

BLAST Bladder Problems with This “Halloween” Seed

**Decrease Nighttime Bathroom
Trips by up to 69 percent.**

We’re just a few days from Halloween.

And while you may be bracing yourself for the influx of tiny ghosts and goblins knocking at your door for candy... there’s something much more frightening keeping you up at night...

I’m talking about your frequent trips to the bathroom.

With every dark journey out of bed, you lose rest... time with your partner... and even your self-confidence.

Even more upsetting?

The times you have to leave a conversation mid-sentence because you have an uncontrollable urge to go... but you get to the restroom and feel like your bladder is never completely emptied.

And your mainstream doc won’t throw you a lifeline.

He will assure you it’s just another “normal” part of aging...

Or worse, he will hand you a prescription for a dangerous, expensive incontinence drug that may or may not work.

Luckily, you don’t have to put up with this bull... or make multiple trips to the bathroom every night... for much longer.

**Because research shows, there’s an all-natural way to
BLAST your bladder problems... and reduce nighttime
urination by up to 69 percent.**

And it all thanks to a particular “Halloween” seed.

But first, let’s dig into some spooky facts about overactive bladder drugs that you’ll never hear from a conventional provider.

Overactive Drugs, Underactive Mind

Overactive bladder—a condition marked by incontinence and urinating frequently, uncontrollably, and at night—affects up to 33 million Americans and is most common in seniors.¹



Overactive bladder—a condition marked by incontinence and urinating frequently, uncontrollably, and at night—affects up to 33 million Americans and is most common in seniors.

The mainstream's first line of defense against overactive bladder is a class of drugs called anticholinergics.

These drugs work against overactive bladder by blocking a chemical—called acetylcholine—that signals to your brain that can cause the urge to urinate, even when your bladder isn't full.

And while these drugs may sound like a safe solution for anyone wanting to control their urges... I can assure you they are NOT.

Research shows that using anticholinergic drugs can lead to “poorer memory and executive function, brain hypometabolism, brain atrophy, and increased risk of clinical conversion to cognitive impairment.”²

Oxybutynin—the top prescribed overactive bladder drug in the US—has been consistently shown to cause memory issues.³

One clinical trial showed that using this oxybutynin for just six weeks significantly lowered seven of fifteen cognitive measures in seniors.⁴

If that wasn't bad enough, another study found that folks with diabetes using this drug were 2.3 times more likely to develop dementia.⁵

I've said it before... and I'll say it again... Your medicine shouldn't make you SICKER!

And that's precisely what happens when the mainstream mindlessly prescribes dangerous drugs without considering safe, natural solutions.

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

“Halloween” Seed BLASTS Bladder Issues

If your neighborhood looks anything like mine, it's got more pumpkins than the eye can see.

And having a plethora of these gourds at my fingertips is one of the greatest things about this time of year.

Not because I want to carve Jack-o-Lanterns... but because I want to roast—and eat—tasty pumpkin seeds for the rest of the fall!

You see, these tiny seeds are full of vital nutrients that can help boost your immune system and lower inflammation.

And their oil can also contain a special oil that can BLAST your bladder issues.

Studies have shown that **pumpkin seed oil** works great for folks with overactive bladder because it helps your bladder muscles be strong—or relaxed—when needed.

This means pumpkin seed oil can help you “hold it” while you find a bathroom... and relax at night when you don't need to go.

And there is research to back this up.

Pumpkin Seeds STOP Prostate Issues

Pumpkin seed oil can also help men with benign prostatic hyperplasia (BPH) or an enlarged prostate gland. This condition can block urine flow, and lead to bladder problems.

One study of men with BPH showed that taking 320 mg of pumpkin seed oil daily resulted in fewer symptoms, improved quality of life, and increased urinary flow in just 12 months.⁹

Reduce Nighttime Trips 69%

Pumpkin seed oil has been studied for years with excellent results. Let's take a look at a few standout studies.

In one Japanese study, 82 women with incontinence issues were given pumpkin seed and soybean extract supplements for eight weeks.

At the end, the results showed:

- ▶ 92 percent of the participants experienced improved quality of life.,
- ▶ A 25 percent decrease in urgency to urinate,
- ▶ A 66 percent decrease in the use of panty liners,
- ▶ And a 69 percent decrease in nighttime trips to the bathroom.⁶

And there is good news for men, too!

In another study, **45 senior men with bladder issues saw a 40 percent reduction in nighttime urinary frequency and improved sleep satisfaction after just six weeks of taking the same supplement.**⁷

Another study of both men and women showed that taking 10g of pumpkin seed oil daily for 12 weeks yielded significant improvements in day and nighttime frequency, urgency, and incontinence.⁸

In other words, the pumpkin seed oil helped REVERSE their overactive bladder symptoms in just three months.

Look at the calendar. Now imagine what it could be like to have all your bladder issues behind you by the end of January... WITHOUT memory-robbing drugs.

Wouldn't that be incredible?!

Well, it could be your future.


Reclaim Your Bladder Today!

Pumpkin seed oil supplements are available at your local pharmacy or online retailers like pipingrock.com.

Be sure to select a supplement with a quality test to ensure you're getting a potent and safe product.

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

And as for all those extra pumpkin seeds you have lying around this season, don't throw them out!

They may not be potent enough to stop your bladder issues on their own, but they make a heck of a snack when roasted with a bit of sea salt.. 

“ One clinical trial showed that using this oxybutynin for just six weeks significantly lowered seven of fifteen cognitive measures in seniors. ”

Dr. Kevin's Shingles Protocol

My Top 7 Supplements for Erasing Shingles Pain.

If you've ever had a case of shingles, you're likely not to forget about it anytime soon.

That's because this virus—the same one that causes chickenpox—can leave you with blistering skin rash... a high fever... and pain like you've never felt before.

In fact, I've even heard patients describe the pain as “hell fire” breaking out across their bodies.

And here's the worst part... practically no one is safe from this disease.

You see, if you haven't had shingles... your time could be coming.

That's because this virus can lie dormant in your body for years after you've recovered from chicken pox before popping up... and wreaking absolute havoc on your body.

Even worse? It can take the pain a LONG TIME to subside... even with mainstream anti-viral drugs.

But you don't have to be a sitting duck.

Because there are ways to STOP the virus BEFORE it starts... and ERASE your pain, even if you have a breakout.

I'll tell you everything below in the three simple steps of my shingles protocol.

Step One: Fortify Your Immune System

When fighting any virus, I tell all my patients to start by strengthening their immune systems.

And the shingles virus is no different.

This virus—like all viruses—is an opportunist. It will strike you down when your immune system is weakened.

This is one reason seniors struggle with shingles more than other age groups... because their immune systems are not as robust as they once were.

But that doesn't mean you have to cross your fingers that you don't get shingles with each passing year.

Instead, you can fortify your immune system with two potent vitamins to help you fight the virus before it hijacks your body.

Vitamin A

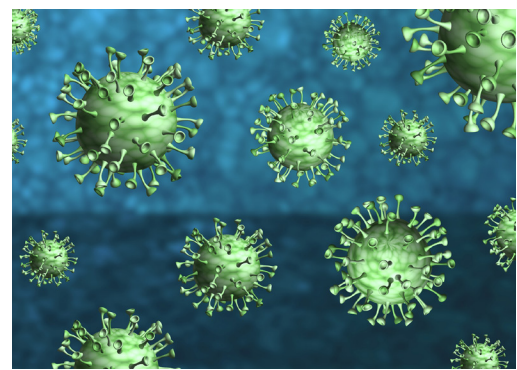
Vitamin A is essential for immune health.

This nutrient helps you stay healthy by stimulating the production of anti-viral cells. It also helps strengthen mucus barriers in your mouth, eyes, lungs, and gut—the entry points for viruses.

Studies show that vitamin A deficiency can impair your body's ability to repair and regenerate these barriers and lower your immune response and function.¹

This means getting enough vitamin A is crucial for anyone who wants to keep shingles at bay.

Everyone has different vitamin A needs. Check with your doctor for the appropriate dosage.



Shingles is caused by the same virus that is responsible for chickenpox.

Vitamin D

Vitamin D is crucial for a healthy immune system.

It helps lower dangerous inflammation and enhances immune cell function, helping you fight off infections—like the one that causes shingles.

Plus, research shows that this powerful nutrient can help seniors fight the shingles virus.

For the study, older adults with vitamin D deficiencies were given 6400IU of vitamin D3 daily for 14 weeks. All participants underwent tests before and after the study to gauge their immune response to the virus.

And the results were AMAZING!

The data showed that vitamin D3 supplements improved the participant's immune response to shingles, specifically in the skin where you can experience the most pain.²

This means getting enough vitamin D could help you fight shingles where it matters most!

If you haven't had your vitamin D tested in a while, NOW is the time to do it.

If you're low, talk to your healthcare provider about how to increase your levels.

Step 2: PUT OUT the “Hell Fire” Pain

One of the worst parts of shingles is the pain.

That's because the virus can infect your nervous system and bring you pain like you've never experienced before.

Luckily, Mother Nature has provided a few ways to ERASE this pain... and stop the virus at the same time.

Here are the ones you NEED to know about...

Vitamin B-12

Vitamin B-12 is usually known as the “energy” vitamin because of its ability to help your body convert food into glucose, which can increase your energy.

But this vitamin has more to offer.

Research shows that folks with a vitamin B-12 deficiency can experience higher levels of shingles pain.³

A 2021 meta-analysis of four clinical trials that included 383 participants experiencing postherpetic neuralgia—the pain caused by shingles—shows that vitamin B-12 supplements can significantly lower pain scores and improve their quality of life.

Even better? Some patients were able to STOP using painkillers!⁴

It's thought that b-12 works against this type of pain because it can help repair and regenerate damaged nerves—the underlying cause of shingles pain.

Sometimes, getting a vitamin B12 shot can be the quickest way to help fight off shingles pain. If you're having a flare-up, call your doctor's office and request one.



A study showed that 92 percent of folks who got intravenous vitamin C therapy in addition to their standard treatment saw a significant improvement in pain levels.

Vitamin C

We all know that vitamin C boosts your immune system when you're healthy.

Now, it looks like it can help you, even when your body is already under attack.

A study showed that 92 percent of folks who got intravenous vitamin C therapy in addition to their standard treatment saw a significant improvement in pain levels.

In fact, some patients saw better results in HALF the time of patients getting conventional treatment alone.⁵

Can you imagine what getting better results in a fraction of the time could mean for you? No more having to skip church... miss your grandkid's birthday party... or even avoid the grocery store due to your incredible pain.

Vitamin C IVs are available at some health spas. Check-in with your primary doctor before getting one.

Magnesium

Magnesium is a mineral used for everything from heart health to insomnia.

But that's just the tip of the iceberg for this mighty mineral.

A double-blind, placebo-controlled, cross-over study shows that folks with postherpetic neuralgia showed that folks who got a 30 mg dose of magnesium sulfate through an IV saw pain relief in just 30 MINUTES!⁶

That's right! This nutrient can END your pain in the same amount of time it takes to watch the evening news!

Experts report that magnesium works because it helps drive calcium out of the infected cells, which can improve your pain levels. Just like vitamin C, magnesium IVs are available at medical spas. As always, talk to your doctor before getting one.

STEP 3: Heal Your Skin

The last step to healing your shingles is taking care of your skin.

The painful blistering rash caused by the virus can scab over, itch, and burn for weeks after the virus has subsided.

And that's why keeping your skin clean and protected against further infections and itch-free is essential.

Here are a few ways to do it...

Betadine

If you've ever had a cut or scrap, chances are you've used betadine before. You know, the iodine-based ointment that can help heal even your most gruesome childhood wounds. Now, it looks like it can help your skin heal from shingles.

Some research shows that betadine worked just as well as other disinfectants used to treat shingles with minimal side effects.⁷

Another study showed that betadine could be a “cheap, effective alternative for managing symptomatic recurrences” of the virus.⁸

Betadine is available at your local pharmacy.

Colloidal Oatmeal

Research finds that this special type of oatmeal can help fight the kind of itch caused by healing shingles blisters.

It has anti-inflammatory properties that can help soothe irritated skin and improve skin dryness and itch intensity—all things that can come with shingles rash.⁹

Colloidal oatmeal is available in bath soak and lotion forms through online retailers like amazon.com. 

“All-Healing” Herb Regrows Your Brain

Take Control of Memory Loss in Just 8 Weeks.

We’ve seen it time and again with the mainstream...

They approve a wonder drug that is supposed to change everything when it comes to memory loss.

And they always FAIL...

In fact, these meds often leave Alzheimer’s patients—and their families—frustrated, sick, and broke.

Even worse? You could go through all of this and STILL have memory issues.

You deserve a better way to fight Alzheimer’s... one that can help you stop the disease where it starts: **your brain.**

Now, it’s here.

Because research shows there’s an “all-healing” herb that can help you REGROW a part of your brain that’s crucial for lifelong memory and independence.

And the best part?

You can start to see REAL results in as little as eight weeks!

First, let’s dive into this incredible part of your brain.

Grey Matter Matters

Your brain is two different types of matter—**grey matter** and white matter. Grey matter accounts for 40 percent of your brain mass, and white matter is about 60 percent.

White matter is found deeper in your brain and helps communicate signals between different parts of your grey matter.

Grey matter is made of neurons and plays a crucial role in memory, language, attention, judgment, emotional processing, and movement.

Our grey matter continues to form until about age 20. But as neurons die, they do not regenerate. When you lose enough of this tissue, it can cause the onset of Alzheimer’s symptoms.¹

And that makes sense, right?

Because if you’re losing the parts of your brain that keep your memories and emotions in check, you will start to see the signs of Alzheimer’s we are all familiar with, like confusion, frustration, and poor executive function.

It’s been thought for years that once grey matter decays, there’s no way to get it back. Until now...

Because a new study shows that one herb can actually help you REGROW this vital part of your brain... and improve your cognition.

Plus, it has ZERO side effects and won’t cost you a fortune.



Grey matter is made of neurons and plays a key role in memory, language, attention, judgment, emotional processing, and movement.

Panax Ginseng REGROWS Grey Matter in 8 Weeks!

Panax ginseng is often called the “all-healing” herb because this hearty root can boost your health in many ways, including renewed energy and improved stamina... and it can even help you be a tiger in bed again.²

Now, research shows this incredible plant can also help you REGROW your gray matter.

Again, this is something scientists thought was impossible for years!

For the randomized, double-blind, placebo-controlled trial, researchers gave 51 healthy participants either 1000mg of Panax ginseng or a placebo daily for eight weeks.

At the beginning and end of the trial, all participants had the volume of their grey matter measured.

They also took cognitive assessments to determine executive function, attention, and memory scores at baseline and after the trial.

At the end of the trial, the Panax ginseng group saw a **significant increase in the grey matter of the left parahippocampal gyrus—a part of your brain responsible for memory encoding and retrieval.**

Even better? They also saw a higher level of cognitive function!³

This means the ginseng helped RESTORE their grey matter... and their memory.

It's not fully understood how ginseng works to rebuild grey matter yet. However, experts report that the herb works because it helps lower the type of inflammation that causes brain cells to die.

But this wonder plant benefits your brain in other ways, too!

More Brain Benefits

Panax ginseng also helps to break down and stop the growth of beta-amyloid plaques, increasing your neurotransmitter levels and reducing inflammation.⁴

This means **the herb attacks Alzheimer's from ALL directions...** helping you live the long, healthy, independent life you deserve.

In fact, many studies show just how effective this herb is against memory issues.

In one study, Alzheimer's patients took 4.5 g of ginseng supplements daily for or did not for 12 weeks. At the end, researchers saw improvements in cognition in the ginseng group but not in the control group.

Ginseng Makes Your Energy Levels SOAR!

A meta-analysis of 12 randomized controlled trials involving 630 participants showed that ginseng can improve energy levels by up to 52 percent!⁸

Another study found that ginseng improves your energy levels by increasing your glutathione levels—the “master antioxidant” that helps you increase your vitality.⁹

This means taking ginseng can improve your brain... and RESTORE your energy... so you can live life to the fullest... no matter your age.

And here's the kicker...

These results vanished after the participants stopped using the ginseng. This shows that the ginseng was really WORKING during the trial period.⁵

Another study of Alzheimer's patients showed that maximum improvement was reached after 24 weeks. These life-changing results continued for the entire two-year length of the study.⁶

Wow! Can you even imagine what results like these could mean for your future?!

No more putting off that trip out West... no more worrying that you won't remember your granddaughter's graduation... and no more planning to spend your golden years stuck in a care home.

Finally, a randomized trial of ginseng showed cognitive improvements in patients with moderate to severe Alzheimer's at 12 weeks. Plus, the participants maintained these results for the remainder of the 36-week study.⁷

Again, results like these show the POWER panax ginseng possesses to boost your brain!

Plus, there were no major side effects reported in these studies.

With unbelievable results like these, it's hard for anyone who cares about their brain to say no to this incredible herb!



Panax ginseng is often called the "all-healing" herb because this hearty root can boost your health in many ways.

Take Control of Your Brain Health TODAY!

Panax ginseng is available at your local pharmacy or through online retailers like iHerb.com.

Like with all supplements, check in with your doctor before starting Panax ginseng, especially if you're on blood thinners.

Ginseng also comes in tea form, which I enjoy.

It has a great taste and makes for a delightful after-dinner indulgence.

However, you likely won't get enough ginseng from drinking tea to experience brain results. So, you would still need to take a supplement as well. 



*At the end of the trial, the **Panax ginseng** group saw a **significant increase in the grey matter of the left parahippocampal gyrus**—a part of **your brain** responsible for **memory encoding & retrieval.***



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“All-Healing” Herb Regrows Your Brain Take Control of Memory Loss in Just 8 Weeks.

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