

European Herb BLASTS Seasonal Allergies

It works just as well as Big Pharma drugs.

Spring has sprung.

And along with the sunshine and flowers come the sneezes, itchy eyes, and runny noses of allergy season.

But you shouldn't have to spend this beautiful time of year indoors... constantly wiping your eyes and nose... or taking risky medications.

Now, you don't have to.

Because research shows that **there's a powerful European herb that BLASTS seasonal allergies before they can ruin your favorite season.**

Even better? They work just as well as some of Big Pharma's top allergy drugs.

I'll tell you everything you need to know about this miracle plant (including where to get it).

But first, let's talk about what's wrong with mainstream meds.

The Dangers of Allergy Drugs

If you're anything like me, when you hear the words "seasonal allergies," you may think of all the different medication ads you see this time of year.

And they're all the same.

A happy person is taking a deep breath in a field of blooming flowers... and a narrator quickly tells you of all the dangerous side effects of the advertised drug.

While Big Pharma wants you to focus on the pretty picture, I'm here to tell you more about those risky pills.

You see, some popular allergy meds can cause the same symptoms you are trying to relieve.

Take Allegra, for example. Its side effects include coughing, ear congestion, headache, fever, stuffy nose, and sore throat.¹

Wait... doesn't that sound like... seasonal allergies? I think so.



Along with springtime's sunshine and flowers come with sneezes, itchy eyes, and runny noses of allergy season.

Even worse? Other drugs come with more dangerous side effects.

Zyrtec, another one of Big Pharma's darlings, can cause dizziness, sweating, confusion, vision problems, and uneven heartbeat.²

I don't know about you, but I'd rather sneeze and cough than spend my evening in the emergency room for any of those symptoms.

That's why it's time to turn to Mother Nature for fast, safe allergy relief.

Luckily, there's a powerful herb that can get the job done.



Some popular allergy meds can cause the same symptoms you are trying to relieve.

European Herb Rivals Big Pharma Drugs

Butterbur is an herb in the sunflower family that's native to southern Europe.

It's been used for more than 2,000 years to fight ailments like fever, lung disease, and pain.

Now research shows it can BLAST away seasonal allergies, too. In fact, it can even rival some of Big Pharma's best.

In one randomized, double-blind study, published in the *British Journal of Medicine*, a group of seasonal allergy sufferers were given either 8mg of butterbur extract four times a day or 10 mg of cetirizine (Zyrtec) taken once daily for two weeks of heavy pollen exposure—the driving force behind seasonal allergies.

At the end, **researchers found that butterbur worked as well as cetirizine at relieving allergy symptoms.**

After a closer look at the data, the scientists found that two-thirds of the cetirizine group experienced drowsiness and fatigue. However, the butterbur group DID NOT have these adverse reactions.³

Imagine that... all the relief you deserve... WITHOUT the side effects you hate.

Another week-long trial of allergy patients showed that **100mg of butterbur was just as effective as a 180mg dose of fexofenadine (Allegra) when it came to nasal allergy symptoms.**⁴

This means butterbur works as well as not just one... but TWO prescription medications... and has ZERO side effects! If that's not enough to make you try it, I don't know what is!

Get REAL Asthma Relief with Butterbur

Allergies and asthma can go hand in hand.

Fortunately, studies show that butterbur can also help you get REAL relief from asthma.

One study found that asthma patients using steroid inhalers experienced better breathing when they took 25mg of butterbur twice a day in addition to their medication.⁷

Another study of 64 adults and 16 children with asthma found that patients experienced decreased frequency, duration, and severity of asthma attacks when taking butterbur for two months. Plus, they improved their lung functions.⁸

Butterbur Reduces Migraines by 50%!

If you've ever had a migraine, you already know it's not a normal headache.

The light sensitivity... throbbing pain... and never-ending nausea can make your life totally miserable.

Fortunately, **butterbur can SLASH the frequency of your migraines in HALF!**

In a 4-month study of 245 migraine patients, scientists found that those taking 75mg of butterbur daily reduced their migraine occurrences by nearly 50 percent!

And the best part? **The participants suffered ZERO serious side effects.**⁹



Butterbur has been used for more than 2,000 years to fight ailments like fever, lung disease, and pain.

How Butterbur Works

Experts report that butterbur is so effective against allergy symptoms because it blocks the release of the inflammatory chemical leukotriene, which triggers allergic reactions.

So, by blocking the reaction at the source, **butterbur shuts down your allergy symptoms BEFORE they start!**

One study found that folks with allergies taking butterbur for five days had lower blood levels of leukotriene and histamine—another chemical that causes allergy symptoms.⁵

Some prescription drugs—like Singulair—work in the same way. However, they can also cause severe mental health side effects.⁶

Because of this, butterbur is a better option for getting the same kind of relief without any issues.

Get Allergy Relief TODAY!

Butterbur supplements are available from online retailers like pipingrock.com.

Most studies use 100mg to 150mg size dosages to see real results.

If you're currently taking allergy medication, talk to your doc about switching to butterbur. You may need to gradually stop using certain drugs to prevent further side effects.



*In one study, researchers found that **butterbur worked** as well as **Zyrtec** at relieving allergy symptoms.*



Hungarian Secret Extends Lives of Cancer Patients by 5 Years!

Plus, it stops the growth of new cancers.

Getting the call that you have cancer can be terrifying.

But it's what happens after you hang up the phone that's really unnerving.

Because your mainstream doc will have you shuffling between harsh treatments... brutal surgeries... and experimental therapies.

And the worst part? They may not do a thing to extend your life.

You deserve a better way to fight cancer. One that will actually improve your life instead of complicating it.

Now, it's here.

Research shows that a little-known Hungarian secret can help EXTEND the lives of cancer patients by more than five years.

And it can even stop the growth of new cancers.

SHUT DOWN Cancer at Its Source

Avemar is a fermented wheat germ extract first discovered by a Hungarian scientist in the late 1990s.

Early lab studies showed this natural remedy could be a real game changer for cancer patients.

In one study, scientists tested Avemar against leukemia cells and found that **the extract was able to cause apoptosis—cell suicide—in up to 85 percent of the cancer cells** by blocking an enzyme that is key to their growth.¹

Eighty-five percent?! I bet you won't find a mainstream treatment with these results.

In another study, German scientists tested Avemar against nine types of human cancer cells in the lab.

After just 24 hours of exposure to the wheat extract, the cancer cells underwent “massive damage” and stopped growing!

Even better? The research showed that Avemar works because it **STOPS** cancer cells from feeding.

You see, cancer cells consume sugar, and that helps them grow. But Avemar **BLOCKS** the cells from using sugar, making them die off before they can increase and spread throughout the body.²

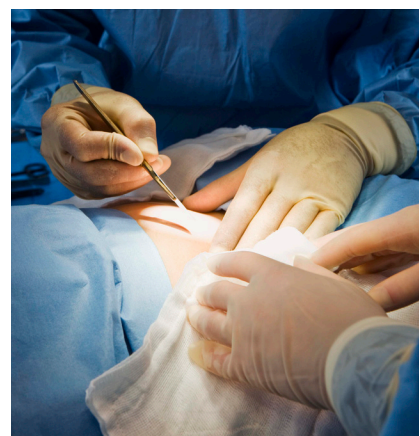
Essentially, Avemar helps your body **SHUT DOWN** cancer at its source.

STOPS Cancer Growth

In a study of 30 colorectal cancer patients, some received Avemar after surgery, and some didn't.

At the end of the nine-month study, the Avemar group experienced NO new cancer growth.

However, the group that didn't take the wheat extract didn't fair as well. The research shows that they developed several new cancers during the trial.³



If you've got cancer, your mainstream doc will have you shuffling between harsh treatments, brutal surgeries, and experimental therapies.

In another study, 170 colorectal cancer patients received the standard mainstream treatment. However, 66 patients were also given a daily dose of Avemar for six months.

At the end of the trial, **the Avemar group was 67 percent less likely to develop new cancers!**⁴

Just imagine what results like these could mean for your future!

Live 5 years Longer?!

I've saved the best news about Avemar for last...

In a randomized, pilot, phase II clinical trial, patients with melanoma—the deadliest type of skin cancer—were given chemotherapy alone or chemotherapy with wheat extract for a year.

Ultimately, the researchers determined that the chemo-only group had an average survival rate of nearly three and a half years.

And the Avemar group? **Their survival rate was a whopping five and a half years!**

This means taking the supplement could help you live nearly TWO YEARS longer than chemo alone.⁵

That's two more years of making memories with your spouse... your kids... and your grandbabies.

Other research shows that taking Avemar along with standard cancer treatment can significantly improve the quality of life in patients with advanced cancer.⁶

This means this humble wheat extract not only extends your life... but it also makes life better when going through cancer treatment!



Avemar is a fermented wheat germ extract first discovered by a Hungarian scientist in the late 1990s.



Avemar can give you more years to make memories with the ones you love.

Avemar SOOTHES Arthritis Pain

In a study, scientists have 15 women with rheumatoid arthritis Avemar and their regular steroid treatment for one year.

During the course of the study, the women underwent assessments measuring their arthritis symptoms, quality of life, and steroid usage.

At the end of the trial, they found that half of the patients were able to reduce their steroid usage. And all participants saw improvement in morning stiffness and quality of life.⁷

Where to Get Avemar

Avemar is sold as a medical food in the U.S.

You can find it through several online retailers, including www.avemar.co. And it comes in many different forms, including tablets, granules and prepackaged with stevia to add to beverages and food.

It's also available for pet use.

Just be prepared for a bit of sticker shock, as the going price is about \$250 for a month's supply.

That's a small price to pay for extra time with your family.

If you're currently in cancer treatment, now is a good time to talk to your doctor about adding Avemar to your treatment plan.

“After just **24 hours of exposure** to the wheat extract, the **cancer cells** underwent **“massive damage”** and **stopped growing!**”

Tiny Berry STOPS Dementia and SINKS Your Cholesterol

Get real results with just a handful a day.

If there's one thing most seniors are trying to avoid, it's dementia.

And taking steps against the disease can seem obvious. Things like regular exercise, good sleep, and cutting back on sweets and fried foods are no-brainers.

But new research shows there's one not-so-obvious way to shield your brain from this devastating disease.

Even better? It can sink your LDL or “bad” cholesterol at the same time.

And it all starts with a handful of a certain tiny berry.

Tiny Berry, Better Brain

Undoubtedly, the humble **cranberry** has a special role in your life.

Whether it's warm memories of the Thanksgiving table... the delightful taste of your favorite summertime cocktail... or drinking a glass of its tangy juice in the morning... we all love it for a different reason.

Now, there's another reason to celebrate this tiny but mighty berry.

New research from the University of East Anglia in the UK shows that getting more of this tart fruit could be the best way to keep your mind razor-sharp and your heart healthy as you age.

For the study, researchers split a group of 60 dementia-free seniors in half. One group consumed a freeze-dried powder equivalent to 100g of fresh cranberries daily—the equivalent of about a handful—and the other group was given a placebo.

All participants underwent cognitive assessments during the 12-week study period, including memory and executive function. Additionally, neuroimaging and blood sample collection were conducted before and after the study.

At the end, the results showed that the cranberry group experienced:

- ▶ A significant improvement in memory of everyday events,
- ▶ Increased brain functioning,
- ▶ Better delivery of blood to the brain,
- ▶ And a nine percent decrease in LDL cholesterol—a type of fat found in your blood that affects cognitive health.¹

The researchers also noted that the cranberries also, “improved circulation of essential nutrients such as oxygen and glucose to important parts of the brain that support cognition—specifically memory consolidation and retrieval.”²

This means that this little berry is able to STOP dementia and improve the exact parts of your brain used for memory!

Can't say that about most mainstream dementia drugs.

And there's more good news...

In a 6-week, double-blind, placebo-controlled, randomized, participants were given either a cranberry juice supplement or a placebo.

At the end, **twice as many participants in the cranberry group rated their overall abilities to remember by treatment end as “improved” on a self-reported questionnaire.**³

However, the placebo group saw NO such results.

Other research shows that cranberry is so effective against dementia and memory loss because it contains special compounds—called polyphenols—that help block the growth of **beta-amyloid plaques**. These dangerous



Getting more cranberry in your diet could be the best way to keep your mind razor-sharp and your heart healthy as you age.

Cranberry DESTROYS UTIs

Cranberry has been used as a remedy for urinary tract infections for eons.

And while some mainstream docs want to dismiss it as an old wives tale, research shows this tiny berry can destroy UTIs.

In fact, a meta-analysis of seven studies, that included 1,498 participants, showed that taking cranberry supplements can lower your risk of developing a UTI by 26 percent!⁶

If that's not a reason to up your cranberry intake, I'm not sure what is.

plaques are the root cause of dementia and can cause memory issues.⁴

Cranberry Packs A One-Two Punch Against Dementia

Blocking beta-amyloid is just one of the ways cranberry beats back dementia. It also helps improve your heart health, another key way to keep a healthy brain.

As the results from the UK study showed, cranberry also lowers your LDL or “bad” cholesterol by a whopping nine percent.

And this has a great impact on your brain.

You see, LDL can cause atherosclerosis—the thickening or hardening of the arteries—which can impact blood flow to your brain.

Another study of 45 healthy men showed that the powder equivalent to **100g of fresh cranberries per day the same dose used in the UK study) significantly improvement in flow-mediated dilation (FMD), which signals improvement of heart and blood vessel function.**

Many experts consider FMD an accurate indicator of heart disease risk, as it measures how blood vessels widen when blood flow increases.⁵

Imagine that... a sharp mind and stronger heart with just one handful of delicious berries daily!

Get Cranberry’s Benefits Without the Tart Taste!

This study shows that getting a daily 100mg dose of fresh cranberries—or the equivalent—can help you target the root causes of dementia.

But eating these berries fresh isn’t always enjoyable due to their tart flavor.

One way to bypass this is to use cranberry powder, as the scientists did in two of the above studies. You can blend it into a smoothie to improve the taste. Nine grams of cranberry powder is the equivalent of 100g of fresh fruit.

Be sure to avoid the sugary-sweet juice cocktails out there. These drinks are often mixed with other high-sugar juices and will do more harm than good to both your brain and heart.

You can also find cranberry supplements at your local natural health store or through an online retailer.



Cranberry is able to STOP dementia and improve the exact parts of your brain used for memory.



*Results from the UK study showed
cranberry also **lowers** your **LDL** or
“**bad**” **cholesterol** by a whopping **9%**!*



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It works just as well as Big Pharma drugs.

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Get real results with just a handful a day.

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