

## Red Hot Spice Incinerates ANY Disease! (...And Helps You Live LONGER)

Beat back cancer, diabetes, weight gain,  
heart disease, and more!

**O**n the surface, there doesn't appear to be much to the humble chili pepper.

Most of us just think of them as an ingredient to spice up stir-fry... enhance a pot of chili... or add a kick to your favorite cheese dip.

But research shows that these potent peppers have a lot more than flavor to offer you.

In fact, a mountain of studies reveals that this red-hot spice can help you INCINERATE just about ANY disease.

That's right...

**The little pepper that could is shown to fight:**

- ▶ Cancer,
- ▶ Diabetes,
- ▶ Weight gain,
- ▶ Heart disease,
- ▶ Pain,
- ▶ And stroke.

Even better? It can help you live longer, too!

And all you have to do is spice things up to see  
REAL RESULTS.

### Top Notch Nutrition

Chili peppers have been a staple in recipes that span the globe for eons.

Though they originated in Mexico, these fiery plants made their way to different parts of the world, where they became an essential ingredient in many types of regional cuisine, including European, Thai, Chinese, and Indian.



*Chilis are rich in many vitamins and minerals, including vitamin C, vitamin K1, potassium, and copper.*

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*Folks who ate chili peppers at least four times a week reduced their risk of dying from a heart attack by 44%!*

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And while we might think their only value is their flavor. The truth is, they are a source of top-notch nutrition.

Chilis are rich in many vitamins and minerals, including vitamin C, vitamin K1, potassium, and copper.

But it's their antioxidant content that helps these peppers beat back chronic diseases... and helps you live a long, healthy life.

Specifically, **capsaicin**, a potent compound that gives chilis their spicy taste.

These compounds are shown to contribute to the fruit's health-boost properties in multiple studies.

Let's take a look...

## Burn More Fat

One meta-analysis of eight studies, including 191 participants, showed that taking at least 2mg of capsaicin before meals can reduce appetite and eat less.<sup>1</sup>

But there's another way capsaicin works... it melts pounds by activating your brown fat.

You see there are two types of fat in your body, white fat and brown fat.

White fat is the type that your body stores and becomes excess weight. **Brown fat**, on the other hand, actually helps your body BURN calories.

In one randomized, double-blind, placebo-controlled study, folks who took 9mg of capsaicin for eight weeks saw increases in fat-burning and brown fat activity.

And another trial found that folks taking 6mg of capsaicin daily for 12 weeks were able to significantly decrease their abdominal fat!<sup>2</sup>

**This means adding chili peppers to your favorite meals can help you SLIM DOWN... and BURN MORE FAT.**

How easy is that?!

But there's more good news...

Hot peppers can help you control your blood sugar, too!

## Balance Your Blood Sugar

In one study, overweight adults were given either a supplement containing capsaicin or a placebo for eight weeks. At the end, the results showed that the capsaicin group experienced improved insulin sensitivity and inflammation, two of the key drivers behind diabetes.<sup>3</sup>



*In one randomized, double-blind, placebo-controlled study, folks who took 9mg of capsaicin for eight weeks saw increases in fat-burning and brown fat activity.*

And this is just the tip of the iceberg...

Because other research shows that capsaicin can also ERASE your diabetic pain.

## ERASE Your Diabetic Pain

If you have diabetic neuropathy, you already know it's miserable.

The damage diabetes does to your nerves can cause shooting pains in your legs, ankles, and feet, making you miserable.

But your mainstream doc is no help. They'll just write you a script for a useless drug that won't work... or, worse... make increase your pain.

Luckily, this doesn't have to be your story any longer. Because chili peppers can help!

In a recent study, scientists from the Imperial College London and Sheffield Teaching Hospitals in the UK gave 75 people with diabetic neuropathy medicinal patches with 8 percent capsaicin or a placebo.

At the end of the three-month trial, the capsaicin patch users reported significantly less pain and had higher counts of new nerves in their feet!<sup>4</sup>

**This means capsaicin ERASED their pain... and REGENERATED their nerves.**

Imagine what new nerves could mean for your future?!

## SLASH Your Risk of Heart Attack and Stroke

For a 2019 study published in the *Journal of the American College of Cardiology*, Italian researchers analyzed the chili pepper intake of more than 22,000 adults over eight years, looking for a link between the fruit and heart attack or stroke risk.

And the results were FANTASTIC!

Folks who ate chili peppers at least four times a week reduced their risk of dying from a heart attack by 44 percent.

Even better? **This same group SLASHED their risk of suffering a fatal stroke by 61 percent!**

Holy smokes, folks! That's some serious heart protection from a tiny pepper.

Again, scientists believe these effects could be from capsaicin. Lab studies have shown that this antioxidant can reduce cholesterol and blood vessel restriction—two causes of major heart issues.<sup>5</sup>

## STOP Cancer Growth

A 2022 review of capsaicin research shows that this compound is able to stop the growth of many types of human cancers including:

- ▶ Breast,
- ▶ Lung,



*In a three-month trial, capsaicin patch users reported significantly less pain and had higher counts of new nerves in their feet.*

- ▶ Prostate,
- ▶ Stomach,
- ▶ Kidney,
- ▶ Liver,
- ▶ And bone.

Further research shows that using capsaicin in conjunction with conventional cancer treatments can enhance their results, especially in breast and small-cell lung cancer.<sup>6</sup>

## Live LONGER

And now we're at my favorite part... how chilis can help you LIVE LONGER.

In a 2020 study from the American Heart Association study, researchers reviewed more than 4,000 studies that included more than 570,000 people, looking for a link between chili consumption and health outcomes,

And what they found blew their minds!

They found that folks eating chili peppers on a regular basis experienced:

- ▶ A 26 percent reduced risk of dying from heart disease,
- ▶ A 23 percent reduced risk of dying from cancer,
- ▶ And a 25 percent reduced risk of dying from any cause.<sup>7</sup>

There it is folks, in black and white... you've got every reason to start getting more chili peppers in your diet!

## Get the Benefits With or Without the Kick

If you love the spicy taste of chili peppers—like me and my teenagers do—then all you have to do is add chilis to your favorite dishes.


Remember the Italian study showed that getting just four servings a week is enough to keep your heart strong and healthy.

You can pick these up at your local grocery store or farmer's market. (They are also incredibly easy to grow in a garden or window box.)

But if you're like most folks, the bold and hot taste of chili peppers may not be for you.

And that's perfectly fine!

Because chili pepper supplements are available at your local pharmacy.

They come in different varieties. I recommend going for a cayenne supplement. This way you get all of the pepper's nutrition and not just a capsaicin extract. 

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*“ Lab studies have shown that **capsaicin can reduce cholesterol & blood vessel restriction—** two causes of major heart issues. ”*

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# “Broom of the Brain” Flower RIVALS Mainstream Anxiety Drugs

It’s not addictive and has zero side effects.

**A**nxiety is a part of life.

And there are certain times in life when it can seem unavoidable. Like when you’re waiting for the arrival of your first grandchild... are just a few weeks from retirement... and hoping for good results from your latest lab work.

But when you’re constantly living on the edge, it can really impact your daily life... your health... and your loved ones.

Unfortunately, mainstream medicine CAN’T help you.

You see, they only offer addictive, dangerous drugs that could actually increase your symptoms.

And that’s where Mother Nature comes to the rescue.

**Research shows that a certain “broom of the brain” flower RIVALS conventional anxiety medications... WITHOUT the risks of side effects.**

Even better? [You can get your hands on it today!](#)

## Purple Flower Power

**Lavender** is a small purple flower indigenous to the Mediterranean and southern Europe.

Its reputation for healing traveled far and wide, making it a popular medicinal flower in many regions, including Rome, Persia, Greece, and Tibet.

In fact, one 17th-century Persian medical text referred to lavender as the “broom of the brain” because it was thought to sweep away conditions like depression and anxiety.<sup>1</sup>

And as it turns out, these ancient physicians weren’t wrong.

Lavender contains a compound called **linalool**, which has a major impact on your nervous system—the interconnected network in your brain and body that controls your anxiety.

Anxiety can signal that your body is stuck in “fight-or-flight” mode—that primal urge to run from danger... or take it head-on.

This nervous system override helped our ancestors survive in the jungle or on the battlefield. But in these modern times, it can seem like there is no real escape from danger.

Things like the economy... your health... and the constant stream of bad news brought to us by the media can put you on edge permanently, locking your body into a state of distress.



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And this leads to anxiety symptoms like panic attacks, headaches, depression, breathing issues, elevated heart rate, irritability, stomach issues, pain, insomnia, and even increased blood pressure.

But linalool can stop these devastating symptoms in their tracks!

You see, this miracle compound increases the levels of certain brain chemicals that can help take your nervous system out of fight-or-flight mode.

And the best part? It works just as well as some of the mainstream’s top anxiety meds.

## **Lavender RIVALS Mainstream Anxiety Drugs**

In a randomized, double-blind clinical trial, 36 folks with generalized anxiety disorder (GAD) were given 80 mg of silexan—a lavender supplement—or 0.5mg of lorazepam daily for six weeks.

Lorazepam is a benzodiazepine medication commonly prescribed for GAD. It can be highly addictive and very dangerous to quit.

All participants underwent the Hamilton Anxiety Rating Scale to measure their level of anxiety between baseline and week six.

And the results were mind-blowing! Both groups saw a 45 percent decrease in their anxiety!

**This means that the lavender supplement results RIVAL those of the dangerous mainstream drug.**

Just imagine what this could mean for your anxiety! You can get REAL results WITHOUT the risks!<sup>2</sup>

But there’s more good news...

A review of three clinical trials—including the one I just mentioned—shows that folks taking 80mg of silexan daily not only saw relief from their anxiety but also experienced improvements in:

- ▶ **Restlessness,**
- ▶ **Sleep issues,**
- ▶ **Aches and pains,**
- ▶ **And their quality of life.<sup>3</sup>**



*Things like the economy... your health... and the constant stream of bad news brought to us by the media can put you on edge permanently, locking your body into a state of distress.*

Now, these studies show that taking a lavender supplement can help reduce your anxiety.

But more research shows that simply smelling this powerful flower can put your mind and body at ease, too!

## The Anti-Anxiety Aromatherapy

A recent study published in the journal *Frontiers in Behavioral Neuroscience* found that lavender oil works just as well as Valium at stopping anxiety.

But once again, unlike its mainstream counterpart, this natural solution is not addictive and has ZERO side effects.

For the mouse study, researchers found that linalool had the same anti-anxiety effects as Valium but only when the animals SNIFFED the lavender extract.

In fact, it ONLY worked when they inhaled the scent, just like you would in aromatherapy.<sup>4</sup>

This means the smell of lavender is enough to calm your nerves... and give you the anxiety relief you deserve... so you can be happy and carefree again!

And there are more studies showing that the smell of lavender really works.

One study of 122 patients hospitalized in the intensive care unit showed that patients who received aromatherapy with lavender oil reported significantly improved mood and anxiety levels.<sup>5</sup>

And similar results were reported in another study of fourteen female patients undergoing chronic hemodialysis.<sup>6</sup>

I don't know about you, but this makes me want to douse my pillows in lavender spray!

Think about how different your night could be by just smelling this amazing flower.

## Sink Your Anxiety with THIS Spray

As the research shows, lavender can SINK your anxiety levels with just a sniff.


And that's why you should start using a lavender essential oil spray. You can pick one of these up at your local natural health store.

Or, for extra-strength relief, you can purchase a linalool extract [here](#).

If you want to double down on anxiety, you can also get silexan supplements from your local pharmacy.

Just be sure to look for 80mg doses, like the studies used.

As always, check with your doctor before starting a new supplement.

And if you're currently on an anxiety prescription, working with your doctor to get off is crucial. Many of these drugs can cause serious withdrawal symptoms if not detoxed properly. 

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## Lavender BOOSTS Antidepressants

A 4-week double-blind, randomized trial shows that folks taking a lavender supplement along with the depression medication imipramine saw better results and faster.

So, if you're taking an antidepressant and want to see better results, it's time to talk to your doc about how adding lavender to your regime might give more relief.<sup>7</sup>

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# BLOCK Dementia for 5 Cents a Day!?

The vitamin helps block the root cause of memory loss.

**W**e've all lost someone to dementia.

It's so painful to watch your friend... spouse... or cousin slowly lose their independence... memory... and identity.

And that's why you never miss your afternoon water aerobics class... eat plenty of seafood... and always finish the daily crossword puzzle—anything to protect your brain!

But it looks like you need to add one more thing to this list of dementia fighters.

**New research from the University of Indiana shows that a certain vitamin can help you BLOCK dementia before it starts.**

It will only cost you five cents a day... and your mainstream doctor probably knows NOTHING about it!

## The Niacin-Brain Connection

**Niacin**, or **vitamin B3**, is essential for a healthy brain and body.

This potent B vitamin helps your body turn food into energy and is essential for the proper functioning of your nervous and digestive systems, and can even help lower cholesterol.<sup>1</sup>

And research shows that being deficient in this vital nutrient can cause a condition called pellagra.

Pellagra typically appears as “the three Ds”: diarrhea, dermatitis (rash), and **dementia**.

Now, the first two are easy to spot—if you have either one, you certainly know about it.

But the type of dementia caused by pellagra can be sneaky.

You see, not having enough niacin keeps all your cells from working properly—this includes brain and nerve cells.

Think of it as an engine running without any fuel. It will misfire and eventually stop working.

Early symptoms of the condition may be vague and present more like anxiety or depression. Over time, however, this niacin deficiency can lead to confusion, memory loss, and even permanent dementia.<sup>2</sup>

And the bigger issue? Research shows the risks of dementia and niacin deficiency... but your mainstream doctor has probably NEVER laid eyes on it. But I have...

And I'm going to tell you all about it.

## Niacin Deficiency Ups Your Dementia Risk 70%

A 2004 study tracked the dietary habits of 3,718 65-and-older residents of three south Chicago neighborhoods for more than five-and-a-half years. They also performed clinical tests on 815 of these people over four years.

At the end, **researchers found that participants consuming the least amount of niacin were 70% more likely to develop Alzheimer's disease.**

Seventy percent?! That's a link that even the mainstream can't deny.

But there's more bad news... the niacin-deficient participants experienced a significantly increased mental decline than those with the most niacin.<sup>3</sup>

So, there you have it, folks...



Not getting enough of this nutrient can send your risk of losing your memory and independence through the roof!

## **BLOCK Alzheimer's at its Source**

A recent animal study from the University of Indiana, sheds light on how niacin can also help fight Alzheimer's—the most common form of dementia.

For the experiment, 5-month-old mice with Alzheimer's were treated with an FDA-approved formulation of niacin (Niaspan®) daily for 30 days with 100 mg niacin/kg.

After the treatment period ended, the researchers examined the brains of the mice, looking for changes directly related to Alzheimer's.<sup>4</sup>

And what they found was incredible!

The niacin helped BLOCK the formation of amyloid plaques... HALTING the progression of the disease.

Researchers report that niacin is effective because it “interacts with a highly selective (brain) receptor, HCAR2, present in immune cells physically associated with amyloid plaques. When niacin -- used in this project as the FDA-approved Niaspan drug -- activates the receptor, it stimulates beneficial actions from these immune cells”.<sup>5</sup>

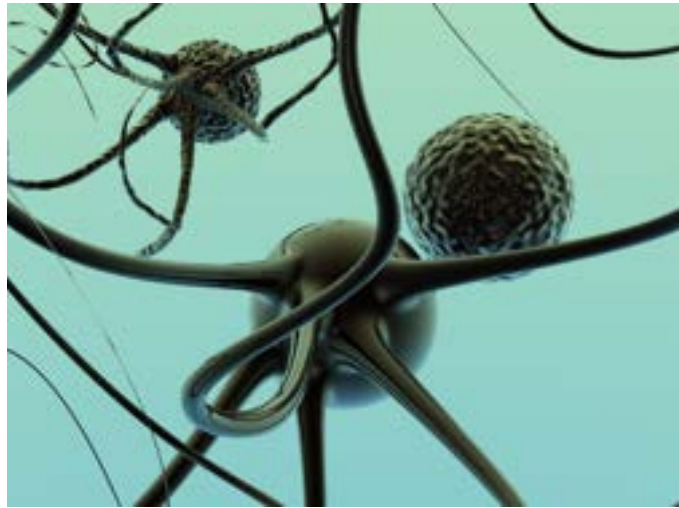
In other words, niacin flips a switch in your brain that activates your immune system, blocking the formation of Alzheimer-causing plaques!

But here's where I differ from the researchers... you don't need an FDA-approved version of niacin to see REAL results.

You see, once the agency puts its stamp of approval on a vitamin, Big Pharma can patent the vitamin and charge an arm and a leg for it.

Niaspan costs about \$62 for a 30-day supply, or a little over two bucks a day.

And niacin supplements? Well, they will only cost you about 5 cents per day... and you don't have to deal with



*Not having enough niacin keeps all your cells from working properly—this includes brain and nerve cells.*

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## **Niacin Balances Your Cholesterol**

Niacin was studied for its effects on cholesterol as early as 1955. In this study, researchers found that taking 1,000 to 3,000 mg of the vitamin daily significantly lowers total cholesterol in men.<sup>7</sup>

Since this early research, scientists have found more evidence that this vitamin can help balance your cholesterol. In fact, according to the Mayo Clinic, niacin can lower your triglycerides—a blood fat linked to heart disease—by 25 percent. And it can also raise your HDL “good” cholesterol by more than 30 percent.<sup>8</sup>

your insurance company or wait in the pharmacy line to get one!

## Get Niacin Now!

Niacin supplements are available at your local drugstore or through [online retailers](#). Again, for about 5 cents per dose.

As always, check with your doctor before starting any supplement.

And you can also get more niacin in your diet by eating the following foods:

- ▶ Liver
- ▶ Chicken
- ▶ Turkey
- ▶ Beef
- ▶ Fish
- ▶ Brown rice
- ▶ Avocados
- ▶ Nutritional yeast<sup>6</sup> 



*Niacin flips a switch in your brain that activates your immune system, blocking the formation of Alzheimer-causing plaques!*

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