

Christmas Candy Secret BOOSTS Memory and Focus

It Starts Working in Just Two Hours.

Nothing puts your memory to the test like the holiday season.

You have to remember to mail cards... pick up packages... and your nephew's sock preferences.

Not to mention, you must stay laser-focused to keep up with your holiday parties and celebrations calendar.

It can be overwhelming... and at times, it can even feel impossible to stay sharp during all the hustle and bustle.

But this doesn't have to be your holiday story any longer.

Research shows there's an all-natural way to BOOST your memory and focus.

In fact, it helps you grow new brain cells... and even protects the ones you already have.

Plus, it can give your memory a jolt in just TWO HOURS!

Even better? You can find it in a stocking or hanging from a Christmas tree near you.

Green Candy Canes for Brain Health?!

When you think of Christmas candy, you can probably see the red and white stripes and smell the peppermint scent of a candy cane.

But if you're worried about your memory, you should start paying more attention to the green candy canes and candies of this yuletide season.

You see, they are flavored with **spearmint**—peppermint's cousin with spear-shaped leaves.

And studies show this type of mint can really work wonders for your memory and focus.

That's because it contains a powerful compound—called **rosmarinic acid**—that encourages the growth of new brain cells.

In one lab study, researchers exposed cells from the hippocampus—your brain's memory center—to rosmarinic acid.¹

And what they found was incredible!



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Even better? These results can help improve your focus and memory.

Other research shows spearmint can also protect your existing brain cells by blocking the effects of the enzyme acetylcholinesterase. This dangerous chemical breaks down the neurotransmitter acetylcholine, which is crucial for memory.

So, by neutralizing the harmful enzyme, spearmint helps protect your existing brain cells, helping you keep a razor-sharp memory.

And there are studies showing just how effective it is.

Better Focus in 2 Hours?!

In one double-blind, placebo-controlled trial of seniors with memory impairment, researchers found a single 900 mg dose of spearmint extract led to significant improvements in attention and concentration beginning at 2.25 hours after the initial dose, and they maintained these results for 30 days of use.

Another part of this research showed that 11 adults with age-related memory issues saw incredible memory results just four hours after taking 900 mg of spearmint extract, including improved focus, task completion, and planning abilities.

At thirty days of taking the supplement, they saw better reasoning skills and further improvements in focus and planning.²

Spearmint Makes Your Energy Levels SOAR

In a breakthrough study, researchers gave 900mg of spearmint extract to 10 subjects from a counterterrorism unit after they completed an 18-hour tactical operation while being sleep-deprived.

And the results were outstanding!

These worn-out subjects reported **more energy, better attention, and improved focus.**⁵

If spearmint can work them... the sky is the limit on what it can do for you!

This means spearmint can help your memory immediately.. and provide long-term results, too!

These findings show that spearmint extract supplementation has immediate and longer-term cognitive function benefits.

Another study found that folks taking 900mg of spearmint extract were able to improve their scores on cognitive test and give correct answers quicker.³

Plus, it can benefit your memory in another way.

Spearmint Improves Spatial Memory

Research shows that spearmint can also positively impact your spatial memory, which helps you remember landmarks and directions.

In one double-blind, placebo-controlled study, seniors with memory issues took either 900 mg of spearmint extract or a placebo daily at breakfast for 90 days.

After 90 days, the participants saw a 15 percent improvement in their spatial memory.⁴

And this was after just three months! Imagine what spearmint could do for your memory after a year... or two.

Start Boosting Your Brain TODAY!

Now, this doesn't mean eating spearmint candy canes or chewing gum will improve your memory.

In fact, the sugar in those treats can actually hurt your memory.

Instead, opt for spearmint supplements.

As the previous studies showed, 900mg doses seem the most effective for folks wanting to improve their memory.

You can get spearmint supplements through online retailers.

Be sure to talk to your doctor before starting any new supplement. 



Green candy canes and candies contain spearmint—the secret to getting a super brain.



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“Aphrodite” Flower MELTS Holiday Fat and STOPS Snacking

Lose up to 11 Pounds in 8 Weeks!

There’s nothing better than the month of December, in my opinion.

The food, family, and friends make this season so special.

But there are a few drawbacks...

Because your cousin’s cookie exchange... your neighbor’s holiday tea party... and the endless family feasts can really pack on the pounds.

Even worse? They can get you in the habit of regularly snacking, a pattern that’s hard to break in the New Year.

Luckily, there’s a natural way to MELT those holiday pounds... and STOP your snacking... in just eight weeks.

And it’s all thanks to a potent “Aphrodite” flower that you can get your hands on today.

First, let’s talk about one of the underlying causes of overeating during the holidays and the rest of the year.

Breaking the Emotional Eating Cycle

It’s no secret that certain foods can cause an emotional response.

Baking your grandmother’s gingerbread cookies at Christmas can make you feel nostalgic for your childhood.

Or taking a bite of your wife’s black-eyed peas on New Year’s Day can make you feel grateful for the beginning of a new chapter.

But for some of us, the emotional tie to food is more of a compulsion than a good memory.

Emotional eating—or eating in response to emotions like stress or sadness—can lead to serious health issues like weight gain, heart disease, and even diabetes.

One example would be finishing a whole bag of potato chips or an entire pint of ice cream on the couch after a stressful day at work or a bad interaction with a family member.

While these treats may make you feel good in the moment, they can seriously impact your mental and physical health. This response can also get you stuck in a vicious cycle of guilt and shame... that leads to more emotional eating or compulsive snacking.

And it’s easy to get locked into this pattern during the holidays when emotions run high, and food is everywhere.

But there’s another driving force behind emotional eating—brain chemistry.

Research shows that folks with lower levels of **serotonin**—a mood-regulating neurotransmitter—are more likely to engage in emotional eating to increase levels of this chemical.¹



The food, family, and friends make this season so special but can also get you in the habit of snacking.

In fact, having low serotonin can cause depression and cravings for sweet and salty foods, making it even harder to stop snacking.

Mainstream docs often use antidepressants to break this cycle, but they can come with nasty side effects, including weight gain and bedroom issues!

Luckily, research shows there's a natural way to fight back against emotional eating without the risks of conventional drugs.

Research shows an "Aphrodite" flower can help STOP your snacking cycle... and even help you shed up to 11 pounds.

Stop Snacking at Its Source

In Greek mythology, the goddess Aphrodite used the saffron flower to enhance her beauty.

And other cultures have used its red "threads" as a spice for eons.

But this incredible purple flower can do much more than improve your recipes and help you look good... it can also help you FEEL GOOD.

You see, research shows that saffron can help alleviate depression—again, the underlying cause of emotional eating—just as well as some mainstream drugs.²

Because of this, scientists have also studied its effects on eating habits to see if this flower helps break snacking cycles.

In one randomized, placebo-controlled trial, 60 overweight women with snacking issues were given either a 176mg saffron supplement or a placebo for eight weeks.

At the end of the study, the saffron group lost an average of more than two pounds. However, 26% of the group lost up to 11 pounds. All participants saw a significant reduction in thigh circumference.

Weight loss is great, but here's where things get interesting...

The saffron group also reported significantly reduced feelings of hunger before and between meals.

In fact, all participants reported an average of 12 snacking episodes per week, but the saffron group was able to SLASH that number in HALF to just six by the end of the study.

Saffron Goes Toe-to-Toe with Antidepressants

A review of several studies found that saffron worked just as well as fluoxetine, imipramine, and citalopram—three of the mainstream's go-to antidepressants.

But here's where things get better... **the saffron users reported fewer side effects!**⁵

And one study shows that saffron also works to relieve anxiety symptoms.

A 12-week trial of 60 patients with anxiety and depression who took either 50 mg of saffron or placebo twice daily for 12 weeks showed that saffron supplements have a **"significant impact on the treatment of anxiety and depression disorder."**⁶

And once again... there are few side effects!

Can you even imagine what reducing your snacking by 50 percent could do for your health and your waistline?!

And there's more good news: the saffron group also reported feeling more alert and energetic, which are possible signs that the saffron is helping relieve depression and anxiety symptoms, too!³

This potent flower can help you eat less... feel better... and lose weight... by addressing snacking at its root cause.

Another trial of 84 middle-aged heart disease patients showed that taking a saffron extract for eight weeks can help reduce appetite and food consumption while also helping the participants lose weight.⁴

Again, this means saffron can help you get your snacking—and holiday weight gain—under control once and for all.


Where to Get Saffron

It's important to get the right kind of saffron if you're looking to stop snacking and tip the scales in your favor.

And the pricey version you find in the spice aisle isn't going to cut the mustard.

Instead, look for a saffron supplement with Satieral. This standardized form used in the women's study above has been studied for weight loss and appetite control.

You can find these supplements at your local natural health store or through online suppliers like lifextension.com

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



In Greek mythology, the goddess Aphrodite used the saffron flower to enhance her beauty. And other cultures have used its red "threads" as a spice for eons.

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Timing Trick Puts Diabetes in Remission?!

Plus, It Helps You Lose Weight and Boost Your Heart Health.

Having diabetes can feel like you are stuck in a time loop.

Every day is the same sequence of finger sticks... painful injections... and scanning of nutrition labels.

You shouldn't have to live on this merry-go-round of misery. But mainstream medicine won't let you find a way off. Until now...

Because research shows there's a timing trick that can help be free of the needles, drugs, and hassle that comes along with diabetes for good.

You see, this simple method can actually help put your diabetes in remission.

Plus, it will help you shed pounds and boost your heart health.

Here's everything your mainstream doc WON'T tell you.

Intermittent Fasting Holds the Key to Better Health

You may have heard of **intermittent fasting** before from your grandkids or on television.

This practice requires you to eat during a select window of hours during the day and then fast for a certain number of hours.

For example, the 12:12 method has you eat meals for a 12-hour window and fast for a 12-hour window. Or 8:16 would have you eat for eight hours and fast for 16 hours.

Now, this may sound like a big sacrifice... but I can assure you the efforts will pay off big time for your health.

You see, research shows that intermittent fasting can help improve your health in many ways, including:

- ▶ **Reducing insulin levels,**
- ▶ **Weight loss,**
- ▶ **Balancing certain hormones,**
- ▶ **Promoting cellular repair,**
- ▶ **And enhancing gene expression.¹**

All these factors can also help you fight chronic diseases like diabetes, obesity, and even heart disease.

Let's look at some research...

BOOST Your Heart Health and Lose Weight

Research shows that time-restricted eating can have a significant impact on your heart health.

Experts believe it boosts your heart because it helps neutralize oxidative stress—a key driver of heart disease. And the process also helps reset your circadian rhythm or internal body clock.



Having diabetes can feel like you are stuck in a time loop. Every day is the same sequence of finger sticks... painful injections... and scanning of nutrition labels.



*And to the amazement of the mainstream,
55% of the subjects went into
FULL diabetes remission!*



One review shows that following an intermittent fasting plan can help you:

- ▶ **Lower your blood pressure,**
- ▶ **Improve your cholesterol,**
- ▶ **Balance your blood sugar,**
- ▶ **And reduce inflammation.**²

This process can also help you lose weight, a surefire way to improve heart health and blood sugar issues.

One study found that obese patients who did intermittent fasting for 12 weeks were able to lose 9 percent of their body weight.³

This means someone who weighs 200 pounds could shed nearly 20 pounds in just three months!

Imagine that, if you started today, you could be down a whole dress size by March.

Other research shows that intermittent fasting works because it helps flip on specific genes that promote fat loss and also reduces insulin resistance, a driving force behind diabetes.

So, as you can see, eating in a time window can prime your body to fight diabetes in several ways.

And research shows it can also help END the disease.

Put Your Diabetes in Remission?!

In a groundbreaking study, 36 diabetics followed an intermittent fasting plan for three months.

Of the participants, 65 percent had been diabetic for more than six years. It's important to point this out because mainstream medicine believes that folks who have been diabetic for such a long amount of time may never be able to put the disease into remission.

But boy, are they wrong about that!

At the end, they found that almost 90% of participants—
even folks taking blood sugar-lowering drugs and insulin—
reduced their diabetes medications by following an intermit-
tent fasting schedule.

And to the amazement of the mainstream, **55 percent of the subjects went into FULL diabetes remission!**

In fact, they were able to ditch their diabetes medication...
and maintain healthy blood sugar for at least one year.



Imagine how different your 2024 could be without constant finger pricks and insulin injections.



*Experts believe it **boosts your heart** because
it **helps neutralize oxidative stress—
a key driver of heart disease.***

*And the process also **helps reset your
circadian rhythm or internal body clock!***



The results were so impressive that one researcher commented:

“Our research shows an intermittent fasting... can lead to diabetes remission in people with type 2 diabetes, and these findings could have a major impact on the over 537 million adults worldwide who suffer from the disease.”⁴

And you could be one in that number.

Imagine how different your 2024 could be without constant finger pricks and insulin injections.

Start Your Diabetes-Free Journey


The first step to starting with any intermittent fasting plan is to choose a window to eat and a window to fast.

Personally, I do the 8:16 method. I eat between 11 am and 7 pm and fast the other hours of the day.

But I've been doing this for years. So, it may be beneficial to start with a shorter fasting window.

I tell my patients to begin with the 12:12 method and choose an eating window that works well with their daily schedule.

It's easy to slowly shrink the eating window one hour at a time over a few weeks after you've gotten your routine established.

As always, check with your doctor before changing eating patterns. 

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