

ALERT: Bad News for Beta-Blocker Users

Research shows these drugs can increase your risk of heart attack by 65%!

If you've been lucky enough to survive a heart attack, there's little doubt your mainstream doc already has you on a beta-blocker medication.

For the last 50 years, this class of drugs has been considered the standard of care for anyone who's had a heart attack and most folks with heart disease.¹

And conventional medicine continues to hand them out like candy.

But they need to STOP.

Because modern research shows that these drugs simply DON'T WORK for some heart attack patients.

There's good reason to believe they can cause more harm than good.

One study shows that beta-blocker use can **even increase your risk of having another heart attack by a whopping 65 percent!**

It's time you know the truth about these drugs. And I'm here to inform you.

No Help for Some Heart Attack Patients

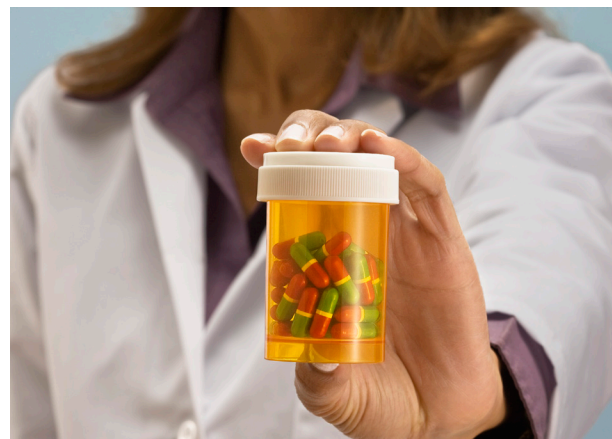
Beta-blocker drugs are often prescribed to heart attack patients because they block certain hormones—like adrenaline—from impacting your heart. This results in less heart activity and a slower heartbeat.

And while this sounds like these drugs should work for all folks with heart issues, they don't.

Study after study shows that these drugs are useless and, in some cases, dangerous.

Take a look for yourself...

In a 2012 study published in JAMA, researchers looked at the heart outcomes of nearly 45,000 folks who had either suffered a heart attack, had heart disease, or were at risk for heart issues. Some of the participants were on beta blockers, and others weren't.



If you've been lucky enough to survive a heart attack, there's little doubt your mainstream doc already has you on a beta-blocker.



95% of heart attack sufferers without heart failure are prescribed beta-blockers.



And the outcomes were SHOCKING...

The results showed that beta-blockers DID NOTHING to prevent heart attacks or stroke.

Even worse? They didn't even lower the number of folks who died from heart disease.²

In a 2017 study, researcher from the University of Leeds analyzed the health data of nearly 180,000 heart attack patients without heart failure—damage caused by a heart attack that impacts muscle function—that were prescribed beta-blockers.

At the end, they found that these drugs did NOTHING to extend the life of the participants.

And here's the big problem... 95 percent of patients who fall into this category—heart attack sufferers without heart failure—are prescribed beta-blockers.³

This means beta-blockers are USELESS to some heart attack patients. Yet, the mainstream is still pushing them. A 2020 meta-analysis of 284 randomized clinical trials showed that beta-blocker use reduced mortality in patients with heart failure after a heart attack.

But, once again, they did NOTHING for folks who had a heart attack without heart failure.

And finally, a new study, published just this month backs up all of these previous results.

For the research, scientists used data from the Swedish national register for coronary heart disease to study the medical records of nearly 44,000 seniors who had suffered a heart attack but did not have heart failure. Some of the participants were using beta-blockers, and some were not.

All patients were monitored for an average of 4.5 years after hospitalization for the cause of death, secondary heart attacks, heart failure, and receiving re-vascularization, a procedure to restore blood flow to the heart.

The results showed that there was NO DIFFERENCE between the two groups. Meaning that long-term beta-blocker use did not improve the health or extend the lives of those taking the drugs.⁴



A 2017 Cochrane review of 13 randomized clinical trials of blood pressure drugs showed that beta-blockers failed as a first-line preventative against stroke & death compared to other medications.



Now, this is a lot of data saying the same thing:
BETA-BLOCKERS DON'T WORK for folks
without heart failure.

I understand that.

You understand that.

But for some reason, even with all of these studies, the
mainstream just can't grasp that beta-blockers aren't
the "standard of care" for all patients.

So, if you've had a heart attack without heart failure
but are still on a beta-blocker, it's time to pick up the
phone and ask your cardiologist why!

And if they tell you it's for your blood pressure...
tell them you want a new doctor.

Bad for Your Blood Pressure

Beta-blockers are also dished out regularly by the
mainstream for blood pressure issues.

The idea is the same for heart attack patients—the
drugs will slow down your heartbeat, resulting in
lower blood pressure.

The only problem? They don't work.

An early analysis, published in 2006, of 21 hyperten-
sion trials that included more than 145,000 patients
showed that older folks taking beta-blockers saw no
reduction in stroke risk.⁵

A 2017 Cochrane review of 13 randomized clinical
trials of blood pressure drugs showed that beta-block-
ers failed as a first-line preventative of stroke and death
when compared to other medications.⁶

And a 2020 meta-analysis of 84 blood pressure lower-
ing or comparison trials of more than 165,000 partic-
ipants showed that, "compared with other antihyper-
tensive agents, beta-blockers appear to be substantially
less protective against stroke and overall mortality."⁷

Folks, I could go on all day with the research... but you get the picture.

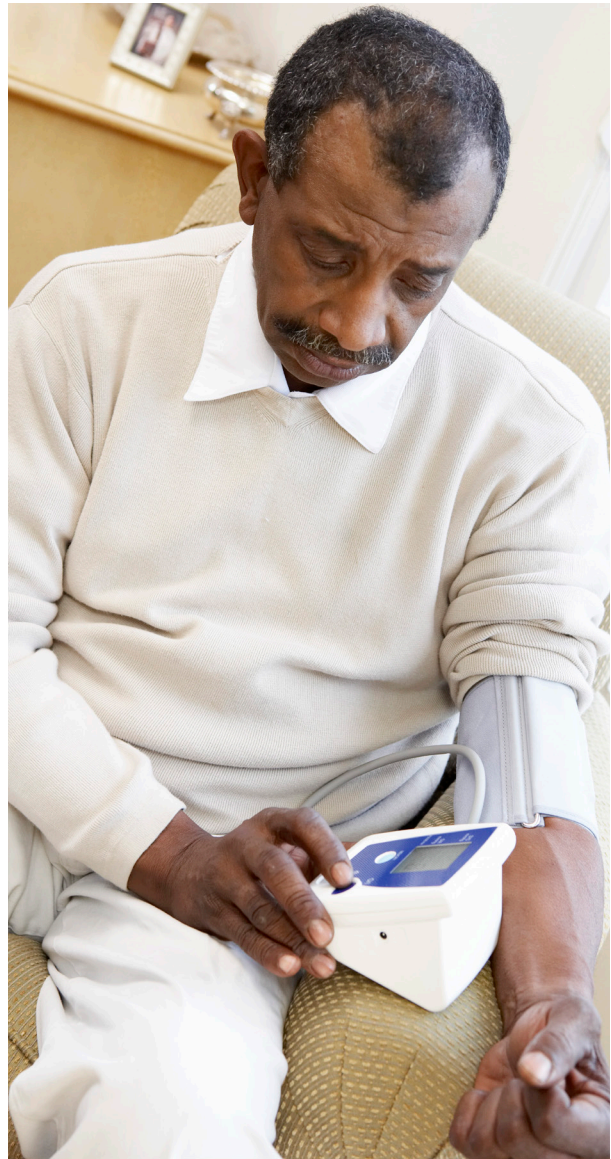
Beta-blockers may not save you from blood pressure issues... stroke... and even death.

And there's one more thing you NEED to know about these drugs, especially as summer approaches.

Beta-Blockers Up Your Heart Attack Risk 65%?!

Now, we already know that beta-blockers have dodgy results when it comes to preventing heart issues and death.

But these drugs go from bad to worse in the summer heat.



*Beta-blockers are dished out regularly by
the mainstream for blood pressure issues,
even though some studies show they aren't
as effective as other drugs.*

For a study, published in the journal *Nature Cardiovascular Research*, German scientists analyzed 2,494 cases of non-fatal heart attacks during the hot-weather months (May through September) between 2001 and 2014. They also took note of the patient's medications used prior to the cardiac event.

At the end, **they found that folks using beta-blockers were 65 percent more like to have heart attacks during the hottest days of the year!**

Can you imagine taking a drug for years because it's supposed to prevent heart attack... just to increase your chances of having one in the middle of a beautiful summer day?

NO. THANK. YOU.

If you're on beta-blockers, stay cool this summer and talk to your doctor about strategies to beat the heat.

Take Back Your Heart Health


If one thing is clear, beta-blockers are not the all-star heart cure-all that the mainstream has painted them to be.

If you're on them and you don't have heart failure... or your doc prescribed them for your blood pressure... it's time to have a conversation about doing something different.

One supplement to discuss is **coenzyme Q10** or **CoQ10**.

This antioxidant is found in all cells of your body, and experts believe it works for heart conditions because it improves energy production and prevents blood clots.

In fact, one clinical trial showed that folks taking CoQ10 supplements within three days of having a heart attack were less likely to have another heart attack and were also less likely to die of heart disease!⁸

And that's something you can't say about beta-blockers! 



Folks using beta-blockers were 65 percent more likely to have heart attacks during the year's hottest days!

“One study found that folks **using beta-blockers** were **65% more likely** to have **heart attacks** during the year's hottest days!”

WIPE OUT Your IBS Symptoms... with French Candy?!

In one study, 75% of patients saw total relief.

Living with irritable bowel syndrome IBS can feel like a never-ending nightmare. Because every day is a flip of the coin... and no matter which side your get... you're going to be in pain. Either you'll be laid up in pain from constipation... or spend your day in the bathroom because you can't do anything else.

The only thing worse? **There's no cure for IBS.**

But that won't stop your mainstream doc from piling on useless prescriptions...

You see, nearly 15 percent of Americans have IBS.¹

And some of the medications used to treat the disease can cost you thousands.²

So, the more they prescribe... the more money Big Pharma makes... and the more often you have to pay for a check-up and a refill.

Everyone is getting rich but you!

It's time to break this cycle. And for you to finally get the relief you deserve.

Now, you can.

New research shows there's a way to WIPE OUT your IBS symptoms.

And it's all thanks to a popular candy first made by French monks.

But first, let's talk about how certain prescription drugs can make your IBS symptoms worse.

IBS Drugs are BAD News

There are three types of IBS in adults:

- ▶ IBS-C or constipation-predominant IBS,
- ▶ IBS-D or diarrhea-predominant IBS,
- ▶ And IBS-M or mixed IBS (both constipation and diarrhea).

Of course, there are medications for whichever type ails you... and most of them come with some nasty side effects.

For instance, **Zelnorm**—used to treat IBS-C—can cause bloody stools, diarrhea, stomach pain, and even suicidal thoughts.

Even worse? It was actually taken off the market back in 2007 for increased risk of heart attack and chest pain.³



The more IBS drugs your mainstream doc prescribes... the more money Big Pharma makes... and the more often you have to pay for a check-up and a refill!

Anise STOPS Stomach Ulcers

Stomach ulcers are another ailment that can keep you off your feet.

These painful sores in the lining of your stomach can cause nausea, heartburn and, and indigestion.

Animal research shows that anise can help reduce the type of stomach acid that causes ulcers, prevent their formation and protect the stomach from further damage.⁹

WHAT?!

Who wants to take a drug that not only can make your IBS symptoms worse... but can also risk your life?

Not me!

The drug entered and exited the US market a few times since 2007. But it was finally discontinued by the manufacturer just last summer. However, there is still an existing supply still available in the US.⁴

If you or a loved one are taking this drug. It's time to talk to your doc about any alternative.

Another drug, **dicyclotol**,—used for IBS-D—can cause vomiting, constipation, gas, and bloating.⁵

YIKES!

Sounds to me like this drug takes a bad situation and makes it worse!

And finally, there's **Colpermin**—a form of peppermint oil that can help prevent stomach spasms.

Peppermint oil is a good start for the mainstream, but there's just one problem: it's unclear if it works for IBS.

You see, there is research showing Colpermin works. And there is research showing that it doesn't.

But when it comes to treating IBS, you want to KNOW you're headed for relief.

You want a treatment that will actually END your symptoms instead of making them worse or doing nothing at all. Now, it's finally here.

French Candy WIPES OUT IBS

Anise candies—flavored by the anise seed—were first made by Benedictine monks in the Burgundy region of France as early 917 AD.⁶

And while this sugary, spicy and aromatic candy might satisfy your sweet tooth, it's star ingredient can also help resolve your IBS symptoms.

In a 2016 clinical trial, published in the *Journal of Ethnopharmacology*, scientists divided 120 patients into three groups. One took anise oil capsules. One took Colpermin. And one took a placebo.



Anise candies—flavored by the anise seed—were first made by Benedictine monks in the Burgundy region of France as early 917 AD.

At the end of the four-week trial, the results were astonishing...

Seventy-five percent of the folks taking anise oil were IBS-free!

In fact, anise helped WIPE OUT the following symptoms:

- ▶ Stomach pain,
- ▶ Bloating,
- ▶ Diarrhea,
- ▶ Constipation,
- ▶ Reflux,
- ▶ Headache,
- ▶ And tiredness.

Even better? Anise oil was MORE EFFECTIVE than Colpermin and produced ZERO side-effects.⁷

This means you can get REAL relief... without side effects... and finally stop planning your life around your stomach issues.

Anise oil works because it contains anethole, a compound that helps lower the specific type of inflammation that causes IBS.

Research shows it also aids digestion, soothes stomach muscles, and stops gas and bloating.

Plus, a clinical trial of 20 participants shows that anise can have a laxative effect when taken with other herbs, making it a good fit for folks with IBS-C.⁸

Get Your IBS Under Control Today!

Like I mentioned before, anise is available in candy form.

But adding bunch of sugar to anything typically takes away it's health benefits.

And the same goes for anise.

Luckily, there are several other ways to get anise (without the candy)... and get your IBS under control.

Anise teas are available at your local natural health store and through online retailers like amazon.com.

Anise seed supplements are also an option and can be purchased at your local natural health store.

Additionally, adding anise to your meals is a good way to get more of this miracle seed.

This spice is found in most grocery stores and can be added to marinades, salad dressings, and baked goods for extra flavor... and IBS relief.

You will find two different forms—anise and star anise—both varieties contain anethole.

So, either one will work. 🍷



Drinking anise tea is one way to get more of this IBS-fighting seed.

Wonder Vitamin STOP Bone Fractures

And the “double-up” trick that gives you bones of steel!

Summer is just days away.

And along with the sunshine and warmer weather comes the fun activities of longer, brighter days.

Swimming with the grandkids... playing tennis with your partner... and even getting back on the putting green could all be in your future.

But if you're not taking care of your bones... these fun summertime activities could be putting you at risk.

Just one wrong turn or a slip on the pool deck could land you in months of rehab... or worse.

Thankfully, this doesn't mean you have to spend your entire summer indoors.

Because research shows that getting more of a certain wonder vitamin can help give you bones of steel... and SLASH your risk of hip fracture!

Even better?

There's a “double-up” trick that helps you indulge in more of your favorite foods while also fortifying your bones.

First, let me tell you how the mainstream continues to miss the mark when it comes to bone health.

Mainstream Bone Drug Dangers

Bone fractures are no joke at any age.

They are painful... difficult to recover from... and can permanently impact your mobility and range of motion.

But when you're older, they can put your life at risk.

You see, research shows that fracturing a hip—which is easier to do than you think—can DOUBLE your risk of dying in the next year.¹

That's why making sure you have healthy bones is essential to aging well.

The only problem? Your mainstream doc doesn't have the first clue how to help you.

Conventional medicine focuses on medications to reverse osteoporosis (bone loss).

But this isn't the best route.

You see, these drugs can often do more harm than good.

In fact, one of the mainstream's favorite bone drugs—Fosamax—is currently embroiled in several lawsuits because it can weaken your bones.

Numerous patients are claiming that this drug caused them to have osteonecrosis of the jaw (where the bones of the jaw crumble and die after dental work) and atypical fractures of the femur.²

I don't know about you, but this is enough more me to take a hard pass on this drug!



Conventional medicine focuses on drugs to reverse osteoporosis. But these drugs can often do more harm than good.

“One of the mainstream’s favorite bone drugs—**Fosamax**—is currently embroiled in **several lawsuits** because it can **weaken your bones**.”

Why on earth would I take a drug meant to strengthen my bones that instead ruins them?

Luckily, I don’t have to... and neither do you.

Wonder Vitamin STOPS Fractures

Vitamin K1 is as good as it gets when it comes to preventing bone fractures.

This wonder vitamin helps improve bone toughness and stops your bones from being broken down by natural processes in your body.

And because of this, it can also prevent bone fractures, too.

In fact, a 2011 study shows **that seniors with low levels of vitamin K1 were at an increased risk of suffering from a hip fracture.**³

A 2017 meta-analysis of five studies and nearly 81,000 participants showed that **folks with the highest dietary intake of vitamin K1 were at the lowest risk of experiencing a bone fracture.**⁴

And a double-blind placebo-controlled trial of 244 women without osteoporosis showed that taking vitamin K1 with vitamin D and calcium significantly improved their bone mineral density—which is key for healthy bones—over a two-year period.⁵

These results show that getting more vitamin K1 is key for keeping strong, healthy bones for the rest of your life.

Plus, there’s more good news...

“Double-Up” Trick Fortifies Your Bones

In a recent study, scientists from Edith Cowan University’s Nutrition and Health Innovation Research Institute and the University of Western Australia analyzed the vitamin K1 intake and hip fracture status of 1400 women.

And the results were astonishing!

Women who consumed one to two servings (or the 120-mcg equivalent) of vitamin K1-rich foods were 31 percent less likely to experience a bone fracture!

And the best part? **Those getting the most vitamin K1 in their diet slashed their risk of hip fracture nearly in HALF!**⁶



Double-up on an avocado and kiwi smoothie by the pool to increase your vitamin K1 and keep your bones strong for summer fun!

This means doubling-up on delicious vitamin K1-rich foods—like green fruits and vegetables—can help you get bones of steel!

But there's one issue here... you may not be getting enough of this miracle vitamin.

How to Up Your K1 Intake

The daily recommendation for vitamin k1 intake is just 90 mcg for women.⁷

Wow! That's 30 mcg lower than the effective dose found in the study!

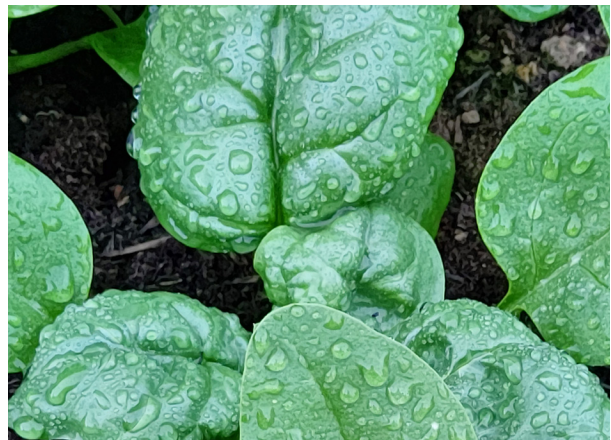
But you don't have to follow these guidelines...

In fact, in this case, and in many others, you shouldn't!

Instead, start adding K1-rich foods to your diet.

These include:

- ▶ Spinach,
- ▶ Kale,
- ▶ Broccoli,
- ▶ Brussels sprouts,
- ▶ Cabbage,
- ▶ Green beans,
- ▶ Prunes,
- ▶ Kiwi,
- ▶ And avocado.



Green fruits and vegetables—like spinach—are rich in vitamin K1.

Yum!

All these foods can make tasty summertime snacks!

So double-up on a delicious avocado and kiwi smoothie by the pool... or add a kale and spinach salad to your post-golf lunch... your bones will thank you!

You can also find vitamin k1 supplements at your local pharmacy. But talk with your doctor before you start taking K1.

Certain medications –like blood thinners—can be affected by this nutrient. 

*Women who consumed one to two servings of
vitamin K1-rich foods were **31% less likely**
to **experience a bone fracture!***

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And the “double-up” trick that gives you bones of steel!

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