

“Fire” Berry SLASHES Sick Days in HALF! END Your Cold Symptoms Four Days Sooner

This time of year, it can feel impossible to stay well.

Because every time you turn around, someone you love comes down with a cold or flu.

It may be your grandkid bringing home a daycare bug... or your spouse picking up a cold from the golf club... or even getting the flu from air travel.

No matter where you pick up a virus, one thing is for sure—your mainstream doctor will offer ZERO help.

You see, conventional medicine does more harm than good when fighting viral infections by prescribing antibiotics for colds and flu.

Antibiotics are designed to kill bacteria, not viruses.

In other words, these drugs are meant for conditions like skin infections, blood infections, and pink eye.

They were NEVER intended to treat the common cold or any other viral infection... but that hasn't stopped the mainstream from handing them out like candy to anyone with a sniffle or sore throat.

And their negligence can put you at risk for an infection that is way more difficult to beat than a cold.

(More on this in a bit.)

Luckily, you don't have to endure this kind of nonsense any longer.

Research shows there's a natural way to beat viral infections... and it can even slash your sick days by more than HALF.

Even better? It all starts with a potent “fire” berry that you can get your hands on today!

The REAL Problem with Unnecessary Antibiotics

The Centers for Disease Control (CDC) estimates that 50 percent of all antibiotics prescribed in doctor's offices are unnecessary or inappropriate.¹

This means HALF the time your doctor gives you one of these drugs for NO REASON.



Antibiotics were NEVER intended to treat the common cold or any other viral infection... but that hasn't stopped the mainstream from handing them out like candy to anyone with a sniffle or sore throat

And this is a real problem.

When antibiotics are taken when not needed, deadly bacteria can learn to become resistant to or even beat the drugs that are designed to kill them.

These resistant infections can be very difficult—or even impossible—to treat and include dangerous stomach infections like *C. difficile* and severe limb infections like MRSA.

This means you could lose your life... limb... or large intestine to these tough bacteria if your doctor is reckless with his prescription pad.

In fact, research shows that antibiotic-resistant infections have killed millions of folks worldwide, and these numbers are expected to get worse in the coming decades.²

Even worse? Other data reveals antibiotics being prescribed inappropriately are causing severe side effects in some patients, leading to hospitalization.³

Can you imagine?! You go to the doctor for the sniffles... and you end up in the ER with miserable side effects... or fighting for your life.

So, your best bet is to stay out of the doctor's office... and nip viral colds and flu in the bud.

Now, there's a way to do it.



Elderberry's name originates from the ancient European term aeld, which means "fire."

“Fire” Berry STOP Viral Infections Cold

Elderberry's name originates from the ancient European term aeld, which means “fire.”

And I think this couldn't be a more accurate name for this tiny purple fruit because it can help light a fire in your immune system... and help you kick viral infections fast.

That's because they contain potent plant pigments called anthocyanins. These compounds give elderberry its deep purple color and help boost your immune system by lowering inflammation and increasing antiviral activity.

Research shows that anthocyanins actually attach to—and disarm—viruses, making it impossible for them to enter healthy cells and further spread infection.

It's as if these powerful nutrients NEUTRALIZE virus... and STOP them cold!

And this tiny berry can take out two of the deadliest viruses.



The CDC estimates that 50% of all antibiotics prescribed in doctor's offices are unnecessary or inappropriate!



Feel Better **FASTER**

A lab study found that elderberry extracts are effective against influenza A1,18 and B, the two main flu viruses that cause illness.

The data also showed that when given at high doses, elderberry can block up to 100% of cells from infection, which works just as well as some of the most popular antiviral drugs prescribed for the flu.⁴

And human research is just as promising against cold and flu viral infections.

In a randomized study, 60 patients with either influenza A or B infections were given 15mg of elderberry extract or placebo four times daily for five days.

At the end, the elderberry group reported fewer symptoms four days earlier than the placebo group!

Even better? They also had to take fewer pain relievers during their illness.⁵

Fewer symptoms and medication **FOUR** days faster?! Sign me up!

In a placebo-controlled clinical trial, 312 overseas travelers took 600 mg of black elderberry extract for several days before travel and 900 mg daily during their vacation or placebo.

The data showed that the elderberry group experienced nearly 50 percent **FEWER** sick days than the placebo group.

Plus, they also experienced less than half the symptom severity!⁶

Half the sick days... and half the symptoms! This is great news for anyone who wants to stay healthy in winter and all year long!

A meta-analysis of five clinical trials including 936 patients found that taking an elderberry supplement within 48 hours of the onset of a respiratory infection can reduce cold symptoms by 50 percent in just two days. These include fever, headache, and congestion.⁷


The Right Supplement to Cut Sick Days

Elderberry supplements are available in syrup, gummy, capsule, and tablet forms at your local pharmacy or online retailers like vitacost.com.

Research shows that 600-900 mg daily doses are typically most effective against active viral infections.

Lower doses can also work for preventative use.

So, get your hands on elderberry today... and spend fewer days being sick!

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



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Does This Common Sleep Condition Trigger Alzheimer's?!

Here's Exactly What to Look For... and How to REVERSE It.

When you think of the early signs of Alzheimer's, you probably go straight to memory loss. Things like forgetting names... missing important dates... and misplacing important items... are the first indicators you notice when it comes to the onset of this life-changing disease.

But research shows there's something else that could be a clear sign that your brain is under attack.

It's a common sleep condition that impacts roughly 39 million Americans and is linked to heart disease, kidney issues, and even diabetes.¹

Now, data shows it can TRIGGER memory problems, too.

In fact, leaving this illness untreated could DOUBLE your risk of developing Alzheimer's or other forms of dementia.

Luckily, there are ways to REVERSE this sleep disorder for some folks.

Here's everything you need to know.

Sleep Apnea RUINS Your Sleep and Brain

If you or your partner snore, you already know how it can impact your sleep and health.

Your lost hours of sleep... your dry throat... and your endless fatigue are all enough to make you—and your partner—miserable.

But according to new research, these could be the least of your worries.

Because loud snoring can be an indicator of obstructive sleep apnea (OSA).

This common—and dangerous— condition occurs when your throat muscles relax and block the airflow into the lungs during sleep, stopping your breathing multiple times throughout the night.

This cycle not only frequently disrupts your sleep, but it also cuts off the blood flow to your brain and damages your neurons, which can lead to memory and cognitive issues.

Plus, this lack of blood flow and oxygen can create higher levels of inflammation—the key driver behind all diseases.

And there are plenty of studies showing just how dangerous it is.

OSA DOUBLES Your Alzheimer's Risk and SHRINKS Your Brain

One meta-analysis of 27 studies and nearly 70,000 participants found that folks with sleep issues—like OSA—have DOUBLE the risk of developing Alzheimer's.²

And other found that folks diagnosed with Alzheimer's were FIVE TIMES more likely to be diagnosed with OSA at some point in their lives.³



Around 80% of sufferers don't know they have OSA, meaning they could be at risk for dementia and not even know it.

These results show that these two conditions are intertwined.

Further research shows exactly how they can impact your behavior and cognition.

In a 2032 study, researchers analyzed the health data of 27 men suffering from obstructive sleep apnea (OSA). They then compared them to a control group without the condition, looking for cognitive and behavioral changes. And the results were SHOCKING!

The OSA group showed signs of early-onset dementia. These included reduced:

- ▶ Vigilance,
- ▶ Executive functioning
- ▶ Short-term visual recognition memory,
- ▶ And social and emotional recognition.⁴

Not only do these symptoms indicate memory issues, but they can also be challenging to manage and live with!

And there is more bad news... OSA can also SHRINK your brain.

In another 2023 study of 122 seniors, researchers found that sleep apnea is linked to lower brain volume in parts of the brain parts of the brain responsible for memory and executive functioning.⁵

With results like these, it's clear that taking steps to identify and treat sleep apnea is essential to anyone who wants to keep a sharp mind well into their golden years.

Let's start with how to find out if you've got this condition.

How to Identify Sleep Apnea Symptoms

Like I said before, loud snoring is a clear indicator that you could be suffering from OSA.

Other symptoms may include:

- ▶ Restless sleep,
- ▶ Waking up gasping for breath,
- ▶ Dry mouth or sore throat upon waking up,
- ▶ Consistent daytime sleepiness,
- ▶ Regular afternoon naps,
- ▶ And prolonged headaches in the morning.

Major risk factors for OSA include middle or old age, being obese, smoking, chronic nasal blockage, high blood pressure, and being male.

“ One meta-analysis of **27 studies & nearly 70,000 participants** found that **folks with sleep issues—like OSA—have DOUBLE the risk of developing Alzheimer’s!** ”

I want to add a caveat here. Just because this disease is diagnosed more often in men doesn't mean there aren't women suffering from it. If you're a woman—or man- experiencing any of these symptoms, please talk to your doctor immediately.

Around 80% of sufferers don't know they have OSA, meaning they could be at risk for dementia and not even know it.

So now is the time to ask your partner if you snore. And if you don't have a partner, set up your phone to record audio during your sleeping hours. If you hear loud snoring, you know it's time to act.

Schedule a Sleep Study

Your doctor can prescribe a sleep study to determine whether you have OSA. This test happens at a medical facility and typically lasts 8 hours.

During this time, you are connected to electrodes and other machines that monitor your breathing, brain waves, and muscle responses. This data helps your doctor determine if you have OSA and to what degree.

Sleep studies can also be done at home with medical equipment delivered to your home. Check with your doctor and insurance company to see which type is available to you.

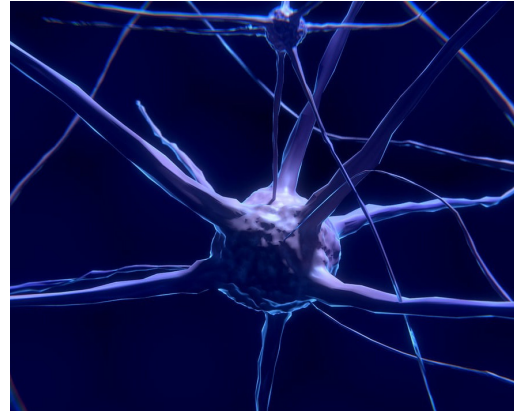
The Magical Machine

If you're diagnosed with OSA, you will likely be prescribed a **CPAP** (continuous positive airway pressure) machine. This device uses mild air pressure to keep your airways open during sleep and can have restorative results when used properly.

In fact, one study found that 12 months of consistent CPAP therapy REVERSED the brain damage caused by severe OSA.⁶

This means using one of these magical machines can not only improve your sleep... but also help RESTORE your brain.

But you have to use the right type of mask...



Sleep apnea cuts off the blood flow to your brain and damages your neurons, leading to memory and cognitive issues.

OSA Wreaks Havoc on Your Health

According to the National Council on Aging, having OSA can increase your risk of developing the following diseases:

- ▶ Type 2 diabetes
- ▶ High blood pressure
- ▶ Heart failure
- ▶ Kidney disease
- ▶ Stroke
- ▶ Nonalcoholic fatty liver disease (NAFLD)
- ▶ Sexual dysfunction



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There are two types of masks used with CPAP machines. The oronasal mask covers your mouth and nose and is typically used by people who breathe through their mouths. And the nasal pillow mask fits inside your nostrils and is generally used by people who breathe through their nose.

A study of 14 patients with OSA showed that participants experienced a significant increase in airway collapsibility when using the oronasal mask.⁷

So thoroughly discuss your mask options with your doctor to ensure you're getting maximum results from CPAP therapy.

If CPAP therapy isn't a good option, talk to your doctor about dental devices that can help with OSA. These are typically useful in mild to moderate cases of the disease.

Additional ways to fight sleep apnea are weight loss, quitting smoking, and resolving existing sinus issues 

“Blood Snow” Secret REVIVES Winter Skin and ERASES Age Spots

See Real Skin Results in Just 21 Days!

There's no doubt that winter is here.

In the last few weeks, most Americans have seen frigid temperatures... inches— or feet— of snowfall... and unforgiving winds.

And it's taken a severe toll on your skin, leaving it feeling itchy, dry, and dull.

The only problem? Most creams and lotions only provide temporary relief.

That's because they simply coat your skin in moisture instead of repairing your skin barrier and preventing moisture loss.

Luckily, you no longer have to rely on these worthless creams and oils.

Research shows a “blood snow” secret from the French Alps can help REVIVE and moisturize your dull winter skin... and help stop skin aging and ERASE age spots, too.

Even better? You can see REAL results in just 21 days.

“Blood Snow” STOPS Skin Aging on the Cellular Level

For cons, the red and pink snow of the French Alps has intrigued commoners and scientists alike. Called “blood snow” by locals, this phenomenon is caused by the growth of a type of algae that can withstand the harsh climate and elevation of the mountains.

And its color changes with the seasons. This simple organism presents green in the spring and summer but changes to various shades of red during the frigid winter months.¹

The color-changing process produces unique molecules—called carotenoids— that help shield the algae from harmful ultraviolet (UV) rays, one of the key drivers behind skin aging.

Because of its unique ability to change colors and survive in harsh climates, researchers studied the plant’s anti-aging properties.

Early research found snow algae can activate specific “longevity genes” that help repair DNA damage.

More importantly, it also influences adenosine monophosphate-activated protein kinase (AMPK) production. This enzyme helps with energy production in your cells and slows skin aging by reducing inflammation.

In fact, researchers report that AMPK activity triggered by snow algae is so effective on a cellular level because it mimics the anti-aging of exercise.

One lab study found that blood snow algae can stimulate AMPK activity by 105% in human skin cells.²

Just imagine what results like these could do for your skin... and energy level!

Plus, research shows snow algae fights skin aging in another way.

BOOST Your Collagen Levels

Collagen is a protein that provides structure to your skin, keeping it smooth. It also aids in the production of new skin cells.

However, as you age, collagen starts to break down. And certain habits— like poor diet, smoking, and excessive sun and wind exposure— can also further collagen damage, leaving your skin dull and wrinkled.

So, it’s essential to tackle collagen reduction quickly if you want your skin to remain fresh and youthful.



“Blood snow” is caused by the growth of a type of algae that can withstand the harsh climate and elevation of the Alpine mountains.

“*One lab study found that blood snow algae can stimulate AMPK activity by 105% human skin cells!*”

In a lab study of human skin cells, snow algae increased the collagen gene expression in aged cells to exceed that found in younger cells.

In other words, it's as if the snow algae REVIVED the older cells... and made them more POWERFUL than the younger ones.

And there's more good news...

The same research found that the plant also inhibited destructing collagen enzymes by up to 47 percent!²

Wow! More collagen production... and less collagen-destroying enzymes... sounds like a recipe for healthy, youthful skin!



Early research found snow algae can activate specific "longevity genes" that help repair DNA damage.

END Winter Skin and ERASE Age Spots in 21 Days

Winter conditions— like cold air, wind, and artificial heat— can negatively impact your skin barrier, making your skin more susceptible to damage.

The anti-aging properties of snow algae can help block this damage. But moisture is one of the best ways to fortify your skin barrier.

And that's where snow algae shines...

Since it's naturally adept at surviving the harsh environmental conditions of winter, it makes sense that it could help you do the same.

In a controlled clinical study, 21 participants used snow algae extract to one half of their face and a placebo to the other half three times daily for 21 days.

During the study period, they were exposed to the frigid climate of the Alpine mountains. All participants had their skin moisture loss measures on twice during this time to determine if the snow algae helped keep their skin barrier intact.

And boy, did the algae work!

At the end, the side using snow algae retained 12 percent more water than the placebo, showing that the plant fortified the skin barrier.

Even better? This same study found that age spots were less visible in 67% of the treated faces!



In a lab study of human skin cells, snow algae increased the collagen gene expression in aged cells to exceed that found in younger cells!



A better skin barrier... and fewer age spots? Sounds like a winner to more.

Other research found that snow algae could increase skin hydration by 10 percent in just 14 days. This group also saw the depth of their eye wrinkles improve by up to 29 percent.²

Another major win against dry winter skin and aging!

Get Snow Algae Today!

Now, you may think you have to travel to the Alps to get your hands on this skin-saver, but that's simply not the case. There are many snow algae creams available for purchase.

But not all are created equally.

I recommend looking for a product formulated and manufactured in the Alpine region.

These creams are more likely to contain algae products harvested from the source, not from a lab.

I like [this one](#) because it also includes ingredients— like hyaluronic acid and plant stem cells— that can give you added skin barrier protection.

As always, check with your dermatologist before using a new skin product. 

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