

“Jewel of Autumn” Fruit ENDS Heart Disease

It Helps Lower Your Blood Pressure, Sink Cholesterol,
Decrease Plaque Build-up, and Reduce Blood Clots

Hear disease doesn't show up overnight. Instead, it creeps in symptom by symptom.

One day, you may have difficulty catching your breath after taking the stairs...

A few weeks later, you notice your blood pressure is up...

And then, in a year, you're faced with taking a statin... or worse, getting a stent.

That's why I tell my patients that NOW is the time to take care of your heart.

There's really no time to wait if you want to keep a healthy, strong heart throughout your life.

Now, we know that Mother Nature has provided the perfect way to do this.

You see, research shows that there's a delicious fall fruit that can help lower your blood pressure... sink your cholesterol... decrease plaque build-up, and even reduce your risk of blood clots.

It's often called the “jewel of autumn”. And you can find it at your local grocery store.

“Jewel of Autumn” ENDS Heart Disease in 4 Ways

Pomegranates are a welcomed symbol of Autumn.

These bright, reddish-purple fruits are filled with fleshy seeds used for their healing powers in traditional medicine for eons.

That's because they contain a powerful combination of vitamins, minerals, and antioxidants that can help keep your ticker in tip-top shape well into your golden years.

Here are the top four ways this magical fruit boosts your heart...

Heart Booster #1: Better Blood Pressure

High blood pressure can ruin your life.

Between the constant monitoring... risky medications... and endless diet changes... it can feel like you never get to relax.



Caption: Pomegranates are a welcomed symbol of Autumn.



*In one study, **10 patients** who drank **pomegranate juice daily** for one year saw a **30% decrease** in their plaque levels.*



But pomegranate can help you naturally take control of your blood pressure without the stress of mainstream methods.

You see, this fruit contains unique extracts that work like a popular class of blood pressure drugs called ACE inhibitors.

Research shows that it does this by lowering your angiotensin converting enzyme (ACE) levels. This protein is vital in controlling blood pressure by narrowing the blood vessels.

In fact, one study found that **high blood pressure patients who drank pomegranate juice for two weeks decreased blood ACE activity by 36 percent** and lowered systolic blood pressure (top number) by 5 percent.¹

A 2017 meta-analysis of 8 randomized clinical trials showed that pomegranate juice can significantly lower both systolic (top number) and diastolic (bottom number) blood pressure.²

Another review done the same year showed similar results for both short- and long-term blood pressure control.³

A double-blind, placebo-controlled clinical trial of healthy adults showed that taking pomegranate extracts significantly lowered diastolic blood pressure. Researchers pointed out that these results could indicate that pomegranate could possibly prevent blood pressure before it starts.⁴

And it can also help diabetics with their blood pressure, too.

A 2019 study of patients with type 2 diabetes shows that folks drinking pomegranate juice for six weeks significantly lowered their systolic and diastolic blood pressure.⁵

This is fantastic news for anyone dealing with blood pressure issues caused by diabetes!

Finally, a study of folks with atherosclerosis—the buildup of stiff plaques in your arteries—saw a 12 percent decrease in their systolic blood pressure after drinking pomegranate juice for just one year.⁶

Heart Booster #2: Improved Cholesterol

LDL cholesterol, or “bad” cholesterol, is dangerous to your heart because it can lead to the buildup of fatty plaques in your arteries.

And when it oxidizes, it becomes more “sticky,” forming these dangerous plaques.

That’s where pomegranate comes in.

Research shows that the specific type of antioxidants found in the fruit act like shields against the oxidation process and also help increase your levels of certain compounds that hinder the build-up of LDL plaques.⁷



Pomegranate contains special extracts that work like a popular class of blood pressure drugs called ACE inhibitors



*This means **pomegranate** can help you **fight blood clots** & keep your **arteries clean & healthy, too!***



Heart Booster #3: Prevents Plaques

Like I said before, atherosclerosis is caused by the build-up of fatty plaques in your arteries.

This condition is dangerous because it can lead to blockages that result in heart attacks, stroke, or blood clots.

In fact, these blockages are what cause nearly all heart attacks in senior men.⁸

So, the key to having a healthy heart as you age is to keep it clear of these plaques and reduce the existing ones.

And that's precisely what pomegranate does!

Animal studies show that pomegranate helps maintain arterial health and significantly slow the progression of atherosclerosis. In one mouse study, this wonder fruit reduced the size of plaques by 44 percent!⁹

Human studies have also yielded incredible results.

In one study, ten patients who drank pomegranate juice daily for one year saw a 30 percent decrease in their plaque levels.

However, the control group—who didn't get pomegranate—saw a nine percent increase in plaques during the same trial.

This means not only did the pomegranate STOP the growth of new plaques... it also REDUCED the size of existing ones!

Just imagine what this could mean for your future!

Heart Booster #4: Reduces Blood Clot Risk

Having atherosclerosis can also increase your risk of forming blood clots.

Clots are formed when blood cells—called platelets—stick together and form a mass inside your arteries.

These blockages reduce blood flow and up your risk of having a heart attack or stroke.

Pomegranate Improves Your Memory in 4 Weeks!

In a placebo-controlled randomized trial of 32 seniors with memory loss, folks who drank eight ounces of pomegranate juice for four weeks saw improvements in their verbal memory, improved brain markers, and increased brain activity.



*One study found that
high blood pressure patients who
drank **pomegranate juice** for **2 weeks**
decreased blood ACE activity **by 36%**
& lowered systolic blood pressure
(top number) **by 5%!***



But pomegranate can help you here, too.

You see, research shows pomegranate contains special compounds—called polyphenols—that can help keep blood cells from sticking together.¹⁰

Additionally, it can also help improve the health of your endothelial cells. These cells line the inside of your blood vessels and help prevent clots and plaques.¹¹

This means pomegranate can help you fight blood clots and keep your arteries clean and healthy, too!

Where to Get Pomegranate

Pomegranates are in season now.

You can get them at your local grocery store or produce stand.


They can be difficult to prepare due to their thick skin and inner membrane. Plus, the flesh of the fruit is kernel-shaped, seeded pods called jewels or pearls.

So, one of the easiest ways to enjoy this heart-healthy fruit is by purchasing it prepared. This way, you can enjoy the jewels without all of the mess.

I like to add pomegranate jewels to my salads, yogurt, and oatmeal.

Pomegranate juice is also available in the produce section. Just be sure to choose a variety that doesn't have added sugars.

And finally, pomegranate supplements are available through [amazon.com](https://www.amazon.com).

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



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Reduce Your Neck Pain By 66% in One Week?!

Get REAL Results Without Prescription Drugs.

If you have neck pain, you already know how it can make everyday activities absolutely miserable.

Things like reading the paper... driving to the store... or even lying in bed can have you writhing in pain for days afterward.

And your mainstream doctor's advice?

Well, it's totally USELESS.

Because they will have you on a risky pain pill... or signing the dotted line for a dangerous surgery... before they can even get your insurance to approve it.

But here's the real issue: **THEY DON'T ALWAYS WORK.**

So, you may have surgery... or take drugs for years... and STILL HAVE NECK PAIN.

You deserve REAL results without having to risk your health.

Now, there's a way to get them.

Research shows there's a drug-free way to reduce your neck pain by 66 percent...

And you can see these incredible results in as little as one week.

First, I want to tell you about the underlying cause of your neck pain.

The REAL Cause of Your Neck Pain

When diagnosing your neck pain, most conventional doctors rely on X-rays to look for the cause of your pain.

And that's their first big mistake.

Because muscle pain and stiffness—two of the key drivers behind neck pain—aren't always caused by spinal issues.

Instead, it's often caused by the formation of trigger points—knotted, tight, and irritated bands of muscle tissue—in muscles that are overused or used in repetitive patterns.

Trigger points can be sensitive to touch and even painful when the muscle is engaged. They may be at the site of your pain, or they can radiate pain to different parts of your body and create issues with your range of motion.

For instance, you may have a trigger point in your shoulder, creating stiffness in your arm and pain in your neck.

If you have trigger points, no amount of medication... surgery... or even exercise will give you relief until these knots and bands are broken up.

And that's exactly what dry needling does.



Neck pain can make everyday activities miserable.



At the end, the **dry-needling group** saw
a **33% pain decrease** Immediately
after treatment.



Dry Needling **BLASTS** Trigger Point Pain

Dry needling is a technique acupuncturists and physical therapists use that involves placing thin needles through your skin and directly into trigger points to help alleviate your pain.

It's different than traditional acupuncture because it focuses on energy pathways in the body and can be used for many conditions. In contrast, dry needling focuses solely on relieving pain and restoring the range of motion in your muscles.

You see, when your muscles are overworked or rigid from repetitive motion—like typing on a computer—trigger points form and cut off the blood and nutrient supply, leading to increased pain and stiffness.

The needle placement helps restore normal blood supply back to the muscles and flush toxins from the trigger point, relieving both pain and tension at its source.

Additionally, the needle helps stimulate nerves and signal your brain to release certain chemicals that help lower your pain levels.

And the process is dead simple.

Once the trigger point is located, the therapist inserts a tiny needle directly into your muscle and will leave it there from one to twenty minutes, depending on the severity of your pain.

The needles are small, and often, folks don't even feel them go in.

Even better? Many patients report feeling reduced pain and increased mobility almost immediately after a dry needling session!¹

And studies show how powerful this ancient technique can be against neck pain.

66 Percent Less Neck Pain?!

In a 2022 randomized clinical trial of 65 patients with chronic neck pain and cervical disability, dry needling improved pain intensity, disability, and whiplash-like symptoms, producing results immediately after the treatment.



If you have trigger points,
**no amount of medication... surgery...
or even exercise** will give you relief until
these knots & bands are broken up.



Even better? Some folks saw their greatest reduction in pain at one week, meaning the treatment still works even when it's long over.²

In another randomized controlled study of 72 students with mechanical neck pain—discomfort and stiffness—induced by repetitive actions and postures—scientists found that folks who had dry needling done in their shoulder muscles experienced less pain and improved their stiffness.³

Finally, in one trial, scientist researchers studied a group of 17 patients whose neck pain began within one week of the start of the study. The participant received either trigger point dry needling treatment or no treatment.

At the end, the dry-needling group saw a 33 percent pain decrease Immediately after treatment.

By one week post-treatment, their pain was reduced by a whopping 66 percent!

Plus, the dry needling group had improved their range of motion to the point where they could bend their heads forward and backward and turn their heads toward the painful side of their necks.⁴

If you've got neck pain, you already know how these results could improve your life!


Get the Pain Relief You Deserve

With data like this, there's no reason NOT to try dry needling for your neck pain.

If you ask me, a few quick and easy needle pricks beat the heck out of spending the rest of your life taking drugs... or undergoing risky surgery!

Dry needling is done by physical therapists and acupuncturists.

To find a practitioner through the [American Physical Therapy Association database](#). Or through the [National Certification Commission for Acupuncture and Oriental Medicine directory](#).

As always, check in with your doctor before starting any new pain therapy. 



Most conventional doctors rely on X-rays to look for the cause of your pain instead of focusing on trigger points.



Dry needling focuses solely on relieving pain and restoring the range of motion in your muscles.

Are Your Prescriptions DESTROYING Your Memory?

Discover the Shocking Truth About How Popular Meds Can Put You on the Fast Track to Dementia

Ask your mainstream doc about the cause of your memory issues, and they will quickly point the finger at one thing: YOU.

They'll say your diet... your sleep habits... and even your lousy genetics are the real culprits behind your failing memory.

But I say that's a load of BULL.

Because there's another reason why your brain is struggling... and it has NOTHING to do with you...

And EVERYTHING to do with mainstream medicine and its partner in crime, Big Pharma.

New research shows that taking certain prescription drugs –often prescribed to seniors—can put you on the fast track to dementia.

Luckily, you don't have to be their next victim.

I will tell you exactly how to know if your mind is at risk.

And my number one trick for avoiding this fate.

Here's everything you need to know...

These Prescriptions Cause Dementia?!

We all know prescription drugs come with nasty side effects.

It's not uncommon to see warnings for cancer... falls... muscle weakness... and even cancer on prescription drug packaging.

And while this may seem like a regular part of our lives...

IT'S NOT!

No one should have to risk getting sicker from taking their medicine.

And no one should have to risk their memory either.

But, according to new research, many seniors could have dementia on their horizon thanks to prescription drugs.

For this first-of-its-kind study, experts from the University of Plymouth used machine learning techniques to examine the health records of more than 33,000 dementia patients.

The data revealed that specific patterns in a patient's prescription medicine usage were linked to a dementia diagnosis.

In the 20 years before diagnosis, patients taking three or more medications jumped from 5.5 percent to 82.1 percent among folks less than five years from a diagnosis.



In the 20 years before being diagnosed with dementia, patients taking three or more medications jumped from 5.5% to 82.1% among folks less than five years from a diagnosis.



The **anxiety medication lorazepam** was amongst the top offenders, **tripling your risk of developing the disease.**



That's nearly a 77 percent difference!

The research also uncovered distinct associations with specific types of medications.

Of those closest to diagnosis, 66.55 percent were taking multiple drugs for a combination of:

- ▶ Respiratory or urinary infections,
- ▶ Arthropathies (joint diseases) and rheumatism,
- ▶ And heart disease.

And another 22 percent of patients were taking prescriptions for:

- ▶ Infections,
- ▶ Arthropathies (joint diseases) and rheumatism,
- ▶ Metabolic disease (high blood pressure, elevated blood sugar, cholesterol issues, and being overweight),
- ▶ And depression.¹

This means you could get closer to a dementia diagnosis every time you take one of these widely prescribed drugs!

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

A 2022 study found that 217 prescription drugs were linked to increased dementia diagnosis.

The anxiety medication lorazepam was amongst the top offenders, tripling your risk of developing the disease.

Additionally, the data showed that common medications for gastric reflux, urinary tract infections, sleep disturbance, and pain were also significantly associated with dementia.²

But there's more bad news...

Other research shows that folks taking more than one prescription drug may face additional health challenges.



Of those closest to dementia diagnosis, **66.55% were taking multiple drugs** for a combination of respiratory or urinary infections, arthropathies (joint diseases) & rheumatism, and heart disease.



More Health Issues Linked to Meds

One study shows that folks who undergo hospital treatment and are taking multiple medications are more likely to be readmitted the year after being discharged.³

Another study shows that seniors on multiple drugs can experience falls, frailty, disability, and even death.⁴

But here's the one that really bothers me...

In a study, researchers from the University of Chicago found that more than one-third of American adults may unknowingly take a prescription drug that can cause depression and increase the risk of suicide.⁵

To me, this is a clear example of how conventional medicine continues to FAIL its patients.

Because in order for a patient not to know the very serious risk of taking certain medications, their doctor and pharmacist failed to inform them.

We all have the right to know what we are taking... and healthcare providers have the RESPONSIBILITY to educate us.

But we all know this ISN'T what happens.

So, if you're on more than one prescription, now is the time to see if you really need them.

Thankfully, there's an easy way to do just that.



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The Most Dangerous 12.6 Seconds of Your Life?

If you've been to the doctor recently, you already know they want you in and out of the exam room at breakneck speed.

And this hastiness could be one of the reasons so many seniors don't know the risks of the drugs they are taking,

In fact, one study shows that **when doctors prescribe a new drug, the average amount of time they spend talking to patients about its side effects is only 12.6 seconds.**

Even worse? The average time doctors spend talking about the drug's safety was **2.5 seconds.**⁶

This means you may not know the real risks of the drugs you take.

So, I encourage you to ask all the questions you want. Make the doctor slow down and take the time to tell you exactly what the risks of any new medication are, and have them explain any warning signs that you are having a bad reaction to this new drug.

This time may help you stay healthy and sharp well into your golden years.

Brown Bag Check-Up Can Save Lives

You may have never heard of a **brown bag check-up**.

But it could be just the thing to keep you safe from taking more medication than you need to... and it may even save your life!

Here's what to do...

Call your primary care doctor and schedule a routine appointment.

Next, take all your current medications—from your GP, specialists, dentist, and any other prescriber doctor—and put them in a brown paper bag.

Bring this bag with you to your appointment and review each medication and dosage to see whether they are still appropriate for you.

Finally, leave any duplicate or unnecessary drugs at the office to be disposed of properly.

I tell all my patients to do a brown bag check-up every time they see their doctor. This way, you always take the right meds at the proper dosage.

Even better? Catching a potentially dangerous drug interaction could just save your life!

If you're taking any of the dementia-associated drugs listed above, bring those up to your doc, too.

Ask if any alternatives or lower dosages would work for you. 



I tell all my patients to do a brown bag check-up every time they see their doctor. This way, you always take the right meds at the proper dosage.

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