being offered to test you for circulation problems using ultrasound. And by now you’ve probably received, seen, or heard the ads. For around \$129, you can get an ultrasound screening of your carotid arteries (neck), abdominal aorta (abdomen), and your legs to check for narrowing or blocked arteries and to prevent strokes and detect aneurysms (weakened areas in an artery). As an added “bonus” you can ultrasound your heel bone to screen for osteoporosis. The ads sound great—they tell you the truth about circulatory problems, like...

- Strokes are the leading cause of disability and the third leading cause of death in America.
- An American suffers a stroke every 45 seconds, and most had no symptoms prior.
- 12 million Americans suffer from *peripheral artery disease (PAD)*, making them 4–5 times more likely to die of a heart attack.

These are all facts. But can an ultrasound screening ever make any difference in your outcome? Or could there be more harm than good with screening? Let’s take a look.

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Ultrasound Screening for Osteoporosis

For starters, ultrasound screening for osteoporosis is not very accurate. If any abnormality is found, you will still need the same medical tests to confirm. And if osteoporosis is confirmed, you will only be given the medical gold standard treatment of bisphosphonate drugs that are too dangerous to take for longer than a few years—after which time you will be back to square one, with your bones in the same or worse state as before your screening.

No mention whatsoever will be made about inadequate stomach acid needed to digest minerals to feed your skeleton. And certainly *no mention* will ever be made about how to rebuild your skeleton with the *osteofactor nutrients*—the only real way to fight weak, thin bones and osteoporosis. So why bother at all.

Instead... eat a diet that is healthy for your skeleton and take the osteofactor nutrients if necessary. For the details, see the article, "***Osteoporosis: A Medical Failure***," on my website at www.healthalert.com. No computer? No worries. Just call my office at 800-231-8063 (M-F, 7-5 PST).

Ultrasound Screening for Your Arteries

Ultrasound screening of your legs for *peripheral artery disease (PAD)* will do no good since there is no medical treatment for the condition except to stop smoking and to exercise. Even if PAD is found and you are referred to your physician, the only treatments will be dangerous drugs and surgery to install a stent around any blockages.

No mention whatsoever will be made about what to eat to enhance your arteries. *Nothing* will be said about rutin and bioflavonoids to strengthen your arteries. There will not be an Rx for vitamin K2 to help your body develop collateral circulation. You will surely not be told about the *stone root plant* to combat varicose veins, hemorrhoids, and deep vein thrombosis. And there will be silence regarding the *Calcium Lactate/Cataplex F* combination for restless legs syndrome...So why bother?

Instead... follow your physician's advice for good circulation in general—to exercise and stop smoking. After that, if you have PAD, deep vein thrombosis, restless legs syndrome, varicose veins, or circulatory problems, see my article, "***Strong and Healthy Legs, Veins and Circulation***" on our website. You will find it in the same place as my

"Osteoporosis" article.

Artery Problems—Aneurysm

About the only good from ultrasound screenings of your arteries might be if an *aneurysm* is found. This is an abnormal weakening or malformation of one of your arteries that can usually be repaired with surgery. But this is a one-in-a-million case, and often surgery is not recommended.

When it comes to finding a narrowed carotid artery and preventing a stroke, you have to ask yourself—does the screening or the surgery to "find and open up a blocked carotid artery" truly provide more benefit than harm? If your screening shows a narrowed carotid artery—even 60-99% blocked—*your only medical answer will be surgery*, and it is a dangerous surgery indeed, with a good chance for a stroke or death from the surgery itself. Here again, *no mention* will be made about natural treatments or actions you can take. Even if you have surgery, statistically the surgery—if successful—will only reduce your risk of stroke *by 1% a year*.

To Screen or Not to Screen

These kinds of tests are all good when you have a problem and your doctor is testing to see how bad the situation is. *But screening people with no symptoms will do little to no good*. Screening may give you false positives which can lead you to more invasive procedures for nothing. It will do little to nothing to prevent a stroke or heart attack. And in the end, this kind of screening cannot be proved to do more good than harm.

Instead... if you have a narrowing of your carotids, be sure to use the information in my same article, "Strong and Healthy Legs, Veins and Circulation" discussed earlier. You will be instructed how to use bioflavonoids and other foods and supplements that are beneficial to your arteries without any of the risks. So take ultrasound screenings with a grain of salt.

And always treat your circulation as if you already have a problem by eating properly, exercising, quitting smoking, and using foods, concentrates, extracts, and supplements that contain the nutrients proven to enhance the linings of your arteries and circulatory vessels. Now that's a unique, effective, preventive, and pragmatic concept!

PRESCRIPTIONS FOR EXERCISE

In a world laden with prescription drugs and every imaginable type of synthetic “unnatural” supplement to increase your longevity, the real magic bullet remains **physical activity**. There is simply no question any longer that physical activity **at any age** is linked to increased longevity and a reduced risk for heart disease, heart failure, stroke, type 2 diabetes, osteoporosis, dementia, and much more. *And this is even more true for women.*

As for age-related memory loss, in the most recent brain studies, it was confirmed that one single 30-minute exercise session stimulates areas of the brain related to memory. Scans of the brain of older Americans before and after one session clearly showed that four different areas of the brain lit up after the exercise. And at least one of these areas is directly related to memory.

I, my wife, and our dog take a walk after dinner through our neighborhood several evenings a week. You would think this might get boring, but amazingly, it does not. We enjoy it immensely and it helps our health. You can do the same thing. It is easy, fun, makes you feel better, and helps your body prevent and treat a host of conditions and diseases—with no side effects.

So, when we all know there is strong and compelling evidence that physical activity is very close to a magic bullet for good health, why aren't all physicians encouraging their patients to become physically active? The physician-author of the article, “Physical Activity: The Real Magic Bullet,” JoAnn E. Manson, MD, encourages her colleagues to **write prescriptions for physical activity**. She adds that “these could be among the most important prescriptions we write all day.”¹ I could not agree more.

But don't wait for your physician. Get physically active on your own. Start with a brisk walk 4–5 times a week. After a few months, turn it into a “power walk,” where you take powerful strides during your walk, and possibly even carry weights in your hands. If you have osteoporosis, marry your power walk with weightlifting once every 5 days. Use the **Slow Burn Fitness Revolution** method of lifting weights. We have the book available for you at www.healthalert.com.

Exercise is the magic bullet. Weightlifting can be the fountain of youth—where you can actually

roll back your biological clock by 20 years—even if you are in your 70s, 80s, and even 90s. As for your physician, when is the last time you got a prescription for physical activity?

NOTES

1 JoAnn E. Manson. “Physical activity: The real magic bullet,” *Medscape*, May 23, 2019.

IRRITABLE BOWEL (IBS) AND LOW STOMACH ACID

Irritable bowel syndrome (IBS) is one of those serious and chronic problems for which medicine has few if any real answers. They say it is a **functional disorder** with no known causes except for stress. *Ironically* a majority of IBS sufferers also suffer or have suffered from acid indigestion and reflux (GERD). I say *ironically* because acid indigestion, reflux, GERD, **and IBS can all be caused by the same thing—low stomach acid.**

When I was a kid, I lived with my Grandmother. When she hit 60, she began to suffer with gut pain. For years she was in agony every day, doubled over in pain, with cramps, diarrhea, and much more. The doctors could not help her. When I asked what was wrong, she told me she had cancer and was going to die. I could not believe this.

One day I compressed my spine diving into the ocean and hitting my head into the sand. I was in bad shape when Grandma dragged me over to our “very old-timer doc,” Dr. Etchiksen (who was 90 at this time). He adjusted my neck and I was fine, but after my adjustment I told him about Grandma's cancer. He walked into the waiting room with me, looked right at Grandma (who wanted nothing more to do with doctors), and said, “young lady—come with me!”

I followed them both into his examining room and he looked her over, asked many questions, then took out his pad and wrote a prescription on it. He said to get this filled at the pharmacy and take 10 drops in a glass of water with all meals. She reluctantly followed his advice, got the Rx filled, and began taking her drink with each meal. Within 48 hours she was cured, and her “cancer” was gone. Doc Etchiksen gave her **hydrochloric acid drops** to be dissolved in water! Since that time 60 years ago or so, most doctors have long forgotten about low stomach acid and instead simply prescribe drugs.

Low stomach acid (or even no stomach

acid) is extremely common. It causes *millions* of cases of indigestion, heartburn, reflux, IBS, colitis, constipation, diarrhea, nausea, gallbladder problems, stomach and other infections, nutritional deficiencies, weak fingernails, iron deficiency, and *50 other diseases* that are never properly diagnosed and *never* attributed to low stomach acid.

One of these is IBS. When you have low or no stomach acid, your body is sick every single day. Your stomach cannot digest your foods completely. Your stomach will never properly signal your gallbladder to secrete bile into your intestines for further digestion of fats—causing gallbladder problems and eventually gallstones. Partially undigested food will be passed into your intestines. Since these large molecules are foreign to your intestines, you end up with pain, cramping, diarrhea, leaky gut syndrome, and *irritable bowel*.

And this will go on forever until the underlying cause is discovered and properly treated. So, if you are one of the *tens of millions of people suffering* from indigestion, acid reflux, and irritable bowel syndrome, this is the good news you are looking for. Simply follow these instructions to resolve yet another medically incurable condition with “no known medical cause.”

Step 1: Restoring Stomach Acid

If you are *over age 60* and have any symptoms, *it is extremely likely* that you suffer from low stomach acid. Test yourself by getting a bottle of *Zypan* or *Betaine Hydrochloride* and take 1 tablet per meal. If you do not get tingling or burning, and your digestion stays the same or improves, try 2 or 3 tablets per meal. If your digestion improves, you are suffering from low stomach acid. You will need to take Zypan (2–4 per meal) for a few months before slowly beginning to cut back.

And it is not unusual to have low stomach acid *no matter what your age*. What we have done to our digestive systems over the decades with the onslaught of antacids, synthetic and processed foods, and Rx drugs is abominable. I have had patients *in their 20s with achlorhydria (no stomach acid)*! If you have extremely low or even zero stomach acid, Zypan may not be strong enough. Just switch to Betaine Hydrochloride instead of, or in addition to, Zypan. If you get any tingling or burning, cut back immediately on your dose.

Over the months you will get better and bet-

ter. You will save your gallbladder and digest fats better. You will begin to digest and absorb nutrients again, including calcium, iron, protein, and minerals, including zinc. You will resolve up to 50 different conditions that would otherwise be treated with prescription drugs—what a nightmare this becomes! And best yet, you will have taken the first (and possibly the only step you need) to resolve IBS over the course of the next 3–6 months.

Step 2: Eliminating Bad Bugs and Microbes

Once indigestion sets in, you are prone to all kinds of abnormal digestive bugs and microbes because your stomach won't be able to kill them due to low stomach acid. So once you get started healing your IBS, you may need to clear the harmful microbes from your gut. Fortunately, this is now relatively simple. Just take 2 ounces of *Digestive and Urinary Tonic (DUT)* on an empty stomach followed by another 2 ounces an hour later, also on an empty stomach. Repeat this for 4 days.

This amazing *colloidal silver tonic* will safely and effectively kill harmful microbes in your gut. After the four days, you can begin to “re-seed” your gut with friendly bacteria by taking a probiotic that contains prebiotic material. The one we use is *ProSynbiotic* (1 daily) for six months. And best yet, eat 2 cups of *homemade yogurt* during this same time.

The latest medical study showed that of 189 IBS sufferers, 169 achieved the medical impossibility of complete remission of IBS within six months of consuming 2–3 cups of homemade yogurt daily. And it must be *homemade* yogurt since most store-bought yogurt will simply not do the job. There are recipes online for homemade yogurt that are quick and easy.

Step 3: Healing Your Gut Lining

With IBS, it is all about the delicate lining of your gut. Especially in your small intestines, your gut lining is filled with microscopic hairs to help pull nutrients from the food out of your gut and into your bloodstream. With years of low stomach acid, poor diet, lots of drugs, and microbes of all types, this lining can be damaged and needs healing.

To heal your gut, you will need the healing properties of *okra*, the enzymatic properties of *pepsin*, healing herbs like *Allantoin*, and phyto-

chemicals from *tillandsia*, *buckwheat* and *pea vine juice*, *sunflower seed*, *carrots*, and more. Fortunately, we have all these gut healers in the product *Okra Pepsin E3*.

The sticky plant okra will stick the enzyme pepsin to the linings of your gut. There the pepsin can slowly and enzymatically "digest" away years of accumulated debris and stale mucus. And after a while this cleaning will set the stage for the healing nutrients in Okra Pepsin E3 to do their job. You will need to take 1—or 2 if your gut has been bad for years—after each meal for six months.

Step 4: Improving Your Diet

- During your six-month gut rehabilitation, you need to eat real food. The Mediterranean diet is best. There are great books on this, and if you have type 2 diabetes, check out *The GI Mediterranean Diet* by Lindberg. We have it available for you at a discount at my website, www.healthalert.com.
- Drink plenty of water to finally end the chronic low-grade dehydration which plagues most IBS sufferers.
- Replace regular table salt with *Celtic Sea Salt*. I like the *light gray salt* served up out of a ceramic grinder. We have these, as well as everything else you need, available at my website at a discount. If you are not computer savvy, just call my office at 1-800-231-8063 (M–F, 7–5 PST). You will get the same discount as on my website.
- And besides the minerals in Celtic Sea Salt, there are specific foods that can help replace minerals and zinc to help you normalize your stomach acid. A few are *pumpkin seeds*, *crabs*, *lean beef*, and *cashews*. It is all pretty simple.

Six Months to a New YOU?

Don't fall for antacids for life. There are no medicines that can heal IBS. Old Doc Etchiksen knew the cause of Grandma's "cancer" and gut pain. But in fact, most doctors today have no idea what causes IBS. Six months to a new you? Is this possible with a medically incurable condition? Absolutely!

PROTOCOL FOR PEOPLE WITH IBS AND LOW STOMACH ACID

Step 1. Restore Stomach Acid...

Zypan or Betaine Hydrochloride: Follow the directions in this article

Step 2. Eliminate Bad Bugs and Microbes...

Digestive and Urinary Tonic: 2 ounces on an empty stomach, followed by another 2 ounces 1 hour later, also on an empty stomach. Repeat for 4 days

Homemade yogurt: 2 cups daily for 2–3 months

Step 3. Heal Your Gut Lining...

Okra Pepsin E3: 1 after each meal... or... 2 after each meal if your gut has been bad for years

Step 4. Improve Your Diet...

Eat real food... a la Mediterranean diet

Drink plenty of good filtered water

Replace table salt with Celtic Sea Salt

For needed minerals... Eat pumpkin seeds, crabs, lean beef, and cashews

NEW WEBSITE UP AND RUNNING

We are very proud to announce that our new website, www.healthalert.com, is up and running. You can access it anytime to get information, read critical articles, review products in the *Health Alert* store, and even place orders online for all products. The site will be updated regularly, and we hope you use it and enjoy it.

CAN WE SHARE YOUR HEALING STORY WITH OTHERS? A CALL FOR REAL TESTIMONIALS

As you know, *Health Alert* is about sharing the truth and producing results in your health. If you have experienced a miracle (small or large) in your health because of information gleaned from *Health Alert* or myself, and you are willing to help others with your story, please mail me a note, tell me your story, and include a photograph. Or just call, my office at 1-800-231-8063 (M–F, 7–5 PST) and ask for one of our Testimonial Forms.

There are thousands of success stories out there that I've yet to hear. This is especially true about our most current protocols using *Turmeric Forte* for people with Alzheimer's, dementia, memory loss, heart disease, chronic pain, diabetes, and cancer. This may be a little premature because you need to allow 8–18 months for Turmeric Forte to help you improve your memory, etc. But if you are already getting better, and/or you've had a miracle, large or small, I want to know about it. More importantly, *tens of thousands of others who are suffering want to know about it too!*

HOW TO REACH US: Address all questions to *HEALTH ALERT*, 30 Ryan Court, #100, Monterey, CA 93940 (831-372-2103). First-time subscription: 1 year (12 Issues) \$39, 2 years (24 Issues) \$77. Back issues are \$3 each. Copyright © 2019 by Health Alert.

MIRACLE WOUND HEALING WITHOUT ANTIBIOTICS

Healing Breakthrough Makes Antibiotics Obsolete

Research into a safe, powerful and effective alternative to antibiotics has led to an infection-fighting breakthrough that kills bacteria, fungi and viruses *dead!*

A simple open wound is no longer a simple problem. These days ordinary cuts, scrapes, wounds, skin inflammations, road rash, cradle cap, open wounds, abrasions, and even bed sores can develop into serious infections. And they are getting more complicated, staying painful longer and failing to heal for days or even weeks, if at all.

One reason why...America is having a terrible time with antibiotic misuse, abuse and overuse. It has created an entire new class of bacteria called "*superbugs*" that are impervious to antibiotics. These superbugs are the result of bacteria mutations that resist antibiotics. So a simple cut or scrape can become something very serious. Research into alternatives to antibiotics has uncovered a remarkable discovery that safely kills antibiotic-resistant bacteria as well as viruses and fungus.

The Miracle of Colloidal Silver

Colloidal Silver (a suspension of microscopic particles of silver) is fast emerging as one of the most powerful antimicrobial agents on the planet. The silver molecules literally block the oxygen that bacteria, viruses and fungi need to thrive. Infections are literally suffocated to death. And while antibiotics and products like Neosporin, Cortisone-10 and Bacitracin are known to destroy beneficial tissue-cell enzymes, colloidal silver leaves these cells healthy and undamaged.

I've recently sourced what I believe to be the best colloidal silver product you'll find anywhere. In lab testing, this colloidal silver gel achieved a whopping 99.9999% elimination of deadly mutated staph germ (MRSA) when compared to the control. It has also been proven effective against: *Pseudomonas aeruginosa* (hospital infections), *Candida* (serious yeast overgrowth), Herpes Simplex (herpes), Herpes Zoster (Shingles) and much more.

Stop infections and start healing quickly, easily and safely without antibiotics! The answer is found in the simple but highly-effective *Wound*

Relief Gel. It's not a drug. It's not a chemical. It's completely natural and non-toxic. This clean, clear-drying gel uses a powerful 45ppm concentration of silver colloid to completely wipe out virtually any infection. And the silver in the gel actually stimulates collagen formation and the generation of normal non-scar tissue. And with the addition of Aloe Vera, Wound Relief Gel helps speed the healing of rashes, wounds, scrapes, skin irritations and much more—allowing for new healthy, balanced tissue cells!

Wound Relief Gel is so easy to use. Simply apply over any kind of abrasion and keep applying several times daily. The same for wounds. You can leave the area uncovered or cover with a bandage. Always apply a fresh coat before bed. Wound Relief creates a hydrated, antiseptic environment around all your skin injuries to help you heal fast and minimize scarring. You can also use Wound Relief on burns. The cooling, soothing gel goes to work to help repair damaged tissues while fighting infection.

My 16-year old son suffered a gash to the bone in his chest from his surfboard fin while we were deep in Mexico, far from the nearest clinic. Once the wound was cleaned and stitched, we immediately began applying Wound Relief and a new bandage every few hours. With no drugs or antibiotics this severe wound healed perfectly in days.

And Wound Relief fights rashes, too! No need to culture the rash to identify the invading pathogens. Just apply Wound Relief Gel. This "broad spectrum" antimicrobial will kill off any infection. You can also use it for puncture wounds, insect bites, diabetic foot ulcers, bed sores, foot fungus, yeast infections, eczema, and acne.

You should never be without Wound Relief in your medicine cabinet or first aid kit. I never will be.

General Recommendations
for your Good Health!

HEALTH ALERT

Please START your order HERE. Continue to the back page to complete your order.
For Faster Service, call Toll-Free 1-800-231-8063 Mon-Fri 7 AM to 6 PM PST.

PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
A-C Carbamide	0635	270C	\$34.50		
A-F Betafood*	0800	180T	\$26.50		
	0825	380T	\$46.00		
Alboplex	0825	160C	\$35.00		
Alterplex	1000	150C	\$28.50		
Arginox	1145	180T	\$57.50		
AS-Niacinamide	1275	80T	\$12.00		
Betacod	1380	90C	\$24.00		
Betaine Hydrochloride	1525	180T	\$18.50		
Bilberry 8000 mg	M1140	80T	\$37.50		
Bio-Dent	1590	350T	\$35.00		
	1600	800T	\$72.00		
	1612	180T	\$42.50		
Biosol	1615	380T	\$78.50		
Butter Oil Capsules (X-Factor Gold Concentrated)	9175	120C	\$45.00		
Caldfood Powder	1775	10 oz	\$58.80		
Caldfood Waters	1825	100W	\$28.50		
	1855	90T	\$10.50		
Calcium Lactate	1900	800T	\$80.50		
Calcium Lactate Powder	1925	12 oz	\$43.00		
Cal-Ma Plus	1980	80T	\$25.50		
	2065	80T	\$17.00		
Cardio-Plus	2080	330T	\$60.00		
	2140	80T	\$14.50		
Cetabryn	2160	360T	\$46.00		
Cataplex A-C	0580	180T	\$25.50		
	0725	180T	\$23.50		
Cataplex A-C-P	0750	360T	\$42.50		
	1225	180T	\$22.50		
Cataplex B	1250	360T	\$43.00		
	1650	80T	\$15.50		
	1655	380T	\$51.00		
Cataplex C	3775	80T	\$19.50		
Cataplex E	3625	360T	\$86.50		
	3850	90T	\$17.00		
Cataplex E2	3855	360T	\$58.50		
	4150	80T	\$14.50		
Cataplex F**	4200	360T	\$46.00		
	4800	80T	\$14.00		
Cataplex G	4550	380T	\$44.50		
Cataplex GTF	4980	180T	\$28.00		
Chetyn (Zinc)	2175	90T	\$11.00		
	2275	80P	\$25.50		
Chlorophyll Complex Purified	2325	240P	\$85.50		
Cholecod	2425	80T	\$15.00		
Cholaplex**	2525	160C	\$41.50		
Circuplex	2650	150C	\$54.50		
Cod Liver Oil Capsules (Blue Ice Fermented)	9250	120C	\$30.00		
Collagenic Root	2775	150C	\$29.00		
Conceplex	2925	150C	\$34.00		
Conquest Relief	8705	1.5 oz	\$10.00		
Cruciferous Complex	2960	80C	\$28.00		
	3325	90T	\$15.00		
Cytuda-Plus	3330	360T	\$49.50		
Diaplex	3550	150C	\$41.50		
	3850	90T	\$14.50		
Drenamin	3700	380T	\$45.00		
Digestion & Urinary Tonic	8718	8 oz	\$29.00		
Ferrofood	4325	40C	\$10.50		
Flax Oil Omega-Fla	9000	16 oz	\$15.00		
Folic Acid B12	4410	180T	\$21.50		
For-Tu B12	4435	80C	\$18.50		
Gastro Fiber	4615	150C	\$20.50		
Glucosamine Synergy	4635	80C	\$33.00		
Herbal Throat Spray	M4485	25ml	\$23.50		
Immunplex	4980	180C	\$49.00		
Iplex	5100	180C	\$32.00		
Lactic Acid Yeast	5150	100W	\$21.50		
Lipaplex II	5300	150C	\$31.00		
Livaplex	5375	80C	\$24.50		
	5615	330T	\$23.50		
Min-Tian**	5625	800T	\$47.00		
Multizyme	5700	150C	\$40.00		
Nebulizer	8714	1 UNIT	\$35.00		
Neuroplex	5855	90C	\$46.00		
Okra Pepsin E3	6087	150C	\$52.00		
Organically Bound Minerals	6285	180T	\$31.00		
Palmatoplex	6640	150C	\$45.50		
Prostate PMG	6950	80T	\$32.00		
Prosynbiotic	7080	90C	\$40.00		
Protefood	7100	80C	\$31.00		
Purification Program	DPK12	>3 wks	\$298.00		
Renaford	7120	180T	\$33.00		
Respiratory Relief	8711	4 oz	\$25.00		
Ribonucleic Acid (RNA)	7230	180T	\$44.00		
Sesame Seed Oil Portes	7400	80P	\$15.00		
Sinus Relief	8701	1.5 oz	\$12.00		
Sinus Support	8705	1.5 oz	\$10.00		
Shingleza Relief	8708	1.5 oz	\$25.00		
Sleep Apnea Relief	8709	30C	\$40.00		
Soybean Lecithin	7475	240P	\$34.00		
Spanish Black Redfish	7510	80T	\$10.50		
Spleen Deallocated	7600	90T	\$28.50		
Super-EFF	7677	90C	\$28.50		
	7780	90T	\$18.50		
Symplex F	7785	380T	\$54.50		
	7830	80T	\$19.50		
Symplex M	7835	360T	\$85.50		
Thymex	7825	90T	\$19.50		
Thymus	7975	90T	\$21.50		
	8025	90T	\$21.50		
Thyrophin PMG	8030	380T	\$89.50		
Turmeric Forte	M1448	80T	\$35.50		
Vasculin	8165	80T	\$18.50		
Veg-E Complete Pro (Vanilla)	8185	22 oz	\$61.00		
Veg-E Complete Pro (Chocolate)	8180	22 oz	\$61.00		
Whey Pro Complex	8325	18 oz	\$64.50		
Zymex	8445	150C	\$33.00		
Zymex II	8440	90C	\$32.00		
	8430	90T	\$16.50		
Zypin	8480	330T	\$50.50		

** Do not take this product if you are allergic to iodine.
T=Tablet, C=Capsule, P=Paras, W=Water

Total from this first side of Order Form

GUARANTEE: If you decide these products are not for you, please contact our offices at 800-231-8063 within 30 days of the order date to receive instructions (only unopened/non-expired/unmanipulated/mixed products and packages accepted) and a RMA (Return Merchandise Authorization) number that is required in order to process product returns. NOTES: These products are not designed to take the place of medical care, which you should get from a licensed medical physician. Prices subject to change without prior notification.

Dr. West's Top Recommended Products
from www.HealthAlertStore.com

PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
Apple Cider Vinegar	9400	12 oz	\$4.00		
Balsamic Vinegar	9450	12 oz	\$8.00		
Butter Oil X-Factor Gold Concentrated	9175	120C	\$45.00		
Celtic Sea Salt (fine)	9700	1 lb	\$10.00		
Celtic Sea Salt Grinder (filled w/ light grey salt)	9715	3 oz	\$8.95		
Celtic Sea Salt Shaker	9750	8 oz	\$5.00		
Grey Celtic Sea Salt (coarse)	9725	1 lb	\$4.95		
Kyocera Ceramic Salt Grinder	9775	1 UNIT	\$19.00		
Coconut Oil - Flavorless	9350	16 oz	\$10.00		
Coconut Oil - Full Flavor	9300	16 oz	\$14.50		
Cod Liver Oil Capsules Blue Ice Fermented	9250	120C	\$30.00		
Congestion Relief	8708	1.5 oz	\$10.00		
Digestive And Urinary Tonic	8716	8 oz	\$29.00		
Flax Oil Omega-Flx	9000	16 oz	\$15.00		
Food Poisoning Relief (4 - 2 oz bottles)	8731	1 pkg	\$34.99		
Maul Aul Bum Spray	8719	4 oz	\$10.95		
Nebulizer-Orron Comp Air™	8714	1 UNIT	\$39.00		
Neel Pot	8704	1 UNIT	\$4.50		
Nutri Flax Powder	9075	16 oz	\$10.00		
Oral & Dental Therapy	8723	8 oz	\$29.00		
Pn Paper With Dispenser	9007	1 ROLL	\$6.00		
Reinforced Soap	9900	1 BAR	\$5.00		
Rash Relief	8707	1.5 oz	\$24.00		
RAW Lip Balm					
Lemongrass & Coconut	8724	1 TUBE	\$4.75		
Orange & Tangerine	8725	1 TUBE	\$4.75		
Pineapple & Coconut	8726	1 TUBE	\$4.75		
Pomegranate	8727	1 TUBE	\$4.75		
Rose & Mint	8728	1 TUBE	\$4.75		
Vanilla & Chamomile	8729	1 TUBE	\$4.75		
Respiratory Relief	8711	4 oz	\$26.00		
Sinngleze Relief	8708	1.5 oz	\$25.00		

PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
Sinus Relief	8701	1.5 oz	\$12.00		
Sinus Support	8706	1.5 oz	\$10.00		
Sleep Apnea Relief	8709	30C	\$40.00		
Super Nati Juice	8702	8 oz	\$44.00		
Throat Relief	8730	4 oz	\$22.99		
Wound Relief Gel	8717	4 oz	\$17.00		
Literature					
GI Mediterranean Diet	GIMD	1 BK	\$10.00		
Health Evaluation (1 year free)	66	1 FORM	\$39.00		
Low Fat Lies	LFL	1 BK	\$15.00		
Managing Sinus Health	8703	1 BK	\$15.00		
Master Index	INDEX	1 BK	\$13.00		
Reays of the Dawn	ROTD	1 BK	\$12.00		
Slow Burn Fitness Revolution	SBFR	1 BK	\$18.95		
The New Encyclopedia of Pragmatic & Holistic Medicine	NPAC	1 BK	\$120.00		
Loesah Scalp Products*					
Conditioner*	8925	8 oz	\$16.00		
Shampoo*	8950	8 oz	\$14.00		
Scalp Defense*	9075	8 oz	\$17.00		
Water Purification					
Bath Ball Dechlorinator	CB1	1 BALL	\$39.00		
Bath Ball Replacement	CB2	FILTER	\$25.00		
Gard'n Gro Dechlorinator	RGRO	1 UNIT	\$48.00		
Gard'n Gro Replacement RO Membrane Module	RBF7	FILTER	\$40.00		
Sediment Pre-Filter #47-8280G2	RBF8	FILTER	\$178.00		
Black Carbon Filter #47-9288G2	RSF6	FILTER	\$89.00		
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Standard UPS shipping and handling in the Continental U.S. Additional charges apply for PO Boxes, Alaska, Hawaii and US Territories. FREE SHIPPING: UPS Standard \$4M Price for orders of \$250 or more.					
Please make check payable to Health Alert. We also accept credit card orders.					
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* Can only ship UPS ground no USPS ship option. ** 16% restocking fee applies

Please fill in the form below for your order

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☐ My shipping address is the same as my billing address *This is a ☐ home ☐ business (no UPS to P.O. Box)*

☐ Please bill my credit card below. ☐ My check is enclosed.

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Signature: _____

Return the entire form to: Health Alert, 30 Ryan Ct., #100, Monterey, CA 93940.
For fastest service, call TOLL FREE 800-231-8063, M-F, 7 AM - 5 PM PST. Or fax credit card orders to 831-973-3806.

GUARANTEE: If you decide these products are not for you, please contact our offices at 800-231-8063 within 30 days of the order date to receive instructions for any unopened/unused/unmarked/damaged products and packages accepted) and a RMA (Return Merchandise Authorization) number that is required in order to process product refunds. **NOTES:** These products are not designed to take the place of medical care, which you should get from a licensed medical physician. Prices subject to change without prior notification.

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EXHIBIT 8



Dr. Bruce West, Founder
Health Alert/Immune Systems, Inc.

HEALTH ALERT®

October 2019 / Volume 36, Issue 10

WHEN ALL OTHER TREATMENTS FAIL

Dear Reader,

MY MEMORY!

Well...it has happened...*my working memory has improved!* About three months ago I began taking two *Turmeric Forte* tablets daily. I have no memory problems, but at almost 72 years old, I've been questioning my *working memory*. Working memory is very-short-term memory—like phone numbers, what you went into a room to do, a certain task you had planned, and general recall of what you are doing minute-to-minute.

Working Memory Loss vs. Memory Loss

You know when your working memory is failing. For example, you head to a room in your office or home to perform a task and when you get there, you forgot what you were going to do. Or you are asking yourself, "what was just on my mind a few seconds or minutes ago." When these episodes happened to me, I just chalked it up to being too busy—with dozens of things I have to do in a day. So I keep a daily list running at all times.

ADVISORY BOARD

- T. P. Bogard, MD, Urologist
- Thomas Cowan, MD, Physician, Author
- Mahmood Hal, MD, FICS, Chief of Urology, Glenwood Amnopolis Hospital
- Tom Jamieson, DO, Osteopathic Physician and Surgeon, Author
- Michael W. Kendall, DPH, PhD, Naturopathic Podiatrist, Professor of Human Anatomy
- Bob L. Leibowitz, MD, Oncologist—prostate cancer
- James McArthur, MD, Physician, Author, Infectious Disease Expert
- Ralph W. Moss, PhD, Cancer Consultant and Author
- John Trowbridge, MD, Physician, Author, Chelation and Yeast Syndrome expert
- Gino Vantresca, DDS, Oral and Maxillofacial Surgeon
- And 37 other medical experts from every health field, including: medicine, chiropractic, osteopathy, naturopathy, dentistry, surgery, acupuncture, nutrition, physical therapy, rehabilitation and nursing

Bruce West, DC, Editor/Publisher

HEALTH ALERT, 30 Ryan Court, #100, Monterey, CA 93940

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Nonetheless, if I had a task in my mind to get done, when I went to do it, I might occasionally and suddenly forget what it was. I paid it little attention because my mental thought would almost always return to me quickly. But not always—sometimes it took hours to get my recall. The same thing might happen to me with phone numbers, or even names—all examples of working memory.

So I figured, what the heck. I have no *memory loss*, but if I could have better instant recall or working memory, it would be helpful. So I began my *Turmeric Forte* protocol of 2 tablets daily. And I must say that after three months, I was beginning to become concerned because I was aware of no change at all in my memory. Then around month four, I suddenly became aware that my brain was improving.

It started out subtly. I might forget what I was headed to do for a second, but it would almost immediately come back to me. Or I might lose a word I wanted to use in writing an article—but this time, instead of just being gone, the word would return to my brain quickly. In other words, *my working memory is improving*. If I do have any lost very-short-term recall, it now returns to me almost immediately.

This may seem inconsequential but considering *there is no other way to accomplish this*, it is a major memory improvement. And I am now convinced—rather than worsening, my memory will now continue to improve, with even faster recall, and eventually with less or no very-short-term memory lapses. This is major because *no other treatment* can do this for your brain. And it simply *proves* the following:

- 1) The phytochemicals and polyphenols in turmeric root and in the product *Turmeric Forte* can indeed improve memory.
- 2) It takes some time, and no one can predict how long it will take for any one person. My best educated guess is not to cheat yourself and allow at least 18 months for improvement.
- 3) The polyphenols in this product definitely make it past your blood/brain barrier into your

brain in therapeutic, pharmacologic doses.

The Research Is Sound!

Based on my results, thousands of studies on turmeric root, and the new *activated* formula of turmeric root found in Turmeric Forte, I am more excited than ever that the research is indeed correct. And that:

- 1) The phytochemicals in Turmeric Forte are powerfully anti-inflammatory. In your body, they can *break chronic pain cycles*. In your brain, they can *stimulate improved recall and memory*.
- 2) These same phytochemical actions can *improve the health of the linings of your arteries*, including your coronary arteries. This would provide direct benefit for people with cardiovascular and coronary artery disease.
- 3) By *reducing inflammation*, these same phytochemicals could play a role in *improving your blood sugar control*.
- 4) And perhaps most important of all, Turmeric Forte *kills cancer stem cells*—making it a premiere anticancer agent that can be helpful to anyone at risk of or suffering from cancer.

In all, this is very, very exciting. In the health world, breakthroughs are almost nonexistent. This is truly a major, major breakthrough. Turmeric root phytochemicals are notoriously hard to absorb and utilize in your body. But by infusing turmeric root material into the plant fiber from the Fenugreek plant, Standard Process has managed to overcome this previously insurmountable problem. This new infused and activated Turmeric Forte is absorbed 25 to 45 times better than turmeric root powder. And it now passes through the blood/brain barrier and actually enters your brain circulation to do its work.

Experiencing results for myself makes it even more real and potentially helpful for you. I will continue with my protocol for the next year or so. And I will report to you exactly what happens to me and to my patients. And if your brain and memory (or anything else) improves with Turmeric Forte, please let me know.

SECRET TREATMENT OF THE MONTH

GALLBLADDER SURGERY—MANY USELESS, MOST UNNECESSARY

Years ago, I knew a gastroenterologist/surgeon.

He made a great living removing gallbladders as well as performing other surgeries. One day he himself came down with gallbladder pain. Upon examination he had some gallstones and was recommended for the medical gold standard, a *cholecystectomy* (gallbladder removal). Ironically, he hesitated to have this surgery and was living with the pain, nausea, etc.

We were playing beach volleyball one day and he was not looking or feeling so great—he complained to me about pain and nausea. While talking he told me about his gallstone diagnosis and recommendation for surgery. I suggested that the odds were good that the surgery might not help, that he would continue to have symptoms, and without a gallbladder, he would become permanently sick with no way to get better except to use drugs.

He was flabbergasted at my thoughts but was curious—this was not a dumb person. I suggested that the cause of most gallbladder problems is poor diet, the wrong fats, and bile that has become too thick, clogging up the bile ducts, and even interfering with the liver and gallbladder itself. I also brought up the subject of *betaine*—a compound that can be derived from certain plants that has the capacity to thin the bile. He had heard of betaine but knew very little about it.

I suggested that instead of surgery, he start a Mediterranean diet, eliminate unhealthy fats from processed foods and oils, and take the supplement *A-F Betafood* (1-4 per meal), which contains the phytochemical form of betaine from beets. Now scared of the surgery that he performs at least 100 times a year, he followed my advice. The next time I saw him, he was a happy camper, had no problems, and actually quit performing 95% of his gallbladder surgeries for his patients.

He told me that cholecystectomies had paid for putting his kids through college and for his Mercedes. Still, he stopped almost all surgeries and discovered new ways to use his medical skills to help patients without gallbladder surgeries. He was a one-of-a-kind guy when most all other surgeons in the same situation would have simply continued to make money performing surgeries that are often useless, dangerous, and can leave their patients permanently ill.

Surgery or Not—Same Results!

An interesting and very well-done study in

Lancet recently came online (April 26, 2019). I emailed it to my volleyball-surgeon pal. It pretty much reported exactly what he and I had discussed on the beach some years past. Are you ready? Half the patients with gallbladder pain and problems received cholecystectomy and half did not. Many patients in both groups (surgery vs. no surgery) never attained pain or symptom relief. And patients who *did not* undergo surgery had the exact same outcomes as those who had the surgery!

So, Big Medicine treatment of gallbladder symptoms (biliary colic and pain) is substandard. And for simple problems like small gallstones, pain, nausea, diarrhea, etc., whether you have your gallbladder removed or not, *it makes no difference*. No mention is ever made about any non-medical or non-surgical treatments, diet, or the fact that you may be made permanently sick from the surgery. And the takeaway from this study to physicians and surgeons is, are you ready? Surgeons have to give their patients *more realistic expectations* about their symptoms following surgery! Or if the real truth were told, it would be, you should have surgery, but it probably won't make any difference one way or the other, and it will probably leave you permanently ill.

Betaine and Stomach Acid

The greatest causes of gallbladder problems are:

- 1) A *bad diet* with too much processed foods, fats, and oils.
- 2) *Insufficient stomach acid* and the resultant poor digestion of foods in the stomach before the gallbladder is signaled to release bile.
- 3) A *deficiency of phytochemicals like betaine*.

Once you understand this, you can easily see how futile standard medical therapy and surgery are.

If you have problems, switch to a Mediterranean diet. Leave all the processed foods and fats, and all the crystal-clear vegetable oils on the shelves. Start immediately to increase your intake of betaine with beets and the product *A-F Betafood* (1-4 per meal). And if you don't get results, or if you have acid indigestion/heartburn/reflux, be sure to check your stomach acid by using the *Zypan test*. You can find this in your free book or call my office at 1-800-231-8063 (M-F, 7-5 PST) and ask for the Zypan test. If your stomach acid is low—as it is for millions of Americans, flush the antacids and acid soppers and

begin to rebuild your stomach acid naturally.

The Mediterranean diet will help refurbish adequate stomach acid and enzyme production somewhat. You should also throw out all table salt and replace it with *Celtic Sea Salt*. Salt is needed for proper stomach acid production. And you should begin to use either *Zypan* (2-4 per meal), or if your low stomach acid is severe (when Zypan helps but is insufficient), you can use *Betaine Hydrochloride* (1-6 per meal). If you get tingling or burning with either Zypan or Betaine Hydrochloride, you must cut back on the dose immediately. If your indigestion improves dramatically, you have resolved a problem that not one in 10,000 physicians knows how to handle.

At the same time that you are improving your stomach acid/enzyme production and thinning your bile with betaine, you will be rehabilitating your gallbladder. You see, your gallbladder secretes bile into your small intestine during the second phase of digestion by opening the *sphincter of Oddi*. But this sphincter will not function until it receives the signal from your stomach that its contents are *sufficiently acidic*.

So improving stomach acid will improve your stomach and begin to relieve acid indigestion. It will also automatically improve your gallbladder because the proper signal can now be sent to your gallbladder (sphincter of Oddi) to release bile. By accomplishing this, most people are able to move into the modern world of pragmatic therapy, to move out of outdated medical treatments, and to prevent a cholecystectomy—which is often useless, and which can make you permanently sick for the rest of your life. What a concept!

W.H.O. GUIDELINES FOR ALZHEIMER'S AND DEMENTIA: MOSTLY OLD AND USELESS

I don't usually read anything from the *World Health Organization (WHO)*. But their new guidelines to prevent and help people with dementia, cognitive decline, and Alzheimer's got my attention. And I guess there are still people and physicians who hold WHO information and guidelines in high esteem. I am not one of these people.

WHO rightfully says that by the year 2030, more than *130 million* people will suffer from Alzheimer's and/or dementia. They also rightfully say that "we need to do everything we can to

reduce our risk of dementia." So, they set out to test and then recommend guidelines to help you prevent and treat dementia and Alzheimer's. Here's what they say is good and what is not good to fight Alzheimer's/dementia:

- 1) **Exercise is good.** We already knew that (*Health Alert*, Vol. 18, No. 5—almost 20 years ago).
- 2) **Stop smoking.** We already knew that.
- 3) **Mediterranean diet is best.** We already knew that (*Health Alert*, starting 30 years ago).
- 4) **Keep alcohol use to a minimum.** We already knew that.
- 5) **Maintain proper weight.** We already knew that.
- 6) **Blood pressure drugs do not help prevent or treat Alzheimer's/dementia.** We already knew that.
- 7) **Cholesterol (statin) drugs do not help.** We already knew that.
- 8) **Antidepressants do not help.** We already knew that.
- 9) **Exercise and take diabetes drugs to control diabetes.** Exercise helps, but there is not much difference with Alzheimer's/dementia whether you take diabetes drugs or not.
- 10) **Supplements were tested against a placebo:**
 - Synthetic multivitamins vs placebo did not help.
 - Polyunsaturated fatty acid supplements vs placebo did not help.
 - Synthetic vitamins B and E vs placebo did not help.
 - Protein supplements vs placebo did not help.
 - Chicken supplements vs placebo did not help.
 - Polyphenols vs placebo *consistently helped*.

What's a Polyphenol?

Polyphenols are *phytochemicals* (a term you have heard over and over in *Health Alert* for the past 35 years). They are compounds found abundantly in natural plant food sources that have antioxidant properties. There are over 8,000 identified polyphenols found in foods such as

fruits, vegetables, root plants, extra virgin olive oil, and more. Polyphenols (phytochemicals) are naturally found in whole, raw foods. Polyphenols are just one of a host of naturally-occurring phytochemicals found in the whole-food supplements we use and that are absent in synthetic supplements (almost all store or Internet bought supplements).

When it comes to preventing and fighting Alzheimer's/dementia, the most powerful polyphenol of all is *curcumin* from *turmeric root*. To date it is the only known compound that has been proven to improve Alzheimer's patients, while helping people control chronic pain, maintain normal blood sugar, prevent and treat cancer (it kills cancer stem cells), and more.

Until now curcumin has been extremely difficult for your body to absorb and utilize. And none got through the blood/brain barrier to get into your brain. Fortunately, we have curcumin from turmeric root that has been *activated for dramatically enhanced absorption*. This activated curcumin is found in the product *Turmeric Forte*. This was accomplished by infusing turmeric root into the seed material from the highly absorbable Fenugreek plant. This made the curcumin absorbed and utilized from between 25 to 45 times greater than normal. And it easily passes through the blood/brain barrier to get into your brain in pharmacological doses.

Use Curcumin—the Amazing Polyphenol

If you have a family history of Alzheimer's/dementia, be sure to use *Turmeric Forte*. If you have pain or a family history of diabetes, be sure to use *Turmeric Forte*. If you have a family history of heart disease, be sure to use *Turmeric Forte*. If you have a family history of cancer, be sure to use *Turmeric Forte*. In these situations, take 2 *Turmeric Forte* daily with food that contains a little fat.

If you are already losing memory, have chronic pain, prediabetes, or heart disease, take 3 *Turmeric Forte* daily with food that contains a little fat. And if you already have Alzheimer's, dementia, type 2 diabetes, heart disease, severe chronic pain, or

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cancer, take 4 Turmeric Forte daily.

As for WHO recommendations, who really cares? Follow the same protocol we have recommended for over 35 years. Eat a Mediterranean diet, drink plenty of pure water, throw out table salt and use only Celtic Sea Salt, exercise regularly, skip the synthetic brain supplements, and use only whole-food supplements. And when it comes to curcumin—*the only phytochemical (polyphenol) proven effective for people with Alzheimer's/dementia*—be sure to use the *activated Turmeric Forte* because it is actually absorbed into your bloodstream and brain. It only makes sense.

PROTOCOL FOR PEOPLE WITH OR PREVENTING ALZHEIMER'S OR DEMENTIA

For prevention...

Turmeric Forte: 1 daily

For those with a family history of cancer, especially female cancer...

Turmeric Forte: 2 daily

For those already beginning to lose memory, have prediabetes, pain, or early heart disease...

Turmeric Forte: 3 daily

For those diagnosed with cancer (especially female cancer), type 2 diabetes, Alzheimer's/dementia, chronic pain, or heart disease...

Turmeric Forte: 4 (2x2) daily

Take Turmeric Forte with food that contains a little fat for best absorption and bioavailability.

LDL AND CHOLESTEROL CRAZE SLOWLY DYING

The latest news on cholesterol—and in particular LDL cholesterol (the bad one)—is not good for the makers of statin drugs that lower the amount of these fats in your blood. In the latest studies, it turns out that LDL levels are *extremely poor markers* for whether you will suffer a first or subsequent heart attack. LDL is now not even considered important when it comes to predicting a future heart attack. In fact, *LDL cholesterol has never been all bad because it actually protects many parts of your blood vessels and brain.*

Results from a study reported in *Medscape* showed that lowered levels of LDL (bad?) cholesterol was linked to an increased risk of the worst kind of stroke—an *intercerebral hemorrhage (ICH)*—known in the hospital as a *brain bleed*. Individuals with an LDL level below 70 mg/dL (the current medical target that most car-

diologists try to achieve with their patients) had a *65% increased risk* of having an ICH or brain bleed stroke. And those individuals with an LDL level below 50 mg/dL (a target level for some cardiologists) had closer to a *200% increased risk!*

Granted that ICHs are rare. And even with a 200% increased risk, that is still not a super great number of people. But what it does show is that LDL cholesterol, as we have always claimed, is not all bad. That both cholesterol and LDL cholesterol are essential fats in your body. And that lowering cholesterol and LDL cholesterol with statin drugs to prevent heart attacks is trying to resolve heart problems (someone dies from a heart attack every 45 seconds in America) with the *wrong treatment*.

Throw in the following facts, and you can quickly see the futility in most pharmaceutical heart drugs and treatments:

1) In the most serious cases this kind of therapy is high risk and akin to whipping a dying horse. All cardiologists know this scenario—when their patient continues to slowly die despite more and more and more drugs. The heart just does not respond to these drugs.

2) Statin drugs carry a litany of side effects, including memory loss, muscle problems, type 2 diabetes, liver damage, and more. And there are dozens of reputable studies showing that statin drugs are actually *cardiotoxic* (toxic to your heart!).

What Works for People with Heart Problems

The heart is the most responsive organ in your body to *proper nutritional therapy*. We know this because we have helped tens of thousands of heart patients recover and enjoy a healthy life with whole, raw nutritional complexes and concentrates and *no drugs*. Lots of these people were suffering from serious, end-stage heart disease, many on the heart transplant list before starting our therapy.

Most heart and blood vessel disease is caused by *beriberi of the heart*. This condition, caused by nutritional deficiencies, especially a vitamin B complex deficiency, goes completely ignored by medicine. And without intervention with nutrients from liver, nutritional yeast, defatted wheat germ, bran, and much more, the heart condition continues to foment and get worse.

Without addressing the underlying cause of heart disease, all other treatments will fail, quickly

or eventually. But with the proper treatment of the underlying cause of heart disease, the usual course for the patient is early improvement (within 90 days), increased strength, more normal heartbeat and pulse, stronger heart output, more energy, and eventual return to the cardiologist to *deprescribe* the cardiac drugs which are no longer needed.

It's a Giant Secret You Will Never Be Told

This entire scenario is a secret that is absent from just about all American heart care. And that is more than a shame. After all, our protocols have no side effects. So you can try them out while you are still under standard medical care for your heart. It will be a short time indeed before you see the light.

That is the reason I wrote the special report, ***Heart: The Greatest Heart Secret You'll NEVER Be Told***. It is an almost century-old story that will shock most readers. The subheading, ***Imagine...a secret formula that has helped heal hearts for more than 85 years, and today it's still the greatest heart secret of all time!*** Thanks to amazing work by my team, our new website www.healthalert.com is up and running. Click on Health A-Z, and then the article. You can read or download this amazing article. It can change your life.

In the article, I highlight the protocol needed to resolve the underlying causes of heart disease. It includes all the nutrients, vitamins, minerals, trace minerals, enzymes, coenzymes, sterols, vitamin activators, fatty acids, microRNAs, and more for you to treat your heart. These nutrients come from nutritional yeast, heart extract, liver, rice bran, beet root, pea vine juice, adrenal extract, allantoin, omega-3 fatty acids, and much more. These nutrients are found in special formulae that have been refined over the decades with a track record of *more than 85 years!* Not exactly what you will find anywhere else.

All these nutrients can be found in the products ***Cardio-Plus*** (6 daily), ***Cataplex B*** (3 daily), ***Cataplex G*** (4 daily), ***Min-Tran*** (6 daily), and ***Cataplex F*** (3 daily). The raw ingredients are grown on organic farms and treated without the usual chemicals, solvents, or heat used on almost all other supplements. The products containing these nutrients—specific for you in the treatment of your heart—are not isolated chemical vitamins made in China that your body cannot utilize and

excretes in minutes.

Don't let the protocol that allows you to heal your heart remain a secret from you or your family. Go to my website today and read or download the article. I guarantee you will be happy you did. And if you do not use a computer, just call my office at 1-800-231-8063 (M-F, 7-5 PST) and we will get you the article you need.

KIDS AND ADULTS GETTING WEAKER—OR BUGS GETTING STRONGER?

I used to think our kids were just getting weaker and weaker—with most unable to even fight off a cold without drugs. And it is no doubt that our kids are far sicker now than in past years. I know this because I have the gift of seeing and helping thousands of kids. But I have come to consider this worsening problem as something worse and more sinister than just weaker and weaker kids.

Why?

I believe that yes, kids are weaker. But the second part of that equation is that I believe they are being *made weaker* with the ever-increasing onslaught of drugs. And at the same time microbes and bugs do what they have always done since time immemorial—they are *mutating and becoming more powerful and dangerous*. I and thousands of other experts and scientists believe this is in direct response to the same onslaught of drugs.

More Resistant Bugs

Consequently, the common bugs that all kids have to deal with are now *far more resistant to both drugs and vaccines*, as well as to our kids' own immune systems—the same immune systems that I believe have been compromised by drugs, antibiotics, and possibly too many vaccines. Today almost all colds in school kids progress to bronchitis and frequently to pneumonia. Kids go down with a cold or flu, not for a few days, but for *a few weeks!*

And it is getting worse year after year. Why do I think this? Because I agree with all medical scientists that messing around with our immune system with vaccines, biologic drugs, and more can have *drastic consequences*. It can make you permanently sick, weaken you against infections,

seriously damage your nervous system and brain, and even cause death. Unfortunately, the profit motive is so great that you are kept in the dark

Any physician or doctor who handles lots and lots of kids knows that kids that have not been exposed to dozens and dozens of vaccines and many, many doses of antibiotics are far healthier than their counterparts who have been exposed. The exposed kids suffer higher rates of autoimmune problems, skin problems, asthma, allergies, and more. And today legions of kids can die from eating a peanut—something unheard of in years past.

And unfortunately, partially thanks to high profits—and the fact that no drug company can be sued for any consequences, even death, as a result of any of their vaccines --they are developing more vaccines as quickly as possible. There are dozens and dozens of *new vaccines* in development. And for the most part, they will become part of the “expert medical vaccination guidelines” for all kids.

What Can You Do?

I wish I had more answers to the dilemma of ever more powerful microbes and increasingly weaker kids. I can only say that you need to keep your kids as strong as you can and make sure they have a strong immune system...

- 1) Make sure they eat *real food*.
- 2) Make sure they take supplements to bolster their immune systems. Products like *Inmuplex* (3 daily) for all kids are excellent.
- 3) When your kids get a cold or flu, follow our protocols using *Congaplex* (1–2 tablets every two hours) starting at even a hint of a cold or flu and continuing until it is wiped out.
- 4) Use our antimicrobials like *Sinus Relief*, *Respiratory Relief*, *Throat Relief*, and *Digestive and Urinary Tonic* for all kids and adults with colds, flu, stomach flu, food poisoning, sinusitis, tonsillitis, bronchitis, whooping cough, pneumonia, etc.
- 5) Be sure to see my amazing articles on Colds/Flu/Sinusitis/Tonsillitis/Bronchitis/Pneumonia on our site, www.healthalert.com
- 6) And always keep antibiotics as a treatment of last resort. These drugs are useless against all viral infections, and they *always damage your kid's gut and immune system* while encouraging further bacterial mutations and stronger bugs.

7) All recommendations 1–6 are just as useful for *you*.

After 40 years and thousands upon thousands of young patients, I am convinced this is what is really going on today. *Lots of other brilliant healers also understand this crisis.* The question remains, *why are almost no physicians and doctors even thinking or talking about this?*

DEMENTIA AND ALZHEIMER'S CAUSED BY DRUGS NOW CLEAR

“Is it any wonder that huge percentages of our older population are suffering with dementia and Alzheimer's when so many drugs can cause such damage? I'm amazed that anyone today safely reaches their senior years with their brain still intact. Simple antihistamines, sleepers, and antidepressants...who would have thought? I would. That is why I've been saying for over 36 years that no drug is safe at any dose.”

Health Alert, Vol. 32, No. 5

It is a hard pill to swallow (no pun intended) to learn the havoc prescription drugs have wreaked upon us. And for sure, when you need a drug (hopefully for a short term), it can be a Godsend. But all drugs have side effects, and all drugs can take a toll—often a deadly toll. *Anticholinergic agents* are a class of drugs that can cause dementia and Alzheimer's—the heartbreak of senior citizens. And pharmacists and physicians alike were, and are, having a hard time accepting the facts. The reason is simple, these drugs are dished out by the trainload to senior citizens daily.

These drugs include antihistamines sold over the counter (OTC) for sleep like *Benadryl*. Other OTC anticholinergic agents are *Advil PM*, *Bayer PM*, *Excedrin PM*, *Nytol*, *Simply Sleep*, *Sominex*, *Tylenol PM*, *Actifed*, *Allergy & Congestion Relief*, *Chlor-Trimeton*, *Codeprex*, *Eficac-24*, *Chlorpheniramine*, and more.

Then there are prescribed drugs like allergy medications, bladder drugs for “overactive bladder,” antidepressants like doxepin and amitriptyline, and more. And don't be fooled by the OTC aspect of these drugs, or even low doses. *Even at the lowest dose, taken daily for three years—which is extremely common—puts you at a high risk for brain damage like dementia, memory loss, and even Alzheimer's.*

And the studies on these drugs have only zeroed in on anticholinergics effects on older folks. To date *no one really knows how much damage they are doing to younger adults*. If we begin to study younger adults, we may discover that the large numbers of dementia and Alzheimer's cases attributed to anticholinergics might really be huge numbers.

How Bad?

As stated, we really have no idea how bad the damage from these drugs to our cumulative brains is because we have only studied less than half the population (seniors). But even in this group, the numbers of dementia/Alzheimer's-induced cases is estimated to be *10% of the entire number of new cases of dementia every year*.¹ 10% may not sound like much, but there are *500,000 new cases of dementia annually*. That makes the number of dementia-induced cases caused by anticholinergics *50,000 new cases every single year*. And that does not count young adults who are being affected. And this is only *from one class of drugs*!

Amazingly, lots of anticholinergic drugs are not effective. Researchers from the study are encouraging you to consider if these drugs are really helping you at all. And to give them up if you have any family history or inclination to dementia/Alzheimer's. And they are calling for alternatives to these and other drugs that cause brain damage and dementia.

Alternatives

If you have memory problems of any kind, you must avoid these drugs (as well as lots of other drugs). Get to your physician if they are prescribed to get them *deprescribed*. And if your memory is becoming a problem, you must take *Turmeric Forte* daily for life. This product contains the highly activated form of free curcumin from Turmeric root. It gets into your bloodstream and into your brain when other curcumin products do not.

If you have any family history of dementia/Alzheimer's, take 1 tablet daily. If are experiencing early memory loss, take 2 tablets daily. And if you already have memory loss, take 3-4 tablets daily. Always take Turmeric Forte with food that contains some fat. In studies 100% of subjects with memory problems had *improved memory*

after 18 months on activated curcumin (as in Turmeric Forte). That is a medical impossibility!

And when it comes to allergies, use our alternatives. We use the product *Allerplex* (6 daily) during allergy season. Allerplex contains all the phytonutrients your body needs to fight allergies and stay healthy. And we use the amazing herbal sprays *Congestion Relief*, *Sinus Support*, and *Sinus Relief* when your sinus allergy becomes a sinus infection. Congestion Relief can be used daily throughout allergy season without fear of dependence or rebound problems. Since it is herbal, there are no side effects. And as always, we have these products in large quantities so you can get them at a discount. Just go to www.healthalert.com, or call my office at 1-800-231-8063 (M-F, 7-5 PST).

As for all other problems for which you might need alternatives to anticholinergic drugs (and other drugs) that may damage your brain, feel free to write me a note and tell me about your problem. If you can't resolve your problem using the data from *Health Alert*, I'll get you the information you need. Are alternatives important? Only if you value your brain and your mind!

Drugs, Drugs, and More Drugs

The truth is that with any medical condition at all, your prescription should automatically be considered *the cause of the problem* until proven otherwise. And you should never take any drug before it has at least a 7-year track record of safety. Experimental drugs? New drugs? More drugs? Cheaper drugs? Free drugs? Who cares! What is needed is *fundamental change* in the form of safe and effective non-drug alternatives. *We are that change*. Break free of anticholinergics. Use our alternatives. *Consider any drug as a potential dementia risk. And starting today, help and save your brain.*

NOTES

¹ "Anticholinergic drugs could account for 10% of dementia cases," *Medscape*, June 28, 2019.

NEW WEBSITE UP AND RUNNING

Our new website, www.healthalert.com, is up and running. Use it to get information, access and download articles, review products, and even place orders online for all products. We hope you use and enjoy our new website.

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Heart: Greatest Heart Secret You'll Never Be Told

Imagine... a secret formula that has helped heal hearts for more than 85 years, and today it's still the greatest heart secret of all time!

"The human heart is the most responsive organ in the human body to proper nutritional therapy."

Health Alert, Vol. 7, No. 12 (25 years ago)

Has *any* doctor *ever* told you that your heart is the easiest organ in your body to fix? Has any doctor ever told you this simple fact before prescribing your 5th, 10th, or even 20th toxic drug, even as you are getting worse? Has any doctor ever told you this simple fact *before* performing invasive cardiac surgery for a stent, bypass, ablation, even a transplant? The answer is no, because your doctor simply does not understand the greatest heart secret you will never be told.

85 Years Ago...

Close to 85 years ago, a dentist, inventor, and engineer with a keen knowledge of nutrition began to grind organic whole wheat and wheat germ in his patented stone mill. He added the nutrition from certain organically grown vegetables and concentrated organ and glandular materials, i.e., liver, thyroid, adrenal, etc. He made all this into a powder and even pressed it into tablets for his patients and friends. It was the first organic-food, organ, and glandular concentrate made into a nutritional supplement. He did this primarily because he was lamenting the dismal milling and bleaching of wheat into white flour that ended up devoid of the nutrition from the wheat and germ. He felt this kind of devilish food processing for profits would result in dental decay and poor health.

The Discovery

Much to his surprise, and although it was not his goal, he discovered that his new nutritional concentrate allowed his patients and friends to cure their heart disease. This had never been done before. In fact, it was considered impossible. *And thus the great heart secret was born.* Over the years, Dr. Royal Lee continued to research his product. He found that certain vegetables, when added to his product, helped people with a certain type of heart disease. He found that altering the organ or glandular content would help other people with other types of heart disease. After many years, he had categorized exactly which nutrients were needed, and from what source, to help people with every type of heart disease. That included a heart that was overactive, beat too fast, was underactive, beat too slow, was too weak, was swollen and waterlogged, could not maintain a normal rhythm, was stretched and laid low in the chest cavity, that fibrillated, faltered, pounded, shook, raced, and stopped for seconds at a time.

The Growth

Soon the secret got out as patients told others about their miraculous heart cures. And the more diligent Dr. Lee was with his "formulas" the better they would perform. After years of experience, Dr. Lee correctly proclaimed that *the heart is the most responsive organ in the body to proper nutritional therapy.* This is still

true today. And the formulas first created over 85 years ago, then honed and made more and more effective over the next 10-20 years, remain locked away in nutritional healing treatises today as the *greatest heart secret of all time*.

These remain a secret because even though they are still the most effective heart treatments known to man, no mass production ever took place. They were simply too difficult to make, too time consuming, and too expensive to produce. They required sophisticated and patented engineering equipment to be made properly. The raw materials had to be grown organically on special work-intensive farms. Complicated safety mechanisms had to be in place to insure quality and safety for the consumer. And specialized, patented equipment had to be invented and used to properly assay the broad array of nutrients, as well as their proper synergistic combinations in each product. And finally, after all this, *there just wasn't enough profit in these secret formulas for any shrewd supplement maker to pursue*.

The Innovations

But none of this deterred Dr. Lee. Instead, he started organic farms. He invented and patented the equipment he needed to concentrate and process organic food into nutritional supplements that, unlike any others, maintained their life force and entire nutritional tapestry as only nature could provide. As the word spread, more and more bottles of the secret formulas were produced. Soon a company, Standard Process, was constructed to do everything, starting from the soil, to the seed, to the plant, to the harvest, to the concentrating of nutrients, to the final products.

About the only thing the company did not do was advertise. Instead, thanks to hard work, scientific study, and nutritional genius, the products sold on their own, gaining in sales by the months, years, then decades as the word spread. Despite the temptation to increase profits by cutting corners and adding synthetic products from pharmaceutical companies, Standard Process has instead maintained Dr. Lee's secret formulas that began healing hearts more than 85 years ago. And today they are still the *greatest heart secret of all time*.

What Is Proper Nutritional Therapy?

The main secret remains to this day—that your heart is the most responsive organ in your body to *proper* nutritional therapy. But the key word here is proper nutritional therapy. Improper nutritional therapy, which comprises just about all the glitzy heart products and high-potency vitamins, simply do nothing. So what is proper nutritional therapy?

In order to heal your heart, you would need to consume, on a daily basis: gallons of raw wheat germ and its oxygen sparing phospholipids, heart extract, tillandsia (succulent Spanish Moss), liver and adrenal extract, calcium lactate, nutritional yeast, allantoin, bran, carrot root, lecithin, yam, vitamin F (unsaturated fatty acids), kelp, alfalfa, a high vitamin-B nutritional yeast, and much more. If you had plaque in your arteries, you would also need to consume vitamin K2 from butter oil as well as vitamins A and D from cod liver oil. If you had problems with your blood sugar that were affecting your heart, you would also need high chromium yeast, buckwheat leaf juice, and pancreas extract.

All these raw ingredients would need to be grown organically, processed without heat or chemicals, tested for safety and effectiveness, processed into supplements that upon final analysis maintained all their vital life force, and mixed in the right combinations to affect the type of change necessary for the various forms of

heart problems. That is the secret. And fortunately, you do not have to grow, buy, or consume these massive amounts of raw materials. Rather, you need only eat a healthful diet and take the appropriate supplements for your specific heart problems.

The Secret Formulas

Basic Formula: If you have any kind of heart problem, you will need the basic heart products to begin your healing. These products *are made up of* the raw ingredients needed by your heart and listed in this article. The products are: *Cardio-Plus®*, *Cataplex® B*, *Cataplex® G*, *Cataplex® F* (unless you are allergic to iodine, in which case you would substitute *Blue Ice™ Fermented Cod Liver Oil*), and *Min-Tran®*.

Specific Formulas: For people with typical heart problems, like an enlarged and weak heart, any of the long list of heart arrhythmias, congestive heart failure, a pounding heart, and constant fatigue or exhaustion, take *Cardio-Plus®* (6 tablets daily), *Cataplex® B* (3 tablets daily), *Cataplex® G* (4 tablets daily), *Cataplex® F* (3 tablets daily), and *Min-Tran®* (6 tablets daily). Follow this protocol for six to nine months or until your heart begins to improve. Then schedule another appointment with your cardiologist to discuss *weaning from heart medications* that are no longer needed.

- If your heart beats too fast, your blood pressure is too high, and/or you are always tense and under stress, change *Cataplex® G* dose to 6 tablets daily.
- If you have inflammation in your arteries (usually determined by an elevated C-Reactive Protein or CRP level in your blood), you also need *Cyruta®-Plus* (6 tablets daily).
- If you have plaque in your arteries, add *Blue Ice™ Fermented Cod Liver Oil* (3 to 4 capsules daily) and *X-Factor Gold™ High Vitamin Butter Oil* (6 capsules daily) for its vitamin K2 content. With plaque buildup, you need both of these for one to two years.
- And if you suffer from atrial fibrillation you would also need *Calcium Lactate* (6 tablets daily).

These are the secret formulas *you can use to cure your own heart disease*. Almost no one knows these secrets. Your cardiologist does not know about these secret formulas. They are effective, safe, and have withstood the test of time—having been used for *close to a century*, handed down from grandparents to children, to grandchildren, and to other family members; from family to family, and among friends and neighbors, *all without advertising*. Can you name me one natural product, any product, that has been successfully selling for close to 100 years? How about 50? Or 25?

The Secret? It's the Formula

The secret that allows you to cure heart disease—yours, your family's, even your friends'—is not a new stent, bypass, statin drug, or even a heart transplant. It is not the newest high-potency heart supplement. All of these will fail. The secret is the formulas discovered, honed, and made to perfection for over 85 years. Take advantage of them now. And if you are confused, not to worry. Just drop me a line about your heart problems and I will see that you get the specific information you need. At this time, for subscribers, I will still do this for free.

Take Advantage of My Help

Please do not be shy—take advantage of our services. I asked my staff today just how many pieces of mail we get monthly. No one really knew, but they are going to check on it for me. We do however know how many phone calls we get—*between 25,000 and 35,000 calls per month! Every month.* Whether an email, note, fax, letter, or phone call, I and my amazing Subscriber Support Specialists are ready to help you. After all, that is Health Alert's sole mission and has been for over 35 years. This is still a free service for my paid subscribers.

General Recommendations
for your Good Health!

HEALTH ALERT

Please START your order HERE. Continue to the back page to complete your order.
For Faster Service, call Toll-Free 1-800-231-8063 Mon-Fri 7 AM to 5 PM PST.

PRODUCTS	ITEM#	SIZE	PRICE	NOW MANY	YOUR COST	PRODUCTS	ITEM#	SIZE	PRICE	NOW MANY	YOUR COST
A-C Carbamida	0835	270C	\$54.50			Digestion & Urinary Tonic	8718	8 oz	\$29.00		
A-F Balafood™	0800	180T	\$25.50			FerriFood	4325	40C	\$10.50		
Albaplex	0825	360T	\$45.00			Flax Oil Omega-Flo	9800	16 oz	\$15.00		
Asaplex	1000	150C	\$28.50			Folic Acid B12	4410	180T	\$21.50		
Arginex	1145	180T	\$57.50			For-Til B12	4436	90C	\$18.50		
B6-Mechamide	1275	90T	\$12.00			Gastro Fiber	4615	150C	\$20.50		
Belacel	1380	90C	\$24.00			Glucosamine Synergy	4836	90C	\$33.00		
Betaine Hydrochloride	1525	180T	\$19.50			Herbal Throat Spray	M4465	25ml	\$23.50		
Bilberry 8000 mg	M1140	60T	\$37.80			Immuplex	4960	150C	\$48.00		
	1590	320T	\$35.00			Iplex	5100	150C	\$32.00		
Bio-Dent	1600	800T	\$72.00			Lactic Acid Yeast	5150	109W	\$21.50		
	1612	180T	\$42.50			Lipaplex II	5300	150C	\$31.00		
BioSt	1815	360T	\$78.50			Livaplex	5375	90C	\$24.50		
Buffer Oil Capsules (X-Factor Gold Concentrated)	9176	120C	\$45.00			Min-Tran™	5815	330T	\$23.50		
CalcFood Powder	1775	1D oz	\$58.50				5825	800T	\$47.00		
CalcFood Wafers	1825	100W	\$26.50			Multizyme	5700	150C	\$40.00		
Calcium Lactate	1885	90T	\$10.50			Nebulizer	8714	1 UNIT	\$39.00		
	1900	800T	\$50.50			Neuroplex	5865	90C	\$48.00		
Calcium Lactate Powder	1925	12 oz	\$43.00			Okra Pepsin E3	6087	150C	\$52.00		
Cal-Ma Plus	1880	90T	\$25.50			Organically Bound Minerals™	6265	180T	\$31.00		
	2085	90T	\$17.00			Palmettoplex	6840	160C	\$45.50		
Cardio-Plus	2080	330T	\$50.00			Prostate PMG	6950	90T	\$32.00		
	2140	90T	\$14.50			Prosynbiotic	7080	90C	\$40.00		
Catalyn	2160	360T	\$46.00			Protefood	7100	90C	\$31.00		
Cataplex A-C	0580	180T	\$25.50			Purification Program	OPK12	>3 wks	\$298.00		
	0725	180T	\$23.50			Renefood	7120	180T	\$33.00		
Cataplex A-C-P	0790	360T	\$42.50			Respiratory Relief	8711	4 oz	\$28.00		
	1225	180T	\$22.50			Ribonucleic Acid (RNA)	7230	180T	\$44.00		
Cataplex B	1290	360T	\$43.00			Sesame Seed Oil Perles	7400	60P	\$15.00		
	1650	90T	\$16.50			Sinus Relief	8701	1.5 oz	\$12.00		
Cataplex C	1665	360T	\$51.00			Sinus Support	8705	1.5 oz	\$10.00		
	3775	81T	\$19.50			Shingles Relief	8708	1.5 oz	\$25.00		
Cataplex E	3825	360T	\$66.50			Sleep Apnea Relief	8709	50C	\$40.00		
	3850	90T	\$17.00			Soybean Lactin	7475	240P	\$34.00		
Cataplex EZ	3855	360T	\$58.50			Spanish Black Radish	7510	80T	\$10.50		
	4150	90T	\$14.50			Spleen Desiccated	7600	90T	\$20.50		
Cataplex F™	4200	360T	\$48.00			Super-EFF	7677	90C	\$26.50		
	4500	90T	\$14.00			Symplex F	7780	90T	\$18.50		
Cataplex G	4550	360T	\$44.50				7785	360T	\$54.50		
Cataplex GTF	4680	180T	\$28.00				7830	90T	\$19.50		
Chazyn (Zinc)	2176	90T	\$11.50			Symplex M	7835	360T	\$65.50		
Chlorophyll Complex Perles	2276	60P	\$25.50			Thymex	7925	90T	\$19.50		
Cholacel	2425	90T	\$15.00			Thymus	7975	90T	\$21.50		
Choleplex™	2525	150C	\$41.50				8025	90T	\$21.50		
Citroplex	2650	150C	\$54.50			Thyrophin PMG	8030	360T	\$69.50		
Cod Liver Oil Capsules (Blue Ice Formulated)	9250	120C	\$30.00			Tumeric Forte	M1448	90T	\$35.50		
Collinsaria Root	2775	150C	\$28.00			Vasculin	8165	90T	\$18.50		
Congaplex	2925	150C	\$34.00			Veg-E Complete Pro (Vanilla)	8185	22 oz	\$61.00		
Congestion Relief	8706	1.5 oz	\$10.00			Veg-E Complete Pro (Chocolate)	8180	22 oz	\$61.00		
Cruciferous Completa	2960	90C	\$26.00			Whey Pro Completa	8325	18 oz	\$54.50		
	3325	90T	\$15.00			Zymex	8445	150C	\$33.00		
Cyrute-Plus	3330	360T	\$48.50			Zymex II	8440	90C	\$32.00		
Dlaplex	3550	150C	\$41.50			Zypan	8430	90T	\$18.50		
	3650	90T	\$14.50				8460	330T	\$50.50		
Drenamin	3700	360T	\$45.00								

** Do not take this product if you are allergic to iodine.
T=Tablet, C=Capsule, P=Perles, W=Water.

Total from this front side of Order Form

GUARANTEES: If you decide these products are not for you, please contact our offices at 800-231-8063 within 30 days of the order date to receive instructions (only unopened/non-expired/unmarked/damaged products and packages accepted) and a RMA (Return Merchandise Authorization) number that is required in order to process product returns. NOTES: These products are not designed to take the place of medical care, which you should get from a licensed medical physician. Prices subject to change without prior notification.

HEALTH ALERT

Dr. West's Top Recommended Products
from www.HealthAlertStore.com

ORDER FORM

PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
Apple Cider Vinegar	9400	12 oz	\$4.00		
Balsamic Vinegar	9450	12 oz	\$6.00		
Butter Oil N-Factor Bold Concentrated	9175	120C	\$45.00		
Celtic Sea Salt (fine)	9780	1 lb	\$10.00		
Celtic Sea Salt Grinder (filled w/ light grey salt)	9715	3 oz	\$5.95		
Celtic Sea Salt Shaker	9780	8 oz	\$6.00		
Grey Celtic Sea Salt (coarse)	9725	1 lb	\$4.95		
Kyocera Ceramic Soft Grinder	9775	1 UNIT	\$18.00		
Coconut Oil - Flavorless	9350	16 oz	\$10.00		
Coconut Oil - Full Flavor	9300	16 oz	\$14.50		
Cod Liver Oil Capsules Blue Ite Fermented	9250	120C	\$20.00		
Congestion Relief	9708	1.5 oz	\$10.00		
Digestive And Urinary Tonic	9716	8 oz	\$29.00		
Flex Oil Omega-Flo	9000	16 oz	\$15.00		
Food Poisoning Relief (4 - 2 oz bottles)	9731	1 pkg	\$24.99		
Mind Aul Burn Spray	9719	4 oz	\$10.95		
Nebulizer-Omron Comp Air**	9714	1 UNIT	\$39.00		
Nati Pot	9704	1 UNIT	\$4.50		
Nutri Flex Powder	9075	16 oz	\$10.00		
Oral & Dental Therapy	9723	8 oz	\$29.00		
Ph Paper With Dispenser	9007	1 ROLL	\$6.00		
Rainforest Soap	9900	1 BAR	\$5.00		
Resh Relief	9707	1.8 oz	\$14.00		
RAW Lip Balm					
Lemongrass & Coconut	9724	1 TUBE	\$4.75		
Orange & Tangerine	9725	1 TUBE	\$4.75		
Pineapple & Coconut	9726	1 TUBE	\$4.75		
Pomegranate	9727	1 TUBE	\$4.75		
Rose & Mint	9728	1 TUBE	\$4.75		
Vanilla & Chamomile	9729	1 TUBE	\$4.75		
Respiratory Relief	9711	4 oz	\$26.00		
Shingles Relief	9709	1.8 oz	\$25.00		

PRODUCTS	ITEM#	SIZE	PRICE	HOW MANY	YOUR COST
Sinus Relief	9701	1.5 oz	\$12.00		
Sinus Support	9705	1.5 oz	\$10.00		
Sleep Apnea Relief	9709	30C	\$40.00		
Super Nati Juice	9702	8 oz	\$44.00		
Throat Relief	9730	4 oz	\$22.99		
Wound Relief Gel	9717	4 oz	\$17.00		
Literature					
G1 Mediterranean Diet	GMD	1 BK	\$10.00		
Health Evaluation (1 year free)	SS	1 FORM	\$39.00		
Low Fat Lips	LFL	1 BK	\$15.00		
Managing Sinus Health	9703	1 BK	\$15.00		
Master Index	INDEX	1 BK	\$13.00		
Revs of the Dawn	ROTD	1 BK	\$12.00		
Slow Burn Fitness Revolution	SBFR	1 BK	\$18.85		
The New Encyclopedia of Pragmatic & Holistic Medicine	NPRCK	1 BK	\$120.00		
Loesch Soap Products*					
Conditioner*	9925	8 oz	\$16.00		
Shampoo*	9950	8 oz	\$14.00		
Scalp Defense*	9975	8 oz	\$17.00		
Water Purification					
Bath Ball Dechlorinator	CB1	1 BALL	\$39.00		
Bath Ball Replacement	CB2	FILTER	\$25.00		
Gard'n Gro Dechlorinator	RGRO	1 UNIT	\$48.00		
Gard'n Gro Replacement	RGROC	2 PACK	\$75.00		
RO Membrane Module New #3MROM413	RSF7	FILTER	\$49.00		
Sediment Pre-Filter #47-9290G2	RSF8	FILTER	\$179.00		
Block Carbon Filter #47-9298G2	RSF9	FILTER	\$89.00		
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Card #: _____ Exp Date: _____ Security Code (MUST INCLUDE): _____
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For fastest service, call TOLL FREE 800-231-8063, M-F, 7 AM - 5 PM PST. Or fax credit card orders to 831-372-3805.

GUARANTEE: If you decide these products are not for you, please contact our offices at 800-231-8063 within 30 days of the order date to receive instructions for the return of unopened/non-expired/unused undamaged products and packages accepted and a RMA (Return Merchandise Authorization) number that is required in order to process product refunds. **NOTE:** These products are not designed to take the place of medical care, which you should get from a licensed medical physician. Prices subject to change without prior notification.

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