

## “Olympian” Spice DESTROYS Stomach Cancer

And it could help you live an extra 22 years!

**T**here’s only one thing worse than being diagnosed with stomach cancer... the treatments that follow.

That’s because the mainstream will put you on scorching radiation... sickening chemo... or suggest a serious operation that could leave you with a colostomy bag for the rest of your life.

Even worse? None of these brutal treatments are guaranteed to cure your cancer.

Meaning, you could go through all of this pain and suffering... and **STILL HAVE CANCER.**

So, your best bet is never to get stomach cancer in the first place.

Luckily, that just got a whole lot easier to do.

**You see, mountains of research show that a common spice can help you DESTROY stomach cancer.**

And it’s been healing people since the time of the first Olympians.

### The Olympic Secret to Beating Cancer

Picture it...

It’s the year 776 BC...

You’re in the grandstands of a marble stadium...

You’re watching the top athlete of Greece compete for the glory of winning the very first Olympics...

And as you see these strong, healthy competitors take the field, you see them all take a handful of a powerful herb—one they believe will give them the energy and fortitude it takes to bring home the gold.

So, what are they eating? **GARLIC.**<sup>1</sup>

That’s right! The humble, everyday spice that’s likely in your kitchen at this very moment.

Now, you can’t travel back in time to see if garlic gave these athletes the stamina they needed to win.



*Garlic was used by the original Olympic athletes for stamina and strength.*

But you CAN use this herb to help keep yourself—and your loved ones—safe from cancer.

You see, garlic is full of cancer-fighting compounds that can DESTROY cancer at its source.

## Spice Rack Staple STOPS Cancer Growth

Garlic belongs to the allium family, which includes other tasty plants like onions, leeks, and scallions.

But these plants do more than take up space on your spice rack.

You see, they all contain unique compounds—called allyl sulfur compounds—that can stop cancer growth in multiple ways.



*Garlic contains unique compounds—called allyl sulfur compounds—that can stop cancer growth in multiple ways.*

## Cancer Killer #1: NK and T Cells

Garlic boosts your **Natural Killer (NK) cells and your T-cells**. These “first responder” cells help attack threats to your body like viruses, bacteria, and cancer cells.

**One double-blind placebo-controlled trial of 120 participants shows that taking garlic extract can significantly increase the growth of both types of cells and even lead to a 58 percent decrease in infections like colds and flu.**<sup>2</sup>

And this is excellent news for anyone who wants to stop cancer...

Most cancer patients don't have enough NK and T cells to stop their cancer from growing. So, if you can SUPERCHARGE your immune system, you can fight off cancer cells.

In fact, this is how some of the mainstream's immunotherapy drugs work—they prime the immune system for battle by increasing the number of these specialized cells.<sup>3</sup>

But this is just garlic's first line of defense against cancer.

## Cancer Killer #2: Selenium

**Selenium** is a mineral known for its cancer-destroying properties.

**Many studies show this common element can help lower your risk for breast, lung esophageal, stomach, and prostate cancer.**<sup>4</sup>

Further research shows that selenium works because it can help induce apoptosis or cancer cell death.<sup>5</sup>

*Many studies show this **common element** can help lower your risk for **breast, lung esophageal, stomach, & prostate cancer.***

So, getting more of this mineral is key for anyone who wants to beat cancer.

And garlic is a FANTASTIC source of this mineral.

### Cancer Killer #3: Allicin

**Allicin** is a compound found in freshly cut garlic.

Studies show it's a potent anti-cancer agent because it can help stop the disease by:

- ▶ Stopping tumor growth,
- ▶ Inducing cancer cell suicide,
- ▶ Controlling the spread of cancer cells,
- ▶ Reducing the formation of new blood vessels in tumors,
- ▶ Suppressing the effects of H. pylori, a bacterium that can lead to stomach cancer.

Additionally, allicin can help enhance the performance of chemo drugs... and even reduce the damage done by chemo.<sup>6</sup>

And there's even more good news about garlic...

### SLASH Your Cancer Risk 70%

A meta-analysis of 26 studies showed that folk with the highest intake of garlic and other allium vegetables slashed their risk of developing stomach cancer by a MASSIVE 60 percent!<sup>7</sup>

Those are life-changing results, folks!

Eating more garlic could keep you from undergoing painful and lengthy cancer treatments.

But things go from good to GREAT with this next study...

An Italian study of nearly 800 adults showed that participants eating garlic (or garlic and onions) at least twice a week reduced their stomach cancer risk by 70 percent!

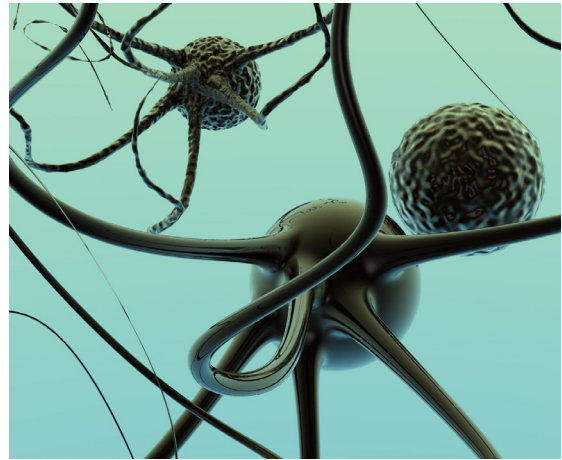
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## Garlic Rivals Top Blood Pressure Drugs

Garlic has also been studied for its blood pressure-reducing powers.

One 24-week study of 30 patients found that 600-1,500 mg of aged garlic extract was just as effective as the drug Atenolol for reducing blood pressure.

Even better? There were NO harmful side effects.<sup>9</sup>



*Garlic boosts your Natural Killer (NK) cells and your T-cells. These "first responder" cells help attack threats to your body like viruses, bacteria, and cancer cells.*

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It's that simple! Just add two servings of garlic to your weekly menu and increase your chances of staying stomach cancer-free.

## Live an Extra 22 Years?!

A blinded randomized placebo-controlled trial in China found that taking garlic supplements for seven years after being treated for *H. pylori* infection significantly reduced their risk of dying from stomach cancer.

**In fact, the study showed that garlic helped STOP stomach cancer death for more than 22 years!**<sup>8</sup>

Can you imagine what you could do with an extra 22 years?


That trip out west... your granddaughter's wedding... all are things you could experience thanks to garlic!

## Get More Garlic!

Fresh garlic is available at your local farmer's market or grocery store.

To get the most anti-cancer powers from the tasty bulb, cut or crush the cloves and leave them to sit for **about 15 minutes**. This helps activate the allicin compound.

And then start adding this delicious cancer-fighting spice to everything from salad dressings to roasted vegetables to your finest steak.

Or, if you don't like the taste, you can pick up a garlic supplement at your favorite pharmacy or through an online retailer like amazon.com. 



*An Italian study of nearly 800 adults showed that **participants eating garlic at least twice a week reduced their stomach cancer risk by 70%!***



# Weird Grape ERASES Psoriasis

Get the relief you deserve WITHOUT nasty side effects.

If you've got psoriasis, you've probably tried everything under the sun not to have it.

These itchy, raised skin plaques can be endless sources of irritation... and embarrassment, especially during beach and pool season.

And your mainstream doc CAN'T help you find any relief.

Instead, they will pump you full of dangerous drugs and cover your skin in toxic creams.

But I say ENOUGH IS ENOUGH.

You deserve to have the BEST psoriasis treatment possible.

Now, according to research, it's finally here.

**Because studies show, there's a weird grape that can ERASE your psoriasis.**

And it works better than some mainstream treatments!

I'll tell you all about it here... But first, let's talk about what's wrong with modern psoriasis drugs.

## Mainstream Psoriasis Drugs Get It All WRONG

We all know that conventional medicine throws spaghetti at the wall when they are developing drugs... just hoping that one of their nasty drugs sticks.

And their approach was no different when it came to psoriasis.

You see, issues with your immune system cause psoriasis, but modern medicine works just to treat the external symptoms—like skin plaques—instead of trying to rebalance your immunity.

One of their earliest topical “solutions” was coal tar.

You read that right: **COAL TAR**.

This industrial byproduct is created during coal processing and can cause some serious side effects.

For some folks, using coal tar soap or shampoo to treat their scalp can discolor their hair and leave them with an unpleasant odor.

Others have experienced acne-like breakouts, redness, dryness, and skin irritation when using coal tar on their skin. And it can also make your skin more sensitive to the sun.

These side effects can make your psoriasis WORSE!

But perhaps the worst possible consequence of this toxic sludge is CANCER.

**The American Academy of Dermatology reports that some studies indicate that exposure to coal tar can increase cancer risk and that some products even have cancer warning labels.<sup>1</sup>**



*Coal tar is an industrial byproduct created during coal processing and can cause serious side effects. The mainstream also uses it to treat psoriasis.*

I don't know about you, but I have ZERO interest in using a product that can make my psoriasis worse... discolor my hair... AND up my cancer risk!

Yet, this is just the tip of the iceberg when it comes to mainstream psoriasis drug fumbles.

Pills and injectable drugs are also used to treat this skin condition.

At the top of the conventional medicine list are immunosuppressive drugs like **methotrexate**.

This drug is often used in chemotherapy to treat blood, bone, lung, breast, head, and neck cancers.

And it comes with a whole host of serious side effects like:

- ▶ Blurred vision or sudden loss of vision,
- ▶ Seizures,
- ▶ Confusion,
- ▶ Weakness or difficulty moving one or both sides of the body,
- ▶ And the loss of consciousness.

Additionally, this drug can also cause many symptoms seen with traditional chemo treatment, including hair loss, decreased appetite, and headache.<sup>2</sup>

Can you imagine going through all of this and NOT having cancer?!

You shouldn't be in the fight of your life just to get your skin feeling—and looking—better.

And now you don't have to.

## Weird Grape Works Better than Mainstream Drugs

Mahonia is an evergreen shrub native to Asia, the Himalayas, and the Americas.

This hearty bush has long, deep green leaves, yellow flowers, and grape-like blue-colored berries. Here in the US, it's sometimes called the "Oregon grape."<sup>3</sup>

This potent plant works against psoriasis because it contains a compound called **berberine**, which helps tackle the immune issues at the root cause of the condition.

**Specifically, it helps lower the type of immune system activity and inflammation that causes psoriasis.**

**It also decreases the expression of keratin 6 and keratin 16—two proteins that cause skin plaques.**<sup>4</sup>

And some studies show its incredible effects on this skin condition!

**One study of 433 patients with chronic plaque psoriasis showed that 81 percent of the participants saw significant improvement in their skin after using a mahonia gel for 12 weeks.**<sup>5</sup>

Even better? Thirty percent of these patients were severely symptomatic at the start of the trial, but only 5.6 percent had severe symptoms after 12 weeks, with no major side effects!



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**In a 6-month trial, 63 percent of participants with psoriasis reported that an Oregon grape topical cream worked just as well—or BETTER—than the standard pharmaceutical treatment.**

Another 12-week study showed that folks using Oregon grape cream significantly improved their psoriasis symptoms and didn't require any follow-up treatment for one month after the end of the study!<sup>6</sup>

Think about what results like these could mean for your future...

No chemo... no coal tar... just REAL relief without any serious side effects!

## **Where to get Oregon Grape**


While plenty of oral berberine supplements are on the market, they likely won't help solve your psoriasis issues.

As seen with the research, topical berberine creams work best.

Just imagine how this amazing plant can help RESTORE your confidence... and beautiful skin once and for all!

You can get these creams from your local holistic medicine provider.

Or you can get one from an online store. [I like this one.](#)

As always, check with your dermatologist before starting a new treatment. 



*Using berberine cream can help end your psoriasis issues and let you feel confident about reaching out to the world again.*

# “Pompom” Mushroom REGROWS Your Brain

Discover how to stop Alzheimer’s  
and stay independent.

**M**ore than six million Americans are living with Alzheimer’s Disease right now.  
And by the year 2050, it’s estimated that this number will rise to nearly 13 million.<sup>1</sup>

That would be like every single resident of New York City, Los Angeles, and Chicago having memory problems at the same time!

But it shouldn’t be this way...

We all deserve to live well into our golden years... and stay independent until the end.

Now, we can.

**New research shows that a certain “pompom” mushroom can keep your memory SAFE... and even REGROW your brain.**

Even Better? You can get your hands on it TODAY!

## The Magic Mushroom

From the ice age to current times, mushrooms have been feeding—and healing—countless cultures.<sup>2</sup>

We modern humans are no different.

I can’t imagine eating a steak without a heaping pile of sauteed mushrooms.

And I can’t imagine growing old without harnessing the power of a particular mushroom that can keep me sharp as a tack as I age.

The **lion’s mane mushroom** (*Hericium erinaceum*) is a strange-looking fungus for sure,

Due to its bizarre pompom-like appearance, it goes by many names—bearded tooth, tree hedgehog, and monkey head.

But that shouldn’t deter you from using it.

**Studies show that this fantastic fungus can help boost your brain by increasing your levels of a nerve growth factor molecule, which helps boost the nerve cell process.**<sup>3</sup>

Other research indicates that Lion’s mane also reduces inflammation and stops the growth of amyloid-beta—two of the key drivers behind Alzheimer’s.

Additionally, it contains a molecule—called **erinacine**—that shields the brain from the type of stress that damages brain cells and also boosts the protection of myelin, the protective covering of neurons.<sup>4</sup>



*From the ice age to current times, mushrooms have been feeding—and healing—countless cultures.*



And when you combine all of these brain-saving powers, you can see some REAL results when it comes to memory and independence.

Plus, there are studies to show it!

## Improved Memory and Independence

**One double-blind, placebo-controlled trial found that seniors over with mild cognitive impairment (MCI) significantly increased cognitive function after taking 250mg of Lion's Mane supplements three times daily for 16 weeks.** In addition, they scored higher on all memory and thinking tests.<sup>5</sup>

Another found that measures of independence, such as walking, eating, and dressing, improved in all seven dementia patients taking the supplement. Six out of seven saw improvement in memory, understanding, and communication abilities.

Even better?

All patients could be more independent... and three who were once bedridden could now get up for meals!

WOW!

If you're anything like me, you'd do anything to stay independent... and it looks like Lion's Mane is just the thing to help you do that. But there's more...

New research shows this magic mushroom can even help regenerate your brain!

## Lion's Mane Regrows Your Brain?!

In a new study published in the *Journal of Neurochemistry*, scientists lab-tested a compound from lion's mane mushrooms—called NDPIH—on neurons from the hippocampus area of the brain. This region is responsible for memory and learning.

And they were absolutely gobsmacked by the results!

**Exposing brain cells to NDPIH made them DOUBLE in growth!**

Plus, the neurons grew stronger and formed more connections.



*Studies show that this fantastic fungus can help boost your brain by increasing your levels of a nerve growth factor molecule, which helps boost the nerve process.*

## Lion's Mane ENDS Depression and Anxiety

A placebo-controlled study of 30 postmenopausal women found that taking Lion's Mane reduced their anxiety and depression and improved their concentration and outlook.

After seeing this incredible success, they wanted to see if NDPIH worked in mice.

For the experiment, they gave the compound to mice and tested their memory in a maze.

And, once again, the results were OUTSTANDING!

**The data showed that treatment with the mushroom compound improved the animal's recognition memory.<sup>6</sup>**

When you combine these results—with the results from other research—it shows that lion's mane mushrooms may be able to stop, treat, or even repair the effects of brain damage and aging.

In other words, this magic mushroom could help RE-GROW your brain!

To be clear, NDPIH has yet to be tested in humans, but we could see that happen soon. And the results could be life-changing for millions of people.

Until then, you can supplement with Lion's Mane mushrooms and be ahead of the curve.



*You can get Lion's Mane supplements in hot cocoa form! What a delicious brain-boosting treat!*

## **Get Your Paws on Lion's Mane Today!**

Lion's mane mushrooms are available at some specialty grocers and Asian markets.

However, taking them in supplement form is your best bet for getting a consistent dose.

You can find lion's mane in capsule or powder form from many online retailers.

And it's also available as a coffee or hot cocoa supplement. 

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### **“Olympian” Spice DESTROYS Stomach Cancer And it could help you live an extra 22 years!**

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