

Caribbean Flower Sinks Blood Pressure 10 Points!

And it helps you fight Alzheimer's, too.

Having high blood pressure can mean living in fear.
Not just the fear of having a heart attack or stroke.

But also the fear of developing kidney problems... or being diagnosed with dementia... or suffering from lifelong headaches.

And when your mainstream doc tells you about the potential side effects of common blood pressure drugs—like bedroom issues, headaches, and even death—there's even more to dread.¹

But you don't have to live in fear any longer.

Because research shows that getting more of a certain **Caribbean flower can SINK your blood pressure by a whopping 10 points.**

Plus, It even works better than some conventional blood pressure drugs!

But first, let's talk about what the mainstream doesn't talk about when it comes to blood pressure meds.

The Untold TRUTH About Blood Pressure Drugs

Guessing who suffers from high blood pressure is like flipping a coin—half the time, you're going to be right.

That's because nearly fifty percent of Americans—116 million—suffer from high blood pressure.²

And mainstream docs are handing out blood pressure drugs like candy.

In fact, the Centers for Disease Control (CDC) reports that in 2017 (the latest stats available), 706.5 million prescriptions were **filled** in the United States.³

In other words, **American patients took home seven times the number of prescriptions needed to treat the nation for high blood pressure...**



In 2017, American patients took home seven times the number of prescriptions needed to treat the nation for high blood pressure.

And yet, we STILL have one of the most significant blood pressure problems in the world?!

Something doesn't add up here... and it's the mainstream's math.

Because to me (and anyone else reading these stats), **these results indicate that blood pressure drugs simply DON'T work.**

Fortunately, there is something that does.

REAL Blood Pressure Relief

You've probably heard of the **hibiscus flower** before.

This woody plant with bright red, pink, and orange flowers is found in tropical regions—including the Caribbean—across the world.

And according to research, it might be the blood pressure secret we've all been waiting for.

A Double Whammy to Alzheimer's

Having high blood pressure isn't just bad for your heart.

It can also increase your risk of memory and cognitive issues damaging the vessels in your brain, and restricting blood flow. But lowering your blood pressure can help ensure you have a healthy heart AND brain.

And hibiscus tea works in another way to help beat back Alzheimer's.

You see, hibiscus flowers contain a compound—called gossypetin—that can help clear away the beta-amyloid proteins, which are the root cause of Alzheimer's.

In a recent study, researchers gave mice with Alzheimer's gossypetin for three months.

At the end of the trial, the hibiscus extract had RESTORED the mice's memory and cognition to nearly their normal levels.

Put another way, **gossypetin was able to STOP and REVERSE Alzheimer's progression.**

In fact, the extract decreased the growth of the specific types of beta-amyloid proteins that cause the disease.

And it also prevented the expression of genes that create chronic inflammation while increasing the expression of genes that help clear beta-amyloid from the brain.

This means drinking your hibiscus tea is like giving a double whammy to Alzheimer's!⁸



Hibiscus flowers contain a compound—called gossypetin—that can help clear away the beta-amyloid proteins, which are the root cause of Alzheimer's.

One study of 46 adults with high blood pressure showed that **drinking just two cups of hibiscus tea daily for one month could help significantly lower blood pressure readings.**⁴

Another study even showed that hibiscus works better than some mainstream blood pressure meds in folks with mild to moderate blood pressure issues.⁵

Finally, in a randomized, double-blind, placebo-controlled clinical trial, 65 unmedicated adults with mild hypertension were given either 3 cups of hibiscus tea or a placebo for six weeks.

At the end, they found that **the hibiscus group saw up to a 10-point drop in their systolic blood pressure** (top number).⁶

This is excellent news for anyone who wants to stay safe from a heart attack or stroke!

You see, systolic blood pressure is the best way to predict a future cardiac event or death.

Can you imagine what this could mean for your future?

Scientists believe that hibiscus lowers your blood pressure because it's rich in organic acids, polyphenols, anthocyanins, and other antioxidants that improve your heart health.⁷

And there's more good news...

You can get your hands on this remedy today!

The 3 Cup Remedy for Better Heart Health

Hibiscus tea is a deep red-colored, tart, lemony beverage that's delicious served hot or cold.

Tea bags are available at your local grocery store or through online retailers.

I like [this one](#). It offers 2,000 mg of hibiscus flower in each serving.

According to the above research, three daily cups of hibiscus tea is the effective dose.

If you don't care for the flavor—or just don't want to drink three cups of tea a day—hibiscus supplements are also available online at www.pipingrock.com.

References available on page 8



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“Scientists believe that **hibiscus lowers your blood pressure** because it's rich in **organic acids, polyphenols, anthocyanins, and other antioxidants** that improve your heart health.”

24-Cent Supplement WIPES OUT Deadly Infections (4 Weeks)

Stop the growth of dangerous bacteria.

With the current state of the pandemic, it may seem that the biggest modern health crisis is behind us. But I'm betting it's not.

Antibiotic-resistant infections are on the rise... and as these tough bacteria continue to beat modern antibiotics, they are getting harder and harder to fight off. And that's downright scary.

Because getting one of these infections can mean losing a limb... chronic gut issues... and—you guessed it—death.

Luckily, **a new clinical trial shows that a common supplement can help WIPE OUT these fatal infections before they start.**

In fact, taking these supplements can help you *remove up to 95 percent of this dangerous bacteria from your body.*

And it will only cost you 24 cents a day!

Why Deaths Are on The Rise

U.S. deaths from antibiotic-resistant bacteria rose 15 percent in 2020.¹ And they are now on track to cause 10 million deaths worldwide by 2050.²

One reason for the drastic 2020 spike in deaths is the COVID-19 pandemic.

Nearly 80% of patients hospitalized with the novel virus received antibiotic drugs—even though they DON'T WORK for viral infections!³

This means mainstream docs were putting already fragile patients at risk for ZERO HEALTH BENEFITS.

But the bad news doesn't end there.

Another reason we are on this deadly trajectory is how the mainstream treats these infections.

Bacteria become resistant because of the overuse of antibiotics. When some bacteria survive certain medications, they evolve into “superbugs” which do not respond to the drugs.

And Big Pharma refuses to help.

New antibiotics are needed to combat these resistant bacteria, but drug-makers don't want to make them.

Why? Money.

Antibiotics aren't profitable. And with the current state of antibiotic resistance, it's becoming best practice not to overprescribe them.

Less money + less demand = No thanks from Big Pharma.

Plus, this method puts us on a never-ending merry-go-round of treating antibiotic issues with more antibiotics.

I think it's time for a new approach—one where we don't spin in circles.

And new clinical trial has revealed exactly how we should handle drug-resistant infections.



Bacillus subtilis probiotics eliminated 95 percent of S. aureus in the body in just four weeks!

The 24-Cent Bacteria-Destroying Miracle Supplement

I'm talking about **probiotics**.

These “good” bacteria supplements are linked to better heart health, digestion, and even immune response.

Now, we know a certain strain can help us STOP drug-resistant infections, too.

In the new double-blind, randomized, placebo-controlled clinical trial, published in the journal *Lancet Microbe*, 115 participants who had colonies of the bacteria *Staphylococcus aureus* colonies—the cause of drug-resistant staph infections—in either their nose, intestine, or both were given 250mg of the probiotic *Bacillus subtilis* or placebo for four weeks.

At the end, they found that the probiotic:

- ▶ **Reduced *S. aureus* in the nose declined by 65 percent,**
- ▶ **Lowered *S. aureus* in the stool by 97 percent,**
- ▶ **And eliminated 95 percent of *S. aureus* in the body.⁴**

95 percent *S. aureus*-free?! This is amazing news for anyone who wants to avoid these infections.

You see, *S. aureus* can live in your nose, on your skin, and in your gut without initially causing any harm or symptoms. But eventually, the bacteria can cause infection.

So, decolonizing—or wiping out—the symptom-free bacteria could prevent future harmful *S. aureus* infections.

In the past, researchers have tried topical antibiotics to remove *S. aureus* from the nose or skin with little success because they don't impact colonies in the gut. Conventional medicine treats the gut with antibiotics and starts the whole process of creating more antibiotic resistance.

B. subtilis works because it produces molecules that stop *S. aureus* from colonizing. And this is a huge feat as *S. aureus* infections—like Methicillin-resistant *Staphylococcus aureus* or MRSA—are on the top of the tough-to-treat infections.⁵

Take Control for 24 Cents a Day!

If you've ever had MRSA or any type of antibiotic-resistant infection, you already know how out of control the whole experience can feel. And if you've never had one, you may feel that avoiding this type of infection is impossible.

But you don't have to feel that way any longer. You can take control today.

B. subtilis supplements are available through online retailers. And it will only cost you 24 cents a day!

I like [this one](#).

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“**New antibiotics** are needed to combat these resistant bacteria, but **drugmakers don't want** to make them.”

Bitter Fruit ERASES Arthritis Pain

And it can help you lose weight and lower your blood sugar, too.

If you have arthritis pain, you're probably desperate for relief.

And the mainstream will gladly give you painkillers... painful injections... and useless topical creams to mask your pain.

But they don't get to the root cause of it... and usually cause more harm than good.

Luckily, you don't have to rely on these risky half-measures any longer.

Because research shows, there's a **bitter fruit that can ERASE your arthritis pain at its SOURCE.**

Even better? It can help you lose weight and lower your blood sugar, too.

First, let's get into why one of the most popular conventional arthritis solutions makes your pain WORSE.

THIS Mainstream Treatment Makes Arthritis Worse

When it comes to quelling your knee pain, you'd probably do just about anything.

That's why **steroid injections** can be very tempting.

But I'm here to tell you to NEVER get them.

In a 2017 study, published in *JAMA*, patients received either steroid injections or placebo (saline) to treat their knee osteoarthritis for two years.

The results showed that the steroids were no better at pain relief than the saline. And the drug injections lead to greater osteoarthritis progression!¹

Translation: Steroid injections do NOTHING for your pain AND make your arthritis WORSE.

Bitter Melon Shrinks Your Waistline

This latest study isn't the first time bitter melon has shown it's a serious weight loss supplement.

In one study folks with metabolic syndrome—the precursor to diabetes and heart issues—were given a 4.8 gm dose of bitter melon extract daily for three months.

At the end, the results showed a significant loss in belly fat.

In fact, **the participant shrank their waistlines by an average of half an inch!**⁶

A smaller waist and less belly fat? Sign me up!



On average, folks taking bitter melon for three months shrank their waistlines by half an inch.

And there's more bad news...

Another set of studies showed that MRI and x-ray results of patients who received steroid injections indicated **accelerated progression of their knee osteoarthritis.**²

So, why is this happening?

According to the research, steroids can speed up the breakdown of cartilage—the cushioning substance between your joints.

This process increases inflammation and pain, which can put you on the path to taking more non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and acetaminophen.

And this is bad.

NSAIDs are linked to all sorts of health issues like stomach ulcers, kidney failure, and even heart problems.³

Now is the time to break this never-ending loop of pain, injections, and pills.

That's why it's important to choose an arthritis remedy that can lower inflammation while not causing any further damage.

And that's just what a certain bitter fruit does.

Bitter Melon ERASES Your Pain

You may have heard of **bitter melon** before. It's a member of the cucumber family and grows in tropical regions of the world.

This fruit has been used in folk medicine for ages to treat blood sugar issues, weight gain, and joint pain.⁴

And it looks like these ancient practitioners were on to something!

In a randomized controlled trial, scientists gave 75 knee osteoarthritis patients a placebo or 500 mg of bitter melon three times a day for three months.

Pain and arthritis symptoms were measured throughout the bitter melon supplementation period using Knee Injury and Osteoarthritis Outcome Score and EQ-5D-3L Health questionnaire—two top ways to assess pain and quality of life.

Ultimately, the results showed that the bitter melon group significantly improved their arthritis pain and quality of life scores.

This means they had less knee pain, more mobility, and better quality of life!

Even better? **They also took fewer painkillers!**

Just imagine what these incredible results could mean for your future.

And there are more shocking results...



Steroid injections can speed up the breakdown of cartilage—the cushioning substance between your joints—and lead to more knee pain.



Bitter melon has been used in folk medicine for ages to treat blood sugar issues, weight gain, and joint pain.

Further examination shows that **folks taking bitter melon also lowered their fasting blood sugar and lost weight during the study.**⁵

No wonder they felt better!

Losing weight and taking control of your blood sugar are two great ways to decrease the impact on your joints and stress on your body.

It's hard to believe that one supplement can do all of this!

Bitter melon works because it helps lower the specific types of inflammation that cause pain, blood sugar issues, and weight gain.

Where to Get Bitter Melon

You can find fresh bitter melon at your local Asian Market or specialty grocery store.

It has a strong taste and may not be to your liking.

Luckily, there is another way to get this wonder plant's health benefits.

Bitter melon supplements are available through online retailers. I like [this one](#).

The effective dosage from the study was 500mg three times daily, but check with your doc before starting any new supplement.

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