

WAKE UP TO A 25 YEAR OLD BODY... YOUR BODY OR HERS!

Remember the days when you had...

- *Instant powerful erections when a sexy girl even came near you*
- *A flat stomach that you felt comfortable showing in public*
- *Endless youthful energy*
- *Lean, powerful muscle that responded to exercise swiftly and easily*
- *A general sense of well being and confidence*

Well, I have some very good news for you...

You don't have to lose these things as you grow older!
You can have your 25 year old body back!

**A Free Special Report has
been reserved for you!**

(A \$49.00 Value)

“The Key to Maximum Male Health”

**This exclusive free report will
tell you how you can have**

- Greater Strength
- Lower Blood Pressure
- Increased Muscle Strength
- Powerful Erections
- Higher Energy Levels
- Increased Muscle Mass

**Here's How to
Take Advantage of
the Invigorating
Properties of Sex
& Testosterone**

**Turn the Table on
the Aging Process,
Boost Your Immune
System and
Look and Feel
12 years younger.**

CONTINUED INSIDE...

Did you know that testosterone is not only the chemical that makes you a male...it's what makes you strong, aggressive, virile...quite simply a male animal...like a raging bull or the king of all beasts...the male lion

**Testosterone is what gives you your edge
Recent research proves this beyond a
shadow of a doubt**

New Scientific Research Confirms Men With Low Testosterone Levels Are More Likely To Have Serious Health Problems

Researchers at Pennsylvania State University, for instance, reviewed the records of 4393 men over a six year period and found enormous health advantages for men who had higher testosterone. Men whose testosterone levels were slightly above average were...

- 45% less likely to have high blood pressure
- 72% less likely to have experienced a heart attack
- 75% less likely to be obese than men whose levels were slightly below average
- and 45% less likely to rate their own health as fair to poor!

But that is just the tip of the iceberg. Listen to these compelling facts:

- According to the National Osteoporosis Foundation, low testosterone levels “common in older men” foster bone loss and lead to a higher risk of osteoporosis — related bone fractures.
- A study at the University of Texas found that testosterone can increase muscle strength without additional exercise, while improving sex drive.
- A 1998 study in General Hospital Psychiatry found that testosterone can reduce fatigue.
- In 1999 the Journal of Longevity reported the replacement of a testosterone-boosting hormone “results in a decline in fat, with improvements in lean body mass, as well as increased sexuality and muscle strength. Improvements in bone mass may also be a bonus.”
- The University of Michigan’s Center for Fertility and Sexuality says several studies have shown that testosterone therapy has led to “decreased fat mass, increased lean body mass, and increased strength.”

Unfortunately, “mother nature” has played a nasty trick on us men. As we progress in age — our natural levels of testosterone go down.

It’s a widely accepted scientific fact that testosterone production in men tends to peak in their late 20’s to early 30’s. After that it declines about 1% a year. In some men the reduction is much more dramatic...and so are the results these men suffer.

You Don’t Have to Succumb to Mother Nature’s Cruel Joke

It seems like a nasty joke. Here we are entering what should be the best times of our lives...we’ve had a chance to move ahead in our careers or businesses, build for our futures and become wiser...and we no longer have the youthful vitality to relish it...all because our precious testosterone is being sapped away.

It’s Not Only Age Sapping Away at Your Vitality... Modern Society’s Technology Wants to Castrate You Too

But it’s not only aging that’s eating away at our manhood. There are many factors in our “modern unnatural environment” that are to blame.

- **Water:** A recent USGS study analyzing water samples found “traces of at least 11 compounds linked to birth control and hormone supplements.” Other studies have linked environmental exposure to hormones to declining fertility in humans as well as cancers and other diseases.
- **Pesticides:** Widely used pesticides interfere with male hormone production and mimic female hormones.
- **Drugs:** Modern prescription drugs can have many serious side effects. Most frightening for men is that some of these drugs can interfere with the production of testosterone and others interfere with its actions.
- **Food Additives:** Estrogen is routinely added to cattle, pork, and poultry since it causes animals to retain water and put on fat. (Can you imagine what kind of havoc those female hormones are causing your body?)
- **Other Manufactured Goods:** There are so many errant additives and steroids in our clothing and our packaging, they’ve become suspect as the cause of the startling cases of little girls as young as four growing breasts and menstruating. They are also suspected to retard the masculine development of boys.
- **Overheating:** The scrotum was designed by mother nature to work wonders. It allows the testes to maintain a temperature a few degrees



Dr. Al Sears graduated from the College of Medicine of the University of South Florida in Tampa, Florida in 1986, where he received his MD with honors in Internal Medicine, Neurology, Psychiatry and Physical Medicine.

Today Dr. Sears owns and operates a successful integrative medicine clinic in south Florida with over 10,000 patients. He has over the last 10 years developed his own concept of the necessary ingredients for peak masculine health.

Dr. Sears has authored numerous articles and reports in the fields of alternative medicine and nutritional supplementation. He is the co-author of *The 21st Century Man's Guide To Prostate Health*, and his most recent book, *The T-Factor*, details nutritional and herbal strategies for increasing testosterone naturally.

Dr. Sears is the founder of “YouthQuest”; an organization devoted to cutting edge technology in the race to advance treatments for the diseases of aging. Dr. Sears is a member of The American Academy of Anti-Aging Medicine and a diplomate of the American Board of Anti-Aging Medicine.

Dr. Sears is also the medical director of The McCormick-Green Center for Integrative Therapies, a nonprofit charity devoted to research and education to the public and other physicians. He has also been appointed to the international panel of experts for Health Sciences Institute, a world wide information service for integrative healthcare.

Dr. Sears is an adjunct professor at Barry University where he teaches courses in anatomy, human physiology and nutrition. He is also an avid researcher and enthusiastic lecturer on men’s health and fitness.

cooler than the rest of the body. And this lower temperature is critical for normal testicular function. The problem is mother nature never planned on men wearing unnatural jockeys or briefs which makes the testes overheat. This overheating has shown to significantly decrease the production of testosterone...especially in older men.

You Can Take Action To Prevent Your Virility From Being Stolen From You

With the right knowledge, you don't have to have your virility robbed from you. The following "self test" can help you determine if you should be considering boosting your testosterone.

1. Have you noticed a decrease in your sex drive? Yes___ No___
2. Are your erections weaker or more difficult to maintain? Yes___ No___
3. Do you get tired or fatigued more easily? Yes___ No___
4. Has your strength or endurance decreased? Yes___ No___
5. Is your penis getting shorter? Yes___ No___
6. Do you feel nervous or jittery? Yes___ No___
7. Have you lost some of your athletic prowess? Yes___ No___
8. Do you need naps or fall asleep after dinner? Yes___ No___
9. Has your performance at work declined? Yes___ No___

If you've answered "yes" to questions 1 or 2 or "yes" to three or more questions overall, you may be suffering from a testosterone deficiency.

But don't panic just yet. Because I've got news for you that will change your life forever!

The Male Aging Process Can Be Stalled And Often Reversed

There is an abundance of scientific evidence that the male aging process with all of its castrating consequences can be stalled and reversed.

There are many 100% natural ways that you can re-ignite your own body's testosterone production. And in a moment I'm going to show you how you can obtain your **FREE SPECIAL REPORT**, "*The Keys to Maximum Male Health*" which will tell you all about them.

But first I wanted to tell you a little bit about myself and my work specializing in natural health maintenance, men's health and anti-aging medicine.

Everything You Need to Know About Sex and Testosterone...

I'm Dr. Al Sears, M.D. Besides being a practicing physician, I'm the editor of *Health Confidential For Men*, the health, nutrition and sexual fitness letter strictly for men.

On behalf of *Health Confidential For Men*, I'd like to send you a full report on the performance-enhancing, rejuvenating and health-boosting benefits of testosterone. It's called "*Testosterone: The Key to Maximum Male Health*."

This report contains everything you ever wanted to know about the male hormone — but didn't know who to ask. You'll understand why many doctors consider this naturally produced chemical the closest thing a true fountain of youth man has ever known.

Plus, you'll learn...

- How to check your "testosterone dipstick."
- Why restocking your testosterone levels could bring about a remarkable improvement in how you look, feel and perform—in just about every area of your life.
- How to get HGH (human growth hormones) without spending five figures a year — *or even a single dollar!*—so that you can boost your testosterone levels naturally, look younger, think more quickly and feel stronger.
- How estrogen — the female hormone — could be overwhelming your body, and what you can do about it.

"*Testosterone: The Key to Maximum Male Health*" comes to you free of charge when you sample *Health Confidential For Men* on a no-risk basis. And when you look through the pages of your first *Health Confidential For Men* issue, you'll also soon learn that our editors can not only teach you a great deal about your testosterone levels, but every aspect of achieving maximum health and fitness as a man.

For instance, you'll learn...

- How to eat fat and get thin at the same time.
- The amino-acid drink that shrank the prostates of 92% of the subjects in a recent study.

- Why fat won't clog arteries unless it has something to attach to, like a ridge or a rip... and why this means you shouldn't be obsessing about your cholesterol count.
- The three vitamins that can help boost your brainpower and keep Alzheimer's at bay.
- Seven exercises in 7 minutes to eliminate lower back pain.
- How to keep your penis harder than Chinese arithmetic!—*naturally*, without vision impairment, dizziness or any of the other side effects often associated with Viagra.
- How to make the most of your improved erections with eight sexual positions that can maximize your and your partner's pleasure.
- How a revolutionary series of exercises called "Callanetics" could be the cure for your aching back in less than 12 minutes a day.
- Why a leading physician at the Albert Einstein School of Medicine says government warnings about too much salt in your diet are completely wrong.
- How to stay as fit as a college athlete in record time... and why exercising more than two hours a week is a complete waste of your time.
- Three exercises to help prevent incontinence and keep you out of diapers.
- How British researchers have found that moderate amounts of booze (but not *too* moderate!) can help boost the iron in your blood.
- How to make sure you're not a victim of the "legal drug trade." (This is extremely important since the medical profession's most closely guarded secret is that the 4th largest killer in the US is adverse reactions to *doctor-prescribed drugs*, killing more than gunshot wounds, car accidents and alcohol and drug abuse!)
- How to know when your back pain may have absolutely nothing to do with your spine — and everything to do with a more serious health problem.
- Five easy steps to keeping your blood pressure well below the "danger zone."
- Three erection killers you should be on the lookout for.

- How to burn fat fast — while eating your favorite foods.
- Plus much more...

In a little while I'll tell you how you can get your **FREE** copy of "*Testosterone: The Key to Maximum Male Health*" — plus a special-rate trial subscription to *Health Confidential For Men*, with no risk and no obligation whatsoever. But before I do that, let me tell you why this is information you won't find anywhere else. In fact, the odds are actually *against you* when it comes to finding the answers you need to enjoy maximum health as a man...

The No-Man's Land of Modern Medicine

Despite mounting evidence of the remarkable benefits of testosterone, there is very little coverage of the topic in the mainstream media. Why? Because it's taboo.

You see, testosterone is undoubtedly a *male* hormone (men have about 100 times more of it than women). And that means it's an unpopular reminder that there are indeed fundamental differences between the sexes.

In fact, when freelance writer Andrew Sullivan wrote a cover story for the *The New York Times Magazine* on the amazing benefits of testosterone two years ago, it set off a storm of controversy.

In the article Sullivan — who was undergoing testosterone therapy himself — reported his own experience of increased energy, sex drive and self-confidence thanks to increased levels of the "male hormone." He also cited the scientific consensus that testosterone boosts strength and dominance.

Immediately, the PC crowd began to criticize Sullivan's article. *Time Magazine* did a follow-up cover story on the testosterone controversy. And *New York*

THE CHEMISTRY OF MANHOOD

You may have heard that the original condition of each fetus is female. This claim, in the scientific community is known as ... bull.

The truth is that in the first six weeks that fertilized egg mass is a sexless zygote. But...if Ziggy wins the gender sweepstakes... the gods bathe it in testosterone and turn it into a mini-man.

At puberty a boy gets hosed down with testosterone again. This surge of T promotes growth of his penis, body hair, pimples and muscles. It tells the lad to *go forth and multiply*. (And make no mistake about it — that's why he wants to borrow your car!)

The process continues until sometime in his mid or late twenties. At that point you have nature's version of the perfect male: virile, strong, and ready for life's Olympiad.

Fortunately, you can maintain your manhood in peak condition even when you're long past your twenties. You can learn about safe and natural ways to boost your testosterone levels to protect, promote and preserve your manhood. It's all in "*Testosterone: The Key to Maximum Male Health*." This special report is yours **FREE** when you try a guaranteed trial subscription to *Health Confidential For Men*.

LIVE LONGER AND STRONGER

The longevity gap between men and women has increased from one year in 1920 to nearly *six* years today! And that trend could get worse...

An estimated 180,000 men will be newly diagnosed with prostate cancer this year.

445,000 will die from heart disease.

Prescribed drugs will kill more men this year than alcohol, gunshot wounds and car accidents.

Isn't it time, you took charge of your health? You can do it with up to ten FREE current medical reports when you try a guaranteed trial subscription to ***Health Confidential For Men.***

Times writer Judith Shulevitz even suggested Sullivan might have gotten the same benefits if he received estrogen — the female hormone!

Yeah, right. You might want to try that right after you go out and buy yourself your first training bra!

The Feminization of the Modern Male

Ever since the '60s and '70s we've been told that if society could just suppress males' natural striving for dominance, we would develop into caring, sensitive males.

Ask a woman out on a date, and you're libel to be sued for sexual harassment. Take a look at your kid's report card and you may find they don't give grades any more because it's too competitive. Ask about the baseball game and you may learn the little league doesn't keep score anymore for the same reasons.

It's bad enough when this thinking creeps into our culture. But when it comes to your health, it can get downright dangerous.

The fact is, natural male behavior like competitiveness and a healthy sex life tends to generate testosterone — and that is good for you. But in today's highly feminized society, the odds are stacked against you.

Here are a few examples of what I mean...

Is Your Doctor Treating You Like a Woman?

If you've ever been overweight, you've probably heard "experts" tell you to eat low-cal and ultra-low-fat, and cut out the good stuff like steak and eggs. Now that might be

good advice if you were *a teenage girl!* But it's not necessarily good advice for a man.

A noted expert on men's nutrition by the name of A.L. Gittleman (who happens to be a woman, by the way) has recently published findings that a diet of up to 30% natural fats can help you build muscle mass and lose weight. Plus, it can help you combat such typical masculine problems as heart disease, prostate problems, flagging sexual prowess and even hair loss.

And what about the exercise you've been told to do... long walks or long-distance running?

Well the truth is extended periods of cardiovascular activity have been shown to *decrease* testosterone levels and reduce muscle mass. You're better off with the right muscle-building exercises and short bursts of cardio-vascular activity, which tend to boost testosterone.

(These findings go a long way to explaining why it's often hard to tell the men from the women at a marathon... and why even the "winners" look as if they're 10 or 20 years older than their reported ages.)

And how about those health bars you've been told to eat instead of a healthy lunch? Wrong again.

Many of these so-called "health bars" are loaded with processed, refined carbohydrates—substances that don't provide any benefit and stimulate your body to produce insulin. Insulin, in turn, tells your body *to build fat* (the last thing you want!) and to accelerate many of the changes associated with aging like arteriosclerosis and diabetes, to name a few.

More Male Medical Myths Exposed

Here are a few more examples of important areas where you may not be getting the right advice on what you should do to enjoy maximum health as a man.

Sex and Your Heart: Common wisdom held for a long time that certain men susceptible to heart disease might be likely to get a stroke or heart attack during or immediately after sex. Yet a study of over 900 men at the University of Bristol showed the *opposite* was more likely to be true. That is, that men who had an active sex life were probably *less* likely to die of heart disease.

Talk about a positive finding. Not only are you likely to live longer, but you have more to live for!

And here's another medical wives' tale debunked.

Go Ahead and Shake It, Baby, Shake It! You know how everyone tells you to cut out the salt because it can lead to high blood pressure? They could be telling you the exactly wrong thing to do for your heart. A study of 3,000 high-blood-pressure patients was recently published in the journal *Hypertension*. The four-year study found that the men with the *lowest* sodium intake were four times more likely to have a heart attack than those with the highest sodium intake! Similar results were found at the University of Toronto. Many scientists today believe low-salt diets may actually be dangerous since people with high blood pressure are at greater risk for heart attacks if their kidneys produce excess levels of the enzyme renin. Guess what? A low-salt diet causes renin levels to *increase*.

I could go on, but instead let me tell you how you can get all the answers you need to enjoy life to the fullest extent possible and be on top of your game as a testosterone-pumping man.

Introducing Health Confidential For Men — The Health Information Source For Men Who Are Proud to Be Men

As you may have noticed, besides being a practicing physician specializing in men's health, I happen to be a guy who thinks society has been trying to feminize men for way too long... and it's got to stop!

GET THE INFORMATION YOU NEED ABOUT YOUR HEALTH AS A MAN

Browse the health best-sellers on Amazon.com and you'll find titles like "The Wisdom of Menopause," then "Moving through Menopause," "Women Are Not Small Men," and "The Weight Watcher's Cook Book."

Not a single "man's" title.

Look at the dollars spent by public and private groups, and you'll find that of the nearly \$6 billion directed to health programs last year, **nearly \$5 billion** went to women's health initiatives

That's why, if you'd like to know how to maintain peak levels of energy, strength and sexual health as a man, you've got to look beyond the mainstream media.

So why not try a trial subscription to **Health Confidential For Men** today? It's the only health newsletter written strictly for men who want to live like men — not lab mice.

Your subscription comes with up to ten FREE current medical reports on key men's health topics ranging from boosting your testosterone to preventing prostate cancer — and your satisfaction is always guaranteed.

That's why I'm proud to be a member of the *Health Confidential For Men* research and editorial team. We're a group of professionals who believe that men need the right nutrition, health and medical advice *for men*.

What's good for the goose, in other words, is *not* always good for the gander. And that's why you'll find each issue of *Health Confidential For Men* to be loaded with proven research and findings to help you perform your best as a man in every area... from the boardroom to the bedroom.

But be warned. We don't regurgitate mainstream medical mush. We don't push surgery and drugs like the big glossy "health" magazines. And we don't waste any time trying to be politically correct.

We think your main mission should be to grab life by the *cojones* and live like the healthy man you were always meant to be. Our issues are written to help you do just that...

We provide you with only the best, scientifically proven natural methods to help you enjoy maximum health without suggesting you live like a monk, turn into a rabbit-food-eating, pill-popping hypochondriac *and without having you give up all the good things that make life worth living in the first place!*

With *Health Confidential For Men*, you'll never be at a loss for up-to-date natural cures and treatments for what ails you — from back pain to hypertension, sexual potency issues to preventing cancer, heart disease and more. You'll know the best ways to stay in shape, the supplements that truly work (and those that don't), and how you can still enjoy good food and drink while staying at the top of your game at all times.

So let me make my offer to you right now...

THE TESTOSTERONE COVER-UP

Why haven't doctors and the medical media taken every opportunity to tell you about the healing properties of naturally produced testosterone? And why doesn't your local pharmacy carry AMA pamphlets telling you about the proven benefits of an active sex life?

For one thing, it may be because they can't make much money off of naturally produced testosterone — and certainly not off of sex (not legally anyhow).

They make a lot more money by selling you drugs...

According to the National Institutes of Health, some researchers earn millions of dollars through stock deals with drug companies. Recent reports also indicate some of the information — the negative stuff — never sees the light of day.

For instance, Thomas Bodenheimer, a clinical professor at the University of California, San Francisco, analyzed 70 studies regarding the safety of a heart drug. With 96 percent of the authors having ties to the

An Unprecedented Value And a Wealth of Health Answers for Men

Try a risk-free subscription to *Health Confidential For Men* today, and I'll send you our just-published report "Testosterone: The Key to Maximum Male Health."

Plus, I'll send you up to *nine more special reports* on how to achieve maximum male health — all at no cost to you!

In these reports, you'll learn...

- The "3 Bs" you must have for a healthier, hardier heart.
- Six brain exercises to get "mentally buff" in 15 minutes a day.
- How C. Everett Koop (Reagan's Surgeon General) cured his own bad back after it was pronounced incurable by his doctors, and why he now swears by a treatment that is still considered "experimental" by the AMA.
- Why no-fat milk is bad for you, while pasteurized cheese (almost pure fat and protein) is practically the perfect food!
- Why you may be able to toss out your glasses and contacts and see better — *without surgery!*
- Why you don't have to swear off steak and eggs.
- A natural cancer fighter that "starves" tumors and has recently been approved by the FDA for clinical trials after reducing cancerous growths by as much as 58%.
- How to distinguish between migraine and tension headaches... plus, 11 quick steps you can take to get rid of both — *without* the side effects of anti-inflammatory drugs.

drug's manufacturer, the heart drug was proclaimed safe. Of the researchers who had no drug-company ties, **only 37 percent said the drugs were safe.**

Bodenheimer found that when testing pain relievers, scientists who were paid by the drug companies found the drugs to be superior to a competitor's in 100 percent of the cases!

That's just too good to be true. But it's not all...

Dr. Bodenheimer also found that, although the reports of a drug trial may contain the good, bad, and ugly, the less-positive effects of a drug may be buried so cleverly

that it's hard (or impossible) to identify them.

There is good news, however. You don't have to remain at the mercy of compromised doctors and crooked drug companies. Instead, you can get the unbiased story on how to enjoy total sexual, physical and mental health as a man.

The answers are in *The Health Confidential For Men Guide to Super Sex, Heart of a Lion: How to Beat Heart Disease, Rejuvenating Your Joints*, and up to seven other special medical reports that can be yours FREE with a guaranteed subscription to *Health Confidential For Men*. (See p. 17 for details)

- Why conventional cancer treatments are “losing the war,” and how you can sharply reduce your cancer risk by making sure you get enough of these eight nutrients.
- How to concoct a “sex cocktail” that has an 88% success rate in helping men achieve harder, longer-lasting erections.
- How to “trick” your brain into thinking better while sharpening your memory.
- How zinc (a mineral increasingly scarce in the modern diet) can put zing in your sex life while reducing your prostate.
- How prolotherapy — a non-surgical, non-steroidal method for treating joint pain — has been proven to increase the size and strength of underlying connective tissues by as much as 40%.
- How a protein found in mother’s milk can kill infectious bacteria and attack tumor cells.
- Why one Harvard pathologist says homocysteine (a naturally occurring molecule), *not* cholesterol, is the main danger to your heart.
- How to keep your joints and muscles flexible and pain-free while building lean muscle mass.
- How to reduce the risk of adult-onset diabetes without drugs or altering your diet.
- How cheeseburgers, cheese omelets and juicy steaks could help you prevent diabetes.
- How to make your memory the sharpest it’s ever been *without resorting to association tricks*.
- A natural extract that has an 88% success rate in reducing enlarged prostates.
- How to alleviate pain and even rebuild cartilage in knees and shoulders without costly shots and pills.
- Three simple exercises that can help you eliminate urination problems and have you peeing like a racehorse again... when *you* say so!
- How to double your fitness level while *reducing* the time you spend exercising by half.
- How to drastically reduce the possibility of incontinence — without letting a doctor anywhere near your manhood with a scalpel!

REVENGE OF THE HERBS

National statistics show that, even when sick, men are 50% less likely than women to go to the doctor's office.

No wonder since it often means you leave the office drugged up, and the side effects can sometimes reduce your manhood to a limp noodle.

But then something monumentally big happened in 1998...

That's the year that, for the first time ever, people in the US spent more money on natural herbs, vitamins and supplements than all pharmaceutical drugs com-

bined. You better believe *that* caught the attention of the medical establishment and the drug companies!

Now Big Pharma is spending millions promoting their own versions of natural remedies (though they're still resisting it since they can't patent most of them). But you don't have to take their word for it...

Each month in the pages of *Health Confidential For Men* we'll let you know which men's supplements, herbs and vitamins are the real deal for your sex drive and for your overall health... and which are nothing more than marketing malarkey.

- The “miracle vitamin” that can cut down the frequency of your asthma attacks by as much as 78%.
- How to get rid of hay fever — once and for all — without sinus-drying, sleep-inducing drugs.
- An ages-old energy restorer used by Winston Churchill and Leonardo Da Vinci that could help you boost your productivity by as much as 50%.
- How bed rest can actually make your bad back worse.
- How to see through the multi-billion-dollar laser surgery and contact lens businesses. Instead, use these 11 natural nutrients to strengthen and sharpen your eyes like a hawk's!
- How the big drug companies are trying to sell you drugs for ailments you don't even have — and are never likely to get!
- A drug-free one-two method for cutting the risk of colon cancer by up to 83%.
- If you eat lots of fiber, here's how to make sure you're not flushing important vitamins and minerals down the toilet.
- How hot peppers can help *relieve* your stomach problems and boost your immunity system (plus, an all-natural supplement that will give you the same benefits, without the heat).
- How melatonin, a hormone your body produces abundantly in childhood but less as you age, can help you enjoy a deep, uninterrupted night's sleep and relieve stress.

- The oil that tastes great on food, lowers blood pressure and helps prevent arthritis.
- How to keep your hearing as sharp as an owl's and avoid five major preventable causes of hearing loss.
- Six kitchen-cupboard microbe killers (*no* prescription required) than can help you beat infection when antibiotics fail.
- How an egg-and-cheese sandwich — naturally loaded with *lysozyme, a bactericide* — can kill bugs in your system and leave you healthier, happier and better nourished than the bran flakes crowd!
- How you can conquer your ulcers by eating more chocolate.
- A potent vitamin combination that can help you prevent cholesterol buildup without drugs.
- How raw, New Zealand honey can help you battle Cystic Fibrosis, staph infections, sores, allergies, diarrhea and even tumors.
- How over-the-counter Aloe Vera can prevent the mutation of leukemia cells.
- The amino acid that sharpens mental reflexes *and* hardens erections.
- How over-the-counter flu medicines can make you *more* susceptible to the flu with each passing year.
- Plus much more...

It's all in *Health Confidential For Men*, and we've condensed this information in a series of special reports. I've already told you about our latest report, "*Testosterone: The Key to Maximum Male Health.*" I'll send you that report immediately — plus nine other recently issued mens-only health reports — FREE with a guaranteed one-year subscription to *Health Confidential For Men*. Plus, order today, and you'll **SAVE \$20 off** the regular rate.

But before you act, let me make my offer even better...

If you're ready to try a guaranteed trial subscription to *Health Confidential For Men* for two years, I'll more than double the value for you. Order within 10 days of receiving this offer, and I'll reduce the regular rate by \$50. *Plus*, I'll send you **10 special reports!** — all absolutely **FREE** — and each giving you answers to key men's health issues, from prostate problems to heart disease.

(Continued on next page)

Act Today and Get the Complete Story About Your Testosterone Levels...

Plus, Nine Other Current Medical Reports Absolutely FREE... and GUARANTEED!

So let me sum my offer up to you this way: Try a risk-free one or two-year subscription today and you get all 10 special reports...

- #1: **Testosterone: The Key to Maximum Male Health** \$49.00
- #2: **The *Health Confidential For Men* Guide to Super Sex: Little Known Techniques to Boost Your Drive and Staying Power** \$29.00
- #3: **Have Your Steak and Eat It Too: The Man's Guide to Better Nutrition** \$29.00
- #4: **Eleven Secrets for a Healthy Prostate** \$29.00
- #5: **Killing Cancer Before It Kills You** \$29.00
- #6: **Sharp as a Tack: Natural Ways to Boost Your Brain Power** \$29.00
- #7: **Heart of a Lion: How to Beat Heart Disease** \$29.00
- #8: **Rejuvenating Joints: The New Way to Banish Back Pain and Rebuild Hurting Joints** \$29.00
- #9: **Throw Out Your Glasses: The *Health Confidential For Men* Guide to Better Vision** \$29.00
- #10: **Live Longer, Be Stronger: How Men Over 40 Are Getting Fit Quick by Exercising Less** \$29.00

Try a guaranteed one-year subscription and you'll get all 10 special reports plus:

- Plus** 12 Monthly Issues of *Health Confidential For Men*, the health, nutrition and fitness letter strictly for men \$59.00
- Plus** a \$20 savings off the regular subscription price
- Plus** Our 100% Money-back Satisfaction Guarantee (you even get to keep the reports if you should cancel)...

TOTAL VALUE: \$369.00

YOUR PRICE: Just \$39.00!

But the prognosis is even better. Try a guaranteed two-year subscription, and you'll get all the ten reports mentioned above, *plus...*

Plus 24 Monthly Issues of *Health Confidential For Men*, the health, nutrition and fitness letter strictly for men \$119.00

Plus a **\$50 savings** off the regular subscription price

Plus Our 100% Money-back Satisfaction Guarantee (and you get to keep the reports should you cancel for any reason)

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Dr. Al Sears, M.D.

Editor, *Health Confidential For Men*

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